



Goflamescheer.com
goflamescheer@gmail.com
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WELCOME TO FLAMES CHEER

Thank you for choosing the FLAMES as your premier recreational cheerleading program. We are embarking upon our 4th season- 2026! Here at FLAMES CHEER, we build confidence in our athletes by nurturing a “can do” attitude with positive coaching.

At FLAMES CHEER the following principles guide us:

Fun- we understand the importance of keeping “fun” in youth sports
Liberated- we provide a safe space where kids are free to express themselves
Authentic- we remain transparent, and genuine in our everyday lives
Motivators- we promote positivity and uplift each other at all times
Everlasting- we build lifelong bonds and make impactful connections
Scholastics- we prioritize students first / athlete second

In this packet, you will find all the information needed to become a competitive cheerleader for FLAMES. You will see sections on season information/dates, parent and athlete policies, financial obligations, and other very important information.

Please read through every section very carefully, and if you have any questions, please feel free to contact us..

Thank you!
Flames Cheerleading



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PRACTICE & ATTENDANCE POLICY

PRACTICE ATTIRE

Every athlete is required to wear the appropriate clothing as determined by the coach's practice. Appropriate attire is as follows:

- **Top**: A fitted, short-sleeve-breathable top.
- **Bottoms**: fitted athletic shorts or leggings. The bottoms should be flexible and allow for a wide range of motion. No jeans or sweats
- **Shoes**: Athletic shoes with good support and grip
- **Hair**: Hair should be neatly styled and away from the face to ensure clear visibility and safety during stunts and tumbling. Please no beads, barrettes, etc
- **Accessories**: Cheerleaders may wear a team bow. No jewelry allowed

CLOSED PRACTICES

Our practice atmosphere will be high-intensity, fun, and informative for our athletes. In order to keep our athletes focused and on track, practices are closed. Only athletes practicing, visiting coaches, and pre-determined staff will be allowed in practice. The absence of an audience alleviates the added stress and helps us properly and thoroughly coach all athletes.

PRACTICE/ATTENDANCE/ABSENCE POLICY

We understand some circumstances may be unavoidable, but keep in mind this is a TEAM sport that is unlike any other because there are no back-ups or a "second string." Every team member has a specified function, and one absence could disrupt practice effectiveness. All practices, events, exhibitions, competitions, and any functions of Flames Cheerleading are mandatory.

Our competition season begins on January 1 and ends on December 31, 2026. Practices may be changed and/or added throughout the season at any time. If practice is altered, you will be notified of any changes.

Two (2) unexcused absences will result in the athlete being pulled from any upcoming performance or competition at the discretion of the coaching staff.



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FINANCIAL OBLIGATIONS

Competitive cheerleading requires a financial commitment, and you must read and understand all obligations. We at Flames Cheerleading want to do our best to make this as affordable as possible.

FEE POLICIES

- All tuition and fees must be current before an athlete may compete, practice, or collect any clothing, uniform, or other items.
- Flames Cheer reserves the right to adjust any price stated in this packet due to any unforeseen price increases. We will notify you if this occurs.
- NO refunds will be given for ANY reason.
- All team members will have the opportunity to fundraise to cover the costs of their season.

SEASON 3

	Cost	Due Date	What does it cover?
Registration Fee	\$000	THIS IS COVERED THROUGH FUNDRAISING	administrative costs, insurance, and basic team supplies, outings, gifts
Uniform Fee	\$TBD	TBD	bows, performance uniform, paraphernalia, accessories
Competition	\$000	THIS IS COVERED THROUGH FUNDRAISING	Entry into sanctioned competitions, fees, etc

Prices are approximate and may change. Other optional purchases will become available throughout the season.



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RULES/GUIDELINES

TEAM STRUCTURES

Flames Cheerleading is structured into three progressive training teams designed to match athletes by age, ability, and developmental readiness—ensuring every child grows with confidence, clarity, and purpose.

Ign (Ages 4-8)

- Introductory cheer foundations
- Motions, counts, rhythm, and timing
- Simple stunts with strong focus on safety and body control
- Spirit-building, creativity, and confidence development
- Performs at community events, pep rallies, and seasonal showcases

Ignite (Ages 9-12)

- Developing technique and coordination
- Level 1 stunts, entry tumbling, and synchronized formations
- Choreographed routines and memory-building
- Teamwork, discipline, and performance execution
- Performs at games, showcases, cheer exhibitions, and select competitive opportunities

Inferno (Ages 13-18)

- Advanced Level 1 execution and performance readiness
- Leadership, endurance, teamwork, and showmanship
- Refined motions, performance confidence, and precision
- Prepares for All-Star style training and performance expectations
- Performs in community events, exhibitions, and full competitive routines

PLAYER RESPONSIBILITIES & EXPECTATIONS

- Commit themselves to the whole program and be prompt for all practices, performances, and competitions
- Be responsible and have a uniform on at all games.
- Listen! Do not talk when a coach, staff representative, parent, or fellow is talking. You must listen to learn.



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- Flames Cheerleading will not tolerate any behavior that degrades the opposing teams.
- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms, which they are given
- Players will make sure to eat the right foods and drink plenty of water before and after practices, competitions, and games.
- Players will avoid taunting and belittling remarks to their teammates or opponents.
- Players will participate for the love of the game and competition and not to win at all costs.

GENERAL RULES

1. All registered players must be born between 5-18 on or before July 31st of the current season.
2. Only cheerleaders and coaches are allowed in the practice areas.
3. No food or gum is allowed in the gym area during practice.
4. Fingernails should be kept short and free from artificial nails and paint.
5. Team members are expected to arrive on time for practice and in the proper attire with hair pulled back away from the face.
6. All jewelry must be taken off before the beginning of practice. This includes all body jewelry.
7. There is absolutely no unsupervised spotting in the gym or at an event we are taking part in. This includes cheerleaders spotting each other and parents spotting their children.
8. Disrespectful or abusive behavior, dishonesty, or any form of negative behavior are grounds for immediate removal



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WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION OF the risk of injury that exists while participating in COMPETITIVE CHEERLEADING (hereinafter the "Activity"); and

IN CONSIDERATION OF my desire to participate in said Activity and being given the right to participate in same;

I HEREBY, for myself, my heirs, executors, administrators, assigns, or personal representatives (hereinafter collectively, "Releasor," "I" or "me", which terms shall also include Releasor's parents or guardian if Releasor is under 18 years of age), knowingly and voluntarily enter into this WAIVER AND RELEASE OF LIABILITY and hereby waive all rights, claims or causes of action of any kind arising out of my participation in the Activity; and

I HEREBY release and forever discharge AMANDA TENNILE LLC- FLAMES CHEERLEADING, located at 1420 S 15th Ave, Maywood, Illinois 60153, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns (collectively "Releasees"), from any physical or psychological injury that I may suffer as a direct result of my participation in the aforementioned Activity.

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE BUT ARE NOT LIMITED TO: PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY

ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL TO AND FROM THE ACTIVITY, OR FROM CONDITIONS AT THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN AND UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY.

I FURTHER AGREE to indemnify, defend, and hold harmless the Releasees against any claims, suits or actions of any kind whatsoever for liability, damages, compensation, or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs.

I FURTHER ACKNOWLEDGE that Releasees are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of Releasees. If I should require medical care or treatment, I authorize Amanda Tennile LLC- Flames Cheerleading to provide all emergency medical care deemed necessary, including but not limited to, first aid, CPR, the use of AEDs, emergency medical transport, and sharing of medical information with medical personnel. I further agree to assume all costs involved and agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my health insurance.

I FURTHER ACKNOWLEDGE that this Activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. I agree not to participate in the Activity unless I am medically able and properly trained, and I agree to abide by the decision of the Amanda Tennile LLC- Flames Cheerleading official or agent, regarding my approval to participate in the Activity.

I HEREBY ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS "WAIVER AND RELEASE" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. I EXPRESSLY AGREE TO RELEASE AND DISCHARGE Amanda Tennile LLC- Flames Cheerleading AND ALL OF ITS AFFILIATES, MANAGERS, MEMBERS, AGENTS, ATTORNEYS, STAFF, VOLUNTEERS, HEIRS, REPRESENTATIVES, PREDECESSORS, SUCCESSORS AND ASSIGNS, FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND I AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT I OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST Amanda Tennile LLC- Flames Cheerleading FOR PERSONAL INJURY OR PROPERTY DAMAGE.

To the extent that statute or case law does not prohibit releases for ordinary negligence, this release is also for such negligence on the part of Amanda Tennile LLC- Flames Cheerleading, its agents, and employees.

I agree that this Release shall be governed for all purposes by Illinois law, without regard to any conflict of law principles. This Release supersedes any previous oral or written promises or other agreements.

If any damage to equipment or facilities occurs as a result of my or my family's or my agent's willful actions, neglect, or recklessness, I acknowledge and agree to be held liable for any costs associated with any such actions of neglect or recklessness.

THIS WAIVER AND RELEASE OF LIABILITY SHALL REMAIN IN EFFECT FOR THE DURATION OF MY PARTICIPATION IN THE ACTIVITY, DURING THIS INITIAL AND ALL SUBSEQUENT EVENTS OF PARTICIPATION.

THIS AGREEMENT was entered into at arm's length, without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both Participant, The undersigned and Amanda Tennile LLC- Flames Cheerleading agree that this agreement is clear and unambiguous as to its terms, and that no other evidence shall be used or admitted to alter or explain the terms of this agreement, but that it will be interpreted based on the language per the purposes for which it is entered into.

If any provision contained within this Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect. If a court should find that any provision of this agreement is invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed, and enforced as so limited.