

Parent Initials: \_\_\_\_\_



## 2024-2025 SOUTH GEORGIA ATHLETICS HALF YEAR PACKET:

2403 James Rd  
Valdosta, Georgia 31601  
[www.southgeorgiaathletics.com](http://www.southgeorgiaathletics.com)

# Rules and Policies

### COMMITMENT

South Georgia Athletics is a professional cheerleading and tumbling facility located in Valdosta, GA. Our athletes will begin another amazing journey and compete against the world's greatest cheerleaders. In order to gain success in this industry, we need your commitment. What we do today will directly affect the success of all future team members.

### GENERAL

- All team practices are closed to parents and spectators unless specified by an owner or coach. This rule applies to any regular practice or any extra practice.
- Summer practices are very important to the improvement of skills and to be better prepared for the competition season. Please attend all practices.
- Stunt/Choreography Camp is required to participate on any team at SGA. Please keep this in mind when scheduling other summer camps and vacations. There will be no exceptions.
- Only students with a release form on file at the front desk are allowed in the practice areas.
- No family/friends will be allowed inside the gym.
- No food, drinks or gum are permitted in the practice areas.
- Cell phones must be put on silent or left in the lobby.
- South Georgia Athletics is not responsible for any personal items lost or stolen on the gym property.
- Please check the website and your e-mail daily for gym updates in order to stay informed. If any contact information changes, please notify the front desk immediately.

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- The South Georgia Athletics logo represents us all. Therefore, any use of the name “South Georgia Athletics”, “SGA”, “Southern Storm” or any South Georgia Athletics team names must be approved by Beth Norman and Kody Sanders. It is our desire to protect the reputation of the gym and the integrity of our logo.
- All choreography (including cheers, dances, stunts, transitions, tumbling, music, etc.) should not be shared or discussed with others. No videos of routines/choreography should be uploaded to any online site such as YouTube, Facebook, Twitter, etc. until approved by a coach or owner.
- All squad and routine decisions are left to the discretion of the coaches.
- **If an athlete has a Facebook, Twitter, and/or any other social media account, it must be maintained with proper integrity at all times. If any athlete’s social media accounts are not maintained with proper integrity on photos, status updates and general comments it will be grounds for termination from the program. This rule also applies to parents. If anyone makes negative or hateful comments about the gym, coaching staff, or athletes it will be grounds for dismissal.**
- Every athlete levels 1-6 must be a USASF member. USASF now requires that parents pay this fee directly. We will assist with this if needed. Please get a copy of your athlete’s birth certificate ready to turn into the front desk preceding team placement.
- All athletes must refrain from the use of illegal drugs, alcohol, tobacco or any other harmful substances.

## **TEAMS**

SGA team members are chosen carefully, and the staff desires for each team to excel in every aspect of cheerleading. Do not get discouraged if your child does not make a team or is not placed on the team that he/she desires. Keep encouraging him/her to work hard and to be an asset to the team he/she represents! If you are positive, your child will be positive!

### **SGA reserves the right to:**

- Place its athletes on the team or teams it feels will best suit them and the program.
- Move, replace, add, suspend or dismiss an athlete for a period of time, or indefinitely, from their team or the entire program based on criteria including, but not limited to: attendance, conduct, skills, finances, and parent conflicts.
- Decide if an athlete may participate on more than one team.
- Decide the roles and/or positions an athlete will have on their team/teams. (e.g., flyer, base, back spot, tumbler, alternate).
- Request that an athlete or team practice longer than their regularly scheduled time or add additional practices, camps or competitions if deemed necessary.
- Require team members to maintain the skill level that they performed at tryouts. If they lose a skill, they are subject to be placed on probation for two weeks and then, if necessary, moved to a more appropriate team for their skill level.
- The coaches reserve the right to close practices at ANY time for ANY reason.

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Athletes that elect to participate on more than one SGA team must:

- Be in good financial standing.
- Be willing and able to fulfill all the responsibilities required by each team.
- Be responsible for any additional entry fees they incur beyond their first team.

### **ALTERNATES:**

We will be utilizing alternates this season. If your child is asked to be an alternate for a team, this means that they commit to being available to fill in as needed on this extra team during the season. They will not be required to be at every practice, but will be asked to fill in as needed for both practices and during competition season. If your child has multiple absences, prolonged injury, poor attitude, poor work ethic, etc- their spot is not guaranteed. The alternates are available to take their spot at any time. If your child is an alternate, and ends up taking the mat for a competition, you may be responsible for competition fees for that event, depending on the circumstances.

### **FLYERS:**

All flyers are required to be in Flight School Class. This is not included in tuition and will be charged \$35 per month. No exceptions. If your child does not attend their weekly flight school class, they will not be able to remain in the air as a flyer and will be replaced with someone else from the team or with an alternate.

### **ATTENDANCE**

- Make SGA your priority over any other extracurricular activities. You have other team members and your coaches depending on you!
- Attend & be prepared to participate in all SGA activities including those unexpectedly added throughout the season.
- Make every effort to schedule all vacations as to not conflict with any SGA activities.
- Skills/Choreography Camp is required for participating on any team at SGA. Please keep this in mind when scheduling other summer camps and vacations.
- Notify your coaches immediately in writing or by phone of any expected and/or unexpected absences or tardiness.
- **Absolutely NO UNEXCUSED ABSENCES are allowed TWO WEEKS prior to a competition. If you know in advance, with at least 6 weeks notice, that you will miss a practice in this window, you may submit an exemption request via Beth or Kody. These will be reviewed by a committee of two owners and a veteran team parent for approval. The athlete MAY be replaced if they miss during this period. Do not plan a vacation during competition season!**
- Extra practices may be scheduled once the competition season begins. The coaches will make every effort to get the extra practice schedules out in a timely fashion; however, there may be instances when an extra practice will be scheduled at the last minute. Please stay flexible!
- **PLEASE refrain from punishing your child by taking away SGA activities! Once your child is on a team, this punishes everyone when your child is not allowed to attend practice or participate in a competition. If your child is taken off his/her team, there is no guarantee their spot will be available once the punishment is over.**

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## **ABSENCES**

SEPTEMBER 2024 - May 2025: A total of five (5) unexcused absences from team practice will be permitted during the 2023-2024 season.

Excused absences include: illness, death in the family or school function for a grade (with a note).

If you are sick or have an injury, you will still need to attend team practices. It is important that you watch from the sidelines for any changes in the routine that may affect you. If you miss practice due to having a contagious illness, you will be responsible for bringing a doctor's note. If the coaches do not receive the doctor's note by the practice you return, it will be counted as an unexcused absence.

**\*If you have an injury that prevents you from practicing, you are allowed ONE REST DAY. After this one practice, you must provide a doctor's note or you will be required to participate in 100% of your responsibilities\* If you are not able to fulfill your role, you will be replaced with an alternate.**

If your physician recommends you refrain from practice due to an illness or injury, please bring a written note from your doctor to practice. PLEASE NOTIFY SGA AND YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS!

Athletes with prolonged injuries which prevent participation in team practices and/or competitions will be replaced with an alternate.

A \$25 fee will be applied to your account for the 6<sup>th</sup> unexcused absence and each absence thereafter. After the 9th unexcused absence your athlete may be removed from the program.

## **DISCIPLINE**

- We will implement a new strike system in Season 5. If any of our above rules are compromised, the following actions will occur:
  - 1st strike- Meeting with the athlete to define the problem. Incident report will be signed by athlete and filed. Parent will be notified.
  - 2nd strike- Meeting with the athlete and parent. Incident report will be signed by all and filed.
  - 3rd strike- Athlete may be removed from the team or entire program.

## **SPORTSMANSHIP**

- Be a positive example to others by being respectful and courteous to everyone.
- Refrain from gossiping or using any form of verbal confrontation. This includes Facebook, Twitter, YouTube, message boards, etc.
- Refrain from celebrating the misfortune or defeat of another person, team or program. In the same way, accept your team's placement and awards with dignity and class.
- Teammates are expected to treat one another with mutual respect. They should talk to one another in the same manner in which they would like to be spoken to. SGA coaches will not tolerate pettiness, gossiping, or "cliques" which attempt to exclude, alienate or hurt other team members.

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### **DRESS CODE**

- Maintain a well-groomed appearance and good personal hygiene at all times.
- Hair should not be dyed in any unnatural color such as, but not limited to pink, green, blue, etc. – No jewelry is to be worn at any SGA class, practice, camp or competition.
- Please be sensitive to your appearance when wearing the SGA logo and representing the gym.

### **ADDITIONAL THOUGHTS**

\*If you or your child has any concerns or problems, please set up an appointment to discuss the problem OUTSIDE of class or squad practice. Never approach a coach to discuss issues, a meeting MUST be set up with ownership through email to discuss any concerns. It is never beneficial to complain or to disagree among the team members and/or parents. SGA understands that team members and/or parents do not always agree with decisions made by the staff, but please respect the fact that each decision is made with careful consideration and made to benefit the entire SGA program.

\*The South Georgia Athletics commitment to you is to work to be as organized as possible and to be committed to your child. We strive for each child to excel and have the best possible experience and memories out of his/her years at SGA. The coaches and staff members at SGA strive to be good examples to each child, and we hope they are someone that your child could turn to for encouragement, compassion and correction. Winning is great, but the experiences you and your athlete will gain far outweigh any trophy, jacket, or medal. Our goal will focus on hitting a zero deduction routine!

\*If you choose to remove your athlete or are removed from our Allstar program from tryouts through the last event of the season, your athlete will forfeit the right to participate in the South Georgia Athletics competition program indefinitely. Athletes who discontinue with our Allstar program during the season may be allowed to participate in recreational tumbling or school classes/camps, this is solely at the owner's discretion.

### **COMPETITION SEASON INFORMATION**

**TRAVEL:** Travel arrangements are the parent's responsibility. The only travel that is subject to being booked by SGA is travel for Summer Camps. There must be a parent in every room! Each Allstar must be chaperoned at every competition by a parent or other adult designated as your child's chaperone. Room and food costs associated with competitions are the responsibility of the athlete's family.

**HOTEL BLOCK:** Prior to the start of competition season we will email out our hotel block information.

It is required that you book your reservations within our hotel block for "stay to play" events.

- Reservations should be made ASAP once the hotel information is available to ensure enough rooms are in the block for all our families. There are booking deadlines for every block and reservations are first come,

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first serve. We will provide you with all the competition schedule changes in enough time to cancel a reservation with no cancellation charge.

**COMPETITIONS:** For most competitions you are required to travel the day before the competition starts (typically Friday). We want to avoid our athletes sitting in a car for a long period, or traveling of any kind, the same day they compete. Some competitions and awards ceremonies last until later in the evening, especially for 2 day nationals. There might be some competitions that you want to plan on staying an extra night instead of driving home late. In this packet, you will find a complete competition schedule for this season. Please keep this information in mind when planning your weekend and for school absences.

**AWARDS:** Everyone is required to stay for their team's awards ceremony - keep this in mind when making travel plans. All cheerleaders will meet with either their team mom or coaches before awards. Once coaches dismiss them team moms or coaches will take them to a meeting spot for parent pick up. Please do not try to take your cheerleader before they are dismissed. Also, no parents/friends/family etc. are allowed behind the curtains after a performance or on the main floor during the awards ceremonies.

**COMPETITION NOTES:** You will receive a competition note (Meet Sheet) the week of each competition with full details for that weekend's event (including meet & compete times). Expect this to come by Wednesday evening – even though some events make their schedule available earlier than that, final schedules aren't typically updated or available until later in the week. Please be patient in waiting for this schedule.

**COMPETITION ATTIRE:** We require that all of our cheerleaders show up to competitions in FULL COMPETITION ATTIRE. This includes:

- FULL UNIFORM with SHOES, BLACK NO-SHOW SOCKS, FULL COMPETITION HAIR & MAKEUP.
- JACKET- Senior teams are required to wear their warm-up jacket at all times. No exceptions. .
- NO UGGS, BOOTS, SLIPPERS, SHOES OTHER THAN BLACK COMPETITION SHOES – Please help us keep a clean image with our competition attire.
- NO COLORED FINGERNAIL POLISH, SAFETY PINS, OR JEWELRY – Jewelry or safety pins will result in a deduction being taken off of a team score. No bright colored fingernail polish is allowed, but athletes may have their nails painted with black, white or French tip. All fingernails should be kept short for the safety of the athletes on the team.

**AWARDS ATTIRE:** Cheerleaders will need to remain in their uniform for awards. They will not be allowed to bring their cell phone or bag to their awards ceremony.

**COMPETITION MAKEUP & HAIR:** Prior to competition season, makeup application videos will be available on our website or private Facebook groups along with pictures and descriptions of hairstyles.

**PARENT REMINDERS:**

- Be respectful to parents from other gyms!
- Be respectful to other parents from SGA!

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- Make noise for ALL SGA teams – not just your own child’s team. Crowd support goes a long way!! We will designate ONE PERSON to video each routine. Please do not hold your phone while your athlete is competing. CHEER FOR YOUR ATHLETE!!!
- Arrive early to competitions in order to get a good seat! Remember to sit together with other SGA families – it’s much louder this way!!
- Wear SGA colors/gear to all competitions!
- Pack a good attitude! Usually competitions will be very crowded and can create stressful situations, and they often run later than the schedule predicts. Let’s help be a calming force for all our cheerleaders & families while keeping a good attitude!
- **NO GOSSIP** about a child on your team or another team.
- **NO GOSSIP** about coaches/staff/owners. It is much better to address a problem than to listen to idle gossip.
- All squad and routine decisions are left to the discretion of the coaches.
- Anyone threatening to quit, pull his or her child from a team, or boycott practice will be dismissed from the program immediately.
- Only cheerleaders and coaches are allowed in the gym unless invited by a coach or owner.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. This is extremely distracting to all involved.
- Parents are responsible for the behavior of their children in the lobby area. Please supervise your children at all times. Excessive crying, yelling, and running will not be tolerated. Please take your child outside or to your car. You will be asked to leave the premises if you or your child displays inappropriate behavior. All SGA staff has the right to redirect children for misbehavior and ask that the disturbance be stopped immediately.
- It is the parent’s responsibility to know what is going on with your squad. Check your emails, BAND app, Facebook, and the website regularly.
- Athletes should be able to handle schoolwork and Allstar practices, homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends and cheerleaders are never allowed to discuss issues with competition officials or staff members for any reason.
- Parents are never allowed to represent South Georgia Athletics under any circumstances concerning accommodations, competitions or any other situation.
- 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 owners.
- Anonymous emails/letters/texts/twitters, etc. will be ignored.
- The owners may change, add or subtract any rule at any time.

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**GENERAL INFORMATION :**

- All competitions are required! Missing a competition for any reason will result in immediate dismissal from the program unless there is a death in the family.
- Absolutely NO UNEXCUSED ABSENCES 2 weeks prior to any competition. An athlete that misses during this time frame will be replaced for the upcoming competition. If you are required to miss a competition due to missing practice, your future spot on the team is up to the owners and coaches. You are subject to removal, replacement, and/or dismissal.
- Team members must always stay for awards!
- At all competitions/nationals the trophy or banner will go home to the top performer of the day on each team. This is voted on by the coaches. That individual is responsible for bringing the award to the gym.
- Hotel Behavior – Please keep an eye on your cheerleader and don't let them run around the hotel unsupervised - Please be respectful to others staying at our hotel! Make sure your cheerleader goes to bed at a reasonable hour. Remember that we are there to compete!
- Extra practices could be called leading up to a competition – so please be flexible with your schedule.
- Be on time to all competitions! Early is on-time.

**\*PAYMENT POLICY\***

**\*You will be paying monthly dues that will be REQUIRED to be set up on AutoPay. If you do not want your card on file to be run for the full balance due on your account on the first of the month, the balance must be paid prior to the 1st of the month. If your autopay declines, there will be an automatic \$50 decline fee. The card will be attempted again on the 5th if not paid. If it declines again on the 5th, you will be charged an additional \$50. There will be a \$5 per day late fee for every day after the 5th or 20th.**

**FINANCIAL INFORMATION**

- Tuition charges do not fluctuate based on the number or duration of practices in any session.
- Tuition pays for training only, not for the right to perform.
- An athlete's account must be current and in good standing to participate in practices, private lessons, competitions, and special events.
- SGA reserves the right to remove any athlete from their team at any time for failure to keep up with financial obligations. Athletes may be placed on probation if accounts are not in good standing. Probation will include but may not be limited to an athlete being prohibited from all practices until account is brought to current status.
- All accounts must be current before an athlete may order or collect any clothing/uniforms or other retail items.
- If an athlete chooses to leave, or is asked to leave, SGA for any reason before the season is over, any and all funds already paid are non-refundable. Absolutely no refunds. Any items that have not been picked up remain property of SGA.



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- Signing this contract is agreeing to pay the total fees for the entire year. If at any point during the season you decide to leave the program, or are asked to leave the program, you are required to pay the remaining balance owed within 45 days.
- SGA reserves the right to turn over all delinquent accounts to a collection agency and the parent/athlete will be responsible for all additional costs incurred including court and lawyer costs if appropriate.
- There is a \$100 returned check fee. This amount may increase if the banks increase their fees.

### **DESCRIPTION OF CHARGES INCLUDED IN MONTHLY DUES**

**TUITION:** Tuition includes:

Prep/Novice Athletes: 2 team practices per week plus one included **optional** weekly team tumbling class. Any additional tumbling/recreational classes can be added for an additional \$35 charge per month. TUITION IS NOT PRORATED FOR ABSENCES. If an athlete voluntarily opts to fulfill a crossover position, competition fees for crossover events will be charged to the athlete's account.

**CHOREOGRAPHY CAMP:** MANDATORY CAMP – No exceptions! All teams will participate in a skills camp where the focus will be on stunts and tumbling to incorporate in their routine.

**CHOREOGRAPHY FEE:** This fee is for choreography used in our routines during competition season. All team members are required to attend choreography camp!

**MUSIC FEE:** This pays for professional studio time throughout the year.

**COMPETITION FEES:** This charge will be incorporated into monthly tuition for the season. This fee includes the athlete's registration fee and the coaches' fees. Families are responsible for hotel and transportation. We will inform you of the hotel blocks as soon as the arrangements have been made.

**UNIFORM FEE:** This fee will be a separate charge from tuition and will be due by September 15. Each new athlete will receive a uniform top and bottom. Senior teams will receive cropped uniform tops and all other teams will receive full top uniforms. Uniform fitting will be scheduled upon completion of tryouts.

**COMPETITION HAIR ACCESSORIES:** Each new athlete will also receive competition hair accessories.

**\*\*Practice Wear will not be used this season. All athletes are REQUIRED to be in all black for every single practice. No exceptions. If an athlete is not in black for practice, they will be required to condition after practice for 30 minutes. If they have three offenses of not wearing practice wear, they will be replaced with an alternate.**

**\*\*USASF Fees:** Please note that USASF will also require the parent to individually pay their membership fees this year on behalf of their own athlete. This fee is \$49 per athlete and not included in Tuition. More information will be coming regarding how to register and pay these fees.

**PANDEMIC CLAUSE:** Due to the uncertainty of COVID-19, competition season is subject to change. Events may be held with spectator restrictions, as normal, or not at all. In the event that any individual competition is cancelled,

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those specific competition fees paid can be either credited toward next season’s tuition or refunded. No other tuition or fees will be refunded or credited as they go toward operating costs of the season and the gym.

**2024-2025 Allstar Financial Information**

Your Commitment Fee is due by the day of the MANDATORY parent meeting.

All athletes will pay set monthly tuition DUE on the 1st of each month and your competition fee payments will be charged separately on the 15th of the month from July to November.

**PREP DIVISION ATHLETES**

**Uniform Fee of \$320 is due by SEPTEMBER 15. Please note that these payment deadlines are NON-NEGOTIABLE. If not paid ON the due date, your athlete will not be allowed to continue in the program.**

Monthly Tuition

SEPT	247.00	MARCH	247.00
OCT	247.00	APRIL	247.00
NOV	247.00		
DEC	247.00		
JAN	247.00		
FEB	247.00		

**Sibling Discount:** For families with more than one athlete in our program, the first athlete will be full price. Each additional sibling will receive 10% off monthly tuition. Competition Fees and Uniform prices are not discounted.

**AllStar Cheerleading Items included:**

Competition fees, coaching fees, competition uniform, hair accessories, choreography camp, music fee, tumbling class and monthly tuition.

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Optional Items available for additional fees: travel bag, practice wear, pro shop items, ASW fees. Please note that once you order additional items, you are obligated to pay for them. No refunds will be given. End of Season events are optional. However, once you commit to participate and pay the fees, these fees are nonrefundable. The money will be used for your replacement on the mat.

### **Crossover Fees**

If an athlete opts to fulfill a crossover position, then competition fees for crossover events will be charged to the athlete's account. This does not include additional uniform pieces if needed.

### **Financial Commitment for Allstars**

Fees have been calculated for the entire competition year and broken into monthly payments. If you take additional classes, you must pay for those classes separately.

Fees are auto-drafted from the primary card on file on the 1<sup>st</sup> of the month. If autodraft fails, there will be an automatic \$50 decline fee. On the morning of the 5<sup>th</sup> of the month, autodrafts will be reattempted. If it also fails, a \$50 decline fee **per child** will again be billed to the Family account. After the 10<sup>th</sup> of the month, an additional \$5 per day will be charged and any athlete(s) with unpaid fees will no longer be allowed to practice with his/her team. Any athlete with unpaid fees will not be allowed to take the competition floor and will be replaced. He/she must be present, but will be required to sit during practice until the account is up to date. If you wish to drop a tumble/rec class, you **MUST** do so prior to the 1<sup>st</sup> of the month or tuition will be due in full. No dropped classes will be refunded after the 1<sup>st</sup>. After 30 days of nonpayment, the athlete will be replaced. *If your account remains delinquent, your child may be dismissed from the program and legal collection action will be taken!*

## **Financial Commitment**

I hereby acknowledge and agree that by allowing my child to participate in the South Georgia Athletics Program, I have incurred a financial obligation to SGA, that includes the entire cost of the 2024-2025 season. This has been broken up into monthly fees, which requires monthly payments into my Allstar account. I acknowledge and agree that I will make all required payments to the account in the amount and at the time specified. I understand that each family will have an individual account and all sums paid into this account will be used to pay for Allstar expenses including monthly tuition, coaching fees, choreography/music, and apparel, uniforms, and competition fees. I further acknowledge and agree that should my child be dismissed from the program or if I remove my child from the program for any reason, all funds that I have contributed to South Georgia Athletics will be forfeited along with any unclaimed items and I will have no rights to any reimbursement or any other rights to said funds or team apparel. I agree that if I voluntarily remove my child/children from the Allstar program ALL remaining payments for the entire 2024-2025 season are due within 45 days. If my child is removed due to contractual noncompliance, I

I have read and agree to abide by all content as described in this Allstar Packet.

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understand ALL payments for the entire season are due within 45 days. I understand that all funds paid to SGA are non-refundable.

I understand that if I fail to comply with this agreement my child's/children's spot on the competition team will be at the discretion of the owners. I have read and fully understand my financial commitment to South Georgia Athletics outlined in this packet. I understand the commitment is for the 2024-2025 competitive season. I understand that I am entering into SGA Athletics, LLC's financial commitment of my own free will.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Rules and Policies**

I have read all rules and policies in the South Georgia Athletics Packet. I will abide by all rules set by SGA Athletics, LLC. Failure to comply with all rules and policies may result in my child's dismissal from the South Georgia Athletics Program.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**2024-2025 Tentative SGA Competition Schedule**

**ELITE DIVISION**

<b>NORTH FLORIDA CHAMPIONSHIP</b>	<b>FEBRUARY 9, 2025</b>	<b>JACKSONVILLE, FL</b>
<b>DEEP SOUTH BEACH NATIONALS</b>	<b>MARCH 8-9, 2025</b>	<b>DESTIN, FL</b>
<b>ORANGE BEACH NATIONALS</b>	<b>APRIL 4-6, 2025</b>	<b>ORANGE BEACH, AL</b>

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**SGA Athletics, LLC PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK**

In consideration of the services of SGA Athletics, LLC, its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "SGA"), I hereby agree to release, discharge, and hold harmless SGA, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of SGA pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property, or to third parties. The following describes some, but not all, of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistance may be required which you must pay for yourself.
2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with SGA-related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify SGA from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in SGA-related activities.
4. Should SGA be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.
5. I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition.
6. In the event that I file a lawsuit against SGA, I agree to do so solely in the State of Georgia and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect.
7. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against SGA on the basis of any claim from which I have released SGA by signing this Agreement.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Signature of Participant or parent: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION**

**(Must be completed for participants under the age of 18)**

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by SGA to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold SGA from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Initials: \_\_\_\_\_

# **CHOREOGRAPHY SCHEDULE 2024**

## **SGA Elite Choreography Camp**

Choreography camp will tentatively be the third week of September. Athletes will find out what times they will attend choreography at the first parent meeting on September 9 @7pm.