



# Reign Forces All Star Cheerleading



**DARE** to reign elite



Dear Reign Forces families and Future families,

We are extremely blessed and excited to kick off Season 4 at Reign Forces LLC! We actively listened to athletes, families, and the local community to schedule competitive programming, athlete development classes, and various service events to meet the needs of our Reign Forces family. We strive to keep this momentum going as we enter Season 4 at Reign Forces LLC. Our coaches have already begun chanting, "it's season four and we're ready for more!"

Season 4 is quickly approaching and we are prepared for more training, more goal setting, and more FUN! We are so thankful for the families that were a part of Reign Forces last season, and eager to enter this new opportunity full of possibilities! We cannot wait to welcome veterans and new families to our *elite* program.

As we reflect on our journey thus far, Reign Forces continues to grow at an unmatched level. Established in 2020 Reign Forces came to fruition in efforts of supporting youth athletes as they and their families battled with isolation/lack of socialization, loss of training, and balancing life while faced with a global pandemic. The 2023-2024 season was a positive and an athlete-oriented experience. We truly united as a Reign Forces family to offer programming and policies that are family/athlete-centered. The staff remains in awe of the hardworking, skill-achieving athletes.

The feelings of pride and joy that comes with being a member of Reign Forces LLC is just around the corner with the start of Season 4! We can't wait to be your biggest fans and cheer you on as you work toward your goals and achieve as a team.

Dare to reign elite and get ready for the 2024-2025 season!

Cheers,

Chelsea Maza

Owner | Program Director

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# WHO WE ARE



## OUR MISSION

Reign Forces LLC is a new cheerleading company aspiring to assist each and every child to reach their full potential. Through proper training in jumps, stunts, tumbling, and motion/dance, athletes will safely and enjoyably reach their goals.

*Cheerleading is much more than a fitness activity to me... it's a passion. I have been coaching recreational programs and public high school cheerleading teams for years. Athletes and parents alike have testified the connections made between myself and the cheerleaders is one-of-a-kind. 10+ years of coaching, and hopefully blessed with many more, has been an incredible experience. With the support of my personal cheerleading network, my family, and marketing/business background, I am extremely excited to create a new private program in Connecticut. I am eager to work with children with ranging abilities to set goals, gain confidence, and share my passion for cheerleading.*

-Owner & Program Director, Chelsea Maza

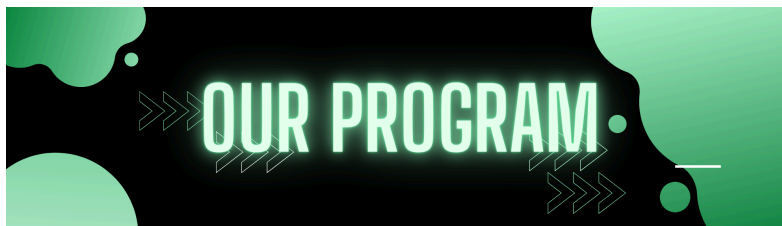
# Team Handbook



The full year, elite program, requires commitment from athletes and families alike. Cheerleading in nature is a team sport and athletes must be dedicated to scheduled events.

Fall & Winter 2024-25 (November 2024-April 2025) <i>*days of week are subject to change*</i>	2 days 1 during the week & 1 weekend
Winter 2024-25 (December 2023-March 2024)	Various Weekend & Travel Commitments
<i>If invited to Northeast Regional Summits</i>	<i>Extend to mid-April 2024</i>

Please refer to the team's monthly schedule for specific days/times for practices/choreography/competition/etc.



## **Overview - Key to a Successful Season**

#1: Season commitment from cheerleaders and families.

All schedules are given in advance to allow for effective planning.

#2: Open communication.

All teams will have a BAND application for quick reminders and questions. There will also be a gym-wide BAND group for general reminders and sharing of photos/fun! Email serves as a critical source of important information. Scheduled Support Meetings (parent/guardian attendance required) allows the Coaches and Owner to ensure clear, informative communication channels.



## **General Athlete Expectations**

Athletes will...

- Attend all practices (See attendance policy)
- Be respectful and respected at all times
- Be open-minded to new practices and perspectives
- Be responsible of their actions

## **Behavior**

All cheerleaders must remember they are a representation of their team and of the Reign Forces LLC Community. Therefore, the expectation is appropriate behavior at ALL times.

- No inappropriate language when in Reign Forces LLC apparel/uniform/warmup/etc
- Smoking, alcohol, drugs, and paraphernalia are absolutely not allowed at practice, competition, community service, other special events, etc.

## **The Most Important Rule!**

We are here to learn, grow, and have fun!

### #3: Fiscal Responsibility.

Each athlete will have a monitored account to reflect all of the payment amounts and due dates below. Parents/Guardians on file will have access to financial information. Additional parties requesting access will need written permission from the Parent/Guardian on file.

Due Date	Expense	Cost	Due Date	Expense	Cost
11/15/2024	Registration & Insurance	\$50.00	02/10/2025	Bow	\$50.00
				Competition: Cheersport	\$115.00
11/22/2024	Uniform*	\$400.00	02/21/2025	Gym Install #3	\$115.00
	Bag (Optional)	\$100.00	03/10/2025	Competition: American Legacy	\$197.00
12/20/2024	Music	\$120.00		Gym Install #4	\$115.00
	Gym Install #1	\$115.00	03/24/2025	Gym Install #5	\$115.00
01/20/2025	Team Shirt	\$35.00	Please note: USASF Fee will be independently paid by December 20 (approx \$79). Invitation to any championship event may result in additional fees.		
	Competition: JamFest	\$115.00			
	Gym Install #2	\$115.00			

# **Appendix A. Medical Response Plan**

Cheerleading, like other contact sports, is extremely rewarding, but also has inherent risks. Athlete safety is of the utmost importance at Reign Forces LLC. Thus, to be effective in a case of emergency, each team will have an emergency plan in place and kept on file at the gym and kept on file with event paperwork.

The plan details responsibilities and proper steps to handle medical emergencies in alignment with American Red Cross First Aid Procedures. Please be mindful if Parent/Guardian and/or Emergency Contact phone numbers/contact info change, please notify Owner, Chelsea Maza, immediately to keep Reign Forces LLC files up to date.