



**2015-2016 HANDBOOK**



## *Welcome to Carolina All-Stars!*

**“Where you become part of the family”**

Since 1996, Carolina Cheer & Dance has established itself as a competitive, consistent and nationally recognized leader in the competitive cheerleading and dance industry. To date, our all-star and high school teams have accumulated over 300 National and State Titles with the guidance of a world class staff. CAROLINA Coaches are more than just cheer and dance coaches – they are mentors and positive role models for the athletes. We have the most loyal, certified, talented and experienced coaches in South Carolina who are dedicated to seeing athletes reach their fullest potential.



When you come to CAROLINA, you will train in one of the largest facilities in the country, be instructed by amazing coaches, and become part of one of the top programs in the country. More importantly, you will become a part of the CAROLINA Cheer and Dance FAMILY. Above all, we pride ourselves on having a wholesome, positive and encouraging environment where the athletes LOVE to be! We strongly value sportsmanship, dedication, integrity and FUN! We are dedicated and committed to training our athletes to achieve their goals and believe in themselves on and off the mat. We strive to teach each athlete the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude, and a love for the sport.

***The mission of CAROLINA Cheer and Dance is to develop and enrich athletes and their families while building self-confidence, self-discipline and everlasting friendships through the sport of cheer and dance.***

We are excited to welcome you to our CAROLINA family!

***CLAWS OUT!***

## ALL-STAR CHEER REGULATIONS and HISTORY

With the tremendous growth of all-star cheerleading over the last 2 decades, there arose a need for the industry to adopt standard divisions and levels. Prior to this, different competitions have had different regulations for how teams were to be divided and different rules for stunting and tumbling. Coaches would have to change the routines from week to week just to meet the various requirements of the competition they were going to that weekend. The United States All-Star Federation (USASF) was created to help standardize the industry.

The USASF took ideas from industry leaders from the competition companies (NCA, UCA, ACA, CheerSport, etc.) and from respected all-star gym owners (including CAROLINA's) and have come up with a logical system of determining the various divisions and levels. These standards have been adopted by the vast majority of competitions that we will attend this season. Teams are typically broken down in 4 different ways: age, level, total number of athletes, and number of males. The all-star divisions are now determined solely on age. To avoid an athlete's eligibility changing during the year, there is a cutoff date. How old you are on AUGUST 31<sup>st</sup> will determine the "competition age" for that season. In other words, if you are 14 on August 31<sup>st</sup>, you compete as a "14 year old" for that entire season, even if you turn 15 on September 1.

2015-2016 USASF AGE GRID	
TINY	Age 6 and under
MINI	Age 8 and under
YOUTH	Age 11 and under
JUNIOR	Age 14 and under
SENIOR	Age 10-18
WORLD	Age 12-18

\*Age as of August 31<sup>st</sup>, 2015



### 2015-2016 CAROLINA All-Star Teams

Tiny 1.....	Kittens (Greenville), Spartanburg (Cubs)
Mini 1 .....	Kitty Cats
Youth 1 .....	Bengals
Youth 2 .....	Cheetahs
Senior 2 .....	Lynx
Senior 3 .....	Bobcats
Senior 4 .....	Wildcats
Senior Restricted 5.....	Lady Lions
Senior 5 Small Coed .....	Jaguars
Senior 4.2 Large .....	Pumas
Senior 4.2 Small.....	Panthers

## ALL-STAR CHEER LEVELS

There are currently 6 competition levels of all-star cheer. The “level” refers to the type and difficulty of stunts, pyramids, tosses, and tumbling that a team is allowed to perform in their competition routine. Levels range from 1 to 6, in increasing difficulty. Level 5 represents the highest difficulty level in which most gyms will field teams, as Level 6 is exclusive to college-aged athletes. The level of each athlete is evaluated and determined by the coaching staff.

There has been a steady upward trend within the levels over the past few years. The best teams at every level are MUCH stronger now. A team that would have easily won a Level 4 division a couple of years ago could be below average at that level now. To achieve high scores, the vast majority of the athletes on a team must execute the most difficult skills allowed at their level with exceptional technique consistently. This essentially means that the standards for determining when an athlete will move “up” a level are much higher than they have been in the past.



Cheerleading is made up of different skills such as jumps, stunts, standing tumbling, running tumbling, pyramids, basket tosses, motions/dance, and more. In accordance to these “Level Play Guidelines”, teams will be formed based on the athletes’ age, current skill level and/or potential to acquire the appropriate skills for each team level. By placing athletes according to these guidelines, we will continue to make each team successful by allowing each team to maximize routines in all judged areas. In order to maximize each team’s potential and utilize them for a successful season, every cheerleader will be evaluated based on the USASF level guidelines (more information can be found at [www.usasf.net](http://www.usasf.net)).

TUMBLING SKILLS (athletes must consistently execute 3 required minimum skills)		
LEVEL	STANDING TUMBLING	RUNNING TUMBLING
Level 1	Forward Roll Front/Back Walkover	Cartwheel Round-off Back Walkover
Level 2	Back Handspring Back Walkover BHS	Round-off BHS(s) Trick into Round-off BHS
Level 3	STANDING MULTIPLE BHS JUMPS TO BHS(s)	ROUND OFF OR BHS TUCK TRICK INTO RO BHS TUCK PUNCH FRONT
Level 4	STANDING TUCK BHS TUCK/LAYOUT JUMPS TO BHS TUCK	ROUND OFF BHS LAYOUT TRICK INTO LAYOUT
Level 5	JUMPS TO STANDING TUCK BHS SERIES TO FULL STANDING FULL	FULL TRICK TO FULL DOUBLE

## TEAM SELECTIONS

Rosters for our teams are designed, as best we can, to give each team a roughly equal chance for success within their division. Much like other sports, a variety of skills, abilities, and even body types are necessary to give teams the best opportunity to be successful at competitions. We try to match up the athletes as best as we can, but please remember that maturity, physical stature, stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 36 exactly matched identical athletes. Some will be stronger tumblers than others. Some will help us out with stunts more than others. Every athlete is on a team for a reason - please trust the staff. This season we are working harder than ever to push every athlete to improve their skills, even if it means working on skills that are above what is allowed in routines at their team's current level.

The most common confusion or misconception from parents and athletes relates to tumbling ability. Although tumbling can be an initial indicator of appropriate level placement, proper technique is more crucial now than ever to achieve high scores. Simply being able complete a skill without falling to the ground is no longer the standard for when athletes "have" skills. You must perform the trick with perfect or nearly perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. Many athletes and parents greatly overestimate the ability and form of the athlete against this standard. A parent's version of "my child has a layout" can often be dramatically different from the coaching staff's and this can lead to confusion about team placement.

The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other factors. As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.

Please note that no athlete has an absolute guarantee of a roster spot on a particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing athletes to or from teams for a performance, practice. However, we attempt to make roster changes as infrequent and with as much warning as possible. Athletes may be removed from our program at any time for reasons which may include but are not limited to: attitude problems, absences and/or tardies, talent level, lack of improvement, lack of financial responsibility, fitness level of an athlete, and personality conflicts between athletes, coaches, parents, or anyone else involved in our program. There will be no refunds of tuition given after removal from a team. Please also note that no athlete has a right to any particular role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the relative ability of the athletes in question. Many times the flow of choreography or formations dictate changes be made in which athletes are doing certain skills. While you are always free to ask the coaches (at appropriate times) to explain any of their decisions, making demands or threats regarding placement in routines are never successful and may result in the immediate dismissal of the athlete from the program.

## 2015-2016 PRICING

### TUMBLING

\$50/month .....1 Class per week  
 \$90/month .....2 Classes per week  
 \$130/month .....3 Classes per week  
 \$150/month .....Unlimited

### STRETCH & FLEXIBILITY

\$40/month - Non All-Stars .....Unlimited  
 \$25/month - All-Star Team Members .....Unlimited

### ALL-STAR CHEER

May .....\$75  
 (Includes 2 weeks of team practices, 1 tumbling class per week and USASF Registration Fee)

June 2015–April 2016 .....See below  
 (Includes weekly team practices, 1 tumbling class per week, practice wear\* and competition registration fees)

Team	Gym Fee	All-Star Fee	TOTAL
TINY	\$90	\$45	\$135/month
Levels 1-3	\$120	\$90	\$210/month
Level 4	\$120	\$110	\$230/month
Level 5	\$130	\$125	\$255/month
Half-Year Teams	\$80 (August – April)	\$80 (November-April)	\$80/month (Aug-Oct) \$160/month(Nov-Apr)

### Additional All-Star Costs

Stretch/Flexibility (mandatory for flyers) ..... \$25/month  
 Uniform Rental\* .....\$150  
 Uniform Ownership\*\* .....\$225  
 Competition Shoes .....\$75-85  
 Competition Make-Up .....\$40  
 Warm-Up (Optional) .....\$100  
 Backpack (Optional) .....\$50-75  
 Additional Team Shirts (Optional) .....\$30

\* Practice wear will include one pair of spandex shorts, 1 spandex sports bra or tank and 1 t-shirt

\*\*All-Star team members may choose to rent or purchase competition uniform. This fee can be broken up into monthly payments between May and November.



## PAYMENTS and FINANCIAL OBLIGATION POLICY

**CAROLINA will no longer allow athletes who have not met their previous season financial commitment to participate in team evaluations.**

- Payments are due on the 1st of each month, all payments made after the 10th will have a \$15.00 late charge added to the account per month the invoice is late.
- If your account becomes more than 1 month delinquent, your child will not be able to participate until your account is brought up to date.
- It is your responsibility to keep up with your account
- During ALL gym closings and breaks FULL gym fees still apply. Class and monthly tuition cannot be prorated for any reason.
- CAROLINA All-Star fees (tuition, competition registration, clothing etc.) are non-refundable.
- Understand that our expenses must be paid on time and we expect the courtesy of payment from parents on time.
- CAROLINA requires a 30 day written notice if your child will be leaving the program. This notice should be emailed to Chase Clark at [chase@carolinacheer.com](mailto:chase@carolinacheer.com).
- If you quit the team prior to a competition you will NOT be refunded any competition fees. It takes a lot of hard work on behalf of the coaches and the team members to get a routine ready for competition. We register for competitions beginning in the summer to receive the best rates. If you child decides to quit, we must find a replacement and train them to be ready to compete. Therefore, competition fees are not refundable even if your cheerleader leaves the program prior to a competition.
- If you have a balance of any type after the 10<sup>th</sup> of the month, you will not be allowed to do privates until the balance is paid in full.
- Additional items such as apparel, camps, etc. may not be purchased or participated in if you have a balance on your account.



## REFERRAL PROGRAM

The greatest source of new athletes comes from the referral of our current CAROLINA family members. The. Simply put, **you are our best recruiters!**

We greatly value the confidence that our current program members have in our program and in gratitude for this we gladly provide account credits for referrals. For each new CAROLINA All-Star team member that joins a competition team, the referring athlete will receive the following credit(s):



- 1<sup>st</sup> Referral .....\$40 credit to account
- 2<sup>nd</sup> Referral .....\$60 credit to account
- 3<sup>rd</sup> Referral.....Free Competition Uniform



## 2015-2016 Evaluations

### Levels 1- 4 Evaluations

Spartanburg Gym ..... May 11<sup>th</sup> and 12<sup>th</sup>, 4:30pm-8:30pm

Greenville Gym..... May 13<sup>th</sup> and 14<sup>th</sup>, 4:30pm-8:30pm

*CAROLINA Cheer and Dance is bringing back our WORLD'S PROGRAM!*

### Level 5 Evaluations

Greenville Gym..... May 16th, 2pm-4pm

### **Level 5 Evaluation Giveaways**

**Most Difficult Running Tumbling Pass – Infinity Backpack**

**Best Jumps – 1 Month Free Tuition**

**Most Flexible Flyer – Free Uniform**

**Best Performer – Free Pair of Infinity Shoes**

**Most Difficult Stunt Sequence – Gym T-Shirts**



### Half-Year Team Evaluations

Greenville Gym..... August 8th, 2pm-4pm

## **ALL-STAR CHEER PRACTICE DAYS and TIMES**

Kittens ..... Sunday\* 1-3 (Greenville)  
Cubs..... Sunday\* 1-3 (Spartanburg)  
Kitty Cats ..... Monday 6-8, Sunday\* 4:30-6:30 (Spartanburg)  
Bengals ..... Thursday 5:30-7:30, Sunday\* 2-4 (Greenville)  
Cheetahs ..... Monday 6-8, Sunday\* 4:30-6:30 (Greenville)  
Lynx ..... Tuesday 6:30-8:30, Sunday\* 1-3 (Greenville)  
Bobcats..... Wednesday 6:30-8:30, Sunday\* 1-3 (Spartanburg)  
Wildcats/Lady Lions ..... Monday 6:30-8:30, Sunday\* 1-3 (Gville/Sptg Rotating)  
Jaguars ..... Wednesday 6-9, Sunday\* 6-9 (Greenville)  
Pumas..... Tuesday 6:30-8:30, Sunday\* 4-7 (Greenville)  
Panthers ..... Tuesday 6:30-8:30, Sunday\* 4-7 (Spartanburg)

\*Sunday practices will start in August, 2015

## 2015-2016 ALL-STAR CHEER SCHEDULE

Evaluations.....	5/11-14/15
Team Selections .....	6/22-26/15
Team Rosters Announced .....	7/1/15
USASF Registration .....	7/20-24/15
Uniform Sizing.....	8/3-7/15
Half-Year Teams Evaluations .....	8/8/2015
All-Star Choreography* .....	8/8-30/15
Mandatory Practices Begin .....	9/12/15
Half-Year Teams Uniform Sizing .....	9/14/15
CAROLINA All-Star Showcase .....	12/5/15
Queen of the Nile- Atlanta (Level 5 team).....	12/12-13/15
Silver Championship - Concord (Level 1-3 teams) .....	1/09/16
Spirit of Hope- Charlotte (Level 1-3 teams, Level 5 team) .....	1/16-17/16
A/C Reynolds- Asheville (Tiny team, Level 4).....	1/23/16
Clash of the Titans- Raleigh (Level 1-4 teams)** .....	1/30-31/16
CheerSport Nationals- Atlanta (Level 4-5 teams) .....	2/13-14/16
NCA Nationals- Dallas (Level 5 team) .....	2/20-21/16
American Royale- Atlanta (Level 1-4 teams)** .....	3/05-06/16
Universal Spirit Grand Championship- Charlotte (Tiny team) .....	3/13/16
Canam- Myrtle (Level 5 team) .....	3/18-19/16
Ultimate Battle- Myrtle (Level 5 team).....	4/1/16
Battle at the Beach- Myrtle (Level 1-4 teams)** .....	4/1-3/16
CheerSport Grand- Concord (Tiny team) .....	4/9/16
One Up Nationals- Atlanta (Level 5 team) .....	4/9-10/16
Worlds - Orlando.....	4/23-25/16
Summit – Orlando.....	4/30-5/16

**Please plan vacations accordingly. Carolina All Stars is a competitive program, missing practices or competitions will result in dismissal from program.**

\*These weekends are dedicated to CHOREOGRAPHY so please plan accordingly

\*\*Is for half-year team teams such as 4.2 Large, 4.2 Small, and Senior 2

## CAROLINA STAFF

The CAROLINA Cheer and Dance staff is highly trained, motivated and committed to the success of your athlete. You can expect the following of the CAROLINA coaching staff:

- Continue Cheerleading-industry Education and Certification
- Always be approachable and friendly
- Remain safe and realistic with athlete progression while also challenging the athlete to reach his or her potential
- Maintain open and professional relationships with each athlete and parent/guardian
- Consistently enforce all disciplinary actions as stated in the “disciplinary procedures” section below
- Strive to provide a fun, safe and overall positive experience for your athlete



### Parent Communication with Staff

- At competitions coaches are there to coach. Any issues that arise during a competition will be addressed promptly during the week following the competition. Parents should never approach a coach with an issue at competitions. Please contact Chase Clark and we will schedule a time to deal with the issue
- Any verbal communications at the gym should be held in private and coaches only will discuss concerns regarding your athlete
- Coaches will provide you with feedback via **RemindMe** after each competition and periodically throughout the season. Parents may respond via email, and coaches will also make themselves available for appointments to discuss these matters in person, at the parents’ request. If a concern is emotional or heated, it is suggested that parents wait 24 hours, as a "cooling period", before contacting the coach

### Safety Measures

- Athlete health and safety is of utmost concern within the CAROLINA program. We are committed to maintaining a safe environment at all times. Proper nutrition and hydration are encouraged for optimal performance and injury prevention. CAROLINA is sufficiently prepared to respond to emergency situations with appropriate emergency-response plans; rest assured that your child is in safe and prepared hands



To ensure a safe environment at CAROLINA, all coaches will be:

- CPR-certified
- First-Aid Trained
- USASF Certified
- Trained and educated in effective spotting of stunts and tumbling
- Required to record and evaluate proper progression of skills

## ATHLETE CODE OF CONDUCT

- No profanity or abusive language
- Refrain from using social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the CAROLINA brand or reputation in any way. This is ground for immediate dismissal from the program
- If an extracurricular activity interferes with our mandatory practices or competitions, you will have to choose which activity to continue
- Each team will be assigned which teams to watch at competitions, you are required to watch your assigned teams
- Remain mindful that your decisions, whether you are actually wearing anything displaying the CAROLINA brand or logo at the time or not, affect and can be a negative reflection of yourself, your parents, fellow teammates, coaches, staff, and the entire CAROLINA program. Athletes should take pride in wearing “CAROLINA colors” and conduct themselves accordingly to uphold the legacy of CAROLINA
- Athletes are expected to wear coach selected/announced practice wear on the correct night of practice
- Accept both constructive criticisms and praise for a job well done with humility
- Not participate in gossip. This includes internal gossip about other CAROLINA athletes and external gossip about other cheerleading programs and their athletes. Problems shall be addressed and received directly, and parents should not listen, participate or instigate any idle, worthless gossip
- Show good sportsmanship and class at ALL times
- Attitude is everything. If an athlete has a foul attitude, we will place him/her to a non-competitive program such as a class until improvements are made. Until then, a replacement will be put in position
- Do not bully. This includes all forms such as electronic, verbal, physical, mental, media based, monetary, etc
- Use social networking and electronic media as a means of publishing and spreading the word of CAROLINA in a positive and appropriate manner

## PARENT CODE OF CONDUCT

- Under no circumstances should any parent enter the practice area at the CAROLINA gym or any warm-up area at competition
- Do not try to yell or get your child's attention on the floor during practice at the CAROLINA gym or any warm-up area at any competition
- Understand that the parent viewing area is open as a privilege not a right. If the viewing area becomes a parent issue, CAROLINA has the right to close the area at any time without prior notice
- If you threaten to quit or pull your child from the program, you may be dismissed from the program immediately
- Never speak or approach a competition official such as a judge
- Your opinion regarding practice and routine construction does not count. Please respect the decision the CAROLINA Cheer and Dance coaching staff makes. We have years of experience and will make the best decisions for the entire team/program
- Please do not call or text a staff member during practice or after normal working hours. The staff needs to have their personal time away from work. Thank you in advance for respecting this rule
- Please do not punish your child with practices and competitions. At that time you are punishing the entire team/program
- Please be aware that CAROLINA Cheer and Dance is privately owned and operated and should parents or cheerleaders engage in behavior that is unbecoming of a representative of CAROLINA, we reserve the right to remove parents or cheerleaders from the program temporarily or permanently

## ATTENDANCE POLICY

Practices are MANDATORY. Being an athlete on a CAROLINA All-Stars team is a commitment. Athletes are required to notify their team rep **AND** coach if they are absent for any reason and receive approval. An *Absence Request Form* must be filled out prior to the missed practice.

We realize that families vacation during the summer months however we ask that athletes are present for practices and tumbling if at all possible during this time. If you have a planned vacation, please communicate these dates with your coach as soon as possible. Attendance at summer practice is critical to each athlete's progress and integral to the success of the team.

You are NEVER allowed to miss practice two weeks before an event for ANY reason. Only Chase Clark, Carolina All-Stars Gym Director, has the discretion to approve an absence during this time. Failure to attend practice will result in an athlete being removed from his/her position until further notice. In case of a family emergency, you must notify your coach and team rep as soon as possible to inform them of the situation.

Church is an understood priority at CAROLINA and with many of our families. We will schedule around most common church times, however, absences related to church youth groups, speakers, retreats, etc., will not be unexcused.

**Illness:** You must attend practice when you are sick if you are not contagious. You are not required to participate; however, you must be physically present. In addition, when absences occur due to contagious illness you will be required to provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that may prohibit an athlete from participating.

**Injury:** In the event that an athlete is injured you should notify your coach of the happening of such injury immediately. Thereafter, you should continuously update coaches as soon as possible with all information concerning doctor's prognosis, estimated length of recovery, potential for surgery, and any change in circumstance affecting their ability to perform the physical skills required to fulfill their role on the team.

- We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered, he or she may or may not be choreographed back in the routine. All injured athletes must continue to pay fees in full.

**Inclement Weather Policy:** Every reasonable attempt will be made to open our business on regular scheduled practice days. However in the event of severe weather conditions, the gym will decide whether to open or not. Notification will be posted on CAROLINA Facebook page, twitter, and sent via **RemindMe**.

## COMPETITION ATTENDANCE

Prior to each competition, athletes and parents will be given the following set of team specific times for competition:

- **Arrival time**--when you must be present at the competition venue
- **Meet time**--when your team is required to meet with team rep and congregate at a specific place designated by the team reps. Team reps will take roll as the athletes prepare to walk to warm-ups. Athletes must leave all backpacks, purses, make--up, warm-up jackets and pants etc., with parents at this time.
- **Warm-up time**-the time the event hosting company has scheduled the team to warm-up
- **Performance time**-the time when the team is scheduled to perform
- **Awards time**-the time of the awards ceremony that you team has been scheduled to receive awards. It is important to stay for all awards ceremonies.
- **Release time**-when you are officially dismissed and allowed to leave the competition venue.

From your arrival time to your release time, every athlete is required to watch and support all CAROLINA teams except the scheduled time that his or her team is to be warming up. Athletes may not leave the competition before their respective release time without prior approval from Chase Clark.

## COMPETITION DRESSCODE

Athletes must arrive performance ready. All hair and makeup must be complete **BEFORE** entering the competition venue.

- Upon arrival to competition, you may wear your uniform with jacket over it.
- You may either wear your skirt under your pants (**under no circumstances ever may your skirt be worn over your pants**) or you may bring your skirt on a hanger or in a bag until it's time to put it on.
- All "dressing" and "changing clothes" must be done in a restroom, not the CAROLINA room, hallway or any other public place because CAROLINA athletes are always to be 100% ready-to-go.
- You must wear athletic shoes at the competition at all times. (Absolutely NO UGG's or flip-flops etc.)
- You are not allowed to wear jewelry at any time while at the competition venue.

## CAROLINA COUNCIL

The CAROLINA Council serves as the Advisory Board for Carolina Cheer and Dance. Appointed annually and comprised of 10-12 members (staff, team reps\* and athletes\*\*) who are collaborators and catalysts for action representing their specific knowledge area, the CAROLINA Council will be responsible for:

- Identifying “best practices” to ensure Carolina Cheer and Dance remains cutting-edge and continues to grow as a program and family
- Providing “wise counsel” on issues raised by owners, directors, athletes and parents
- Encouraging and supporting the exploration of new program ideas
- Fundraising opportunities
- Organizational planning
- Other matters concerning CAROLINA Cheer and Dance programs and performance

Members of the Carolina Council will be expected to attend monthly meetings to contribute expertise and thinking to the current and future work of CAROLINA Cheer and Dance.

\*A Team Rep is a parent who is the liaison between the coach and the parents. Each team will have one rep (one person may not be a rep for more than one team). Responsibilities of a team rep will include, but are not limited, to the following:

- Roll call at all team practices, competitions and special events
- Communication with parents and athletes via email, text, phone
- Developing team specific announcements, emails and reminders
- Individual team Social Media submissions to CAROLINA Cheer and Dance marketing director
- Team management at competitions from arrival to release time
- Collecting and distributing CAROLINA program t-shirts, etc.
- Organizing and preparing team outing and team bonding activities

\*\*Athletes on the Carolina Council will be a liaison between all program teams and the council.

If you are interested in this responsibility and would like to be considered for the position, please contact Chase Clark.



## TESTIMONIALS

I was looking for a sport for my 6 year old that would allow her to find her true potential. I can't believe how far she has come in just under a year; she has much more confidence and now has her back walkover, back handspring and is really improving as a flyer. All the staff at CA are talented, caring and just wonderful. I have never worry about asking a question, and as a new cheer parent I had quite a few. The cheer director is just amazing, totally approachable and also happens to be one of my child's favorite people. It's very rare to find staff dedicated staff who take the time to help your child be the best they can be. I am so excited for the future of this establishment and would certainly recommend them to anyone interested in cheer...this is truly a family and not just a cheer gym!

Jen Clendenin, Parent

Payton has grown up at Carolina cheer from the time she was 6 hrs old. Her coaches always encouraged her to work for new skills and supported her through challenging times. The program has allowed her to not only grow as an athlete but to grow as a person. She has been given the support to follow her dream.

John Willingham, Parent

Palmetto High School has long been recognized as a good cheerleading program. However, since we began attending Carolina Cheer and Dance, we have become an AMAZING program! We are now known across the state of South Carolina as a cheerleading force. We are given outstanding personal, individualized coaching for all our teams by knowledgeable and caring coaches. It is not uncommon for our coaches to constantly teach, train and perfect our routines so we can not only be competitive among teams but win!

Carol Brooks, Palmetto High School Cheer Coach

Carolina Cheer has some of the country's most diverse and innovative coaches. Their dedication and commitment to my team has made it one of the best experiences I've had as a high school coach - a Carolina Cheer coach was always at my disposal and supported us at EVERY competition we attended. . Their entire staff has always put my needs and those of my team members first, making this the best home away from home I could ask for.

Patrice Lineberger, Wade Hampton High School Cheer Coach

I am really happy to be a part of the CAROLINA family. I love all the coaches and they give great support. They will push you harder and harder to do your best and motivate you every step of the way. I enjoy all of the time I spend at the gym. My teammates and I bond very well together and always have lots of fun. We make great memories together and are always here for each other. I'm very happy that I chose to be a part of this amazing organization.

Alexis Marie, Cheerleader

CAROLINA Cheer and Dance brings a personal touch with their positive attitude and their advanced choreography. They offer one on one time with the coaches to answer questions and to help you in leading your team to a championship. They will leave you with elite choreography and a fired-up team that is ready to take it to the next level!

Beth Ward and Betty Mitchell, Mauldin High School Cheer Coaches

## MEDICAL TREATMENT and PARTICIPATION AGREEMENT FORM

I / We hereby give permission for \_\_\_\_\_ to participate in cheer during the athletic season beginning on \_\_\_\_\_. Furthermore, I / we authorize Carolina Cheer and Dance to provide emergency treatment of any injury or illness he/she may experience.

I / We are aware that participating in cheer is a potentially hazardous activity. I / We assume all risks associated with participation in this activity, including, but not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints, and tendons; and general deterioration of health. Such injuries can result not only in temporary loss of function, but also serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheer as safe as it can be, the AACCA Safety Certified Coaching Staff will instruct athletes concerning the rules of cheer and dance and the correct mechanics of all skills. I / We further agree to hold Carolina Cheer and Dance, its employees, representatives, coaches, volunteers, and agents harmless in any and all liability actions, claims, or additional legal action in connection with participation in any activities related to Carolina Cheer and Dance.

In signing this form, I / we assume the inherent risks of cheer and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Address: \_\_\_\_\_

Guardian Phone Numbers: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Current Medications: \_\_\_\_\_

## **MEDIA RELEASE FORM (Consent to photograph, film or videotape an athlete)**

Athlete Name: \_\_\_\_\_

I hereby consent to the participation in interviews, the use of quotes, and the taking of photographs, movies or video tapes of the Athlete named above by Carolina Cheer and Dance and/or other entities and organizations representing Carolina Cheer and Dance.

I also grant Carolina Cheer and Dance the right to edit, use, and reuse said products including use in print, on the internet, and all other forms of media. I also hereby release Carolina Cheer and Dance and its agents and employees from all claims, demands, and liabilities whatsoever in connection with the above.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Address: \_\_\_\_\_

Guardian Phone Numbers: \_\_\_\_\_

## **ATHLETIC ACKNOWLEDGEMENT and AGREEMENT FORM**

I/We hereby acknowledge that I/we have read and understand the CAROLINA All-Stars Handbook in entirety and agree to all rules, terms, and regulations set forth.

I / We further understand that Carolina Cheer and Dance has established rules and regulations pertaining to conduct, behavior, and activities of all athletes, by which I/my daughter/my son must abide during participation of this activity, and that I/my daughter/my son will be responsible for my/her/his failure to abide by those rules and regulations.

I/We understand and agree that this consent shall remain in effect for the entire season in which this form is submitted.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_