

**2016-2017**



**CAROLINA**

**ALL-STARS**





## *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!***

## THE CAROLINA PROMISE

**We Do This Together - Never Apart!**

**The Love and Skill Must Come from OUR Hearts!!!**

**We Did It Before and We'll Do It Again**

**I'm Fighting FOR YOU (Point at a teammate) - NOT Just the WIN!!!**

**Through the Tears, the Fears and Sometimes the Blood,**

**I'll Remember My Crew and ALL of Their Love!!!**

**I'll Give It My All. That's All I Can.**

**This I Promise by Raising My Hand!!!**

## 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 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.

2016-2017 USASF AGE GRID	
TINY	6yrs and younger
MINI	8yrs and younger
YOUTH	11yrs and younger
JUNIOR	14yrs and younger
SENIOR RESTRICTED	Age 10-18

**\*Age as of August 31<sup>st</sup>, 2016**



## 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

<b>LEVEL</b>	<b>FLYER REQUIREMENTS</b> At minimum flyers must be able to perform the following skills:	<b>BASE REQUIREMENTS</b> At minimum bases must be able to perform the following skills:
Level 1	Hold a lib for 2 8-counts Heel Stretch Scorpion	Prep 1-legged stunt at prep level (braced) Extended 1-legged stunt (braced) Straight Cradle
Level 2	Scale *In addition, Level 2 flyers must be able to do a straight ride basket	All Level 1 Skills Extensions 1-legged Stunt at Prep Level Straight Cradle Straight Ride Basket
Level 3	Hold a lib for 3 8-counts Heel Stretch (both legs) Scorpion Kick Scorpion	All Level 1 and 2 skills ½ Up to Extended Lib Twisting Full Basket Switch Up to Immediate Body Position Inversion Release Entry
Level 4	Scale Overstretch Basket	All Level 1, 2 and 3 skills Full Up to extension 1 ½ Up to Prep Level Body Position Double Down Cradle Kick Full Basket
Level 5		All Level 1, 2, 3 and 4 skills Full Up to Extended Immediate Body Position High to High Release Double Down Cradle from body position Kick Double Basket

<b>LEVEL</b>	<b>JUMPS</b>	<b>DANCE</b>
Level 1	2 Connected Advanced Jumps (Toe-Touch, Pike, Hurdler, Side Hurdler)	For all levels – An athlete's ability to demonstrate a high level of energy and entertainment value which incorporates multiple level appropriate visual elements including a variety of levels, formation changes, partner work, footwork, and floorwork. This includes technique, perfection, synchronization, pace, musicality and intricacy of dance moves performed.
Level 2	3 Connected Advanced Jumps to Back Handspring	
Level 3	4 Connected Advanced Jumps to Multiple Back Handsprings	
Level 4	4 Connected Advanced Jumps to Back Handspring Tuck	
Level 5	4 Connected Advanced Jumps to Tuck	

## TEAM SELECTIONS

Athletes are evaluated in May and 'try out' to be a member of CAROLINA All-Stars and not a particular team. **Team selection will not be based solely on tumbling skills.** 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 and there may be athletes on any given team that tumble at different levels than the rest of their teammates. 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.

## ATHLETE RE-EVALUATION

Athletes are required to maintain the skills displayed at evaluations. Athletes are placed on teams based on their skills and performance during their evaluation in May. All athletes will be re-evaluated throughout the summer until choreography. The CAROLINA Coaching Staff will make adjustments to the teams before choreography if athletes do not maintain their skills over the summer. Please remember and note that no athlete has an absolute guarantee of a roster spot on any particular team. There will be NO REFUNDS in the event from a removal from a team or program.

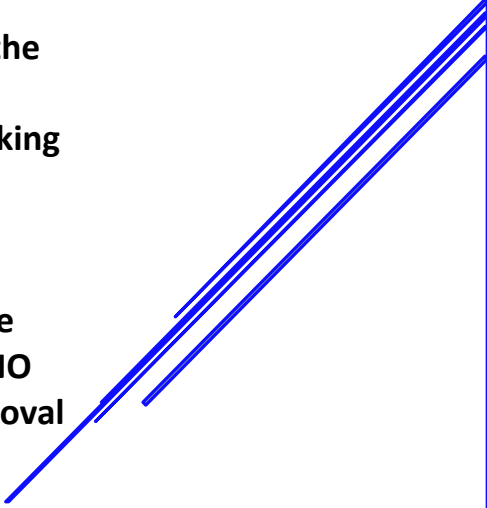
## CROSSOVERS

It is common in the All Star industry to have cheerleaders compete on more than one team. Athletes who participate on more than one team must:

- Be in good financial standing
- Be willing and able to fulfill all responsibilities for each team
- Receive parental consent to participate on more than one team

### **ATHELTES AND PARENTS:**

**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 is never successful and may result in the immediate dismissal of the athlete from the program. There will be NO REFUNDS in the event from a removal from a team or program.**

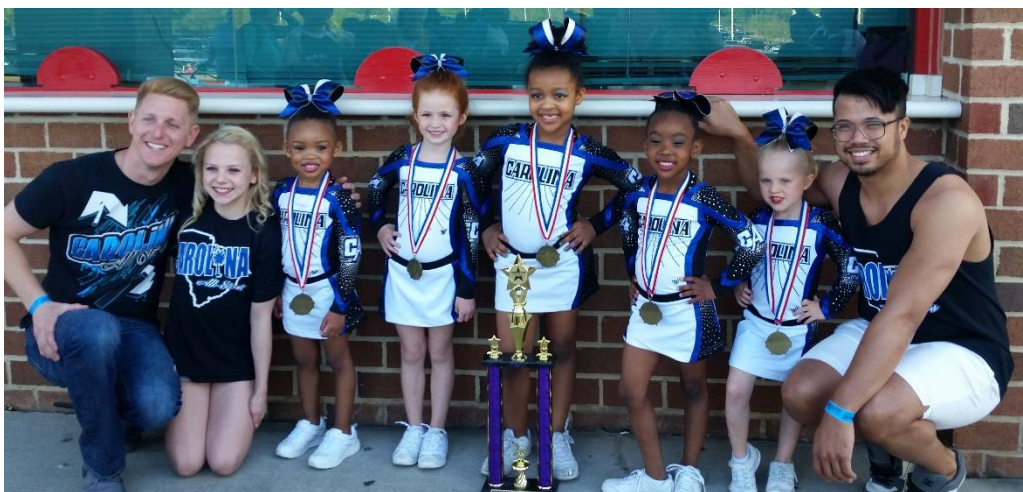


## ATTENDANCE POLICY

Attendance is very important to the success of the teams. Accepting a position in the CAROLINA All-Stars program means that it is an athlete's obligation to attend ALL practices. Practices are MANDATORY. Being an athlete on a CAROLINA All-Stars team is a commitment. When one member of a team is absent, it can keep a whole team from achieving their goals. Competitive cheerleading is the only sport where you get two minutes and thirty seconds to get it right. If you do not get it right at practice; it's unlikely you will get it right at competition.

Athletes and parents will be provided a link to a google calendar with all important dates during the season. Athletes are expected to attend all practices and not arrive late or leave early unless the absence is pre-approved by the CAROLINA All-Star Coordinator or the absence is the result of an emergency. Once the competitive season starts, attendance becomes even more important. If you miss a practice more than once in a month for any reason during competition season, your spot in the routine may be re-evaluated for the upcoming competitions. Missing a practice during the week prior to a competition may result in the removal of the athlete from the competition routine. Missing practices to finish homework, study for an upcoming exam/test, household chores etc. does not excuse an athlete from practice.

We understand there is life outside of cheerleading. For example, 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. We also realize that families vacation during the summer months nevertheless 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 and the CAROLINA All-Stars Coordinator as soon as possible. Attendance at ALL practices is critical to each athlete's progress and integral to the success of the team(s).





The attendance policy is as follows:

### **CLASS A - EXCUSED ABSENCES**

Excused absences may include, but are not limited to:

- Illness or injury with DOCTOR'S EXCUSE (If you are running a fever and have not gone to the doctor you must come to practice and let the coach verify a fever and you may be permitted to leave. Illnesses without accompanying fevers when you have not gone to the doctor may excuse you from participating in practice but you are expected to be present at practice.
  - **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.
- Death in the immediate family (parent, grandparent, sibling, first cousin)

### **CLASS B - EXCUSED ABSENCES**

Class B absences are those other than those listed above and may be excused only with prior approval from the CAROLINA All-Star Coordinator and sufficient "Earned Time Off (ETO)" in your account. Note - Just because you request a Class B absence does not automatically excuse any absence or assure use of ETO. The absence must be reasonable and unavoidable. Examples of Class B Absences are after-school academic functions that are required for a class, scheduling conflicts due to custody agreements, an out-of-town wedding or other activities that are reasonable and/or unavoidable.

You may earn time off throughout the year for various activities or duties. To take a Class B excused absence you must have enough ETO in your account to cover your absence, as well as, having prior approval from the CAROLINA All-Stars Coordinator. Please remember that certain dates and functions are mandatory and ETO may not be used and if you do not have ETO accumulated the absence will be considered Class C (unexcused).

**ETO is earned as follows:**

- 2 One Hour Privates = 1 Hour ETO
- 4 One-half Hour Privates = 1 Hour ETO
- All A's on Quarterly Report Card = 2 Hours ETO
- All A's and B's on Quarterly Report Card = 1 Hour ETO
- 2 Non-Mandatory Team Practices\* = 1 Hour ETO
- 4 Weekly Tumble Classes = 1 Hour ETO
- 4 Stretch Classes = 1 Hour ETO
- Other\*\*

It is at the CAROLINA All-Stars Coordinator's discretion to approve a Class B absence. YOU MUST REQUEST A CLASS B ABSENCE AT LEAST FOUR (4) ACTIVITIES/FUNCTIONS PRIOR TO THE MISSED EVENT! ETO MAY NOT BE USED ON COMPETITION DAYS, CHOREOGRAPHY, CERTAIN PRACTICES, and other events as noted by the coach and/or CAROLINA All-Stars Coordinator.

- A maximum of 10 hours of ETO will be approved between September and December.
- A maximum of 4 hours of ETO will be approved between January and April.
- Any ETO requests in excess of the above mentioned maximums will need to be discussed in a face-to-face meeting with the CAROLINA All-Stars Coordinator.
- ETO WILL NOT CARRY OVER FROM ONE SEASON TO THE NEXT.

\*Non-mandatory team practices are practices that are scheduled where attendance is strongly suggested but not mandatory. These practices are typically during the months of June and July. Occasionally, a coach may call an additional non-mandatory practice during the season.

\*\*Other activities may be eligible to earn ETO. All questions/requests should be directed to the CAROLINA All-Star Coordinator. Any approval of additional ETO will be solely at the discretion of the CAROLINA All-Stars Coordinator.

**CLASS C - UNEXCUSED ABSENCES**

Class C absences are absences that have not been approved by the CAROLINA All-Stars Coordinator. NOTE - Even if you are sick and have a doctor's excuse - you must notify the coach **at least two(2) hours before** the scheduled activity or function...otherwise, the absence will be considered UNEXCUSED! CLASS C ABSENCES WILL RESULT IN THE FOLLOWING ACTIONS:

- 1<sup>st</sup> Offense, \$15 penalty to be paid before returning to any team event
- 2<sup>nd</sup> Offense - \$30 penalty to be paid before returning to any team event and a face-to-face meeting with the CAROLINA All-Stars Coordinator
- 3<sup>rd</sup> Offense – DISMISSAL from the CAROLINA All-Stars Program

Punctuality is also very important to us. You are considered tardy if you are not on the practice floor ready to go when practice BEGINS and may also include leaving early from an activity. This means: appropriate practice wear on, shoes on and tied, hair up, snacks and drinks finished and ready to go. Just because you are in the gym does NOT mean that you are on time; you must be prepared to start immediately to be considered on time.

Tardies are NOT acceptable without prior notice to the coach. DO NOT SEND WORD of a tardy, or expect that a call to the coach will automatically excuse the tardy. Only reasonable, unavoidable tardies, which have been given prior approval will be excused. If you are late more than 15 minutes to a practice, it will be considered a Class C absence. If attendance or tardiness becomes an issue the athlete may be made an alternate or may be dismissed from the program.

# of unexcused tardies	CONSEQUENCE
1	<ul style="list-style-type: none"><li>Physical Punishment (minute for minute immediately following the practice/event you were tardy for)</li></ul>
2	<ul style="list-style-type: none"><li>Physical Punishment (minute for minute immediately following the practice/event you were tardy for)</li><li>Parent and athlete must meet with coach</li></ul>
3	<ul style="list-style-type: none"><li>Physical Punishment (minute for minute immediately following the practice/event you were tardy for)</li><li>\$15 penalty</li></ul>
4	<ul style="list-style-type: none"><li>Physical Punishment (minute for minute immediately following the practice/event you were tardy for)</li><li>Parent and athlete must meet with the CAROLINA All-Stars Coordinator</li><li>\$30 penalty</li></ul>
5	<ul style="list-style-type: none"><li>Dismissal from the CAROLINA All-Stars Program</li></ul>

Physical Punishment may include but are not limited to the following:

- Sprints/Running
- Bear Crawls
- Frog Jumps
- V-Ups

**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 group messaging apps and/or email blasts.

## 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 your 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 the CAROLINA All-Stars Coordinator.

## 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.
- Nails are to be kept short and smooth. No fake nails and no nail polish allowed during competitions.



## COMPETITION TRAVEL

New for the 2017 Competition Season – All CAROLINA All-Stars Cheerleaders and families will have the opportunity to be a part of the CAROLINA Travel Group.

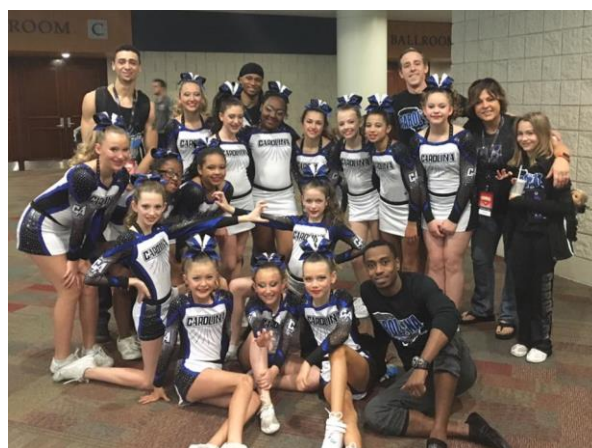
- **DUE TO CONTRACT AND “STAY TO PLAY” OBLIGATIONS, ALL ATHLETES ARE REQUIRED TO STAY AT TEAM HOTELS PROVIDED BY THE COMPETITION VENUE WHEN THE COMPETITION IS DEEMED STAY TO PLAY.** Athletes not following these guidelines may be deemed ineligible to compete at the event. However, for all STAY TO PLAY events, an exemption form may be submitted if you are planning to commute or stay with relatives.
- At non-stay to play events, a block of rooms will be reserved at a ‘team’ hotel and each athlete/family who is interested will have the opportunity to reserve the rooms at a special rate by a certain date (detailed information will be given closer to competition season). The team hotel will be the ‘hub’ for the weekend. Although it is not required for any athlete to stay at the ‘team’ hotel, there may be times where everyone will need to meet there as a central location.
- There must be a parent in every room, no exceptions.
- Each cheerleader must have a chaperone at every competition. It is not your coach, Team Rep or CAROLINA staff’s responsibility to be your child’s chaperone.
- It is your responsibility to pay the hotel directly for your room.
- Proper traveling attire will be discussed with each team prior to an out of town competition



## 2016-2017 CAROLINA All-Stars Full Year Team Costs<sup>1,5</sup>

			Due on or before: <sup>2,3</sup>
Annual Program Fee	ALL	75.00/year	June 4 <sup>th</sup> , 2016
Monthly Gym Fee			
	TINY	\$90/month	12 <sup>th</sup> of each month
	Levels 1- 3	\$120/month	
	Levels 4-5	\$140/month	
	Half-Year	\$80/month	
All-Star Fee			
	Tiny	\$720/year	May be paid in equal monthly installments with the final payment being due on 3/12/2017
	Levels 1-3	\$1020/year	
	Levels 4-5	\$1020/year	
	Half-Year	\$500/year	
USASF			
Annual Registration	ALL	\$30/year	8/18/2016
Apparel			
Program Practice Shirt and Bow <sup>6</sup>		Included in Annual Program Fee	N/A
Team Specific T-shirt and Bow <sup>6</sup>	Tiny, Levels 1-5	\$35 per team	6/20/2016
Competition Bow	ALL	\$25.00	12/1/2016
Spandex Practice Wear	Tiny, Levels 1-5	Starting at \$63.00	7/18/2016
Uniform Rental	ALL	\$150 (rental) \$225 (purchase a pre-worn uniform) \$275 (purchase a new uniform) <sup>4</sup>	May be paid in monthly installments (must be paid in full by 12/1/2016)

- Any annual fees paid in full within 2 weeks of registration will receive a 10% discount.
- Any athlete joining the CAROLINA All-Stars full year program after an initial payment due date, will have 2 weeks from the time of registration to pay for those items.
- PLEASE NOTE, NO APPAREL WILL BE GIVEN TO ATHLETES PRIOR TO PAYMENT BEING MADE IN FULL.
- If you are planning to purchase a new uniform, you will need to complete and order form and make a deposit PRIOR to the scheduled uniform fitting.
- In addition to the CAROLINA All-Stars apparel that athletes are required to purchase, each athlete is personally responsible to provide cheerleading shoes and competition make-up. Athletes may also choose to purchase a CA warm-up, drawstring bag, backpack, etc.
- Female athletes will receive a shirt and bow in the package. Male athletes will receive 2 shirts.



## 2016-2017 CAROLINA All-Stars Half Year Team Costs<sup>1, 4</sup>

			Due on or before: <sup>2,3</sup>
Annual Program Fee	ALL	75.00/year	12/1/2016
Monthly Gym Fee			
	Half-Year	\$80/month	1 <sup>st</sup> of each month
All-Star Fee			
	Half-Year	\$500/year	May be paid in equal monthly installments with the final payment being due on 3/12/2017
USASF			
Annual Registration	ALL	\$30/year	8/18/2016
Apparel			
Program Practice Shirt and Bow <sup>5</sup>		Included in Annual Program Fee	N/A
Team Specific T-shirt and Bow <sup>5</sup> (for each all-star team you cheer on)	Half-Year	\$35 per team	12/1/2016
Competition Bow	ALL	\$25.00	12/1/2016
Spandex Practice Wear	Optional for Half-Year Teams)	Starting at \$63.00	12/1/2016
Uniform Rental	ALL	\$150.00 (rental) \$225.00 (purchase)	May be paid in 3 monthly installments. Must be paid in full by 2/1/2017

1. Any annual fees paid in full within 2 weeks of registration will receive a 10% discount.
2. Any athlete joining the CAROLINA All-Stars full year program after an initial payment due date, will have 2 weeks from the time of registration to pay for those items.
3. PLEASE NOTE, NO APPAREL WILL BE GIVEN TO ATHLETES PRIOR TO PAYMENT BEING MADE IN FULL.
4. In addition to the CAROLINA All-Stars apparel that athletes are required to purchase, each athlete is personally responsible to provide cheerleading shoes and competition make-up. Athletes may also choose to purchase a CA warm-up, drawstring bag, backpack, etc.
5. Female athletes will receive a shirt and bow in the package. Male athletes will receive 2 shirts.

## APPAREL

The CAROLINA All-Stars have worked very hard to establish a brand and we plan to take this policy seriously.

- All CAROLINA Cheer and Dance and CAROLINA All-Stars logos and brands are protected.
- All spirit wear items are to be purchased through the CAROLINA All-Stars ProShop.
- If a sponsor wants to buy an item for entire team; that order must go through CAROLINA All-Stars ProShop.
- All spirit items must be approved by CAROLINA All-Stars ProShop; coaches have sole authority on t-shirt designs (this includes sponsored items also) – i.e., if parents would like to design an additional team specific shirt, bag, etc. they must get approval from the coach who will then make necessary order arrangements through the CAROLINA All-Stars ProShop.
- Bows, t-shirts, bags, blankets, etc. with an identifiable icon not purchased through CAROLINA All-Stars ProShop are not permitted. Teams will not be allowed to wear or use as a group.
- Anyone that attempts to sell or give away items with CAROLINA logos or likenesses will be in violation of our policy.

## **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 no later than the 12<sup>th</sup> of each month, all payments made after the 15<sup>th</sup> 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 Nikki Floyd at [nsmithfloyd@gmail.com](mailto:nsmithfloyd@gmail.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 your 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 12<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.

## **REFUND POLICY**

- No tuition refund or partial monthly credits are given if a member quits, is dismissed from the program for any reason, or cannot compete due to injuries or illness. Likewise, there are no credits given for short months, winter breaks or snow days.
- If a member quits or is dismissed from the program for any reason, any remaining balance earned from fundraisers, etc. which were credited to an account will be forfeited.



## 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 ..... 25% off GYM fee for 1 month  
2<sup>nd</sup> Referral..... 50% off GYM fee for 1 month  
3<sup>rd</sup> Referral..... 75% off GYM fee for 1 month  
4<sup>th</sup> Referral .....FREE GYM fee for 1 month



## 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 the CAROLINA All-Star Coordinator 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 group messaging app and/or private team facebook groups 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



## CAROLINA STAFF CONTACT INFORMATION

STAFF	Email Address
Brandon (Stick) Aaron	<a href="mailto:cacoachstick@gmail.com">cacoachstick@gmail.com</a>
Chase Clark, CAROLINA Gym Director	<a href="mailto:cacoachchase@gmail.com">cacoachchase@gmail.com</a>
Spenser Davis	<a href="mailto:cacoachspenser@gmail.com">cacoachspenser@gmail.com</a>
Kaytie Donald	<a href="mailto:cacoachkaytie@gmail.com">cacoachkaytie@gmail.com</a>
Les Gethers	<a href="mailto:cacoachles@gmail.com">cacoachles@gmail.com</a>
Natalie Googer	<a href="mailto:cacoachnatalie@gmail.com">cacoachnatalie@gmail.com</a>
Taylor Hines	<a href="mailto:cacoachtaylor@gmail.com">cacoachtaylor@gmail.com</a>
Cindy Kay, CAROLINA ProShop Manager	<a href="mailto:cacoachcindy@gmail.com">cacoachcindy@gmail.com</a>
TK Leet	<a href="mailto:cacoachtk@gmail.com">cacoachtk@gmail.com</a>
Leah Mann	<a href="mailto:cacoachleah@gmail.com">cacoachleah@gmail.com</a>
Chris Simmons	<a href="mailto:cacoachchris@gmail.com">cacoachchris@gmail.com</a>
Ty Smith, CAROLINA All-Star Coordinator	<a href="mailto:cacoachty@gmail.com">cacoachty@gmail.com</a>
Dakota Tierce	<a href="mailto:cacoachdakota@gmail.com">cacoachdakota@gmail.com</a>
Allie Tyner	<a href="mailto:cacoachallie@gmail.com">cacoachallie@gmail.com</a>
Christie Truett	<a href="mailto:cacoachchristie@gmail.com">cacoachchristie@gmail.com</a>
Bucky Woodson	<a href="mailto:cacoachbucky@gmail.com">cacoachbucky@gmail.com</a>
ADMINISTRATION	Email Address
Nikki Floyd, CA Greenville	<a href="mailto:nsmithfloyd@gmail.com">nsmithfloyd@gmail.com</a>
Mandy Rudisail, CA Spartanburg	<a href="mailto:caeskmandy@gmail.com">caeskmandy@gmail.com</a>
Dean Smith	<a href="mailto:caeskdean@gmail.com">caeskdean@gmail.com</a>



## ATHLETE CODE OF CONDUCT

- Practice wear **MUST** be worn according to the team calendar.
  - All female athletes, regardless of age, should have a sports bra or tank top under their t-shirts at all practices
  - All female athletes should have hair in high ponytail with a bow at all practices
  - Absolutely no jewelry. This includes necklaces, rings, earrings, and any other piercings (Coaches will not be responsible for jewelry handed to them or left in the gym)
  - Gum chewing, eating and drinking (other than water) are not allowed in the practice area
- No cell phones are allowed at practices
- Nails must be properly cut. NO fake nails of any kind
- 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 mandatory CA 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
- 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. Insubordination in the gym is unacceptable. This includes, but is not limited to, temper tantrums, outbursts, poor attitude, profanity, disrespect for others and excessive talking. Any disrespectful or inappropriate behavior may result in the expulsion from practice and potential dismissal from the program.
- 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
- It is the parents' and athletes' responsibility to know what is going on with their team at all times. Please check the calendar, website, emails and group messaging apps regularly.



## PARENT CODE OF CONDUCT

- If you have any questions or concerns that need immediate attention please use the following chain of command:
  1. Head Coach of Team
  2. Ty, Smith, CAROLINA All-Stars Coordinator
  3. Chase Clark, CAROLINA Gym Director
  4. Shannon Smith, CAROLINA All-Stars Owner/Operator
- Under no circumstances should any parent enter the practice area and/or speak/interact with their child at the CAROLINA gym or any warm-up area at competition during scheduled cheer practices or competitions.
- 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 must have a meeting with the CAROLINA All-Star Coordinator, before returning to any team event. Please note, a threat of this manner may result in you being dismissed from the program immediately
- Never speak or approach a competition official such as a judge.
- Refrain from gossiping about other team members and/or decisions made by CAROLINA coaches and staff. **(NO GOSSIP** about any other teams (allstar or school). **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than to listen to idle gossip).
- 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.
- Withholding a child from practice should never be used as a form of punishment. 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.
- If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the CAROLINA All-Stars Coordinator. **AT NO TIME SHOULD ANY PARENT ADDRESS ANY ATHLETE THAT DOES NOT BELONG TO THEM FOR ANY REASON.**
- It is the parents' and athletes' responsibility to know what is going on with their team at all times. Please check the calendar, website, emails and group messaging apps regularly.

## 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 Ty Smith.



## CAROLINA CREW: The CAROLINA All-Stars Booster Club

New for the 2016-2017 season, CAROLINA All-Stars will be welcoming our new and returning athletes and families to join the CAROLINA CREW, the official booster club for CAROLINA All-Stars. The CAROLINA Crew is a non-profit, parent run, volunteer-based organization. The mission of the CAROLINA Crew is to assist and support all athletes of CAROLINA All-Stars and their families with fundraising activities, and to encourage and develop good sportsmanship, team unity and positive interactions among athletes, families and the community as a whole. One of our main functions is to provide fundraising opportunities to the cheerleaders and parents of CAROLINA All-Stars. The CC will offer several different types of fundraising opportunities to the cheerleaders and parents of CAROLINA All-Stars. Your participation in these fundraisers is strictly at your discretion or desire. Obtaining sponsorships and participating in fundraisers can truly offset the cost of all-star cheer. The CC will provide ample opportunities to assist families in raising the funds to cover the expenses, but everyone must be willing to do their part.

Additionally, the booster club will organize fundraisers that will go directly into the general fund which will pay for items such as new or upgraded gym equipment, the CAROLINA Cookout at the end of the season, coaches' gifts or any items the CC Board of Directors deems necessary. These funds will be maintained separately from the cheerleaders' fundraising accounts and will be reported on to the general membership on a monthly basis.

For the upcoming 2016-2017 competition season, we want EVERYONE to be a member of the booster club! We are in the process of gathering and organizing fundraisers and events to help fund our athletes and our program for 2016-2017. The theme for the booster club's inaugural year is TRANSPARENCY. It will be our mission to make sure that the status of booster club funds is updated and available for everyone to see on a monthly basis. We will also be posting our budget and tracking our progress towards meeting our fundraising goals.

Please be patient as we work through the kinks of this new process. Yearly membership is only \$25.00 per family. In order for your athlete to take advantage of the CC benefits, a membership of \$25 is required. This will help cover operating expenses such as shipping, copying, media materials and supplies to sustain the booster club. All members agree to abide by all the applicable rules and regulations. Members in good standing will have the right to vote when applicable.

The benefits of The CC will be made available to any parent or legal guardian of a competitive cheerleader who wishes to participate and agrees to abide by all applicable rules and regulations. All members in good standing have the right to vote and/or be a member of the Board of Directors. In order to be a member in good standing, you must be current with your tuition to the gym and have paid yearly membership dues of \$25.00 per family. If a cheerleader exits the program mid-season, all funds held in the cheerleader's name shall divert to the general fund.

If you would like more information, please contact Cindy Kay at [cacoachcindy@gmail.com](mailto:cacoachcindy@gmail.com).

## 2016-2017 IMPORTANT DATES

PLEASE NOTE THAT THE LIST OF DATES BELOW IS NOT ALL INCLUSIVE. These are just the important dates that have already been scheduled.

At any time throughout the season, any athlete or parent may view and/or sync the CAROLINA All-Stars Google calendar to their phone/laptop/tablet.

**To access the CA Google Calendar from your phone or other device select one of the following links:**

**I-Cal (for Apple devices)**

<https://calendar.google.com/calendar/ical/carolina.allstars.96%40gmail.com/public/basic.ics>

**HTML (for Android/Google devices)**

[https://calendar.google.com/calendar/embed?src=carolina.allstars.96%40gmail.com&ctz=America/New\\_York](https://calendar.google.com/calendar/embed?src=carolina.allstars.96%40gmail.com&ctz=America/New_York)

Or you can email [carolina.allstars.96@gmail.com](mailto:carolina.allstars.96@gmail.com) and request to be added to the calendar. Please be sure to include your name (and athlete name if you are a parent).

JUNE 2016		Point of Contact
All Month	Weekly non-mandatory team practices (exact time and location for each team practice can be found on the CAROLINA All-Stars Google Calendar)	Team Coach
All Month	Weekly Tumbling Classes	Sign in at front desk
June 4th, 2016	Annual All-Star Fee (\$75) DUE	Dean Smith
June 4th, 2016	Team Rosters Announced	Ty Smith
June 11th, 2016	CAROLINA Crew Booster Club Membership (\$25) DUE	Cindy Kay
June 6-9, 2016	GYM CLOSED	
June 12, 2016	Monthly Tuition DUE	Dean Smith
June 15, 2016	Deadline for 2016 Practice Apparel Order @ Bulk Order Pricing	Cindy Kay
June 20, 2016	Payment for team specific shirt and bow (\$25) DUE	Dean Smith
June 20-24, 2016	MANDATORY TEAM PRACTICE WEEK - Each team will have (2) 4 hr practices. The exact schedule will be posted in the google calendar by May 30, 2016.	Team Coach

JULY 2016		Point of Contact
All Month	Weekly non-mandatory team practices (exact time and location for each team practice can be found on the CAROLINA All-Stars Google Calendar)	Team Coach
All Month	Weekly tumbling Classes	Sign in at front desk
July 12th, 2016	Monthly Tuition Due	Dean Smith
July 18th, 2016	Payment for 2016 Program Spandex Practice Wear (\$62) DUE	Dean Smith
July 18-22, 2016	MANDATORY TEAM PRACTICE WEEK - Each team will have (2) 4 hr practices. The exact schedule will be posted in the google calendar by May 30, 2016.	Team Coach



<b>AUGUST 2016</b>		<b>Point of Contact</b>
<b>All Month</b>	Weekly Mandatory Team Practices (2 practices per week) - Exact time and location for team practices can be found on the CAROLINA All-Stars Google Calendar	Team Coach
<b>All Month</b>	Weekly Tumbling Classes	Sign in at front desk
<b>August 8, 2016</b>	Annual USASF Athlete Registration (\$30) DUE. Parents can go to <a href="http://www.usasf.net/members/athletes/parent-how-to/">http://www.usasf.net/members/athletes/parent-how-to/</a> and follow instructions to register either new or returning athlete.	Cindy Kay
<b>Aug.12th, 2016</b>	Monthly Tuition Due	Dean Smith
<b>Aug. 22-23, 2016</b>	Uniform Fittings @ CAROLINA Greenville	Ty Smith
<b>Aug. 24-25, 2016</b>	Uniform Fittings @ CAROLINA Spartanburg	Ty Smith
<b>Aug. 19-21, 2016</b>	Level 4/5 Choreography	Ty Smith
<b>Aug. 26-28, 2016</b>	Level 3 Choreography	Ty Smith

<b>SEPTEMBER 2016</b>		<b>Point of Contact</b>
<b>All Month</b>	Weekly Mandatory Team Practices (2 practices per week) - Exact time and location for team practices can be found on the CAROLINA All-Stars Google Calendar	Team Coach
<b>All Month</b>	Weekly Tumbling Classes	Sign in at front desk
<b>Aug.12th, 2016</b>	Monthly Tuition Due	Dean Smith
<b>Sept. 9-11, 2016</b>	Level 2 Choreography	Ty Smith
<b>Sept. 16-18, 2016</b>	Level 1 Choreography	Ty Smith

## 2017 COMPETITION SEASON

<b>DATE</b>	<b>COMPETITION</b>	<b>LOCATION</b>	<b>Tinys</b>	<b>Full Year Teams</b>	<b>Half Year Teams</b>
1/7/2017	CAROLINA All-Stars Showcase	CAROLINA Greenville	✓	✓	✓
1/21/2017	CHEERSPORT Atlanta Grand Championship	Atlanta, Georgia*	✓	✓	
2/4/2017	ENCORE Championship	Concord, NC		✓	
2/18-19/2017	CHEERSPORT National Championship	Atlanta, GA	✓	✓	
3/11-12/2017	ENCORE Championship	Sevierville, TN*		✓	✓
3/25-26/2017	Battle at the Beach	Myrtle Beach, SC	✓	✓	✓
4/22/2017	CHEERSPORT Charlotte Grand Championship	Concord, NC	✓	✓	

**\*Indicates a mandatory STAY to PLAY Venue**

**All athletes on eligible teams (Youth – Senior Levels), should keep the weekend of May 5-7, 2017 open for The Summit – All-Star Cheerleading Championship.**

Teams that are not eligible to go to Summit and/or teams who do not receive a bid will end their competitive season on April 22, 2017. Please note, if your team receives a bid to The Summit, your all-star season will not end until May 7, 2017 – PLEASE PLAN ACCORDINGLY!

## 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 yrs 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 Willinghamman, 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 AACC 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: \_\_\_\_\_