

***Element All Stars  
2023-2024  
Handbook***

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## **Table of Contents**

Welcome letter.....	3
Safety/Sanitation Rules.....	4
Registration & Team Placements.....	5
Monthly Tuition/Element Program fees.....	8
Element Cost grid for 2023-24 season.....	9
Private Lesson Policy.....	10
Team Communication.....	11
Injured Athletes.....	12
Element Parent Organization.....	13
General Rules.....	14
Absences/Gym Closings.....	15
Competition Rules and Regulations.....	16
Withdrawing from the program.....	17
Removal from the program.....	18
Parent & Athlete Contract.....	19

## Welcome to The Flip Factory's All Star Cheer Program!

Dear Parents,

On behalf of the Element All Star Cheer organization we would like to thank you for your interest in competitive cheerleading! The goal of our program is to help each child reach their highest potential by encouraging growth in a positive atmosphere. We strive to boost self-esteem and create confidence by challenging athletes to be the best version of themselves.

The Element All Star coaches prioritize teamwork and stress values that instill this mindset. Every spot on our team is important, and **T**ogether **E**veryone **A**chieves **M**ore!

All Star cheerleading is an athletic sport that requires dedication from both the children and parents alike. It's important that the parents support their kids and coaches in every way, and always TRUST THE PROCESS!

Each child's commitment to teamwork, personal achievement, and integrity will help Element All Stars quest for greatness! Our cheer season entails having fun, forming friendships, encouraging others, and gaining skills with a positive attitude!

We look forward to welcoming you into our cheer family!

## The Flip Factory on Safety and Sanitation

Safety is a top priority at The Flip Factory. All coaches are certified in First Aid, CPR and have undergone a background check.

We take tumbling and stunting very seriously. Cheerleaders will be instructed on safety procedures at the start of the program. We expect all cheerleaders to pay attention at all times. Focus and concentration are expected of athletes to ensure a safer environment in the gym. Random tumbling without instruction is not permitted during any cheer or tumble class.

Parents are asked, for the safety of their children, to limit loud conversation in the gym during class time. **We also ask that you remember that cheer practices are closed to spectators through the end of practice, so please do not come in early for pick up. Kids become easily distracted, and we require full attention!** Please stay seated in appropriate areas when/if you are permitted to stay. Small children must be supervised by adults at all times, and not allowed to run and scream throughout the facility or jump on the tumble track.

### **Sanitation Policy**

The sport of cheerleading involves skin-to-skin contact putting athletes at a higher than average risk for community-acquired infections. Cheerleading actually involves more direct skin-to-skin contact than almost any other sport. Due to this, the gym takes available precautions to mitigate the risk of transmission. We require that the girls wash their hands and use hand sanitizer frequently. However, the majority of the time, transmission of microbes occurs with direct skin-to-skin contact. Therefore, for the benefit of all participants, the following procedures are instituted.

- Any and all open cuts on exposed areas of the body must be securely covered with bandage material that will last the duration of the practice. Please come with the open areas ALREADY covered.
- Hand sanitizer is provided at the gym and cheerleaders should apply it at the beginning and end of practice.
- Any participants that get hurt at practice or opens up a wound must immediately stop, wash it out and bandage it up.
- Fingernails need to be kept short (**no fake fingernails**) and should not be a danger to other athletes. If there is an incident where you are getting scratched by fingernails, you need to let the coach know.
- Individuals are highly encouraged to shower immediately after getting home from practice instead of waiting until the next morning.

## **Registration**

Registration for All Star Cheer and Tumbling classes are done through our iClassPro portal on the website. You must register for cheer and tumble classes prior to attendance. You will be asked to complete all waivers within the portal and pay an anniversary fee of \$35 upon registration. If you register as an All Star and decide after tryouts not to join, this fee will be returned to you. All accounts must have billing information on file. If you plan to pay by a different method, you may put cash or check in payment box at the gym located in the changing room, but your billing info must still be on file in the event payment is not received. Your monthly fee will be automatically debited within the first 10 days of the month unless check or cash is received. We encourage you to download the iClassPro app for easy payment via your iPhone, especially if you plan to use a different method than what's on file. Additional costs for Element All Star Cheer will be debited according to the dates listed on the cost grid.

## **Team Placement/Tryout Information**

For the most part, cheerleaders are placed on teams according to their age and skill. There's a lot that goes into selecting a team and maturity and experience are key factors. Placement on teams will be at the discretion of the coaches and within the guidelines and standards created by the USASF. Cheerleading is comprised of a variety of different skills. Teams are designed with all of these variances kept in mind. There will be athletes on any given team that tumble, stunt, jump, fly, etc. at various levels. We match up athletes based on what is best for them as individuals and the team as a whole. Please remember that decisions are not based entirely on tumbling, but that stunting, pyramids, jumps, dance, motions and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 24 exactly matched athletes. Some will be stronger tumblers than others and some will help us more with stunts than others.

A common confusion or misconception from parents and athletes relates to tumbling ability. Proper technique is now more crucial in our industry than ever before to achieve high scores. Simply being able to complete a skill without falling to the ground is no longer the standard for when athletes are considered to 'have' a skill. The athlete must perform the skill with perfect or nearly perfect form and be able to do the skill 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 the standard. A parent's version of a child's current tumbling ability, from a competitive standpoint, can be dramatically different, 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. Many factors go into determining the best spot for an athlete, not just how well they can tumble.

Every athlete is on the team for a reason – please trust the coaches. We work extremely hard and push every athlete to reach their highest individual potential, while also teaching them the importance of teamwork.

If an individual fails to maintain their skills or fulfill their designated roles, they may be moved to another team. This is not a punishment for the athlete, but will instead allow the athlete to prosper on a team that is more comfortable to them while also allowing the team the best chance for success.

Once team placements are completed, your athlete will be placed on the team(s) that we feel is best for her/him and the team. If you and/or your athlete do not agree with our decision, please give it time. We go through a very intricate process to place each child where they will have the ability to showcase their skills and develop new skills, while also assuring that each team has the best opportunity to be competitive. We will be more than happy to discuss the detailed thought and reasoning that went into your child's placement in order to assure that you understand why the placement decision was made.

**Does everyone make a team?**

Yes, we will find a place for them on a team (granted there are enough girls in that particular age range to form a squad). Younger girls who may not be mature enough for the attention required in a competition atmosphere may be invited to participate in our tumbling classes. Some children may not be ready for the structure that is mandatory in this particular sport. These younger cheerleaders may need a year or two to mature. Decisions made concerning these cheerleaders will involve the parents and coaches.

**How long is the cheer season?**

Our cheer season begins in June and runs through April/Beginning of May depending on the date of our last competition. We start competing in January and try to get in 5-7 competitions throughout our season. Most of our competitions will be within a 2 hour drive with the exception of our national competition and/or qualifiers for nationals.

**How many days a week are practices?**

During the summer months, we practice 1 day a week. Starting in September, we will practice 2 days per week. If a practice day is on a Sunday, we may choose to do every other Sunday for a longer period rather than every Sunday. Tiny Team practices 1 day per week all year. Practice days are typically a Tuesday or Thursday.

**What determines my child's placement in the routine?**

The coaches and choreographers should be trusted to place your child where they are most needed into the routine. Over summer, we will try different athletes in different positions to see where their strengths are. If your child is close to gaining a skill it is

recommended you do privates at this time (prior to choreography). Once choreography occurs, your child's position most likely will not change.

All positions on the team are important. We have had kids who have cried, complained, and quit simply because they couldn't be in the spot they wanted. This is a team sport and your child must have the mentality of a team player. Keep your child motivated and assure them that they are needed in whatever role they are in.

Please understand that positions may or may not be permanent. Positions can change due to injuries, skills gained/lost, or to add difficulty as needed per the judges' comments. If your child's position changes, we need them to understand that decisions are made to reflect what's in the best interest of the team and not them personally.

This concept must be fully understood especially for any child in a flyer position. All flyers are expected to be mentally tough and must accept that responsibility along with the position. We understand it isn't easy to be taken out of a position, but we do what's in the best interest of the team. Trust the process...trust the coaches.

#### **Will my athlete get tumbling training in the cheer practices?**

As an All Star, your child will be tumbling with their team at their team's level, simply because it is a large part of the routine. Over the summer months, we will focus on tumbling skills as well as stunting. We do not promise higher level skill training within the cheer practices. Tumbling takes strength, desire, and patience. We cannot stress enough that tumbling is a process and not everyone excels at the same rate. Tumbling only with your team during your cheer practice makes it hard to progress through skills, which is why we encourage extra tumbling classes. If your child still struggles to progress even with their extra tumble class, then you may want to consider a private lesson.

#### **Is my child allowed to crossover to an additional team?**

Crossovers will be determined by each athlete's particular set of skills and the demand for that skill on the additional squad. Crossovers are at the discretion of the coaches. Note – If your child was a crossover in the past, it does not automatically mean they will be a crossover in the future. We look at past attendance, skills gained, as well as the needs of the team.

\*Crossovers will be charged \$25/monthly for additional gym time. They are also responsible to pay crossover competition fees (at the crossover rate designated by the competition venue/company which differs for each competition).

## Monthly Gym Tuition

All cheerleaders are required to pay a monthly gym fee to The Flip Factory. Your cheer fee will be debited monthly along with any tumble classes you may be enrolled in.

All fees will be billed through and paid directly to The Flip Factory. You may use fundraised money to pay your monthly gym fee, but the full amount must be in your Element club account prior to use. If you run into a situation in which it becomes difficult to pay your gym fee on time, please contact us.

We do not prorate gym fees for holidays, tryouts, competitions, or gym closings due to extended holiday periods, or inclement weather. We will do our best to schedule extra practices as needed when these situations arise. No refunds will be given for missed days.

## Element Cheer Program Costs

This is a team sport and you are paying for a spot on the team. Aside from your gym fees, parents are expected to pay costs for uniforms, choreography fees, travel expenses, coaches' fees, competition fees, music, USASF fees, etc. There will be a coaches' fee added to the price of each competition fee to pay the staff for their competition expenses.

**Sibling Discount – Parents with more than 1 child in the program will receive a 15% discount on additional athletes' monthly gym tuition.**

## Element Apparel/Uniform Care

Parents will be able to purchase T-shirts, sweatshirts, etc. through The Flip Factory. Please note that anything with the Element or Flip Factory names or logos must be bought through the gym, as we own the rights to the names as well as the logos.

### **Uniform Care**

Please wash your uniform after every competition. Make sure you follow the proper washing instructions. Do not put your uniform in the dryer...hang dry. Please follow instructions on care label. **Before you sell your uniform in must be approved by owners for re-sale.**



## Competitive Cheer Cost/Information Grid 2023-2024 Season

Item	Levels 1-3	Tiny/Mini Novice
Practice hours per week	1.5 hours June-August 2.5 hours Sept.-April/May	1 hour weekly *may add more time in fall
Monthly gym tuition	\$60 June-August \$95 Sept-April/May	\$50
Annual gym registration	\$35 paid yearly depending on when you joined	\$35 paid yearly depending on when you joined
USASF yearly fee	\$49	\$49
Uniform	\$410 - half down in Sept. upon ordering/remaining half upon receipt	\$200 - half down in Sept. upon ordering/remaining half upon receipt
Competition fees	\$540 spread out over 11 months which will add \$49 to your monthly gym tuition. These fees will be adjusted for crossovers.	\$450 spread out over 11 months which will add \$41 to your monthly gym tuition. These fees will be adjusted for crossovers.
Choreography/music fee	\$200 due in August	\$100 due in August
Hair bow/clip Cheer Shoes	TBD	TBD
Practice Attire	Black shorts & tank/sports bra (apparel will be available)	Black shorts & tank/sports bra (apparel will be available)

Grid notes: Pricing subject to change based on changes to the competition schedule if necessary. Depending on team placement at qualifiers, April's gym fee may be reduced depending on paid bids/partial paid bids to nationals.

### Private Lesson Policy

Private lessons are offered to all registered athletes who are actively enrolled in a class. **WE WILL NOT BE PROVIDING PRIVATE LESSONS TO ATHLETES THAT ARE NOT ENROLLED IN A CLASS** (with the exception of flyer/stunt privates). Private lessons will be permitted in 12 week sessions, but can be done for shorter periods of time. We want to be able to help to all the athletes seeking additional assistance. Goals for the lesson will be set forth by the instructor and parent at the start of the privates and will be worked towards during the session. If goals are not met during the time allotted, the

athlete's progress will be assessed and may be extended depending on availability/wait lists, or a different instructor may be advised.

### **Why is it important to remain in a class?**

Private lessons are not meant to replace a tumbling class, but are to act as an enhancement to the athlete's progress. Often times an athlete gets "stuck" doing improper technique at particular stations and progress becomes difficult. Fear or uncertainty can cause athletes to create shortcuts into a skill and they'll get comfortable with incorrect technique to avoid what feels scary. Repeating shortcuts promotes incorrect muscle memory and creates bad habits. This is very common in tumbling, as progression requires the athlete to move outside their comfort zone. Spending additional one on one time with them helps us instill the proper technique to overcome the bad habit or the fear that's holding them back from class progression. Reinforcing that correction within the class will allow the athlete to develop the correct muscle memory to move forward. **Repetitive movement of proper technique is essential, which is why we require the athlete remain in their weekly class.** It is difficult to move a child forward with just a private lesson alone. In most cases, the child will be given drills to do at home to help them move faster towards their goal.

### **What is muscle memory?**

Muscle memory is the ability to reproduce a particular movement without conscious thought, acquired as a result of frequent **repetitive** movement. The brain creates a long-term muscle memory for that task, eventually allowing it to be performed with little effort. This process decreases the need for attention and creates maximum efficiency within the motor and memory systems.

### **How do I sign up for a private lesson?**

All private lessons must go through the gym and will be assigned to an instructor on a first come first serve basis. Please email the gym at [flipfactoryathletix@gmail.com](mailto:flipfactoryathletix@gmail.com). If there is a particular instructor you would like to do your child's lesson, please let us know in the email. All gym fees must be paid current for your child to enroll in/continue private lessons. If the instructor or the time slot you would like is not available, you will have the option of being put on a waiting list for that instructor/time.

### **How much do private lessons cost?**

Each instructor will establish their own private lesson fee within a prescribed range established by the gym depending on level of experience. The typical fee is \$25 per half hour. Most private lessons are done in half hour sessions. Payment must be given to the instructor **prior** to the lesson. Semi-privates (2 children in the same private) may also be done with athletes **working on the same skill** with price determined by the instructor (typically \$45 per half hour).

**What if I need to cancel?**

Cancellations must be made directly with the instructor within 8 hours of the private lesson. This gives the instructor time to arrange their lessons properly or offer another athlete the option to use that time slot for that day. This also must also be done by the instructor if they are unable to attend the private lesson. Failure to give appropriate notice will result in a private lesson charge and must be paid prior to the next lesson.

**Should I stay for my child's lesson?**

In our experience, athletes progress faster when the instructor has the full attention of the athlete. Often times, athletes worry about pleasing the parent or performing well when they know they are being watched. Not every lesson will go well, and struggles and mistakes are all part of the process. Mental challenges play a big part in tumbling, and being watched often times creates added pressure. The athlete will look to the parent for reactions, taking concentration away from the skill/technique being taught. We advise the parent not to stay, or wait in the changing area until the lesson is over.

**Exceptions**

There are certain exceptions that will be accepted depending on the athlete's situation. If you feel your child would not benefit from the typical class structure (special needs/handicap/specific acro skill etc.), please contact us to see to see if an exception can be made.

Scheduling conflicts do not constitute an exception.

## **Communication**

**The Band App**

Our main form of communication is the band app. You will receive an invitation to join the app once your child is registered for the cheer program. All information and announcements will be done on this app. We ask that you keep all communication positive. If there is something that needs addressed that you are unhappy about, please contact the coaches directly. It is the parent's responsibility to check the app frequently for pertinent information.

**24 Hour Rule**

If you or your child are upset about something that happened at practice or a competition, we ask you adhere to the 24 hour rule. This gives everyone time to cool down and address issues properly. There will be times when you/ your child will not understand why a position has changed, why they have been removed from a tumbling pass, felt embarrassed, got reprimanded, or had a hard time with their stunt group. Not every practice will be their best practice and we understand that. We understand feelings get hurt and parents feel the hurt their children feel. We like to address any issues like this face to face or with a personal phone call. Immediate texts out of anger

will not be responded to for obvious reasons. When your child leaves the gym feeling deflated, we ask that you react with understanding of their feelings but try to see the issue through a coach's lens.

### **Physical Fitness/Health Concerns/Injured Athletes**

Please be advised that all Star cheerleading is a very cardio intensive as well as strength intensive sport. It requires that your child maintains a healthy state in order to safely perform a routine. It is extremely important to notify the coaches verbally, of any medical concerns. Element All Stars reserves the right at any time to remove a child from the program if we feel the child's health may be in jeopardy. Please make sure that your child is eating a balanced diet. If there are any concerns, please make sure we are aware. If your child currently has health issues, a doctor should be consulted before the child begins to participate.

If your child is injured or diagnosed during the season with any physical problem weather acute or chronic, we need to know about it immediately. Your child may need to sit out until a clearance is obtained by a medical doctor. Please realize that anytime a child is required to sit out, their position may change. This is beyond our control, as we cannot "hold" spots for kids that are out for an undisclosed amount of time. If the child is cleared by their doctor, do not expect us to put that child back doing exactly what they were previously. For their safety, they may have an amended position. Element also reserves the right to keep the child out of the routine altogether if the team does not have time to properly prepare for the upcoming competitions. This would be especially true toward the end of the season. We do our best in these situations, but are required to keep progressing through stunts and tumbling. Sequences in stunts and pyramid take months to perfect and difficulty is continually being added as athletes are able to adjust. Changes to these sections are difficult for all the athletes involved.

During the time of injury, the athlete will need to continue to pay their competition fees and ½ of their gym fees. Fill-ins are not and should not be required to pay your fee. They are ultimately holding your spot/position for you on the floor for the routine. The injured athlete is required to come to practice for the duration of the injury so that they know the upgrades to the routines. They should also plan to be back stage with the team for warm ups and performances. They are still part of the team. They will be excused for the first 2 practices after the injury if they have a break, concussion and possibly longer if it's something that takes longer to stabilize. It has been our experience that kids are usually able bodied enough to come to practice right away.

Once the child has healed and is ready to return, we need a release from a medical doctor. There needs to also be a specification if they are only released to do something specific instead of being back to 100%. If not fully able, the coaches will determine if

they are allowed back on the floor to compete. The scoresheets have standards for the number of athletes on a team that must stunt, tumble, jump etc. If your child returning disrupts those numbers because they aren't fully capable of fulfilling their role, then the athlete will be asked to wait. Otherwise, it will create a disadvantage to the team.

Please explain the above to your child if they become injured. It is much better to know the expectations up front instead of having your child let down once they are released.

## **Element Parent Club/Org**

The Element All Star parent club is a non-profit club. The main purpose of the club is to help fundraise to off-set costs for fees related to the season. Beyond the fundraising the parent club is in place to raise morale and support the kids through sign making, party booking and other fun events!

Keep in mind that the parent org is made up of people giving up their valuable time. Please keep communications with them positive. There is quite a bit of work that goes into the organization. Any problems need to be dealt with between you and the president. The gym owners do not control anything in relation to fundraising and/or the speed or pace at which you receive your funds and or your information. The club is intended only to help you with cost, not to cause confusion. We would like to keep the parent club alive and need positive parents to help. If you are interested in helping, please email us at [flipfactoryathletix@gmail.com](mailto:flipfactoryathletix@gmail.com)

Your fundraising account: Please note that all of your funds that you acquire through fundraising with Element will go into a personal fund. These monies cannot be used towards another person's account and any money left over at the end of the season if you are not retuning, you quit, or you are removed will go directly to Element's general fund.

Each season each participant is required to pay fee set forth by the parent club for general fund dues which goes towards your child's parties, banquets and anything that the organization sees as fit for the kids. This fee will be announced at the first parent meeting.

## **General Rules**

- **ALL PRACTICES ARE MANDATORY!!**
- Cheerleaders should arrive at least **5 minutes early** and should be in the stretching area ready to begin at the start of practice.

- No food, gum, jewelry, or outside shoes allowed on spring floor.
- Water bottles are encouraged, as athletes are only to drink water during practice. Clean up personal items when finished with practice.
- Cell phones and other electronic devices **MUST** be left in lockers for the duration of practice. They should not be used during practice unless given permission by a coach.
- Cheerleaders must keep their belongings in the designated areas.
- Practice/competition shoes should be worn for practice and competition only! These shoes are not to be worn outside the gym for any reason. If pre-season shoes become overly worn looking, you will be required to purchase another pair for competition season...so take care of the shoes!
- Hair must be pulled back.
- All items inside the gym are the responsibility of the athlete who brings them in, and the gym is not responsible for any lost or stolen items.
- During the competition season the practices are closed to parents. This is only to ensure we have full attention of the girls. We will designate open practice times so that you can occasionally watch.
- Please leave the coaching to us. Do not talk to your child during practice (both tumble and cheer). There are many things going on in the gym at one time and we need full attention and concentration of the girls at all times. Do not sit beyond the parent seating area, as this is a liability for the gym.
- **Please do not approach the coaches with problems or concerns before or after practice unless injury related.** We are happy to address any issue outside of class time, especially if another class is starting.

### Absences

- If a cheerleader cannot make it to practice or will be late, please contact the coach of your team.
- Absences for relevant school activities are excused.

- Absences for family vacations must be submitted at the beginning of the season and approved. Your child and their team may be negatively affected by vacationing during the competitive season. Even if your vacation is approved during competition season, your child may not be able to crossover/compete as a result. **All unannounced vacations during competition season may result in removal from the squad.**
- Excessive absences and/or unapproved vacations may result in removal from the team. It shows lack of team commitment and results in less productive practices. We update our routines as we gain skills and thus missing a practice is never recommended.
- **Full team practices are mandatory and essential for a successful season!**

### Gym Closings

If the gym is closed due to weather it will be announced on the band app as well as our facebook page. It will also be sent out via text message to class participants. We try to have a decision within 1 hour prior to the closing. Most of the time we follow the Butler Area School District closings. Also keep in mind that because we live in Western PA, we expect that snow will be a factor during the winter months. We do realize that people live all over the place and we will try to do what is the best for everyone at the time. If you feel that it is too dangerous to drive in your area, please know that we value your parental decisions! Standard holiday closings are listed on our website as well.

### Competitions Rules & Regulations

- **All competitions are mandatory!**
- If you must miss competition due to injury or severe illness, contact a coach IMMEDIATELY! It is a good possibility that your team may not be able to compete as a result. *There is no compensation given to any team members in this situation.*
- If you spring on us that you cannot attend a competition, it is likely that you will be immediately removed from the team. We choreograph to include everyone, and it is extremely selfish to put your team in this kind of predicament. It may mean that your team (that most likely already paid the fee) won't be able to compete.

- Please realize that competitions may be changed by the companies at any given time, we have no control over that. Usually, it would be from a Sunday to a Sat., or a Sat. to a Sunday but it could be an entirely different weekend. We apologize ahead of time regarding changes/cancellations.
- If a competition needs to be canceled by a coach or competition company, no money will be refunded. Most companies have a no refund policy. If a coach cancels, it will most likely be due to an injury, illness, or snow storm.
- Parents are responsible for getting the children to the competition on time. **DO NOT BE LATE!!** Please always allow extra time for traveling, parking, and inclement weather.
- Cheerleaders must remain in full uniform at all competitions! They are to remain together with their team and cheer for other Element teams.
- Cheerleaders are not permitted to wear nail polish or jewelry to a competition; it will cost the team deductions!
- **All waivers for competitions will need to be turned in prior to the competition.** It is your responsibility to turn them in when they are due.
- **Overnight competitions:** Travel and hotel information will be provided on the website. Unless we are receiving a group discount rate for our rooms, individuals will be responsible for booking their own rooms by the deadline given. Trying to stay at the same place is suggested but not necessary. In case of cancelation, you should book rooms that are refundable.
- **Sportsmanship and team unity are very important to our organization.** Please be courteous and considerate to all other teams and athletes both inside and outside of our gym. Please don't speak negatively about any person, decision, result, the gym, the owners, and the coaches. This includes social media and message boards. Anyone who behaves in a manner in or out of the gym that we view as inappropriate may be asked to leave our program. This includes but is not limited to threatening to quit the program, negative talk towards the gym or teammates, or blaming someone for placement.
- Parents and cheerleaders are never to call or email any competition company for any reason, if there is a problem with a particular venue, please let us know and we will take care of it. We work with these companies year after year and will always maintain a cordial relationship.



- We expect to win or lose with dignity. We expect all cheerleaders and parents to be respectful to other teams at competitions. To clap for other teams as placements are called. We thank all the parents in advance for helping to enforce these rules.
- No parents are to be on the main floor while awards are called, this is only for the athletes.

### **Withdrawing from the Program**

In the past, we have seen how a squad can be affected when even one cheerleader is not 100% committed to the team. It places undue stress on the girls as well as coaches and makes it difficult to alter the routines if one decides to quit.

- If you quit or are removed any and all fees paid up to that point will not be refunded.
- If any items have already been paid in full and ordered such as uniform, bow, etc., the cheerleader can pick them up at the gym.
- Items not claimed by the beginning of the competition season will become property of The Flip Factory.
- No money will be refunded (Includes gym fees and anything that you have fundraised through Element).

### **Removal from the program**

A positive attitude by both the parents and cheerleaders is ***essential*** to maintaining a healthy gym environment. Full support of the program is expected among all members. Negative comments will not be tolerated pertaining to coaching, athletes, routine, etc. by any parent or cheerleader. This includes talking about leaving the program prior to the end of the season. This causes negativity and resentment on the teams and it is difficult to get beyond that feeling without removing the child. If we hear of any negativity, or that you are considering moving to another All Star program you may be asked to leave the program immediately even if it is in the middle of the season. We have seen how detrimental negativity can be to an All Star Cheer program, and we will not put our supporters in that kind of situation. We strongly suggest that you set a meeting with us to discuss anything that may be making you feel negativity whether it be another parent, a practice/routine concern, or anything of the sort. We have found

that we can usually resolve any ill feelings and it's just a matter of discussing concerns. Communication is the key. We would like to be able to grow this local business and support our community and kids. We feel this is impossible when we have nay-sayers involved and we would like to and will rid our gym of this at any given time.

The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing cheerleaders to/from teams for a performance, practice, or the entire program. Cheerleaders may be removed from our program at any time for reasons which may include but are not limited to: attitude problems, absences and/or tardiness, unannounced vacations, lack of financial responsibility, negative social media posts, bullying, conflicts between cheerleaders, coaches, parents, or anyone else involved in our program.

There will be no refunds of tuition or program balance given in the event of removal from a team.

## Parent & Athlete Contract

I have read the above handbook in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming an Element All Star member. I agree to fully support my child and will encourage them to fulfill their commitment. I understand that being an Element All Star is a commitment on the part of the parent as well as the child. I realize that when representing Element All Stars, I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations fore mentioned in this contract, or that is consistently negative, or acts in a manner that jeopardizes the name and reputation of Element, will be subject to removal from the program. In addition, I agree to give the Flip Factory LLC full permission to seek medical attention and/or take any actions deemed necessary to ensure the safety of my child.

I, the undersigned Parent/Guardian understand that this contract is for the entirety of the Element All Star season. I am committed to coming to practice. I am responsible for any monies spent on my behalf (uniform, competition fees, etc.). I assume full responsibility for all costs incurred as a member of Element All Stars including but not limited to: gym registration, monthly tuition, uniforms, competition and travel expenses, or any other item(s), reservations, or services purchased or rendered to me and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team.

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

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