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AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force Cheer 2019-2020 Important Rules and Regulations for Athletes & Parents

The following pages reflect the expectations held of all AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars (AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars) members. It is an honor and privilege to be a part of this program, and all members will be held accountable for their behavior. Members of the AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force are one of the most visible groups in Tempe, and in southern Arizona. As a result, AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force can be the most watched. As an ambassador of the sport of competitive cheer, members are quite visible in the public eye, so that what you do and say, whether good or bad, has tremendous consequences upon the respect ascribed to me, other AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force members and the fans. Therefore, proper behavior is required, at all times, while being a part of this program. Below you will find our code of ethics required to be a member of the AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force cheer program. Next to each criterion below, you will see initial lines: "P" represents the parent initials and "A" represents the athlete's initials.

P: _____ A: _____ Squad Placement & Movement

OUR COACHING STAFF RESERVES THE RIGHT, AT ANY TIME, TO CHANGE THE LEVEL OR ROSTERS OF A TEAM BY ADDING, REARRANGING, OR REMOVING ATHLETES TO/FROM TEAMS FOR A PERFORMANCE, PRACTICE, COMPETITION, OR THE ENTIRE PROGRAM. **PLEASE NOTE THERE ARE NEVER ANY REFUNDS.**

- Athletes try out to be a member of AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars, not a particular team.

P: _____ A: _____ Performance/Competition Expectations:

- You must attend all mandatory practices, performances, competitions, fundraising or charitable events and any other team activity on schedule.
- All practices, performances, and competitions are MANDATORY.
- No matter an athlete's age or team, the athlete is responsible to be where they are instructed at given times. At events, coaches are responsible for athletes from pre warm-up meet time through performance/compete time. Times outside of pre warm-ups and performance/competitions are at the discretion of the athlete's parent(s) and/or the guardian the athlete is in attendance with. You may not leave the AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars group, when in our care, without permission of your coach.
- Parent(s) and/or guardian(s) understand that following each routine performance, they will give coaches and athletes space and time to discuss the routine performance without parent interference before they are released to see spectators.
- You are responsible to have all medically necessary devices with you at all practices and functions. Some examples include inhalers, epi-pens, braces, sports wrap, etc. All items must be clearly labeled with your initials.
- Late arrivals/leaving early will not be accepted as "excused." Any late arrival or early departure must be cleared with the coaches 24 hours in advance.
- Athletes are required to stay for the time set forth at each competition by AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force. You will be given a schedule prior to each competition detailing the times you are required to be present. As we do not know exact schedules until the week of competition, please do NOT plan activities on competition days to avoid potential conflicts. All athletes are required to stay for their team's awards and to be dressed in full uniform including cheer shoes or team converse.
- Every effort must be made to assure your child's attendance at every competition, performance, etc. (including issues such as illness, etc.). You may arrange to leave an event/competition with Jenn's approval after performance/compete time if your child is ill.

P: _____ A: _____ Attendance in Regards to Absences:

- Your Team's Rep must be personally notified, a minimum of 24 hours IN ADVANCE, when you cannot make it to a scheduled practice or activity. (Phone call is acceptable, email/text are acceptable IF you receive a reply from the Team Rep confirming receipt of notice.)
 - You are allowed 3 excused absences during the course of competition season (June 2019– May 2020). Excused absences are for any contagious illness or a school function that requires a grade. After your 3rd excused absence, you are eligible to be dropped from your team's choreography for the amount of time decided upon by coaches. If you have extenuating circumstances, you must discuss this with Jenn Lannon 2 weeks prior. *Please also note, if you are dropped from the choreography or program, no refunds of any monies paid or earned will be given.
 - Absences due to employment, projects, other extra-curricular events, trips, family events (i.e. birthday celebrations, relatives in town, etc.) are UNEXCUSED. Please work your personal schedule around your cheer schedule, which has been given to you in advance.
- Unexcused absences may be fined by \$25/occurrence. After 3 unexcused absences you may be dropped from the program.**
- If you come to practice unprepared (i.e. you are not in correct practice clothing, shoes, bow, hair pulled back, etc.), you may be excluded from that practice and you will receive a "not prepared" for the day. Three "not prepared" marks equal one unexcused absence.
 - Prolonged illness or injury* (longer than 1 practice) will require a doctor's note and clearance to return to cheer to assure your safety. Speak to Jenn with any issues.
 - ***If injured or have other symptoms (cramps, headache, etc.) you are still required to be dressed out at practices with team, and attend all cheer events with team in proper uniform (performances, competitions, etc.) participating to the BEST of your ability.**

• While we understand female members may experience hormonal issues (emotional and physical) due to menstrual cycles, we also recognize this is not a disability and members will be expected to practice/compete/perform as scheduled.

P: _____ A: _____ Conduct:

- Use, possession, or under the influence of non-prescription drugs or alcohol at any team or other AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force event by athletes, at any time, will result in being dismissed from the program. If we feel a member is under the influence, we will notify the appropriate authorities and it will be handled accordingly.
- Use of, or possession of tobacco/vape by athletes at any team event, at any time, is not allowed. This will result in being dismissed from the program.

P: _____ A: _____ Practice Expectations:

- You are expected to give 100% at every practice!
- AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars athletes do not say "I can't." or "It's too hard," – we are positive and encouraging!
- You are required to be prepared with items you will need. Please pack an extra healthy snack (NO candy) and water bottle for cheer. If you need medical items (like an asthma inhaler) or feminine hygiene products, please have one in your cheer bag at all times.
- Proper attire is expected at all practices. Until practice clothing comes in wear all black with a cheer bow and hair all the way up in pony tail. No loose fitting clothing that can pose a potential risk to the athletes and spotters.
- NO JEWELRY...this includes earrings, rings, bracelets, watches, necklaces, belly/facial/tongue/other piercing, etc. Solid or soft, plastic or metal – it ALL comes off EVERY practice. Jewelry can pose a safety risk – take it off! The only exception to this is that soft plastic "place holder" pieces can be inserted and worn for piercings which may close.
- Do not plan to pierce yourself after July 31, 2019, as it will not allow enough healing time to safely remove jewelry for competition season. Competitions allow ZERO piercings – taped or not.
- Nails must be cleaned and maintained for safety during stunting. If nail polish is worn during competition season, you must have natural color and shape. No bright colors or long nails are allowed.
- FINAL SAY: The coaches have the right to alter the practice schedule as needed. If there are any changes the day of practice, parents will be emailed, changes will be posted in Facebook groups and a text will be sent. All members must take individual responsibility to watch for those announcements.
- Also: Coaches do have the right to change practice dates and times to help the team in time of need (i.e. prior to a competition). Please be aware you need to be flexible if asked. The coaches will always try to give at least a week in advance warning, but in certain circumstances this cannot always occur.

P: _____ A: _____ Practice Season/Mandatory Dates:

- Choreography will be done by AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force. All choreography is property of AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force and cannot be used outside of AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force without written permission.
- Practices start the week of June 6th, 2016. ALL practices are MANDATORY. This was agreed upon when trying out for cheer, and stated again by coaches prior to tryouts! Summer vacation forms are needed for all summer vacations.
- All breaks & days off will be posted on the 2016-17 Calendar, released May 1st, 2016 as well as posted on our website and Facebook page.

P: _____ A: _____ Competitions:

- You are required to attend every competition in full uniform (or specified attire), whether you are competing or not (this includes You are required to attend every competition in full uniform (or specified attire), whether you are competing or not (this includes alternates).
- **Athletes must attend all practices during the 1 weeks prior to an instate event/competition and 2 two weeks prior to an out of state competition in order to perform/compete.**
- You may not be included in a routine if a skill is not met that was required. Competition may or may not have alternates, depending on the skill levels.
- You are expected to abide by all conduct rules and expectations of AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars, hosting organization, and the competition company while at competitions.

P: _____ A: _____ Additional Items:

- Athletes' tuition is based on a yearly amount, not monthly. The yearly amount is divided into 11 equal payments. These payments are due regardless of weeks in a month, absence, vacation, etc. There are no pro-rated fees or refunds at any time, for any reason.
- Please note: There is NO CREDIT to athletes' accounts given for injury or sickness. If athletes are sick or injured for an extended amount of time, they are still required to continue their regular pay schedule to hold the athlete's spot on team. There is NEVER any credit for missed practices, performances or competitions.
- Any checks written to Arizona All-Stars, that are returned unpaid for any reason, will incur a \$30.00 fee. Payment for the returned check, plus \$35 fee, paid in cash, is due in 5 calendar days of AZ All-Stars notice to Jennifer Huot

By signing below, I/We, _____, fully agree to participate in AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force Cheer programs and athletic activities, including cheerleading and dance, realizing that such activity involves the potential for serious injury. I acknowledge that even with the best coaching, use of the most advanced protective equipment and strictest observance of rules, injuries are still a possibility. On rare occasion these injuries can be so severe as to result in total disability, quadriplegia or even death. Furthermore, I specifically release from all liability, and hold completely harmless, AZ All Stars Force, LLC, AZ All-Stars Tumbling and Cheer, LLC and/or AZ All-Stars Force and any of it's officers, managers, directors or coaches and furthermore release from all liability, and hold completely harmless, any volunteers/employees/athletes/ participants/contractor/ any other person assisting with the program.

Parent/Guardian #1 Signature Date

Parent/Guardian #2 Signature Date