

TRINITY ALL STARS

2015-2016

ALL STAR PREP TEAM PACKET



2015-2016 TRINITY ALL STAR PREP TEAM

Welcome to Trinity All Stars Cheerleading program!

On behalf of our incredible staff, we welcome you. We have put our faith in Christ and this program is His and for His glory. We love, learn and live around Christian values and we want you to be a part of our family!

The goal of **Trinity All Stars** is to develop each child into a leader as well as an athlete by coaching in an encouraging and positive environment. We hold our staff and athletes to high standards of sportsmanship and integrity. As a faith and family oriented program, we are very proud of the life lessons learned along with the sport of cheerleading. As we begin our journey we hope our program will be recognized by the character, hard work, and love of our athletes and parents. We want you to come and let your light shine with us!

We are blessed to have the finest coaches with years of experience and back ground in competitive cheerleading, gymnastics, and judging. They're committed to helping each child grow as an athlete, teammate, and leader. We look forward to an exciting season here at **Trinity All Stars! Let the legacy begin!**

By His Grace,

Trinity All Stars Staff

Trinity All Stars Motto

We are cheerleaders. We encourage, motivate, and lead others with a smile on our face and cheer in our hearts. We agree to learn and grow with each other. We agree to have fun and enjoy life. We agree to walk in grace and forgiveness with each other. And agree to show the love of Christ to ourselves, our teammates and the world.

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OVERVIEW

All Star cheerleading is an exciting, fast-paced and strenuous sport scored by a panel of judges. The United States All Star Federation (USASF) is the main governing presence in our industry, and **Trinity All Stars** creates teams based upon the age groups and skill levels specified by USASF.

All Star cheerleading is scored based on the execution of tumbling, jumping, dancing, motion technique, tosses, stunting, performance and choreography. All Star Prep has the same requirements in all areas listed above. They will receive a score and an award rank at competitions.

Items Required for All Star Prep Team:

1. Turn in the 2015-2016 All-Star Registration Form included at the end of this packet
2. Checks: \$200 Commitment Fee, \$35 Tryout Fee for New Athletes or \$15 Tryout Fee for Returning Athletes. (Commitment fee will be credited to mandatory fee)
3. Turn in Athlete Code of Conduct and Parent Code of Conduct included at the end of this packet. (new and returning athletes need to turn in)
4. Turn in Credit Card Authorization included at the end of this packet
*An ACH Form must be on file even if paying in full
5. COPY of Birth Certificate—please do not bring the original (new athletes only)
6. Get sized for practice clothes— a parent MUST be present day of tryouts
7. Turn in a USASF Athlete Registration Form included at the end of this packet (new athletes only)

Absences:

Please understand that cheerleading is a team sport and absences inhibit the team from being able to practice and perform to their full potential. We ask that you and your athlete make every effort to come to all scheduled practices.

Absences: We require a 7 day advanced notice of any absence. Fill out an absence request form and give to your coach for approval.

Excused absences: A medical issue, family emergency, and school graded function or activity are excused absences.

Competition Attendance: THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION.

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Parent Code of Conduct (please initial each code)

____ I understand that this is a 12 month commitment and will do everything in my ability to enable my child to participate in all practices and competitions throughout the season. I understand that a team is depending on my child to fulfill his/her responsibilities as a team member. I will do all that is necessary to get my child to practices and competitions.

____ I will be a positive role model for my child and will encourage good sportsmanship by showing respect and courtesy. I will support all athletes, coaches and spectators at every practice and competition.

____ I will respect the coaches during practices and competitions and will not question or confront the coaches during practice or a competition. I will not pull my child out of practice without communicating with the coach. I will take the time to meet with coaches in private. **This includes being disrespectful on Facebook, Twitter, or any other social media.**

____ I will maintain a positive attitude by remembering that children participate in cheerleading to have fun. Doing our best is more important than winning. I will encourage my child to be a humble winner and a gracious loser. I will not speak negatively of other children, coaches or the program.

____ I understand that my child must wear the proper practice clothes, including shoes, to every practice. I understand that my child must arrive in uniform with hair and makeup complete to every competition. After one competition tardiness, there can be up to a \$50 fine.

____ I understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if any rules, policies, or code of conduct are not followed.

____ All designs bearing the Trinity All Stars name or logo must be approved by management. Anything created without managerial approval cannot be worn or sold independently.

____ Any money awarded to teams at competitions will go toward the entire Trinity All Stars program. I understand that all money raised through fundraising is property of Trinity All Stars. Funds received will be credited toward your account. If you choose to leave the program fundraising money will not be refunded.

____ I will attend parent meetings, read e-mails and check Facebook for updates and current information.

____ I understand that if my child receives an unexcused absence, consequences will be determined by the coach. Consequences include but are not limited to conditioning, required private lesson, or a fine. If an athlete fails to notify their coach of their absence prior to the start of practice and "No shows" the practice or multiple absences occur there will be consequences. Consequences include but are not limited to conditioning, required private lesson, a fine or change in the athlete's role in the routine through loss of spot in formations and/or changed stunting roles.

____ I understand that if my child chooses to leave the program prior to the completion of the season, or if my child is asked to leave the program for any reason other than family relocation or severe injury, I will be liable for all fees incurred for the remainder of the season.

Parent signature _____ Date _____

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Athlete Code of Conduct (please initial each code)

_____ I am aware that this is a commitment and I will participate in all practices and competitions throughout the season. I understand that a team is depending on me to fulfill their goals as an All Star cheerleader.

_____ I will be a positive role model for my teammates and will encourage them by showing respect and courtesy. I will demonstrate a positive attitude towards all athletes, coaches, and spectators at every practice and competition. **This includes Facebook, Twitter, or any other social media.**

_____ I will maintain a positive attitude and try to the best of my ability. I will be a humble winner and a gracious loser.

_____ I understand that I must wear the proper practice uniform including shoes. I will only wear Trinity Allstars clothes. If I do not, it may result in extra conditioning.

_____ I understand and agree to only take tumbling, cheer, stunt, or any cheer related classes, or private lessons at Trinity All Stars.

_____ All routines/choreography should not be shown or discussed with others. Routines should not be taught to anyone without consent from Trinity All Stars Staff, this includes any and all portions of music selections. NO VIDEOS of routines should be uploaded to any social media without the cheer director's consent.

_____ I will arrive at all competitions on time in full uniform with hair and make-up complete. Arriving late to a competition will result in extra conditioning and up to a \$50 fine if tardy more than once.

_____ I understand that breaking any of the codes of conduct may result in suspension or removal from the Trinity All Stars squad.

_____ I understand that signing my name below means that I must remain a part of the team for the entire season. Quitting is not an option. If I am injured I understand that I must still come to practice and participate however I can.

Athlete Signature _____ Date _____

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Practice clothes

Name of Child: _____ Age 8/31/2014_____

Circle correct size. **1 shirt and 1 pair of shorts are included in fees.** Place quantity of additional orders on the lines provided (example: 1 additional pair of shorts); additional fees are required.

T-shirt: _____ Additional

Soffee Shorts: _____ Additional

YXS YS YM YL

YXS YS YM YL

AXS AS AM AL

AXS AS AM AL

Sports Bra: _____ Additional

Hot Pants: _____ Additional

YXS YS YM YL

YXS YS YM YL

AXS AS AM AL

AXS AS AM AL

Parent Initial: _____ I agree to the sizes circled on this form. Trinity All Stars is not responsible for replacing any sizes that are circled. If my child changes sizes during the season it is my responsibility to notify the coach.

Trinity All Stars WILL NOT be ordering shoes this year. Please order these on your own. We recommend buying Nfinity brand shoes.

Parent clothes

Parents wear these to competitions. We add personalization to read “Eva’s mom” or Eva’s Dad”. It’s a great way to support your child and Trinity All Stars at competitions. We will put out an order form after teams are decided.

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Fee	Amount
Tryout Fee- Due on May 16th	\$35 new athletes \$15 returning athletes
Monthly Tuition- 2 hours of practice a week	\$130
6 month tumble class (October- April)	Included
USASF Registration Fee	\$30
Choreography and Music	\$335
Competition Fees	\$270
Coaches Fees	\$35
Team Parties: Mother Daughter Tea, Parent Show -off, Christmas, Banquet	\$60
Practice Clothes	\$60
Total Mandatory Fees	\$780
Uniform, Bow and Makeup Due at time of fitting	\$275

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Payment options

*The \$200 commitment is credited towards your mandatory fees

Option 1: Pay up front plan: If you pay your mandatory fees in full you will receive a \$10 discount off your monthly tuition.

September TBD Tryout Fee	\$35 new/ \$15 returning
September 15 th Commitment Fee	\$200
October 1 st Mandatory Fees	\$580
October 15 th Uniform	\$275
1 st of every month	\$120

Option 2: Mandatory fee paid in 3 payments

September TBD Tryout Fee	\$35 new/ \$15 returning
September 15 th Commitment Fee	\$200
October 15 th Uniform	\$275
November 15 th Mandatory Fees	\$194
December 15 th Mandatory Fees	\$194
January 15 th Mandatory Fees	\$194
1 st of every month	\$130

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Important Dates:

*All are tentative and subject to change

Team practices start: Week of October 1st

Choreography: TBD

Competition schedule: (subject to change)

12/05/2015	NCA Holiday Classic	Frisco
1/10/2016	Sprit Celebration Dallas Mavericks	Denton
1/30/2016	Cheer Sport Grand Championship	Dallas
3/19/2016	NCA Spring Classic	Arlington

Holidays: NO PRACTICE

Labor Day- September 7th

Independence Day break- July 3-5

Memorial Day May 25th

Thanksgiving break- November 25th-29th

Christmas and New Year's Break- Tentatively December 23rd- January 3rd

Spring Break- NWISD/TBD

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Trinity All Stars

Liability Release and Waiver Form

Minor's Name _____ Name of Parent or Guardian _____

Address _____ Activity: **Recreational Classes/ Competitive Program**

City, State, Zip _____ Activity: **Birthday Party/ Clinic/ Other Events**

Daytime Phone: _____ Emergency Contact/Phone _____

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledge, I, _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant permission necessary to allow Minor to participate in the above activity to be conducted by **Trinity All Stars**. I, in my own behalf of Minor, further agree to release and to hold harmless Trinity All Stars. I will not hold the respective directors, officers, representatives, members, agents, and employees of Trinity All Stars and their respective affiliates (hereinafter collectively "Releases" from any and all liability whether caused by negligence of the Releases or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and cost) arising out of or connected with the activity, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/ or death) that Minor may incur or sustain during the activity, all events associated with the activity and while traveling to and from the site for the activity whether or not the activity actually occurs. I further expressly agree to indemnify and hold harmless Releases and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in anyway from the foregoing activities. I further agree to reimburse Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

Medical Release: I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the activity. In the event of such illness or injury, I authorize Trinity All Stars to obtain necessary medical treatment for Minor and herby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be uncured on behalf of Minor for any illness or injury that Minor may sustain during the activity and while traveling to and from the site for the activity whether or not the activity actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the activity and that he/she shall consume the prescribed dosage for such medications.

Medications (if any): _____ Allergic to (if any): _____

I acknowledge that the Minor suffers from the following condition: _____

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the activity will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent of Legal Guardian: X _____ **Date:** _____

Relationship to Minor: _____

Minor Birthdate: _____

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Athlete Information and Release

Athlete Name(s): _____

DOB: _____ Main phone #: _____

Address: _____

City/ State/ Zip: _____

Parent 1 Name: _____

Parent 1 E-mail: _____

Parent 1 Cell #: _____ Parent 1 Work #: _____

Parent 2 Name: _____

Parent 2 E-mail: _____

Parent 2 Cell #: _____ Parent 2 Work #: _____

Emergency Contact and Number: _____

Insurance Company _____

Medications/Allergies _____

Doctor _____ Phone _____

How did you hear about Trinity All Stars?

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Authorization and Release

*I authorize Trinity All Stars to use photographs, video, and/or other likenesses of my child for use in its promotional material, print and online, or sales and waive any rights of compensation or ownership thereto.

*I understand the first month’s tuition as well as the yearly registration will be required to be paid in full when registering for activities at Trinity All Stars. I understand that I must give 30 days written notice in advance of dropping any class/activity at Trinity All Stars.

*I understand all monthly tuitions at Trinity All Stars are due on the 1st day of each month. I understand that it is my responsibility to make sure Trinity All Stars receives my full monthly tuition including any unpaid balance on my account on or before the 10th day of the month. I understand I will be charged a \$15 late fee if my account is not paid by the 10th of the month, and athlete may be withheld from participating in activities at Trinity All Stars.

*I understand I must pay an annual registration fee of \$35per athlete/ \$60 per family to enroll in any activities at Trinity All Stars.

*I understand any payment on my account returned unpaid for any reason(NSF, expired CC) will incur a \$25.00 NSF fee and a \$15 late fee. I understand Trinity All Stars does not refund tuition for ANY REASON.

*Absence policy: Makeup classes may be given depending on class availability. There will be no makeup classes or proration for any holidays. Trinity All Stars follows the Northwest ISD schedule.

I have read, understand and execute this release and acknowledgment:

Parent/Legal Guardian Signature: _____ Date: _____

Type of card: (circle one) Visa MasterCard Discover AmEx

Name on Card: _____

Card Number: _____

Expiration Date: _____ **Automatic Monthly Withdraw: Yes/ No**

Signature: _____ **Date:** _____

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2013-2014 ATHLETE IDENTIFICATION ATHLETE RENEWAL



This application is for **ATHLETES WHO WERE ENTERED INTO THE SYSTEM IN A PREVIOUS SEASON**. If you are a new athlete, DO NOT FILL OUT THIS APPLICATION, refer to the NEW ATHLETE MEMBERSHIP IDENTIFICATION FORM.

GYM NAME _____

Is this gym the program you competed with last season? Yes No

If No, list your gym from last season _____

ATHLETE FULL NAME (as printed on your birth certificate)

FIRST

MIDDLE

LAST

NICK NAME (The "FIRST NAME" you go by) _____

GENDER Male Female

E-MAIL (Athlete) _____

BIRTH DATE _____ PROOF OF AGE CONFIRMED Yes No

I authorize the gym/program listed above to upload the birth certificate for this athlete, IF NOT CONFIRMED: Yes No

Parent Initials _____

E-MAIL (Parent) _____

Please READ the attached ATHLETE MEMBER TERMS BEFORE SIGNING

1. I fully understand and accept each of the conditions listed in the attached *Athlete Membership Terms*, allowing my participation in any USASF Member Event Producer event.
2. The birth date listed above is correct and can be verified by providing a birth certificate.
3. I fully understand that failure to provide a birth certificate upon request or providing a birth certificate that has been altered or falsified may result in disciplinary action including but not limited to restriction of membership and ineligibility.

Athlete Signature _____ Date _____

All athletes age 12 & older must sign this form

***Required for any athlete who is not yet 18 years old:** As parent or legal guardian of this athlete, I hereby verify by my signature below, that :

1. I fully understand and accept each of the conditions listed in the attached *Athlete Membership Terms*, allowing my participation in any USASF Member Event Producer event.
2. The birth date listed above is correct and can be verified by providing a birth certificate.
3. I fully understand that failure to provide a birth certificate upon request or providing a birth certificate that has been altered or falsified may result in disciplinary action including but not limited to restriction of membership and ineligibility.

Parent or Guardian Signature _____ Date _____

For help recovering username or password, go to the Athlete Identification User Guide listed on www.usasf.net.

Thank you for your continued participation in All Star Cheer and Dance.