



PARENT PACKET

2026-2027

Season 9

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.

EVALUATIONS/TEAM

All athletes wanting to be on an elite or full year team will need to have an evaluation. Evaluations last for 3 days and the athletes are split by age. During evaluations, 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. On the last day athletes are given a time slot to come in for their individual evaluation.

After evaluations, the athletes are then placed in practice groups by age/level for 2 weeks. The staff will continue to evaluate the athletes in a team setting. Following those 2 weeks, final team placements will be announced. 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: 5/26, 5/27, 5/28

First Practice with prelim groups: 6/1

Final team reveals: 6/14

Choreography:

Elite- 7/14-7/17

Prep- 8/18-8/20

Christmas party: 12/22

Team Photos: TBD

Banquet: 5/16, 5/22 or 5/23

GYM CLOSURE DATES:

Memorial Day: 5/22-5/25

Independence Day: 7/4

Labor Day: 9/4-9/7

Halloween: 10/31

Fall Break: 11/25-11/29

Christmas/New Years:

12/23-1/1

Spring break: 4/12-4/18

Easter: 3/28

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 WILL 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**. Anything school related not for a grade, is unexcused.

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 immediate family. Absences are NOT allowed the week prior to a competition- this is known as a **BLACKOUT** week. 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 (regardless of being excused or unexcused) 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. Once an athlete reaches 6 absences in 1 season, they risk being removed from the program. We start counting these absences once school starts.





SUMMER ABSENCE POLICY

We follow a once a week team practice schedule June-August so that families can enjoy family time over the summer(plus 1 team tumbling class). Practice is MANDATORY. Please plan your summer activities/vacations around your child's schedule. Athletes will learn necessary routine skills during the summer so these practices are still very important. Please note that your child's attendance can affect their placement in the routine. Keep in mind choreography dates- the athletes need to be prepared for this which is why it's very important they are at their summer practices. Practices missed over summer will not count towards the child's allotted 3 absences, but their spot in the routine may be affected if they miss summer practices.

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 the week before a competition or they will not be able to attend that competition(there may be exceptions on a case by case basis).

Starting in September, more than 3 missed practices(excused or not) will result in a \$25 fee per occurrence





TEAM PRACTICE STANDARDS

APPEARANCE

There is to be **NO JEWELRY** worn at practices OR competitions, which includes all earrings (small studs are ok for practices only), 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. Athletes age 13+ may have shorter acrylic nails at practices, but cannot be super long or pointy. Absolutely no acrylic nails for competitions. No store bought fake nails are to be worn at practices. All nail Polish must be removed for competitions.

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

Athletes are expected to follow their teams practice wear schedule. 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 as well as attend practices/events.





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.

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. If you have concerns, you can request a meeting with your coach, program director and/or gym owner.

COPYRIGHT of EAST COAST INFERNO 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. We politely ask that you refrain from using any of our slogans as well, we put a lot of thought into and spend a lot of time developing these things and it takes directly from the gym which could cause our costs to rise.

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. Each team will have other teams they are designated to cheer on. If you are late and/or leave early you will be charged a fee.

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. Coaches are only responsible for the athletes during their meet time, performance time and awards time. Please do not allow your child to run around the event venues unsupervised and there is to be NO tumbling/stunting in venues. 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 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 2025-26 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: \$175
- For Full year Prep: \$160
- For Allstar Rec: \$75
- For Tiny Novice: \$65

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 grace period for the month will incur a late fee.

All other fees are charged separately apart from tuition and are on or before their due date,

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/vendors. 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. Athletes can be removed from their secondary team if their skills regress, skills needed aren't improving or 2 teams is too much for them.





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. Apart from this, the parent is still responsible for any charges that were charged prior to athlete quitting/being removed.

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; past 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 15th of the month, 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 a month 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.

We reserve the right turn over all delinquent accounts to credit reporting agencies and may take you to small claims court to recover what we are owed. In the event we take you to small claims court, you will also be responsible for any fees we incur during that process.

FUNDRAISING

ECl offers approximately 5 optional fundraisers during the full year season. Fundraising is not meant to pay for your entire season's, but is there to help offset some of the cost. All personal fundraisers need to be approved (can drive, baked goods, Super Bowl boards, etc). Funds made through fundraising will go directly onto the child's account to be used towards tuition, uniforms, competition fees and classes. In the event you quit or are removed from the program, ABSOLUTELY NO fundraising monies will be returned to you. Those funds will go into the gym account to be used for scholarships and/or equipment.





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 an 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 athlete one-on-one.

FLYERS

NEW THIS YEAR!!

Any athlete who will be a flyer has to participate in a mandatory flyer stretching routine. This does cost extra. We will be purchasing a Flyer intensive course of virtual at home trainings that they will need to follow. In addition, they will need to attend a weekly flyer class at the gym (there will be multiple to choose from and can line up with their practice schedule). Then they will need to post pictures weekly of their body positions. Failure to do so will cause them to be removed from their position.

STUNT GROUPS

Any stunts groups that have had absent athletes and/or are struggling may be required to come in as a group on non practice nights to get in stunt reps.





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>





DUE DATES

Tiny Novice(Aug–March):

8/1- Optional gear package \$300

8/15- Uniform/bow \$300/\$40 (used for season 9)

9/1- Choreo/music \$150

10/1-1/1- Comp fees, 4 payments of \$TBD

TUITION DUE THE 1ST OF EVERY MONTH 8/1-3/1

Elite(June-May):

6/15 Choreo/music TBD

7/15- Optional gear package \$300

8/15- Uniform/bow \$585/\$40(used for season 9)

9/1-3/1- Comp fees, 6 payments of TBD

4/1- end of season event fee & banquet TBD

TUITION DUE THE 1ST OF EVERY MONTH 6/1-5/1

Full Year Prep(June-May):

6/15 Choreo/Music TBD

7/15- Optional Gear package \$300

8/15- Uniform/bow \$420/\$40 (used for season 9)

9/1-3/1-Comp fees, 6 payments of \$TBD

4/1- end of season event fee & banquet TBD

TUITION DUE THE 1ST OF EVERY MONTH 6/1-5/1

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





*** NEW ***

FLAME PROGRAM

Team Helpers/Jr Coaches

FOCUS:

potential candidates must be focused and able to give time, attention and effort to help achieve an end goal

LEAD:

potential candidates must be able to take initiative, effectively listen, speak and provide constructive feedback in order to help bring the team together and reach their goals

ASSIST:

potential candidates must be able to assist young athletes with skills needed as well as assist the coach with tasks related to warmup stretching, conditioning, games, team bonding, etc

MENTOR:

potential candidates must be a great role model, possess impeccable sportsmanship, be an inclusive team player and have a strong desire to work with and mentor young children

ENCOURAGE:

potential candidates must be able to use positive feedback to encourage and push young athletes to be/do their absolute best

REQUIREMENTS:

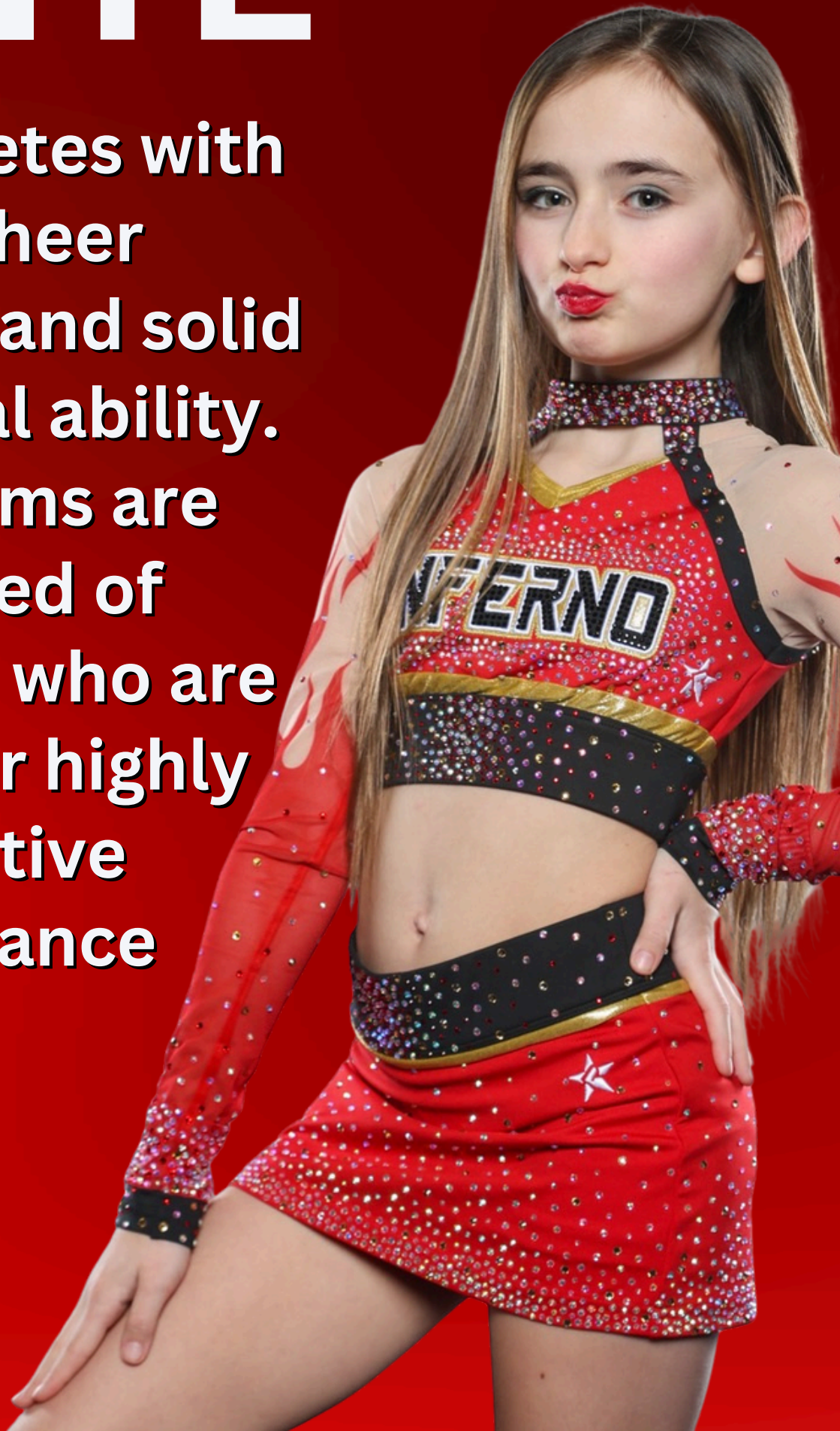
- Team Helpers Must be between the ages of 10-12
- Junior Coaches must be age 13-18
- Must have completed 2 full seasons with ECi
- Must be confident in leading stretches and able to help the coach with things like tying shoes, spotting stunts, keeping the athletes engaged & making sure all athletes are accounted for at all times
- Must write an essay about why they want this position and what they can contribute
- Must keep a 3.0 GPA
- Must do at least 1 community service project throughout the season (volunteering, doing a clothing/food drive, collecting donations for the local animal shelter, care packages for homeless, collecting cards/gifts for elderly, etc) & write up a short paragraph about their experience with their chosen project (why they chose that project, how they felt during the project, how it made them feel once completed, etc)





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 fairly strong tumbling skills with good technical ability. Prep teams are comprised of athletes who are ready for moderate level of competition performance. Prep teams require slightly less time and cost commitments than are required of All Star Elite teams.



ALLSTAR REC



For athletes who are newer to cheer with limited tumbling who want to strengthen technique and performance skills in a competitive team atmosphere. Allstar Rec 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.

