



Goflamescheer.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 2nd competitive season, and we are very excited! Here at FLAMES CHEER, we build confidence in our athletes by nurturing a “can do” attitude with positive coaching.

At FLAMES CHEER we are guided by the following principles:

- F*un**- we understand the importance of keeping “fun” in youth sports
- L*iberated**-we provide a safe space where kids are free to express themselves
- A*uthentic**- we remain transparent, and genuine in our everyday lives
- M*otivators**-we promote positivity and uplift each other at all times
- E*verlasting**- we build lifelong bonds and make impactful connections
- S*cholastics**- 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



## **PRACTICE & ATTENDANCE POLICY**

### **PRACTICE ATTIRE**

Every athlete is required to wear the appropriate clothing as determined by the coach 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 there are circumstances that 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 June 1 and ends December 31. 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.



## FINANCIAL OBLIGATIONS

Competitive cheerleading requires a financial commitment, and it is very important you 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.

### SEASON 2

	Cost	Due Date	What does it cover?
Registration	\$300	July 1	administrative costs, insurance, and basic team supplies,
Uniform Rental fee	\$100	August 1	bows, performance uniform, paraphernalia,accessories
Competition	\$100	September 1	Entry into sanctioned competitions, fees, etc
Fundraising	\$TBD	June 6-10 September 6-10	choreography, music, additional events & performances, etc

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



## **RULES**

### **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.
- 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 between the ages of 8-17 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 prior to 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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### CONTACT INFORMATION

Participant's Name \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Date of birth \_\_\_\_\_ Grade Level \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Participants Email Address \_\_\_\_\_

Participants Phone Number \_\_\_\_\_

Parent/Legal Guardian's Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Person

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Participant's Allergies: \_\_\_\_\_

Participant's Medical Conditions: \_\_\_\_\_

Name of Participant's Physician \_\_\_\_\_

Phone \_\_\_\_\_

Attach the following:

- BIRTH CERTIFICATE
- SPORTS PHYSICAL



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### ACCEPTANCE OF TERMS AND CONDITIONS

Please read and initial beside each item.

\_\_\_\_ I understand that I am entering into the Flames Cheerleading program of my own free will, and I have thoroughly read and understand the rules and regulations outlined in the welcome packet.

\_\_\_\_ I understand that this is a one-season financial commitment. I also understand that if I fail to honor my one-season commitment, no refund for any reason will be given to me.

\_\_\_\_ I understand I will need to get permission from Flames Cheerleading before using the Flames Cheerleading logo, name, my child's uniform, or any likeness associated with Flames Cheerleading or apparel or any other purpose.

\_\_\_\_ I have read and understood the waiver and release of liability form.

I, \_\_\_\_\_ understand, accept and agree to all of the  
(guardian's printed name),  
terms and conditions.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

I, \_\_\_\_\_ understand, accept and agree to all of the  
(athlete's printed name),  
terms and conditions.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



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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 any and 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 and all 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. In the event that 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 own 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 and all previous oral or written promises or other agreements.

In the event that 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 and all 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 in accordance with the purposes for which it is entered into.

In the event that 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 to be 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.