

# **ATHLETIC CHEER FORCE HANDBOOK**



**CHEER SEASON  
2024-2025**

Thank you for your interest in **Athletic Cheer Force!** We are excited that you want to be a part of our award-winning program!

Athletic Cheer Force  
122 E Main Street  
Caney, OK 74533

### **What is Athletic Cheer Force?**

We are an award-winning All-Star Cheerleading program. Over the course of 18 years we have won 33 national titles and 38 championship titles We encourage your children to excel in every aspect of their lives. At **ACF** we believe that you should strive to be the very best at everything you do... personally, academically, athletically, and in the community.

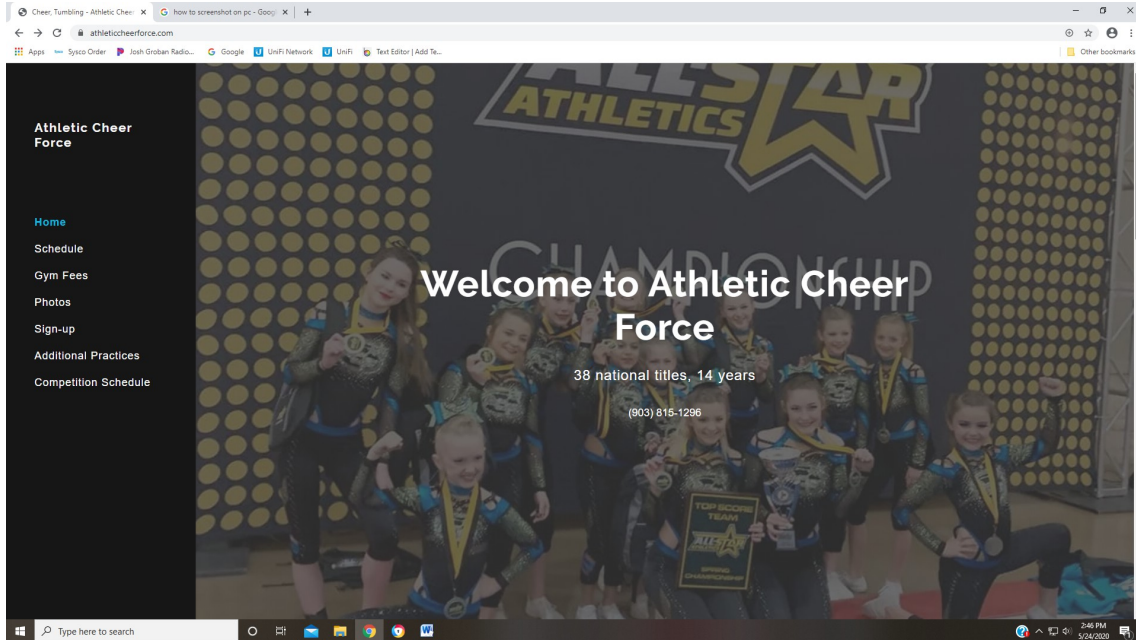
### **What is All-Star Cheerleading?**

All-Star is our way of having a “select” cheerleading team. We spend our “off-season” sharpening our cheer motions, stunts, tumbling, jumps, dancing, and conditioning so that we can perform our skills in a 2 ½ minute routine with fast paced music.

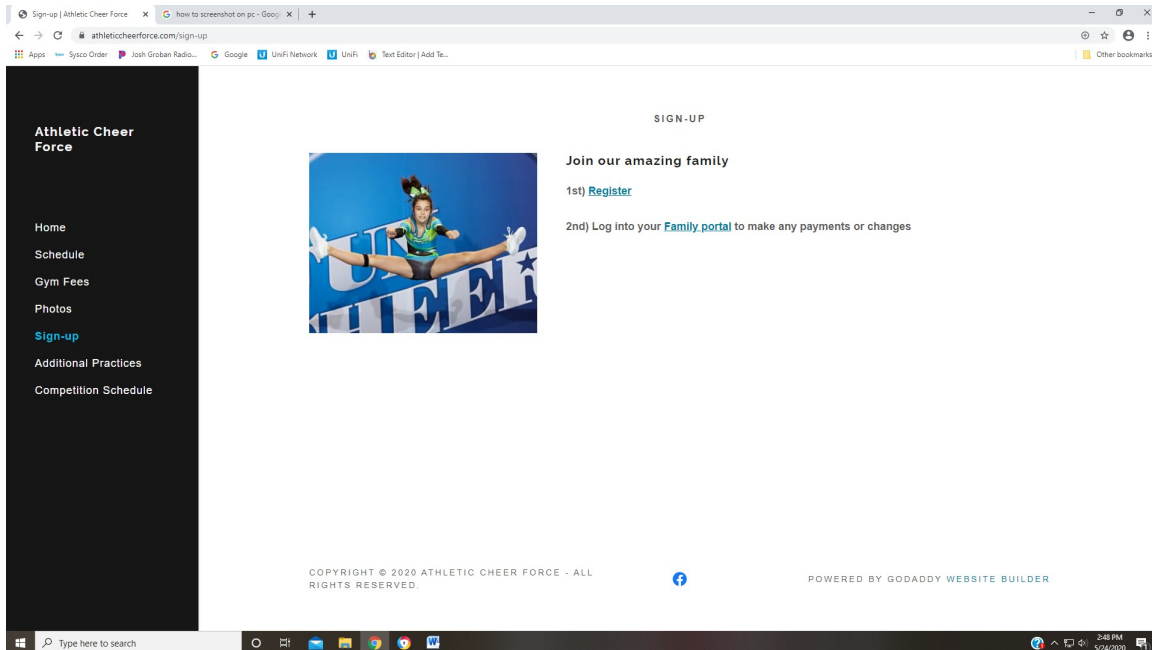
It is no different than playing on any other select team (i.e. baseball, soccer, etc.) just as these other sports require 100% commitment and dedication; so does all-star cheerleading. The only difference is that our sport is much more reliant on every single person on the team than other sports. When one person misses practice; it directly affects numerous other teammates.

## How to register!

Go to our website [www.athleticcheerforce.com](http://www.athleticcheerforce.com) and click on **Sign-up** to the left.



## Click on register



After you have filled out everything click **Submit Registration**

The screenshot shows a web browser window with the URL <https://app3.jackrabbitclass.com/regv2.asp?id=530129>. The page contains a registration form with the following fields and labels:

- ECHECK/BANK DRAFT [?](#)
- Bank Name:
- Account Type:
- Your Account Name:   
*(Your name on your bank statement)*
- Bank Routing Number:   
*(9-digit number)*
- Account Number:

A blue button labeled "SUBMIT REGISTRATION" is centered below the form. Below the button is a "GOODBYE VERIFIED & SECURED" logo and the text "POWERED BY Jackrabbit Technologies JackrabbitTech.com". The Windows taskbar at the bottom shows the search bar, task icons, and system tray with the time 8:26 PM and date 6/22/2019.

Once you have registered you can go back to the Athletic Cheer Force Sign-up page and click on **Family portal**. In the portal you can make any changes to your account that you need to make and make payments as well.

## **Competition Dates!**

- TBD

## **Fees**

**Monthly Fee:** \$75.00

Due at the first practice of each month. If monthly fees are not paid student will be removed from the team. Speak to us if sudden financial troubles occur.

**Choreography Fee** - \$60 Due by June 16th

**Camp Fee** - \$30 Due by July 14th

**Competition Fees** – TBD

## **Things to Buy!**

**Uniform** – \$315.00 (this includes uniform top, bottom and bow)

Must be paid by 08/04.

**Makeup** - \$20 due by 08/04

**Shoes** – [Rebel Revolt Blackout – Shop Rebel Cheer](#)

## **Fundraisers**

The ACF booster club will work to provide several fundraisers to help pay for uniforms and competition fees.

## **Athletic Cheer Force**

**122 E Main St.**

**Caney, OK 74533**

### **Rules, Terms, & Conditions**

*Being on a competitive cheer team is a commitment from both the team members, coaches and gyms. If any of the three do not understand the commitment the teams suffer.*

#### **Program Rules and Regulations**

1. You are expected to attend all practices, exhibitions, and competitions as a team.
2. There are no excused absences for competitions. You will be dismissed from the program if you miss a competition.
3. Excused absences for practices are as follows:
  - Death in the family or family wedding
  - Contagious illness
  - School functions
  - Pre-approved absence request
4. Examples of unexcused absences are as follows:
  - Non-contagious illness
  - Injury
  - Birthday parties
  - Transportation issues
  - Homework or tests (please plan schedules efficiently)
5. We require an absence request form to be filled out in advance of summer vacation. All summer absence request forms are automatically approved.

#### **Team rules**

1. Each team practices start and end at a certain time. It is very important that everyone be at each team practice. Make sure you are 10 minutes early and never pick your child up early. If your child is late, they are hurting the other team members. If your child is late, they will start practice with conditioning.

2. During the summer We understand people taking vacations. Your team will practice all summer and take a week off for vacation. Your team will have a mandatory 2-day camp. During this camp the routine will be taught. If you cannot come to the camp your position will be affected.
3. ACF is a Family! You will treat each ACF member and coaches with respect. If we hear of any confrontation, there will be consequences. If we see any confrontation, the select few members will be removed from practice. If we see anything again from the same member, you will be removed from the team for the season. We will respect and motivate each other.
4. Practice clothes are mandatory and must be worn to practice. Cheer shoes must always be worn during practice. Hair should always be pulled up. No jewelry or watches will be worn while in the gym.

### **Parent Guidelines**

1. All coaching decisions are made by the ACF staff. Parents are not allowed to “coach from the stands”. Decisions are made to benefit the entire team as well as each individual athlete.
2. Parents are not allowed in the gym during team practice or discussion. This includes pre-warm-up, warm-up, & team discussions during competitions.
3. The parent area is available for parents to stay and watch our practices. We ask that parents only speak positively about the program and/or coaches. In addition, we ask that no comments or opinions be given in reference to our cheerleaders, practice progress, or the routines.
4. We reserve the right to close practices at the coach’s discretion. As the season progresses, keeping teams focused during practices can best be achieved by closing practices to spectators and minimizing distractions.
5. We ask that parents respect our facility as an athletic training center. Younger brothers and sisters must be constantly supervised. Only registered students and coaches are allowed in the gym due to risk of injury. Parents not supervising their children may be asked to leave the facility and may not be allowed to bring their children back.
6. Parents that are concerned about the coaching of their child’s team should direct their questions to the head instructor away from the practice site. Directing these questions to the team mom or other parents is unacceptable.
7. Parents should not approach competition judges or officials at any event. Judging is subjective in any sport. The opinion of the staff, parents, and cheerleaders may differ from opinions of the judges. It is not our place as coaches or parents to express our difference of opinion with the company providing the event.

8. Cheerleading events are not the time and place to discuss issues with Athletic Cheer Force staff. During a competition the coaches are very focused on preparing the teams. This is not an easy task and minor problems, or concerns should be dealt with at a more appropriate time.
9. It is important for parents to stay positive. Learning is a progression we must give the kids the time to get better.
10. Please display the same good sportsmanship and positive behavior that you expect from your children. This includes positive encouragement to all our members. Children imitate adults and the first goal is to provide good leadership and role models. We expect the same from the parents.
11. Parents must not place blame on weak performances on any specific child. Our teams succeed together and fail together. Be careful when blaming other cheerleaders for missed tumbling or dropped stunts – it could be your child at the net performance! You will not like how it feels.
12. Any parent or guardian breaking any of the above guidelines may not be able to attend practices, events, or competitions.

**Refunds – There are NO refunds allowed.**

## **Waiver**

### **Inherent Risks of Cheerleading/Tumbling**

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity which includes, but not limited to, jumping, stunting, motions, and tumbling. Each student must inform their coach of all injuries and/or chronic conditions. Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

### **LIABILITY RELEASE**

As the legal guardian of my designated child, I hereby consent to my child participating in the facility's programs. I recognize that there is potential for severe injuries to occur in any activity involving height or motion, such as: tumbling, cheerleading, tumble track, trampoline, stunting, pyramids, dance, swimming, martial arts, gymnastics, and other vast physical activities in general. I understand that it is the express written intent of all staff members and personnel to provide for the safety and protection of my child and with allowing my child to use this facility, I hereby COVENANT NOT TO SUE and FOREVER RELEASE this facility, its affiliates and partner companies/organizations, property owners and lessors, staff, contractors/subcontractors, teachers, coaches, owners, directors, and any members involved in this facility's programs, from



all liabilities, damages, and injuries suffered by my child during instructions, supervision, and/or controlled activities during any and all classes and/or practices.

### **MEDICAL CONSENT**

I authorize Athletic Cheer Force and its representatives to provide medical treatment for my child in the event that an injury occurs and I cannot be reached to acknowledge consent. I also give Athletic Cheer Force, and its representatives consent to administer the necessary emergency care to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to Athletic Cheer Force instructions, practices, or performances. No prior determination of life threatening emergency or danger of serious permanent injury resulting from treatment need to be made under this authorization. Athletic Cheer Force highly recommends that all athletes have their own health insurance coverage to help cover costs of any injury/illness.

### **SOCIAL MEDIA/NETWORKING POLICY**

Parents and student of Athletic Cheer Force are responsible for their representation of Athletic Cheer Force both at the gym and away from the gym, even on their personal time. Any parent or student associated with Athletic Cheer Force who engages in "blogging or posting on social media sites (Facebook, Myspace, Yahoo, Twitter, Pinterest, YouTube, or other similar outlets) should be aware that if their comments violate the confidentiality of company policies/procedure and/or if their comments or actions disparage, misrepresent, or are an embarrassment to the establishment of Athletic Cheer Force or if those posting are found to be harassing, defamatory, or in violation of any other applicable law, then he/ she may be disciplined up to and including termination of association with the team and/ or the Athletic Cheer Force Gym entirely.

Parents and students are representatives of Athletic Cheer Force and comments or actions that embarrass or reflect poorly upon our business contradicts every person's responsibility to conduct themselves in a professional manner.

Any comment made on social media regarding Athletic Cheer Force, team members, coaches, and parents should be exhibited in a positive manner and posting and/or blogs of a negative manner will result in immediate dismissal from the Athletic Cheer Force Team/Gym.

### **PHOTO/VIDEO RELEASE**

I authorize Athletic Cheer Force to use photographs, videos, and/or other likeness of myself or my child for use in its promotional materials or sales and waive any rights of compensation or ownership thereof.