

Welcome To
Empower Cheer Elite
Athletics
Parent/Athlete packet
2025-2026 season

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Thank you for your interest in becoming part of the Empower family! We look forward to meeting each of you during our clinic & evaluations. Being part of the Empower family is more than just learning cheerleading. It's about gaining confidence, learning the value of hard work, leadership, responsibility, and how to work as a team. It's realizing that together we are stronger than we are as individuals. It's the knowledge that we aren't just a gym... We are a FAMILY!

At Empower, we provide you with the following:



Training under the direction of experienced coaches that are all, CPR/First Aid certified, and background checked.



A training facility with numerous surfaces and areas to continue training individually and as a team. Our goal is to provide one of the best training environments that is safe and well-organized.



An approach that encourages a positive mindset, serving others, promoting teamwork, perseverance and celebrating their hard work and accomplishments!

We have prepared the following information to help each family understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. Discuss the following information with not only your athlete but also with your family prior to team placements.

Together, we can have a positive impact on your athlete's life and create experiences for the entire family.

What is All Star Cheerleading?

All Star cheerleading is a competitive team sport incorporating skills from several other disciplines such as gymnastics, dance, stunting, and cheer. All Star cheerleading squads do not cheer for other sports teams. They are the team! All Star cheerleading teams differ from other teams by training year-round for competitions. They also differ from most other sports in that every team member is vital to the team and the performance. There are no benchwarmers. Everyone plays an integral role. Each member of the squad is trained in all aspects of the sport to maximize their skills to reach their potential. Typically consist of between 6 and 32 athletes. Squads can be either coed or all female. Teams are carefully constructed to include all the elements needed to perform the complex routines. Every team needs a combination of bases, flyers, tumblers, and dancers. Most of these well-rounded athletes are capable of performing these skills. Competition routines are typically 2:00-2:30 minutes in length. They are packed with stunts, dances, cheers, chants and tumbling. Each element is meticulously choreographed to music and most teams have their music custom made for their routines. At competitions, the teams are divided by age and ability level. The routines are judged based on difficulty, execution, creativity and showmanship. All Star cheerleading has allowed the world to see inside the sport in a way never before possible. With competitions being covered on ESPN, no one can deny that cheerleading is indeed, a sport!

TEAM PLACEMENT

We will move athletes based on what's best for the athlete and the team/s and age placement is a factor too. Athletes are not placed on teams due to their tumbling skills only, this is only a small part in team placement. We also look at jumping and dancing skills.

FINANCIAL INFORMATION

In addition to the time commitment and hard work, there is a financial obligation to be part of the Empower Cheer Elite organization. Competitive cheerleading requires a substantial financial commitment from each family. The following cost expectations can be anticipated. These fees do not include any additional team shirts, transportation costs, or travel expenses. Financial data sheet will be sent out with details when your athlete receives her/his team letter after tryouts, typically the first week of 2025.

FUNDRAISERS

We will have fundraisers to help with the Team financial obligations. All fundraisers must be approved by Alanna Leslie. We will have as many as we can come up. As an LLC and non-profit this opens doors for plenty of opportunities. (Everyone should participate).

PRACTICE SESSIONS

Empower teams practice a total of 2 – 5 hours a week for the bulk of the season. The practice schedule for each team is determined by a combination of gym and staff availability. To the best of our ability, we will attempt to create a schedule that accommodates all athletes on each team. The length and number of practices may change as we enter new phases of our season.

Summer Practice-

We use the summer months to prepare for competitions. For the summer months, up until Choreography days, our attendance policy is that if you are in town, you should attend practices. We understand that camps, family vacations, other sports and any other activities are in full swing during the summer. If an athlete's skill level decreases during the summer months, they

may be moved to a lower-level team at the discretion of the coaching staff. Higher level teams will be required to attend summer practices. ****The upper-level teams will be required to attend summer practice.**

Choreography Days-

All teams will have **mandatory** Choreography Days. During this time, the teams will be learning their entire routine. The date will be determined during the summer/ early fall. From Choreography through the end of the season, we will have an attendance policy in place that allows flexibility while maintaining a commitment level that allows our teams to be successful. This usually includes two 8-hour practice days (typically spread out).

Competition Season Practices-

The "Competition Season" begins October and ends April/May 2026. Practice attendance is mandatory. An athlete's position on a team will be jeopardized for unexcused absences. If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made in their absence. It is unfair to the team to waste valuable practice time re-teaching one athlete the material that he or she missed. Practices may be changed or added at any time during the year. Parents will be made aware of added or changed practices in a timely manner.

ABSENCES

After choreography instruction has been provided, any cheer member that has 2 or more unexcused absences will be moved from their spot on the team. If you are injured or unwell, you are strongly encouraged to come and witness the practice, so you don't miss any instructions. Please remember, when your child misses a practice, the entire team is affected.

Excused Absence

- ☐ **School functions** – School functions that result in a grade or school cheerleading practices, events, or football games. Provide a schedule by August 10.
- ☐ **Illness** – You must attend practice when you are sick, if you are not contagious (fever (100.4F.) is an indication of being contagious). You are not required to participate; however, you must be physically present.
- ☐ **Injury** - If an athlete is injured you should notify your coach. Thereafter, you should continuously update coaches as soon as possible with all information regarding doctors' prognosis and estimated length of recovery. We will re-choreograph routines based on the athlete's injury and length of time that the athlete is out. If the athlete returns sooner than expected, the athlete may or may not be put back into their original place in the routine.
- ☐ **Family Emergency** – This will need to be approved by the coach at his or her discretion. **Any other absences will be considered unexcused, unless pre-approved by the Empower Cheer Staff!!**

ILLNESS/ INJURY POLICY

Cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries. Empower Cheer Elite will take every precaution to limit these injuries but unfortunately, we cannot prevent them all. In the event that your child is injured, we will take every step necessary to ensure your child's well-being. All injuries, during and outside practices that require an athlete not to participate, require a doctor's note. Athletes with illnesses are still

required to attend practices and observe even if they cannot participate. Exceptions include if the athlete is highly contagious or has a high fever. All athletes returning from injury are required to have a doctor's note to release them to practice or competition.

TEAM RULES

- ☐ **Practice wear MUST be worn.**
- ☐ **Absolutely no jewelry. This includes necklaces, rings, earrings, and any other piercings. Coaches will not be responsible for jewelry handed to them or left in the gym.**
- ☐ **Nails must be properly cut. No fake nails of any kind.**
- ☐ **No cell phones are allowed during practices. All cell phones must be left in bags and vibrate or silent while in the gym, If an athlete needs to be contacted, please call or text Alanna.**
- ☐ **Insubordination in the gym is unacceptable. This includes, but is not limited to, temper tantrums, outbursts, poor attitude, profanity, and disrespect for others. Any disrespectful or inappropriate behavior may result in the expulsion from practice and potential dismissal from the program.**
- ☐ **Only athletes and coaches are allowed downstairs. All parents and visitors who choose to stay for practice must remain outside of gym during practices due to insurance regulations. This is also for your safety and the safety of all our athletes. All parents should remain in the viewing area unless otherwise invited into the practice area, during open practices.**
- ☐ **It is the parents and athlete's responsibility to know what is always going on with their team.**
- ☐ **Personal issues are to be left at the door when you enter the gym.**
- ☐ **Concentration is always required for the safety of the athletes.**
- ☐ **Gossiping about other team members is not tolerated. This also includes parents/athletes speaking poorly about coaches, other athletes, and other parents.**
- ☐ **Gum chewing, eating and drinks (other than water) are not allowed in the practice area, unless practice is intended to go longer than usual.**
- ☐ **Any athlete dismissed from a team due to behavior or attendance will not receive a refund of any kind.**
- ☐ **Re-evaluations can happen at any time during the season if the athlete's skills decline. This could result in changes in our teams or alternate status.**
- ☐ **Any athlete that leaves program for any reason will not receive a refund of any kind, even if funds raised via sponsorship, fundraisers, or just fees being paid.**

COMPETITIONS

Regarding the competition, every Empower Cheer Elite member is expected to attend every competition. If you are unable to compete or injured, you are expected to be at the competition to support your teammates. Each athlete is required to have a suitable chaperone at all competitions and appearances. No parents will be allowed in the prewarm up room or warm up room at any time. All athletes are expected to be in competition warm-up jackets and pants (When necessary), competition shoes, hair (half up-half down), and makeup. NO nail polish, jewelry, or fake nails of ANY kind whenever at a competition or cheerleading event. Any braces

or tape needed to perform must be supplied by the athlete and put on prior to warmups. During award ceremonies athletes must be in full competition uniform. Athletes are to remain in their full competition uniforms while at a competition. When we accept an award, we expect the whole team to clap and be gracious regardless of if it is first or last place. Empower Cheer Elite will provide you with all the information needed for each competition. If you have any questions before, during, or after a competition please ask the coaching staff. We will determine the competitions based on our teams at the end of August.

END SEASON COMPETITIONS

The D1/D2 Summit and All-Star Worlds are post-season competitions that take place in April or May. These competitions require bids to attend. Depending on the type of bid we receive will depend on the cost. These financial obligations are not included in the fees associated with this packet. The Empower Cheer Elite Staff will determine if your athletes' team attends these events. Financial information will be handed out directly following that decision.

ROLE OF AN EMPOWER CHEERLEADER

We expect the following from ALL athletes as members of Empower Cheer Elite.

These expectations will be strictly enforced, during practices, clinics, competitions, and any other Empower Cheer Elite events.

Athletes are expected to:

- ☐ Cheer for FUN!
- ☐ Be gracious when you win and graceful when you lose.
- ☐ Treat fellow teammates, coaches, and staff with respect. Put the team first.
- ☐ Accept decisions made by those in authority.
- ☐ Develop a spirit that allows you to take correction as a compliment.
- ☐ Be accountable for your own actions.
- ☐ Accept and embrace the discipline involved in athletics because it benefits the team.
- ☐ Not participate in gossip. This includes internal gossip about other Empower Cheer athletes. Problems shall be addressed and resolved directly.
- ☐ Show good sportsmanship and class at ALL times.
- ☐ Use social networking and electronic media as a means of publicizing and spreading the word of Empower Cheer Elite in a positive and appropriate manner. This also includes personal posts that represent you as an athlete. Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Empower Cheer Elite reputation in any way. These are grounds for immediate dismissal from the organization. To include: inappropriate language, pictures, or bullying another athlete. Your conduct outside our gym should be appropriate and respectful.

ROLE OF AN EMPOWER CHEER PARENT

Parents are expected to:

Do everything possible to make this experience positive for your athlete and others.

- ☐ **View the routine with team goals in mind.**
- ☐ **Attempt to relieve competitive pressure, not increase it.**
- ☐ **Demonstrate winning and losing with dignity.**
- ☐ **Be an encourager - encourage athletes to keep their perspective in both victory and defeat.**
- ☐ **Be a good listener.**
- ☐ **Encourage your athlete to always treat fellow parents, teammates, coaches and Empower Cheer Elite staff with respect.**
- ☐ **Ensure that their child understands what we expect of them as an athlete, as explained in the "Role of the Athlete."**
 - ☐ **Not expressing their opinions during practice or coach their athlete from the sidelines.**
- ☐ **If an incident arises that involves a verbal and/or physical altercation with any parent/coach/cheerleader; Please note this is grounds for your athlete to be suspended or dismissed from Empower Cheer Elite.**
- ☐ **Defer to the coach's discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach. Your athletes' position on the team is made by the coach. The coach makes the best decisions for the good of the team.**
- ☐ **Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Empower Cheer Elite reputation in any way.**
- ☐ **Viewing is open for practice/class observation. However, if a problem arises, the Empower Cheer Elite staff reserve the right to close viewing at any time. Closer to competitions there will be closed practices.**
- ☐ **Parents are responsible for their athlete's activities and behavior in and out of town Pre and Post competitions.**

Parent and Athlete Contract & Responsibilities

I, THE UNDERSIGNED, HEREBY CERTIFY THAT I AM THE PARENT OR LEGAL GUARDIAN OF _____ (ATHLETE.) THE ATHLETE DESIRES TO BE A TEAM MEMBER WITHIN EMPOWER CHEER ELITE ALLSTAR COMPETITIVE CHEERLEADING PROGRAM FOR THE 2024-2025 SEASON. THIS CONTRACT AND PACKET SETS FORTH THE TERMS AND CONDITIONS UNDER WHICH THE ATHLETE MAY PARTICIPATE IN THE 2025-2026 COMPETITIVE CHEERLEADING SEASON.

_____ RESPONSIBILITIES OF EMPOWER CHEER ELITE STAFF IS TO PROVIDE COMPETITIVE CHEERLEADING COACHES AND INSTRUCTION FOR THE PURPOSE OF TEACHING CHEERLEADING, TUMBLING, DANCE SKILLS AND TECHNIQUES TO ATHLETES IN PREPARATION FOR LOCAL, REGIONAL AND NATIONAL CHEERLEADING COMPETITIONS. EMPOWER CHEER ELITE STAFF IS SOLELY RESPONSIBLE FOR AND RETAINS FULL CREATIVE CONTROL OF THE PLACEMENT OF THE ATHLETE ON A PARTICULAR TEAM AND ALL COMPETITIVE ROUTINES. INCLUDING, BUT NOT LIMITED TO, THE PLACEMENT OF INDIVIDUAL ATHLETES IN FORMATIONS, THE POSITIONS OF INDIVIDUAL ATHLETES IN STUNTS (E.G., BASE, BACK SPOTS, FRONT SPOT, TOP GIRL ETC.), CHEER AND DANCE SEQUENCES.

_____ RESPONSIBILITIES OF ATHLETE AND PARENT/GUARDIAN. I UNDERSTAND THAT ACCEPTING A PLACE ON THE EMPOWER CHEER ELITE ALL STAR TEAM IS BOTH AN HONOR AND A PRIVILEGE, AND THAT IT ENTAILS A SIGNIFICANT COMMITMENT TO EMPOWER CHEER ELITE AND TO FELLOW TEAM MEMBERS. THE ATHLETE AND THE PARENT\GUARDIAN AGREES TO ATTEND ALL PRACTICES AND COMPETITIONS AND UNDERSTANDS THE DISCIPLINARY ACTIONS THAT MAY BE TAKEN IF THE ATHLETE DOES NOT COMPLY WITH THE ATTENDANCE REQUIREMENTS SET FORTH IN THE ATTENDANCE PORTION OF THIS PACKET.

_____ PARENT/GUARDIAN'S INDEMNIFICATION OF EMPOWER CHEER ELITE, I HEREBY GIVE MY PERMISSION TO EMPOWER CHEER ELITE STAFF TO SEEK AND GIVE APPROPRIATE MEDICAL ATTENTION FOR THE ATHLETE DURING THE PERIOD OF PRACTICE OR COMPETITION (OR TO/FROM) IN THE EVENT OF ACCIDENT, INJURY, OR ILLNESS. I WILL BE RESPONSIBLE FOR ANY AND ALL COST OF MEDICAL ATTENTION AND TREATMENT. I REPRESENT THAT THE ATHLETE IS COVERED BY MEDICAL INSURANCE. I UNDERSTAND THAT, AS WITH ANY SPORT, INJURIES CAN OCCUR AND THE ATHLETE IS PHYSICALLY FIT AND MENTALLY CAPABLE OF PARTICIPATING IN CHEERLEADING. I REPRESENT THAT I HAVE SOUGHT THE OPINION OF ATHLETE'S PEDIATRICIAN/PHYSICIAN. I HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE EMPOWER CHEER ELITE AND ITS STAFF AND REPRESENTATIVES FROM ALL RIGHTS AND CLAIMS FOR DAMAGES, INJURY, OR LOSS TO PERSON OR PROPERTY WHICH MAY BE SUSTAINED OR OCCUR DURING ATHLETE'S PARTICIPATION IN EMPOWER CHEER ELITE ACTIVITIES, WHETHER ON THE EMPOWER CHEER ELITE PREMISES OR AT ANY OTHER VENUE WHERE AN EMPOWER CHEER ELITE ACTIVITY TAKES PLACE, OR IN TRAVEL THERETO OR THERE FROM.

_____ I ACKNOWLEDGE THAT COMPETITIVE CHEERLEADING IS A DANGEROUS SPORT IN WHICH I/MY CHILD, PARTICIPATE AT MY/MY CHILD'S OWN RISK. IN CONSIDERATION OF EMPOWER CHEER ELITE ALLOWING ME/MY CHILD A POSITION ON A COMPETITIVE CHEERLEADING TEAM, I, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNEES AND PERSONAL REPRESENTATIVES, DO RELEASE AND FOREVER DISCHARGE EMPOWER CHEER ELITE, ITS

EMPLOYEES, AGENTS, OFFICERS, MEMBERS, SPONSORS, PROMOTERS AND AFFILIATES FROM ANY AND ALL LIABILITY, CLAIM, LOSS, COST OR EXPENSE, AND WAIVE AND PROMISE NOT TO SUE ON ANY SUCH CLAIMS AGAINST ANY SUCH PERSON OR ORGANIZATION, ARISING DIRECTLY OR INDIRECTLY FROM OR ATTRIBUTABLE IN ANY LEGAL WAY TO ANY NEGLIGENCE, ACTION OR OMISSION TO ACT OF ANY SUCH PERSON OR ORGANIZATION OR EXECUTION OF ANY EMPOWER CHEER ELITE -RELATED CHEERLEADING EVENT, INCLUDING TRAVEL TO AND FROM SUCH EVENT, IN WHICH I/MY CHILD WILL PARTICIPATE AS A TEAM MEMBER OR SPECTATOR.

____PARENT/GUARDIAN'S TRAVEL RESPONSIBILITIES I UNDERSTAND THAT EMPOWER CHEER ELITE ASSUMES NO RESPONSIBILITY TO SUPERVISE OR MONITOR ATHLETE'S ACTIVITIES OR BEHAVIOR DURING OUT-OF-TOWN EVENTS PRE AND POST COMPETITIONS, EXCEPT DURING THE TIME I AM REQUIRED TO BE AT THE COMPETITION VENUE. I AM RESPONSIBLE FOR MY ATHLETE'S ACTIVITIES AND BEHAVIOR DURING OUT-OF-TOWN EVENTS, INCLUDING TRAVEL TO AND FROM THE EVENT. I AM SOLELY RESPONSIBLE FOR ALL TRAVEL COSTS ASSOCIATED WITH OUT-OF-TOWN COMPETITIONS INCLUDING TRANSPORTATION, LODGING AND FOOD.

____FINANCIAL OBLIGATIONS. I HAVE READ AND SIGNED THE EMPOWER CHEER ELITE 2024-2025 PARENT PACKET. I UNDERSTAND THAT CERTAIN VIOLATIONS OF TEAM RULES MAY SUBJECT THE ATHLETE TO APPROPRIATE DISCIPLINARY ACTIONS AS SET FORTH IN THIS PACKET. IN THE EVENT THE ATHLETE'S STATUS ON A TEAM CHANGES IN ANY WAY, WHETHER SUSPENDED OR DISMISSED FROM THE EMPOWER CHEER ELITE ORAGANIZATION FOR DISCIPLINARY REASONS OR MOVED TO ANOTHER TEAM (WITH IN EMPOWER CHEER ORGANIZATION) OR PLACED AS AN ALTERNATE, I REMAIN OBLIGATED TO PAY ALL COST AND FEES ASSOCIATED WITH HAVING A SPOT ON A TEAM LIST FOR THE ENTIRE 2024-2025 SEASON AND WILL RECEIVE NO REFUNDS OF MONIES PREVIOUSLY PAID.

- TUITION IS PAID MONTHLY VIA DIRECT DEBIT FROM ANY MAJOR CREDIT CARD OR DEBIT CARD ON THE 1ST OF THE PRIOR MONTH (I.E. OCTOBER'S TUITION IS DUE ON SEPTEMBER 1ST). DECLINED PAYMENTS (EXPIRED CARD, ETC.) MUST BE REMEDIED ON OR BEFORE THE 10TH OF THE MONTH OR YOU RISK LOSING YOUR SQUAD SPOT AND 75\$ LATE FEE AFTER 5TH OF THE MONTH.
- WE DO NOT INVOICE - MONTHLY TUITION REMINDERS WILL NOT BE SENT. WE WILL NOTIFY YOU BY EMAIL IF YOUR TUITION IS UNABLE TO PROCESS OR IS NOT RECEIVED.
- ANY FUNDS RASIED WITH SPONSORSHIPS OR FUNDRASIERIS WILL STAY WITH EMPOWER CHEER ELITE FUNDS IF THE PARTICIAPANT IS DISMISSED, SUSPENDED, OR LEAVES PROGRAM FOR ANY REASON.

____ I FURTHER ACKNOWLEDGE, UNDERSTAND, APPRECIATE AND AGREE THAT MY PARTICIPATION MAY RESULT IN POSSIBLE EXPOSURE TO AND ILLNESS FROM INFECTIOUS DISEASES, INCLUDING, BUT NOT LIMITED TO, MRSA, INFLUENZA, AND COVID-19. WHILE PARTICULAR RULES AND PERSONAL DISCIPLINE MAY REDUCE THE RISK, THE RISK OF

SERIOUS ILLNESS AND DEATH DOES EXIST. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION AND EXPOSURE AS WELL AS MY CHILD'S.

APPEARANCE AGREEMENT

I hereby authorize Empower Cheer Elite to publish photographs taken of my minor child or children listed below for use in Empower Cheer Elite's print, online, and video-based marketing materials, as well as other Empower Cheer Elite publications. I hereby release and hold harmless Empower Cheer Elite from any reasonable expectation of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am a parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize Empower Cheer Elite to use their likeness, I further acknowledge that participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or of said photos confers no rights of ownership or royalties, whatsoever. I hereby release Empower Cheer Elite, its contractors, its employees and any third parties involved in the creation or publication of Empower Cheer Elite's publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Parent Signature: _____

Parent Name (Printed): _____ Date: _____