



# Excel Athletics COMPETITIVE CHEER

## 2023-2024 Parent and Athlete Handbook

863.845.2933  
650 6th Street SW  
Winter Haven 33880  
[WWW.EXCELATHLETICSINC.COM](http://WWW.EXCELATHLETICSINC.COM)

# 2023-2024 SEASON

**\*PLEASE READ THROUGH EVERY PAGE AND SIGN/INITIAL WHERE REQUIRED\***

**Circle all that apply.**

- All Star Cheer
- Trial Class
- Gym Rental
- Private Lessons



**For Office Use Only:**

Team/Class	_____
Registration Date	_____
Payment Method	_____

## Registration and Release Form

### ATHLETE INFORMATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Birthday: \_\_\_\_\_ Male/Female  
Cell #: \_\_\_\_\_  
Email: \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION

Parent/Guardian: \_\_\_\_\_  
Cell #: \_\_\_\_\_ Work# \_\_\_\_\_  
Email: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Cell# \_\_\_\_\_ Work#: \_\_\_\_\_  
Email: \_\_\_\_\_

### MEDICAL INFORMATION

Please list any physical/psychological, health conditions, injuries, or weaknesses that may affect the athlete's participation or performance.

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**Please provide the following information below.**

Allergies: \_\_\_\_\_  
Medications: \_\_\_\_\_  
Emergency contact #1: \_\_\_\_\_  
Emergency contact #2: \_\_\_\_\_  
Insurance Carrier: \_\_\_\_\_  
Polic Number: \_\_\_\_\_  
Policy phone #: \_\_\_\_\_

ACKNOWLEDGEMENT, AUTHORIZATION AND RELEASE FORM  
EXCEL ATHLETICS, INC. Minor Release / Waiver Form RELEASE/WAIVER FORM

Minor's Name (Please Print) \_\_\_\_\_  
Address City St Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone # \_\_\_\_\_

As used below, "Excel" shall mean Excel Athletics, Inc. and their subsidiary and other affiliated companies, and the officers, directors, employees, agents, successors and assigns of each of the foregoing; and "Excel Cheer" shall mean Excel Athletics Competitive Cheer Inc. and their subsidiary and other affiliated companies, and the officers, directors, employees, agents, successors and assigns of each of the foregoing.

**TERMS AND CONDITIONS OF PARTICIPATION - READ CAREFULLY BEFORE SIGNING**

In consideration of my minor child or ward's participation in the cheerleading, tumbling, dance or other activities conducted by Excel at their facilities or as a part of events at other locations (collectively referred to as Excel Activities and Events), wherever the events and/or activities may occur, you hereby attest that, after reading this Form completely and carefully, including the notice above your signature, as required by Florida Statutes 744.301, you acknowledge that participation in Excel Activities and Events by your minor child or ward is entirely voluntary, and that you understand and agree as follows:

**RELEASE OF LIABILITY:** I agree, on behalf of my child or ward, to waive and release all liabilities, claims, actions, damages, costs or expenses of any nature ("Claims") associated with all risks that are inherent to his or her participation in Excel Activities and Events or other activities conducted in conjunction there with (which risks may include, among other things, exposure to Naegleria Fowlerian and coliform bacteria, muscle injuries, heat and stress related issues, cuts, lacerations and broken bones), whether such risks are open and obvious or otherwise. Further on behalf of myself and my minor child or ward, I hereby release, covenant not to sue, and forever discharge the Released Parties (as defined under "INDEMNITY/ INSURANCE" below) of and from all Claims arising in any manner out of or in anyway connected with my child's or ward's participation in Excel Activities and Events.

**INDEMNITY/INSURANCE:** I agree to indemnify and hold Excel Athletics, Inc. and each of its respective parent, subsidiary and other affiliated or related companies; Excel Athletics Competitive Cheer Inc. and each of its respective parent, subsidiary and other affiliated or related companies; and the officers, directors, employees, agents, contractors, subcontractors, representatives, successors, assigns, and volunteers of each of the foregoing entities (collectively, the "Released Parties") harmless from and against any and all Claims arising out of or in anyway connected with my child's or ward's participation in Excel Activities and Events, wherever the Excel Activities and Events may occur, including, but not limited to, all attorneys' fees and disbursements through and including any appeal. I understand and agree that this indemnity includes any Claims based on the negligence, action or inaction of any of the Released Parties and covers bodily injury (including death), property damage, and loss by theft or otherwise, whether suffered by me or my child or ward either before, during or after participation in Excel Activities and Events. I agree that I am not relying on the Released Parties to have arranged for, or carry, any insurance of any kind for my benefit or that of my child or ward relative to my child's or ward's participation in Excel Activities and Events, and that I am solely responsible for obtaining any mandatory or desired life, travel, accident, property, or other insurance related to my child's or ward's participation in Excel Activities and Events, at my own expense.

**PHYSICAL CONDITION/MEDICAL AUTHORIZATION:** I hereby certify that my child or ward is physically fit for participation in Excel Activities and Events and has the skill level required in connection with Excel Activities and Events, and I have not been advised otherwise. I agree that before my child or ward participates in any activity conducted in conjunction with Excel Activities and Events, I or my child or ward will inspect the related facilities and equipment. In connection with any injury sustained or illness or medical conditions experienced during my child's or ward's attendance in connection with Excel Activities and Events, I authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by the attending medical personnel if I am not able to act on my child's or ward's behalf. Additionally, I authorize medical treatment for my child or ward, at my cost, if the need arises; however, I acknowledge that the Released Parties will have no duty, obligation or liability arising out of the provision of, or failure to provide, medical treatment.

**EQUIPMENT AND FACILITIES INSPECTION:** I, or my child or ward if I am not in attendance at Excel Activities and Events, will immediately advise the Excel Activities and Events' manager of any unsafe condition that I, or my child or ward if I am not in attendance at Excel Activities and Events, observe. My child or ward will refuse to participate, and I will refuse to let my child or ward participate in Excel Activities and Events until all unsafe conditions observed by me, or my child or ward, have been remedied.

**PUBLICITY RIGHTS:** I further grant the Released Parties the right to photograph, record and/or videotape me and my child or ward and further to display, edit, use and/or otherwise exploit my or my child's or ward's name, face, likeness, voice, and appearance, in all media, whether now known or here after devised (including, without limitation, in computer or other device applications, online webcasts, television programming in motion pictures, films, newspapers, and magazines) and in all forms including, without limitation, digitized images or video, throughout the universe in perpetuity, whether for advertising, publicity, or promotional purposes, including, without limitation, publication and use of Excel Activities and Events results and standings, without compensation, residual obligations, reservation or limitation, or further approval, and I agree to indemnify and hold harmless the Released Parties for any Claims associated with such grant and right to use. The Released Parties are, however, under no obligation to exercise any rights granted herein.

**GOVERNING LAW:** This Form will be governed by the laws of the State of Florida, and any legal action relating to or arising out of this Form will be commenced exclusively in the Circuit Court of the Tenth Judicial Circuit in and for Polk County, Florida (or if such Circuit Court does not have jurisdiction over the subject matter thereof, then to such other court sitting in such county and having subject matter jurisdiction), AND I SPECIFICALLY WAIVE THE RIGHT TO TRIAL BY JURY.

**NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN(S) READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF EACH OF THE RELEASED PARTIES (THAT IS, EXCEL ATHLETICS, INC., EXCEL ATHLETICS COMPETITIVE CHEER INC., AND THEIR RESPECTIVE PARENT, SUBSIDIARY AND OTHER AFFILIATED OR RELATED COMPANIES (COLLECTIVELY, THE "EXCEL COMPANIES"); AND THE OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS, SUBCONTRACTORS, REPRESENTATIVES, SUCCESSORS, ASSIGNS AND VOLUNTEERS OF EACH OF THE FOREGOING ENTITIES) USE REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY THAT CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM, YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM THE RELEASED PARTIES**

(THAT IS, EXCEL ATHLETICS, INC.; EXCEL ATHLETICS COMPETITIVE CHEER INC., AND THE OTHER EXCEL COMPANIES; AND THE OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS, SUBCONTRACTORS, REPRESENTATIVES, SUCCESSORS, ASSIGNS AND VOLUNTEERS OF EACH OF THE FOREGOING ENTITIES) IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND THE RELEASED PARTIES (THAT IS, EXCEL ATHLETICS, INC.; EXCEL ATHLETICS COMPETITIVE CHEER INC.; AND THE OTHER EXCEL COMPANIES; AND THE OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS, SUBCONTRACTORS, REPRESENTATIVES, SUCCESSORS, ASSIGNS AND VOLUNTEERS OF EACH OF THE FOREGOING ENTITIES) HAVE THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM. THE NOTICE ABOVE IS ALSO GIVEN AND APPLICABLE TO LEGAL GUARDIANS AND THEIR MINOR WARD(S) WHO YOU ARE AGREEING TO LET ENGAGE IN POTENTIALLY DANGEROUS ACTIVITIES. ALL REFERENCES TO "CHILD" ABOVE ARE APPLICABLE YOUR MINOR WARD(S) AND YOUR AND YOUR WARD'S RIGHTS TO RECOVER FROM THE RELEASED PARTIES (THAT IS, EXCEL ATHLETICS, INC.; EXCEL ATHLETICS COMPETITIVE CHEER INC.; AND THE OTHER EXCEL COMPANIES; AND THE OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS, SUBCONTRACTORS, REPRESENTATIVES, SUCCESSORS, ASSIGNS AND VOLUNTEERS OF EACH OF THE FOREGOING ENTITIES).

X Signature of Parent(s) or Legal Guardian(s) \_\_\_\_\_ Date \_\_\_\_\_

X Witness \_\_\_\_\_ Date \_\_\_\_\_

**SUPERVISION:** A chaperone/adult (age 21 or over) is required to attend with participants. This chaperone will be always responsible for the participants. I/we acknowledge that Excel and Excel Cheer are not responsible for supervising my/our child.

**RESPONSIBILITY DISCLOSURE NOTICE:** Excel acts only as an agent in connection with the Excel Activities and Events and/or any tour offered herein, and its liability is limited. The travel services including air transportation, carriage by land, hotel accommodations, restaurants, and related services are provided by independent third parties not under the control of Excel. Excel shall NOT bear any liability to the passenger or any person claiming by or through the passenger for any injury, damage, loss, accident, delay, or irregularity which may be occasioned either by reason of or through the acts or defaults of any company or person engaged in conveying the passengers or in carrying out the arrangements of the tour and/or performance events, venues, etc. as a direct or indirect result of acts of God, dangers incident to fire, breakdown in machinery or equipment, acts of governments or other authorities, civil disturbances, strikes, riots, acts of terrorism, theft, unhealthy conditions, pilferage, epidemics, quarantines, medical or customs regulations, or from any other cause beyond the control of Excel. Excel shall not be liable for any losses or additional expenses due to delay or changes in schedule or other causes. The right is reserved to decline, to accept, or to retain any tour passenger should such person's health or general deportment impede the operation of the tour to the detriment of other passengers. No refunds for your portions of unused services can be made unless agreed to prior to the scheduled deadlines. Your retention of tickets, reservations, or bookings after issuance shall constitute a consent to the above and agreement on your part to convey the contents herein to your

traveling companions. Payment of any deposit or final payment shall be deemed to constitute consent by each passenger to these terms. Baggage is carried at the owner's risk and baggage insurance is strongly recommended. It is also recommended that each participant in this tour have his or her own attorney review this RESPONSIBILITY DISCLOSURE NOTICE before indicating his or her consent by signing this consent form. Nothing in this paragraph is intended to or shall affect in any way the respective rights or relationship between Varsity and any person other than the passenger and any person claiming by or through the passenger.

**MEDICAL RELEASE:** I/we authorize Excel and/or Excel Cheer to procure at my/our expense, any medical care reasonably required by my/our child during his/her visit to hospitals or facilities chosen by Excel and/or Excel Cheer. I/we have listed below any medication that my/our child is currently taking. I/we will ensure that my/our child brings the medication with him/her to any Excel Activities and Events and that my/our child is responsible for taking the medication. I/we have also listed below any medications my/our child is allergic to.

By signing below, I certify that: (1) I fully and completely read and understand this Form; (2) I am 18 years of age or older; (3) I am the legal guardian of the minor child identified above; (4) the information set forth above pertaining to my child or ward is true and complete; and (5) I consent and agree to all of the foregoing on behalf of myself and my minor child or ward identified above. Medications my/our child is taking (if any): Medications my/our child is allergic to (if any):

Minor's Name \_\_\_\_\_  
X Signature of Parent(s) or Legal Guardian(s) \_\_\_\_\_ Date \_\_\_\_\_  
Witness \_\_\_\_\_ Date \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION: (Not traveling with the minor)**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: ( \_\_\_\_\_ ) (home) ( \_\_\_\_\_ ) (work \_\_\_\_\_ )

EVERY PARENT OR LEGAL GUARDIAN OF A MINOR PARTICIPATING IN THE EXCEL ACTIVITIES AND EVENTS MUST COMPLETE THIS FORM AND TURN IN TO THE EXCEL OFFICE PRIOR TO THE MINOR CHILD'S PARTICIPATION IN EXCEL



\_\_\_\_\_  
**Athlete Name**

**Which program are you interested in? (Circle one)**

**Elite**

**Prep**

**Novice**

**If you have been on a team before, what role(s) did you play in stunt groups?  
(Circle all that apply)**

**MAIN**

**SIDE**

**BACK**

**FLYER**

**FRONT**

What is the HIGHEST level of stunts you have competed in? (Circle One)    1   2   3   4   5

What other extra-curricular activities will you be involved in this season?  
(For what would you potentially request an excused absence?)

What dates/weeks will you be missing this season – including summer – for any school cheer, camp, family vacation, or other commitments that you cannot reschedule?

Athlete Name: \_\_\_\_\_ Age (Ex. – 15): \_\_\_\_\_ Birth Year (Ex. – 2005) \_\_\_\_\_

Cheered Before? Where? How Long?

Are there any days/times you have a conflict with?

**DO NOT FILL OUT! FOR GYM USE ONLY!**  
**TRYOUT #:**

\_\_\_\_\_

Are you willing to Cross Compete and pay the crossover fee of **\$650.00** in addition to the competition fees set forth in the financial agreement?

Circle one:            YES or   NO

✉ kathy@excelathleticsinc.com

☎ 863.845.2933

📍 650 6th St SW, Winter Haven

🌐 www.ExcelAthleticsInc.com



EXCEL ATHLETICS

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

Please check off your Highest-level skills!

**\*\*PLEASE do not write in empty boxes – FOR JUDGES ONLY!!**

Level 1	**	Level 2	**	Level 3	**
<input type="checkbox"/> Round off <input type="checkbox"/> Bridge <input type="checkbox"/> Kickover <input type="checkbox"/> Back <input type="checkbox"/> Walkover <input type="checkbox"/> 3 Back <input type="checkbox"/> Walkovers <input type="checkbox"/> Connected <input type="checkbox"/> Cartwheel <input type="checkbox"/> Back Walkover <input type="checkbox"/> Front <input type="checkbox"/> Walkover <input type="checkbox"/> Cartwheel Back <input type="checkbox"/> Walkover <input type="checkbox"/> Cartwheel		<input type="checkbox"/> Standing <input type="checkbox"/> Back-Handspring <input type="checkbox"/> Back <input type="checkbox"/> Walkover Back- <input type="checkbox"/> Handspring <input type="checkbox"/> Back- <input type="checkbox"/> Handspring step <input type="checkbox"/> out back walkover <input type="checkbox"/> back-handspring <input type="checkbox"/> Cartwheel <input type="checkbox"/> back-handspring <input type="checkbox"/> Round off <input type="checkbox"/> back-handspring <input type="checkbox"/> Front <input type="checkbox"/> Walkover Round <input type="checkbox"/> off Back- <input type="checkbox"/> handspring		<input type="checkbox"/> Standing 3 <input type="checkbox"/> back-handsprings <input type="checkbox"/> Jump to <input type="checkbox"/> series back- <input type="checkbox"/> handspring <input type="checkbox"/> Back- <input type="checkbox"/> handspring toe <input type="checkbox"/> touch series back- <input type="checkbox"/> handspring <input type="checkbox"/> Ariel <input type="checkbox"/> Punch-front <input type="checkbox"/> Round-off <input type="checkbox"/> tuck <input type="checkbox"/> Round-off <input type="checkbox"/> back-handspring <input type="checkbox"/> tuck <input type="checkbox"/> Running <input type="checkbox"/> specialty pass to <input type="checkbox"/> tuck	
Level 4	**	Level 5	**	Additional Comments	
<input type="checkbox"/> Standing tuck <input type="checkbox"/> Standing back <input type="checkbox"/> handspring tuck <input type="checkbox"/> Standing two <input type="checkbox"/> back-handspring <input type="checkbox"/> tuck <input type="checkbox"/> Cartwheel <input type="checkbox"/> tuck <input type="checkbox"/> Round-off <input type="checkbox"/> back-handspring <input type="checkbox"/> layout <input type="checkbox"/> Running specialty <input type="checkbox"/> pass to layout		<input type="checkbox"/> Standing two <input type="checkbox"/> back-handspring <input type="checkbox"/> layout <input type="checkbox"/> Standing two <input type="checkbox"/> back-handsprings <input type="checkbox"/> whip tuck <input type="checkbox"/> Standing tuck <input type="checkbox"/> to back <input type="checkbox"/> handspring tuck <input type="checkbox"/> Toe-touch <input type="checkbox"/> tuck <input type="checkbox"/> Round-off <input type="checkbox"/> back-handspring <input type="checkbox"/> full <input type="checkbox"/> Running <input type="checkbox"/> specialty pass to <input type="checkbox"/> full			





## CONTRACT ITEMS

Please read and initial by each section.

### \_\_\_ Who we are.

Excel Athletics continues to be a leader in all-star cheer instruction. Established in 2015, we are proud to announce our 8th Anniversary this year! We pride ourselves on being trend setters and family oriented with quality, competitive instruction. Welcome to our Excel Athletics family! Welcome Home!

### \_\_\_ What we do.

It is our mission that each athlete will develop socially through practice and competition. Physically, through hard work, and psychologically, through increased self-confidence, self-esteem, emotional maturity, and discipline. We continue to provide an industry name with a small family feel. We pride ourselves on being a family environment and teaching our kids respect, humility, punctuality, good sportsmanship, dedication, commitment, and core values.

### \_\_\_ Commitment

Commitment starts with the athlete and follows through the parent. The success of your team will depend on each individual/ parent commitment and dedication to the team. This program is not about the individual. We will not tolerate "individual" attitudes. We feel that the member on the back row is just as important as the member on the front. The first tumbling pass is just as needed as the last.

Flyers can't fly without bases. Flyers are no more important than back spots. It takes a TEAM to win. The team will always come first in making selections and decisions.

### \_\_\_ Parent Viewing

Parents may watch practices from the parent viewing area at the bay doors. At times, it may be necessary for the coaches to close the parent viewing area. We appreciate your cooperation during these times. Parent viewing may be closed during choreography or for a specific amount of time designated by the team coach. This allows us to effectively coach teams without any outside distractions. Parent viewing is a privilege. Please do not sit and "gossip" or "assume" in the viewing area. All practice the week of competitions are CLOSED. At any time you should have a question, comments, or concerns about your child's progression or practice, you should schedule a private meeting with the team coach and owners.



## \_\_\_\_Team Practices

Be on time! Your child will have 2-3 team practices per week. One Sunday practice Monthly starting in August after school starts back. Additional practices will be added at the coach's discretion during the heavy competition season. This is typically November through May.

You are allowed to miss up to 4 summer practice days in addition to the closed calendar holidays given. It is important to have each cheerleader at summer practice to allow the kids to bond, coaches to formulate the routines, and for the teams to progress in skill. Vacation forms are located in the back of this packet and from the coaches' office on request. All vacations MUST have the appropriate form and approval for it to be excused. Vacation forms turned in less than 2 weeks in advance will not be approved. Vacation requests after August 3rd will not be approved. Vacation dates will not be approved the week of a scheduled competition. Vacation requests via phone or text will not be approved.

## \_\_\_\_Missed or Tardy Practices

If you cannot attend a practice, it must be personally pre-approved by your coach. If you will be late, out sick, etc.; you must message the GroupMe page or fill out an absentee form prior to practice. If you are sick, but not contagious, you will be required to come watch practice, so you are aware of any changes made to the routine. The coach will decide your participation level at practice if an athlete is sick. Handwritten notes are not an excused absence. If you are continually late, continuously sick, missing numerous practices, or injured long-term, you may be dismissed from the team or placed in an alternate position. Either of which will be determined by the coach and/or owner. If you are absent two weeks prior to a competition, you may be replaced with an alternate athlete. When a child misses practice or is injured, it affects the whole team. Homework is not an excused absence. Studying for a test is not an excused absence. Concert Tickets, Birthdays, Anniversaries, School Breaks, and Family trips are not excused absences. Outside sports conflicts are not excused absences. If you are receiving a grade on a school activity you must fill out the absentee form, located in the back of this packet. Forms must be turned into and approved in advance by your coach AND the owner so changes to the practice schedule can be made if necessary. Absences due to graded events will be approved. The coaches will do everything in their power to work around graded conflicts by moving practice, but it is not promised. Make-up practices may be called so that the team may practice. In cases of inclement weather, makeup practice will be added as well. The gym owners will decide what weather conditions permit cancelled practices.



## \_\_\_Communication

Facebook and Group Me must be checked often for information. **These will be our main source of communication.** We understand everyone does not have Facebook. If you do not have Facebook, please partner up with a friend to make sure you are informed.

At any time, if you have a question, comment, or concern about your child's progression or practice, you should schedule a private meeting with the team coach and owners.

## \_\_\_School Sports

We will attempt to work around any conflicts the best we can. We cannot guarantee that every conflict will be solved. We simply cannot afford to change all our practice times for other sports, but we will do our best to accommodate as much as possible.

Please take note of this policy before trying out for winter or spring sports. All-Star cheer is a very timely commitment and should be a priority. We will not excuse you for other sport conflicts. Please respect our requests. Missing practice affects every athlete on the team.

## \_\_\_Team Placement

Athletes will be placed on a team at the discretion of the coaching staff based on your ability and what is needed on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to "land" a skill, but to execute it while doing so repeatedly. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child's skills do not mirror that of their peers on the team. A child may be dismissed or placed in an alternate position if the skills are not where they can be used on a team in the gym. A child may be moved to a different team during the season depending on what is needed by that team (i.e., needed base, fly, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We may register teams in various divisions throughout the season. We will exhaust every possibility before dismissing a team. If you have a question about what level your child should be, please go to [USASF.net](http://USASF.net) for level guidelines. If you are unsure of what stunting level your child may be, please ask.



## Athlete Behavior

Your coaches and team reps are here to work with you. You are expected to show respect and be always courteous to your coaches and teammates. You are not to make negative facial expressions, talk under your breath, roll your eyes, make rude gestures, or negative comments of any kind. When asked a question at practice, students are to reply in a respectful manner to coaches. No negative or rude comments are to be made on any social forum websites such as Facebook, Twitter, Instagram, Snapchat, TIKTOK etc. about any member of the Excel Team / staff, competition, or other fellow gyms. Do not post any pictures of yourself or others, in an Excel uniform or attire acting in a negative manner that would discredit the gym's reputation. No cell phones are allowed during practice or competition warm-ups/awards. Cell phones must be turned in at the beginning of practice to the cell phone basket. Cell phone use during practice is strictly prohibited. For emergencies, you may call the gym and we will get your athlete. Anyone with continued behavioral problems will be removed from the gym and all monies will be forfeited.

## Hotel/Travel

Please note that when traveling, you are there for the purpose of competition and not vacation. There will be specific meeting times and team functions planned for your child. Their attendance will be mandatory. Please remember that you represent your team, family, and the gym when traveling. Be respectful of others at all times.

## Sunday Practices

All Sunday practices are MANDATORY.

- **AUGUST 20<sup>th</sup>**
- **SEPTEMBER 17<sup>th</sup>**
- **OCTOBER 15<sup>TH</sup>**
- **NOVEMBER 12<sup>TH</sup>**
- **DECEMBER 10<sup>TH</sup>**



## \_\_\_ Quitting/Removal from Team

If you quit a team at any time during the season or are asked to leave a team, 100% of all monies given to the gym will be forfeited. This includes gym fee, registration, camp deposits, competition deposits, uniform/practice wear deposits, etc. Any outstanding or posted bills up to the date of dismissal will be collected and is the responsibility of the student, parent, and/or guardian. Any outstanding balances not collected will be turned over to a collection agency. The same rule applies for a parent or athlete asked to leave the gym for inappropriate behavior/conduct.

## \_\_\_ Practice Wear/Uniform

Practice wear will be ordered for the athletes at the start of the season. Once it arrives, athletes will be expected to wear the designated clothing items to their assigned practice blocks each week.

These items also will be used during the season and at competitions to show unity. Team shirts may be added for larger competitions during the year. Uniforms will be ordered in the summer. This may vary from year to year, or by team specific uniforms. The package for uniforms and practice clothes will be approximately \$500 each. This does not include your Shoes or Competition Hair Bow. Those are purchased separately.

**\*\*Parents, please make sure your child has on the daily assigned practice clothes and their hair is up. NO JEWELRY in the gym at practice or at competitions. Excel is not responsible for any jewelry that is lost or stolen. This includes very small earrings. During Competitions athletes must wear white no show socks and are not allowed to wear any nail polish.**

## \_\_\_ Competitions

You are required to attend all competitions. It is the discretion of the coaches to choose competitions they see best for each of the teams. There is a possibility that a competition may be added or cancelled during the season. If an athlete misses practice two weeks prior to a competition, an alternate may be used. If an athlete misses a competition for any reason, they may be removed from the team. The Coaches/Owners will keep you informed of all competition updates/changes. End of year events (Summit/All Star Worlds) may be added during the season. The average registration cost per athlete is \$405 for non-paid bids awarded. This does not include travel or lodging in Orlando, FL.



## Fees

Once selected for a team in May, your first monthly payment will be paid to reserve your placement and is due at the Initial Parent Meeting. Registration Fees are Annual and cover our Insurance Calendar year from May- April.

Registration/Insurance fee is only paid once yearly whether it is for All- Star, School Team, or Class Enrollment. Once enrolled, everyone should familiarize themselves with the website and parent portal.

## Parent Portal

EVERYONE is required to have a parent portal account. Please contact Kathy Or Brooklin if you have forgotten your login/password. Please DO NOT create a new/duplicate login/password. If any issues arise, please contact Kathy or Brooklin.

Once you have created a parent portal account, you will use this for all classes, teams, etc. This profile will be used to send out mass emails when needed. Please make sure to keep your email, address, and phone number current with the parent portal. Additionally, our accounting system has the option for auto pay, if you wish to be put on auto pay please see Kathy or Brooklin. Your credit card will be billed on the 1st of the month for monthly gym fees. Fees are late on the 7th of each month. You will get a statement each month and an email letting you know if your payment was approved or declined. Athletes may be dismissed from the program or placed into an alternate position if fees become delinquent (for all programs). Athletes will not be eligible to attend year-end events if their balance is delinquent. Athletes may not try out the following year if they owe a remaining balance. Athletes may not attend private lessons if they have a remaining balance. All past due fees will be turned over to collections at the end of the competitive season. Any returned checks or late payments will be assessed at a charge of \$50 per occurrence.

## Mandatory Tumbling

All athletes enrolled in any of our cheer programs- Elite, Prep and Novice are required to take an extra tumbling class. It is already included in your tuition. This is your responsibility to make sure your child is added to a class, please get with Brooklin or Kathy to be added. If you are unsure of which class to enroll in, please ask Kathy or Brooklin.

Extra tumbling classes and open gym will be offered during the summer break.



## \_\_\_ **Choreography**

Stunt and Pyramid choreography- June 23 & 24

Routine Choreography- August 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>.

Times will be released when these dates get closer.

**If you cannot commit to choreography, please do not sign up to cheer.**

## \_\_\_ **Company Name/Logo**

The Excel Athletics name and logo are the property of the gym. Any privately created or embroidered items bearing the Excel logo are strictly prohibited. We have a working pro shop and can usually get what you want with the Excel name on it. All athletes and parents must adhere to this rule. Breaking this rule will result in the athlete being immediately removed from their team.

## \_\_\_ **Gym Closed/No practice**

- May 29<sup>th</sup> - June 1<sup>st</sup> – No practice
- July 3<sup>rd</sup> - July 6<sup>th</sup> -No practice
- September 6<sup>th</sup> -Gym closed (holiday)

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Parent signature

Date

This person is personally known to me or has shown their legal ID.

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Notary signature

Date



# ABSENT REQUEST FORM

Please list up to 4 absences that will affect your team practices. Explain your reason for the absence such as vacation, custody agreement, school grade event, etc. All absences must be pre- approved by the coaches. **You are allowed 4 total absences prior to August.**

Excel has built in days in July and during the fall/winter when the gym will be closed for the holidays. If possible, please try to take your vacations during this time, so that it does not affect the practices of your child's team. Practice attendance is important if we want to produce winning teams. **We DO NOT follow your school's vacation calendar. Please plan accordingly. Team members will be removed if absences become excessive.**

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

Team: \_\_\_\_\_

Date(s) and Reason(s):

Date Received:

\_\_\_\_\_

Director Signature:

\_\_\_\_\_





## ACCOUNTS

**ATHLETES ARE NOT ALLOWED TO TAKE PRIVATE LESSONS IF THEIR ACCOUNT IS NOT CURRENT, REGARDLESS OF WHO IS PAYING FOR THE PRIVATE LESSON! VIOLATION OF THIS RULE COULD BE GROUNDS FOR DISSMAL OF BOTH THE ATHLETE AND COACH.**

### FUNDRAISING:

Excel offers many fundraising opportunities throughout the cheer season to help offset costs. If you have any ideas, please send an email to [Brooklin@excelathleticsinc.com](mailto:Brooklin@excelathleticsinc.com) for it to be considered for your team. All monies fundraised by you and your child will go toward your child's account. The money is not shared with the team. The funds are applied to the oldest outstanding amount first. Fundraiser money may be applied to any fees other than tuition. Some of our past fundraising events have included BBQ Dinners, Mid Florida Credit Union Summer Concerts, Spaghetti Dinners, Purse Bingo, various raffles, and Hat Drops.

Please feel free to come to Brooklin if you have fundraising ideas.

All fundraisers done in the name of Excel Athletics Competitive Cheer will be run through Brooklin. You may not set up fundraisers on your own without going through the proper channels. All money raised at any Excel fundraiser belongs to Excel Athletics Competitive Cheer and will be deposited into Excel Athletics Competitive Cheer Checking Account to be used for merchandise, competitive fees, competitions, hotel rooms, etc. Fundraising money **CAN NOT BE USED FOR TUITION!!**

### Due Dates:


- **ALL ATHLETE ACCOUNTS ARE REQUIRED TO HAVE A CREDIT CARD AUTHORIZATION FORM ON FILE INCLUDING THOSE THAT CHOSE TO PAY IN FULL.**
- Monthly fees are due on the 1<sup>st</sup> of every month. Your card on file will be charged through iClass on the 1<sup>st</sup>. If your card does not go through, we will continue to try and charge it daily until the 7<sup>th</sup>.
- If no payment has been made, or your card continues to decline by the 7<sup>th</sup>, a \$50 late fee will be added to your account.
- On the 7<sup>th</sup> of the month, your athlete will be pulled from practice until a payment is made.
- Failure to pay by the end of the month will result in dismissal from the team.
- All fees must be current, or you will not be allowed to compete with your team.
- Uniform deposits **MUST** be paid before the uniform is ordered. Your athlete will not receive the uniform until the balance is paid in full and your account is in good standing.

### USASF Membership Fee

- There is an annual USASF membership fee of \$45.00, Please go to [usasf.net](http://usasf.net). You will need to have a copy of your child's birth certificate. This **MUST** be paid by July 7<sup>th</sup>.

 [kathy@excelathleticsinc.com](mailto:kathy@excelathleticsinc.com)

 863.845.2933

 650 6th St SW, Winter Haven

 [www.ExcelAthleticsInc.com](http://www.ExcelAthleticsInc.com)



## Financial Agreement

I/we have received a copy of the Financial Contract. I/we have read all of the information provided in this packet and agree to abide by all of the rules and regulations. In addition, I am fully aware that competitive cheerleading is a large financial responsibility, and I will commit to the financial requirements of a team member. By signing this contract, I/we are agreeing to a one-year contract. Forfeiture of this contract, for any reason unless agreed upon by the administration, will result in the loss of my position on the team. I/we also understand that I must continue to make my monthly payments to the gym until I have my current and past financial responsibilities and any fees already paid. This includes travel, competitions fees, etc. I/we understand all accounts are to be current in order to sign up for any additional classes or private lessons.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Office Manager Signature

\_\_\_\_\_  
Date