



# PARENT PACKET

2024-2025  
Season 7

Gym Owner

MINDI JO BAKER



## **CODE OF CONDUCT**

Our athletes, parents and cheer family should represent East Coast Inferno [referred to as ECI in remainder of packet] with integrity and pride while showing the greatest sportsmanship while in and out of the gym. ECI will NOT tolerate bullying, gossip, cliques, profanity or drama. All athletes and parents should treat all teammates, athletes, parents, coaches, and competitors with respect, fairness and courtesy. Any form of disrespect towards ECI staff and coaches is unacceptable.

Athletes must arrive at all practice, competitions or any scheduled events on time. For safety reasons, no jewelry is allowed during classes, practice or competition. Nails should not extend past the finger tip. It is athletes' responsibility to wear the correct practice attire to each practice and competition. Personal items such as cell phones, water bottles, jackets and bags should be stored in the correct area. Good sportsmanship, polite manners, and good disposition are mandatory at practices, classes and competitions.

It is the parent's responsibility to know what is going on with your child's team. Team BAND and Gym Facebook pages will be used for updates and last minute changes especially on competition days. Email or Text messaging may also be used. No separate "Group Chats" set up by parents to discuss teams/athletes unless a coach, team mom and/or gym director included.

Athletes and family members should not use social media to post negativity about a fellow cheerleader, coach, parent, or ECI. Athletes may not wear their uniform outside of ECI events without permission from coaches prior to the occasion.

Anonymous emails/letters/texts will be ignored.

ECI maintains the right to refuse services at any time. The director or owner may change, add, or subtract any rule at any time. All consequences and disciplinary measures for inappropriate conduct will be at the discretion of the director and owner.

## **TEAM PLACEMENTS**

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have developed and demonstrate a potential to learn new skills. Athletes are given numerous opportunities to show skills over multiple days.

After the final session of workouts, the staff assembles rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Athlete age, individual skills, experience, maturity, being coachable, teamwork, energy, and more are all considered when forming the most successful teams.





#### **IMPORTANT DATES:**

Tryout/Evaluation Dates: 5/28, 5/29  
First Practice with prelim groups: 6/3  
Final team reveals: 7/27  
Choreography: 8/12-8/15  
Christmas party: 12/20  
Team Photos: 2/4(may change)  
Banquet: 5/17 or 5/31

#### **GYM CLOSURE DATES**

Independence Day: 7/4  
Labor Day: 8/30-9/2  
Halloween: 10/31  
Fall Break: 11/27-12/1  
Christmas: 12/23-1/1  
Winter break: TBD  
Easter: 4/20

#### **ATTENDANCE POLICY**

From September through May, practice times remain consistent throughout the season and are only changed as needed. During important times of the season, extra practices may be scheduled and all athletes are expected to attend. Practices range from 1- 2 hours a day, 2-3 times a week.

Athletes are expected to attend all practices and competitions as a team. ECI realizes that athletes are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. Missing practice due to other sports/activities will be **UNEXCUSED**. School concerts not for a grade are not excused so please note this prior to agreeing to this contract.

Suitable candidates or alternates will fill in if your athlete is not at practice. An athlete's position will always be in jeopardy if they are absent and may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. The teams can only get out what they put in and attendance will determine the success of the team.

Please see the mandatory dates.

We highly encourage you to schedule your vacations within the gym closures.

The only acceptable excused absence is a school function that results in a grade or a death in the family. Absences are NOT allowed the weekend and 2 weeks prior to a competition. If we believe an athlete or parent is being dishonest, documentation will need to be shown. Athletes will be removed immediately if a request is falsified.

Athletes that pass 3 absences will be charged a \$25 fee per occurrence. Again, please save your child's sick days for when they are absolutely needed and plan your vacations/trips around gym closures.





## **SUMMER ABSENCE POLICY**

We are more relaxed in the summer months so families can enjoy some family time. We follow an every other week practice schedule June-August. Please plan your vacations around your child's schedule. Athletes will learn necessary routine skills during the summer so these patches are still very important. Please note that your child's attendance can affect their placement in the routine.

## **CHILD CUSTODY/COURT ORDERS**

ECI expects both parents/guardians to agree on all of the obligations before they commit to our program. Both parents/guardians must work together to ensure all standards are met. Financial agreements must be made beforehand between custodial parents and non-custodial parents. The parent/guardian signing this contract will be responsible for all financial agreements and standards.

## **SICK POLICY**

ECI will manage illnesses and sicknesses on a case to case basis. It is very difficult to require a doctor's excuse every time your athlete is sick. We understand that sometimes your child may need rest due to a slight fever or stomach ache. Athletes are subject to replacement and removal any time an athlete is missing.

Please save the sick days for when your athlete really needs them. Athletes will be removed from our program for failing to follow/abusing these standards. We highly recommend athletes coming to practice if the illness is not contagious so they are able to observe any changes being made to the routine. An athlete will jeopardize his/her position if this standard is not followed.

An athlete with an extended sickness/injury that requires them to miss more than one practice must provide a doctor's note with detailed information regarding the illness/injury, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating. Athletes cannot miss practice 2 weeks before a competition or they will not be able to attend that competition(there may be exceptions on a case by case basis).







## TEAM PRACTICE STANDARDS

### APPEARANCE

There is to be **NO JEWELRY** worn at practices OR competitions, which includes all earrings, belly button rings, nose rings, eyebrow jewelry, and necklaces. We are not responsible for lost jewelry or items that are left behind.

Fingernails must be kept short and trimmed. Excessively long fingernails/acrylic nails are a safety hazard for all athletes. This is for the safety of your athlete and for athletes either flying or basing who might be injured as a result.

There is to be **NO GUM** at practices or competitions.

Athletes are expected to follow their teams practice wear schedule. Lost, misplaced or damaged clothing must be replaced at your expense. Any athletes late or dressed incorrectly will be held accountable.

### CELL PHONE USE

**ALL** cell phones must be turned off and put away during practice times and prior to warmups in competition. There is to be NO recording of practices. Our program is designed to teach athletes discipline, responsibility, and accountability along with their development as a cheerleader.

### TARDINESS AND ABSENCES

All athletes are expected to be on time and on the floor ready for practice at their scheduled practice time. All athletes are expected to be on time and competition ready at their scheduled competition meet time. Athletes will be held accountable for any unexcused absences or tardiness.

### INJURIES/MEDICAL TREATMENT

In the event that an athlete is injured, please notify us as soon as possible. All injuries are treated on a case by case basis. If an athlete has a minor injury or uncomfortable feeling on any part of the body but is able to participate, please ensure necessary accommodations are made prior to their scheduled practice/meet time. For example, if a minor sprain needs to be taped before activity, please ensure they are taped up before their practice starts.

ECI will make changes to choreography prior to practicing and will choreograph routines based on the athlete's injury and length of recovery. Once the athlete has fully recovered there is a possibility he or she may or may NOT be choreographed back into the routine. It is the coach's discretion in replacing such individuals for the rest of the season.

All doctors/dentist appointments requiring an athlete to sit out will require a doctor's excuse.

If your child requires medication due to a chronic illness (asthma, allergic reactions, etc.) we require that all medications be provided before practice or any event. All injured athletes must continue to pay their monthly tuition.





## **COMMUNICATION**

All communication with parents will be done via BAND, gym Facebook page and email only. There is to be no texting or Facebook messaging coaches. Please allow 24 hours for a response (may be longer on weekends). No staff will communicate directly with athletes. There must be a parent or guardian to communicate on behalf of the athlete. Exceptions may be made for older athletes and a plan will be implemented for communication.

If you have any questions, complaints, or concerns with ECI and/or your athlete, please approach the coach in question *after* practices or competitions. You can also schedule an appointment to address any concerns by emailing or calling the front desk.

As a courtesy, ECI asks that parents/guardians refrain from directly approaching a coach during practices and competitions unless it is related to an urgent medical condition, safety concern, or an injury to your athlete.

## **COPYRIGHT of [CHEER PROGRAM] LOGO/NAME**

Please respect the name and logo of ECI by not duplicating it on merchandise such as sports bra, spankies, bows, t-shirts, warm-ups, socks, caps, jackets, etc.

ECI owns the copyright of their name and logo as well as team names, these cannot be used without ECI's express permission. We provide many apparel and accessory items in our pro shop to support the program, and work with Team Moms/Reps to allow a limited use of our logo/name for team gifts.

## **COMPETITIONS**

Parents will be responsible for getting their athlete to any and all competitions. While at competitions all athletes and families must uphold the highest standard of courtesy and respect by representing ECI with pride! Great Sportsmanship is a must. We ask that all teams stay to support and cheer on the other teams in our program, even if they are done with their performance. There will be NO CELL phones allowed during performances or awards. Athletes MUST be in uniform for awards and will not be allowed to leave before awards unless cleared by their coach. Coaches will NOT be responsible for holding any personal items; any and all items should be left with a parent or guardian. We will have 1 parent designated to record at events. This allows for our parents to be more in the moment and cheer on our teams. We love having a loud and proud crowd!

## **PARENT CODE OF CONDUCT**

ECI will not allow negative comments or bad reviews on any event producer's social media page. Parents shall not approach any members from an Event Producer for any reason unless to report an emergency. Parents are not allowed in warm-up areas at events nor should they be by the mats for awards. Any threats in regards to pulling your athlete from the team or quitting will not be tolerated. Severe consequences including up to removal of your athlete will be enforced. You will be responsible for any early termination fee.





## **MEMBERSHIP TUITION**

Before considering ECI or any program, please consider the financial commitment involved. We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 2023-24 season, there will be 12 monthly charges beginning June 2023 through May 2024. The first month's tuition will be charged in June. For the remaining months, tuition is payable on the 1st of each month.

### **Monthly Gym Tuition**

- For Elite:
- For Prep:
- For Novice:

All families should have a valid Credit Card or Debit Card registered online. Tuition payments are always due on the first of every month. Payments made after the first of the month will incur a late fee.

## **PAYMENT POLICY**

ALL payments are due by the due date posted on the cost sheet and monthly calendars. These dates are determined well in advance to avoid late fees from event producers. A late fee will be assessed for payments made after the due dates.

The parent signing this contract will be responsible for all court fees in the event your account is taken to court due to unpaid fees/balances.

Any remaining account balances need to be paid before the due date or they will be automatically charged to your card on file on the 1st of every month. Please make payment arrangements if additional time is needed.

## **CROSSOVER**

If your athlete is a full-season crossover, there will be additional fees to cover competition and training costs. Specific athletes will be asked to cross over in the event of an injury or absence on another team. There may or may not be fees associated with this.





### **EARLY TERMINATION OF CONTRACT**

The parent/guardian who signs this contract will be financially responsible for 2 months' worth of tuition if your athlete quits, is pulled from the team for whatever reason, or is removed for disciplinary reasons.

### **ATHLETES JOINING MID SEASON**

Athletes that join a team at any time during the season will be responsible for all season installment fees and choreography fees; tuition will not be charged. A uniform must be purchased if we are not able to obtain one.

### **COMPETITION PRIZE MONEY**

All monies won at or after an event will go towards the gym for equipment or gym improvements unless specifically awarded for a team's end of season bid competition.

### **NO PAY NO PLAY**

If a payment is not paid on the due date your athlete will sit out of practice and an alternate will fill in with the opportunity to take your athlete's spot until the fee is paid. After 3 practices of no payment, your athlete will be removed from the team and you will be responsible for the early termination fee. All balances must be current in order for your athlete to take advantage of our class specials. Classes will be suspended for your athlete if you carry a balance. Athlete's parent portal account must remain in good standing. Parents will not be allowed to purchase gear, photos, team items or anything extra as well as not be allowed to participate in clinics we may offer or enter tumble offs at events if account is not in good standing.

Tuition is posted monthly, failure to pay within 30 days will lead to athletes removal.

Outstanding balances will be given a 2 week warning before athletes removal.







## **SOCIAL MEDIA POLICY**

ECI is a private company and is protective of their image, reputation, and representation online. As a part of our program, athletes and parents/guardians have a responsibility to uphold our reputation.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of athletes in one form or another. Athletes should be aware that third parties — including the media, school faculty, future college recruiting coaches, and future employers — could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the athlete and the gym. This can also be detrimental to an athlete's future college options, or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco including holding cups reasonably expected to contain alcohol, cans, shot glasses etc.
  - Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
  - Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another cheer gym; taunting comments aimed at a athlete, coach or team at another cheer gym and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
  - Information that is sensitive or personal in nature or is proprietary to ECI which is not public information (examples: student-athlete injuries and eligibility status, travel plans/itineraries or information).
  - For your own safety, please keep the following recommendations in mind as you participate in social media websites:
    - Set your security settings so that only your friends can view your profile.
    - You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
    - Be aware of who you add as a friend to your site – many people are looking to take advantage of athletes or to seek connection with athletes.
    - Consider how the above behaviors can be reflected in all Facebook applications.
- If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as ECI.





## **ATHLETE SAFETY AND COMMUNICATION POLICIES**

Our teams are made up of minor athletes of different ages, and we aim to protect each of you from unwanted advances online, as well as ensuring that you operate within safe guidelines and conduct to prevent any perception of impropriety.

If you are experiencing unwanted attention or are concerned about any particular individuals, please alert your parents immediately and our team so we can address the situation immediately.

Our rules for digital communications follow those of SafeSport, a program developed by the International Olympic Committee to protect minor athletes.

## **ECI STAFF RESPONSIBILITIES FOR ATHLETE PROTECTION**

All ECI staff that will be interacting with your minor athletes are currently in good standing with FBI background checks. Copies can be produced at any time upon request.

We will have open, public chat communication channels with ECI staff and their parents/guardians.

ECI staff will never engage in digital communication directly with a minor representative of the company one-on-one.







## SafeSport Electronic Communications Policy

Electronic communication includes but is not limited to phone calls, video calls, texts, social media platforms (e.g. Facebook, Twitter, Instagram, WhatsApp, Snapchat, etc.), fitness applications, emails, and direct messaging that occurs between an Adult Participant and Minor Athlete(s).

- Must be Open and Transparent.
  - A parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant must be copied or included on the communication.
  - This includes all communication initiated by a Minor Athlete.
- Only electronic platforms that allow Open and Transparent communication can be used.
- All team communication or communications from an Adult Participant to more than one Minor Athlete must copy or include another Adult Participant, or all the Minor Athletes' parents/guardians.
- All communication should be professional in nature.
- Organizations and Adult Participants must honor a parent/guardian's request to discontinue communication with their Minor Athlete, unless there is an emergency.

We do understand that cheerleading is a unique environment where minor athletes are often on teams and have personal relationships with adult athletes. There are exceptions provided by Safesport for these circumstances:

- Dual Relationship – The Adult Participant has an existing relationship with Minor Athlete outside of the sport program.
- Close-in-Age – The Adult Participant has no authority over the Minor Athlete and is not more than 4 years older than the Minor Athlete.

*Is it against the Electronic Communications policy for a Minor Athlete to follow an Adult Participant on social media?*

No. It is not against the policy for a Minor Athlete to follow an Adult Participant on social media, but it is against the policy to have a one-on-one conversation with that Minor Athlete through direct messages.

*Can an adult athlete text their friend who is a Minor Athlete?*

It depends. If that adult athlete is an Adult Participant, does not have Authority over the Minor Athlete, and is no more than four years older than the Minor Athlete, they can communicate one-on-one with the Minor Athlete. If they do not meet those requirements, they will need to copy another Adult Participant, the Minor Athlete's parent/guardian, or another adult family member of the Minor Athlete on the communication.

*How should an Adult Participant respond if they receive a call from a Minor Athlete?*

The Adult Participant should ensure that it is not an emergency situation, and then proceed to include another Adult Participant, the Minor Athletes parent/guardian, or another adult family member of the Minor Athlete on the call if possible. If this is not possible, the Adult Participant should reschedule the call for a later time.

More information about SafeSport can be found here: <https://maapp.uscenterforsafesport.org>





## **COMPETITION SCHEDULE**

**12/7 CCC ERIE(the one finals)**

**12/15 Maximum BUFFALO(the open)**

**1/11 ROC Spirit BINGHAMTON(The open)**

**1/11 Global cheer ALBANY**

**1/18 ROC spirit NIAGARA FALLS (the open)**

**2/1 shout cheer ROCHESTER (The one finals)**

**2/8 Cheer Power ROCHESTER(varsity)**

**2/8-9 shout cheer NIAGARA FALLS (The one finals)**

**2/15-16 CCC SLIPPERY ROCK (the one finals)**

**2/22 Jamfest SPRINGFIELD(varsity)**

**2/22-23 Spirit Sports OTTAWA(varsity)**

**2/22-23 MCDA HERSHEY(the open)**

**3/1-2 Maximum NIAGARA FALLS(the open)**

**3/1-2 MCDA LANCASTER(the open)**

**3/1-2 ASC HARTFORD(varsity)**

**3/8-9 shout cheer ORCHARD PARK(The one finals)**

**3/22-23 MCDA POCONOS(the open)**

**3/22 shout cheer SYRACUSE(The one finals)**

**3/22 Aloha SYRACUSE(varsity)**

**3/29 Global cheer ALBANY**

**3/29 NCA ALBANY(varsity)**

**4/5-6 American Championship SPRINGFIELD(varsity)**

### **END OF SEASON EVENT:**

**5-9-11 D2 Summit(varsity) elite jr/sr teams only**





## **COMPETITION SCHEDULE**

### **END OF SEASON EVENT:**

**5/9-11 D2 Summit(varsity) Disney World elite jr/sr teams only**

**4/24-25 youth summit Tampa (varsity) youth teams only**

**Prep grand nationals universal (the open) prep teams only**

**4-15-18 Allstar Worlds universal (the open) elite teams only**





## DUE DATES

### Tiny Novice(Aug—March):

8/1- Practice wear/warmup \$225 (optional)  
8/15- Uniform/bow \$235 (used for 3 seasons)  
9/1- Choreo/music \$125  
10/1-1/1- Comp/coach fees, 4 payments of \$65  
TUITION DUE THE 1ST OF EVERY MONTH 8/1-3/1

### Elite/Prep(June-May):

6/15- Practice wear/warmup \$225  
7/15- Choreo/music \$150-250  
8/1- Uniform/bow \$360 (used for 3 seasons)  
9/1-3/1-Prep Comp/coach fees, 7 payments of \$86  
4/1- end of season event fee & banquet TBD  
TUITION DUE THE 1ST OF EVERY MONTH 6/1-5/1

### Half Year(Sept-March):

9/1- Uniform/bow \$235 (used for 3 seasons)  
10/1- Choreo/music \$125  
11/1-2/1- Comp/coach fees, 4 payments of \$75  
TUITION DUE THE 1ST OF EVERY MONTH 9/1-3/1

\*PRICES ARE OUR BEST ESTIMATES AND CAN CHANGE A  
LITTLE-FINAL PRICING WILL BE AVAILABLE SOON\*





## **Half Year Teams**

### **Due Dates**

9/1-2/1 Tuition \$75- due the 1st of the month

9/1 Uniform/bow \$235(used for 3 seasons)

10/1 Choreo/music \$150

11/1-2/1 Comp/coach fees, 4 payments of \$75

### **Competitions**

12/17 BUFFALO

1/13 BINGHAMTON

2/17 BUFFALO

3/2 BUFFALO

Practices will most likely be on Sundays, later in the afternoon/evening. However, we are still trying to determine that. We will do what we can to work around any schedule conflicts.





## Half Year Teams

### Due Dates

1st of the month- Tuition \$75

11/1 Uniform/bow \$235

12/1 Choreo/music \$150

1/1 & 2/1 Comp/coach fees, 2 payments of \$150

### Competitions

2/8 Rochester

3/1 Niagara Falls

3/15 Nedrow

3/29 Albany

OPTIONAL: 4/5 US Finals Syracuse





# ELITE



**For athletes with strong cheer training and solid technical ability. Elite teams are comprised of athletes who are ready for highly competitive performance levels.**







# PREP

For athletes with limited tumbling who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams typically require less time and cost commitments than are required of All Star Elite teams.



# NOVICE



For athletes who are new to All Star but ready for performance based teams that are evaluated at events. Novice teams focus on strengthening technique and performance skills that prepare athletes for competitive All Star teams.



