



ALLSTAR CHEERLEADING

★ *Shining Above the Rest* ★

Competitive AllStar Team Handbook



1220 SW 33rd Avenue
Ocala, Florida 34474
(352) 401-3663
www.BalconySports.com

May 2008

2008



2009

Welcome to Balcony Starz All-Star Cheerleading. We are delighted that you have chosen to become a part of this great program. Please take time to read and understand all of the material enclosed.

Balcony Starz All-Stars is designed to develop skills, encouragement, and confidence through Cheerleading. Our instructors are experienced professionals, working with all team members to provide an active and healthy lifestyle. We plan to bring new ideas and goals to the All-Star program. We will teach the athletes that it is a great feeling of pride to be a part of their community and a part of our All-Star program. Each family is important to us and our program. You will not get lost in the crowd or feel like just a number.

Balcony Starz All-Stars is Ocala's Hottest New All-Star Cheerleading Facility. We will offer Ocala area girls and boys a new outlook on All-Star Cheerleading. Balcony Starz Cheerleading is here to make the most fun and enjoyable, competitive All-Star program around.

Our goal is to make this facility a great environment for our kids, parents and coaches. With the knowledgeable, experienced staff that we have, we will train all of our cheerleaders to become the best All-Star Cheerleaders they can be.

We are very excited to be a part of Ocala and hope to have a great cheer season.

After you have read your packet thoroughly, please sign and date all pages and send it back in with your cheerleader. We will make us a copy of all signed papers. This **MUST** be done prior to the first practice.

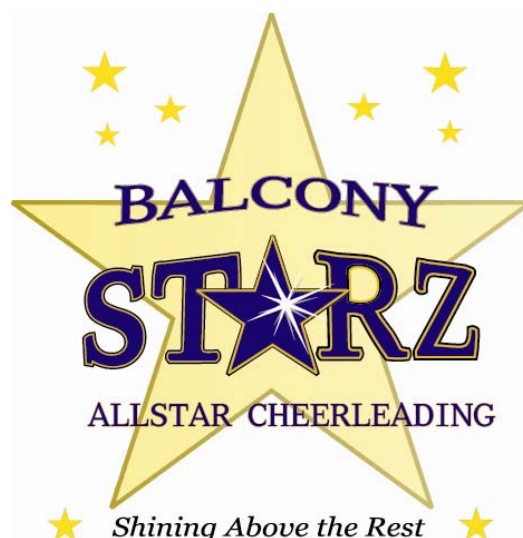


Table of Contents

Policies Responsibilities and Philosophies = pages 3 – 7

- *Athletes Responsibilities*
- *Parental Responsibilities*

Booster Club Information and Obligations = pages 8 – 9

- *Statement of Purpose*

General Rules and Information = pages 10 – 14

- *General Information*
- *Financial Obligations*
- *Monthly Tuition*
- *Financial terms and conditions*
- *General Tuition & Policy Notes*
- *Injuries*
- *Conditioning*
- *Competition*
- *Absences*
- *Leadership*

Year at a Glance = page 15

- *Calendar Year by month for 2008 – 2009*

Team Description = page 16

- *Divisions*

Team Placement = page 17

- *World Team*
- *Cross Over Competitors*
- *Parents To-Do List*

Team Agreement = page 18

Policies & Procedures

REGISTRATION:

All students must complete a registrations form, and pay an annual Registration fee.

***Registration fees are non-refundable.*

Mandatory Monthly Parent Meetings will be on the 2nd Tuesday and/or Saturday of each month. Days will depend on what team your child is on!

OBSERVATION OF CLASS:

For you convenience, you may observe your child's class from the Parents' Areas.

There are no credits or reductions in tuition for absences.

JOINING A CLASS AFTER THE COMPETITION SEASON COMMENCES:

This will be permitted on a case by case basis, as long as there is a vacancy.

QUITTING TEAM:

Member/Registration fees are non-refundable. To drop off the team, you must withdraw with at least a THREE weeks prior written notice. If you withdraw anytime throughout the season you will not receive a refund of your competition fees.

MEDICAL REASONS FOR DROPPING OFF THE TEAM:

For medical situations validated by a written acknowledgement from a licensed medical practitioner you will be granted a credit prorated from THE DATE WE RECEIVE WRITTEN ACKNOWLEDGEMENT.

INCLEMENT WEATHER:

Welcome to Florida....Please call our office to find out if classes are cancelled due to inclement weather.

ATTIRE FOR CLASS:

All students should dress appropriately in clothes that allow the student to move freely with out restraint. Tennis shoes or cheerleading shoes must be worn at all times (except on trampoline and tumble trak) while attending class. Hair must be pulled back away from face and neck. You are required to purchase practice shirts from the pro shop and approved soffee shorts.

Policies, Responsibilities and Philosophies

The following are the rules, policies and philosophies of Balcony Starz Cheerleading Program. Please read the following carefully to ensure that you and your child understand them completely.

Athletes Responsibilities

Cheerleading is a competitive sport and we are a competitive cheerleading team. We measure our success and progress by how we portray ourselves and execute on the practice and competitive floor. Developing a routine requires discipline, hard work, and dedication, and the process of working towards this long-term goal can be incredibly valuable to student-athletes. Competition sets the stage for cheerleaders to showcase their talents and abilities. The challenge of performing in front of people builds confidence and self-esteem. It's a great way for cheerleaders to earn the recognition and respect of their fellow athletes and peers. As with any other competitive activity, both the thrill of victory and the disappointment of loss equally build character and teach valuable life lessons.

1. The way you act in the gym and at the competitions is a reflection of your respect of yourself, your teammates and Balcony. Only the highest standards of behavior will be acceptable.
2. Discouraging remarks (whether directed towards self, a coach or another cheerleader), formation of cliques (including parents), excluding others from activities, etc. are grounds for dismissal from practice and possibly the team.
3. Carry out all assignments and conditioning to the fullest.
4. Demonstrate the highest regard for the sport and your hard work by arriving to all practices and competitions on time and conducting yourself with grace and courage during the practice or competition. Accept all constructive criticism and scores in a positive manner, since we know that we learn just as much from our mistakes as we learn from our success.
5. Understand that it is our mission to develop happy, healthy and confident young people. One way is to place each cheerleader at the level where they can be happy, safe and confident. Moving up levels can only be achieved when a high level of proficiency has been demonstrated at your current level, and have the potential for a high level of proficiency in the next level is apparent.
6. Never compare yourself to any other cheerleader. Each one is an individual and will achieve success at their own pace.

Dress Code

- No biker shorts, Jean cut offs baggy shorts and shirts. Sports bras must be worn UNDER t-shirts/tank tops.
- NO JEWELRY!!! This includes: ear, nose, tongue, toe, eye brow, and belly button rings, necklaces, bracelets or rings at practice and competition.

- When practice clothes are received, they must be worn to practice!! Each coach will coordinate with their team mom on which outfit should be worn for each practice. They are a part of the uniform and must be treated as such.
- Fingernails MUST be kept short. Please NO fake fingernails.

During Practice

- All cell phones and pagers must be turned off and left outside of the practice area.
- Practice clothes will be worn at all times once available.
- Coaches will be respected at all times.
- Please wear deodorant.
- Flyers need to wear bloomers to practice.
- No food or drink is allowed in the practice area.



Parents Responsibilities

1. A cheerleader's parents are an important contributor to their success and happiness. Tuition and competition fees must be paid on time and a commitment to transport your son/daughter to and from practice, competitions and team functions. In addition and equally important, parents must help instill work ethic and values into their child necessary to be successful.
2. We will be holding MANDATORY parent meetings monthly. In these meetings we will be going over any fees that are due, upcoming events and any problems that we are having with the teams. One parent from each cheer family MUST attend. Missing monthly meetings could result in your child's removal from the team. These meetings are very important to the success of each team.
3. Please feel free to set up a meeting with your child's coaches if you have questions or concerns. Your thoughts are important to us. We will work hard to find a way to rectify the situation. Meetings should be scheduled through your child's coach before or after practices. At no time are parents allowed of the training floor during practices to address questions or concerns.
4. When questions or concerns do arise, please understand that complaining to other parents CANNOT solve your problems. In addition, problems cannot be solved if we do not know about them. If you respect us enough to allow us to play a large roll in your child's lives, please respect us enough to know that we have your child's best interest at heart. Meaning, that decisions that are made in regards to your child's training, level and team are made in what we as cheerleading professionals feel will best help your child to be happy, healthy and successful. Parents who consistently complain or show signs of disrespect for others, will be asked to remove themselves form the viewing area and possibly not be allowed to attend practices and/or possibly removal of your child from the Balcony Programs.
5. Understand that your child's skill and performance level will determine what team he/she is on. There are requirements set forth by the USASF for team levels. At no time will a cheerleader move up to a new level team until ALL requirements are met. If you are unsure of which requirements your child is missing to move to the next level, ask them, they are usually very aware.
6. Understand that all competitions, clinics and camps are chosen by the Cheerleading Director and are mandatory events unless otherwise stated. Parents and cheerleaders do not get to pick and choose which events to attend.
7. Parents may not distract or try to communicate with their cheerleader once the practice has started. Athletes must focus all their energy on their practice and we want as few distractions as possible. Once the practice has concluded they will come see you. No exceptions will be made without prior approval from your child's coach.
8. Injured cheerleaders or cheerleaders with minor illnesses are expected to participate in practices and gym activities to the highest possible extend (NO EXCEPTIONS). It is often

possible to work around injuries and/or minor illnesses to turn a difficult situation into something positive. Increased work on flexibility, strength and specific skills can be expected.

9. Parents are to be a positive force in their child's cheerleading development. Try not to compare your child to another when it comes to training, improvements or level. Each child progresses at her own rate and this must be recognized and respected by parents.
10. Parents should have a clear definition of what winning is. Winning should be defined as your child's "personal best" not "being better than everyone else". Make only positive comments and focus on your child's individual development, efforts and improvements, not what place the team was awarded.
11. Make sure that you or your child calls the gym for all absences from scheduled practices. When calling in absences, please leave a message for the cheer director. Consistently missing practices, for whatever reason, will jeopardize your child's chances to excel in their competitions, hold their team back and possibly result in them losing their spot on the team.
12. Balcony coaching staff is very loyal to each and every team member and they will work hard at making these children the best cheerleader they can be." Because of the hard work and dedication of our staff, if a team cheerleader leaves Balcony for whatever reason to attend another similar facility, there will be a 1 year (12 month) waiting period from the day the child dropped from Balcony, before the child can return. Please note that this does not guarantee that your child will be allowed back in the competitive program once they have returned.
13. Understand that we do not tolerate talking negatively to other parents about our program or coaches in our lobby/observation area. If you are overheard talking negatively you will be warned once. If the problem persists, you will no longer be allowed in our lobby/observation areas. If you have concerns that warrant conversation, please voice them with the Cheer Director, not the other parents in the gym. We not only expect your child to be a Balcony Person but their parent as well.



Statement of Purpose for Booster Clubs Representing Competitive Teams and AllStar Cheerleading Teams of Balcony Gymnastics & Personal Fitness, Inc.

DBA: Balcony Gymnastics and Youth Sports

This document is put forth by Balcony in order to offer guidance, clarification and restrictions for Booster organizations supporting Competitive Programs of Balcony.

General Division of Financial Responsibility

Balcony is responsible for everyday training costs:

Balcony shall pay for any and all costs associated with regular, day-to-day, on-site training and the tuition is budgeted as such. Examples of day-to-day costs include coaches' compensation for day-to-day training, facility overhead, insurance, etc. The Company does not pay for any costs associated with camps or competitions, including entry fees, travel, and uniforms for athletes, coach's fees: including but not limited to; travel, hotel fee, session fees (not to exceed \$200/day).

General division of Coaching Decisions

100% of the coaching decisions fall into the hands of Balcony and the coaches. Booster's decisions are limited to Booster affairs, which are outlined below.

I. Booster Guidelines & Requirements

A. The Booster Club:

- 1. Shall be parent-organized and parent-operated*
- 2. Must establish and maintain by-laws consistent with this document*

B. Stated Purpose of the Booster Club:

- 1. To support and work to further the AllStar Teams goals, those goals being solely determined by the Coaches and Balcony.*
 - a) The Boosters by-laws shall specifically state their ongoing support of the Team goals whether those goals stay the same or change.*
 - b) The Boosters by-laws shall specifically forbid any action or movement in conflict with the Team goals and shall provide sanctions for such actions or movement.*
- 2. To generate funds to pay for the following expense categories including but not limited to:*
 - a) Entry fees for competitions*
 - b) Coaches Travel, Room and Board*
 - c) Coaches Fees while attending Camp fees*
 - d) Travel to & from competitions or camps*
 - e) Boosters' administration expenses*
 - (1) Bank fees*
 - (2) Printing*
 - (3) Postage*
 - (4) Misc. office expense*
 - (5) Other*

- f) *To provide Booster scholarships for deserving families.*
- g) *To establish and support financially a Scholarship program for a deserving graduating gymnast.*

3. To stimulate team spirit and team unity:

- a) *By hosting a yearly team banquet to honor the athletes and coaches*
- b) *By hosting other social events*

C. Fund Raising guidelines and restrictions

1) Booster Funds may be procured from

- a) *Dues*
- b) *Conventional fund raising efforts (i.e. Raffles, carwashes, etc.)*
- c) *Sponsorships*
- d) *Gifts*
- e) *Hosting on-site competitions*

(1) Facility rent is zero. However, Balcony has significant costs whenever the facility is shut down or restricted for a competition or event and Balcony is to be reimbursed for all hard and soft costs related to such. Examples:

- (a) Any employee wages and P/R taxes devoted to the competition including planning, marketing and Facility management/janitorial.*
- (b) Reimbursement for wear and tear on facility, apparatus, parking lot at the rate of 20% of the profit of the competition.*
- (c) Lost opportunity dollars' which results from shutting down various programs/functions. This amount will be determined by Balcony and will vary depending on which programs and/or functions must be shut down, the time of year.*

2. Restrictions

- a) Fund raisers must be legal, ethical and consistent with Balcony's Philosophy*
- b) Balcony arranges exclusive marketing relationships with various companies, which means it is honor bound to not market competing products or services in any way. The spirit of this arrangement of course extends to the Booster Club. The list of marketing exclusives changes from time to time and it is the Booster Club's responsibility to check with Balcony (Michael) on a regular basis to assure that no conflict arises from any planned marketing.*
- c) All fund raising campaigns taking place on or off Balcony premises (on-site or off-site) must be authorized by the company.*

General Rules

- Please contact your coach or director with any questions.
- No profanity or profanity laced music at practices or competitions
- No “bad mouthing” teammates, coaches, or Balcony Starz. If there are any issues, contact the appropriate people.
- **Coaches rule the floor during practice.** No one will be permitted to distract or interfere with the coach during practice. **NO PARENTS ALLOWED ON THE GYM FLOOR ANY TIME!!** If a parent decides to enter the gym disturbing practices, they may be asked to no longer attend practices.
- Practices will be changed and added throughout the season. These changes are at the coaches' discretion and will only be made if necessary.
- Anyone who threatens to quit or a parent that threatens to pull a child may be asked to leave the team.
- This is a team sport like no other and everyone's full commitment is required. **Please be sure that no other activities interfere with Starz practice times or competitions.**
- Practices may be closed periodically during season. These days are at the coaches' discretion.
- During practices all decisions are left up to the coach.
- Every year we go through the loss and addition of athletes. The dismissal or addition of anyone is the director and coach's decision; please trust the staff to do what is best for the team and the program.
- ***NO GOSSIP, about any other team (school or all-stars) or especially about any other member of the team or program will be permitted.***
- If anyone is caught at practice or competition smoking or drinking they WILL be removed from the team.
- We will assign teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assign team.
- All Starz Cheerleaders, parents and coaches should always show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staffs decisions at competition.
- The All-Star Director may change, add or subtract any rule at any time.

General Information

Balcony Starz Cheerleading

Balcony Starz Cheerleading is a part of Balcony Gymnastics. We provide All-Star and Recreation Cheer classes that equip young cheerleaders for the exciting sport of competitive cheerleading.

Financial Obligations

Payment Schedule and Approximate Cost

There are two types of payments that will be made during the competition season. These payments will be made payable to Balcony. These fees consist of the following: Monthly tuition and Competition Season Payments. Tuition Payments are due the 1st of every month and late after the 10th of the month. Competition payments include competition fees, choreography camp, make-up, hair bows, warm-ups and practice clothes.

The list of fees to follow must be paid in full and on time to continue in the All-star cheerleading program. Any unpaid balance that is over 15 days overdue WILL terminate your child's participation in any competitions, practices or team activities. Tuition is due each month regardless of attendance.

Monthly Tuition

Tiny's:	\$65.00 - two –1 hour practices per week
Mini's:	\$65.00 - two -1 hour practices per week
Youth:	\$80.00 - two -1 and a half hour practices per week
Juniors:	\$90.00 - two – 2 hour practices per week
Seniors:	\$99.00 - two - 2 hour practices per week

Parent's Initial: _____ Cheerleader Initial: _____

Date ____/____/____

Financial Terms and Conditions

- Balcony Gymnastics accepts checks, credit cards, auto bank debit (checking or savings) and monthly credit card withdrawal (your credit card is debited on the first of each month) for payment A NSF fee of \$30.00 will be applied to your account for all returned checks.
- ALL Competition Season payments are due in full by November 30, 2008 or your child will not be able to compete or continue on team.
- If financial issues arise, please let us know as soon as possible.
- Fundraisers and Sponsorships will be available through out the summer.
- Any cheerleader joining the team after the season has started will have to pay current payments in full plus a \$50 re-choreography fee.

General Tuition and Policy notes

- The decision to join the Balcony Starz Cheerleading team is a big one and reflects a commitment to the team for an entire year. Team members do not move on and off the team based on illness, injury, vacations, conflicts or the like. You are either on or off the team.
- There will be no prorating of team fees for any reason. Team fees are based on 48 weeks per year. There are four weeks of the year that you are not paying for. Balcony will be closed for the following holidays and holiday weekends: One to two weeks in July, Christmas Break, Spring Break. There may be times that are required for your child to practice during these times off. These days are at the discretion of the cheer director.
- Balcony may not offer team practice the first scheduled practice after a competition. This is to give the cheerleaders and coaches a day off to rest and recharge.
- Balcony may also cancel or reschedule team practices.
- Each year you can expect extra practices on weeks when the gym is closed or before a competition. We offer these at no additional charge.
- Once a year, team members are encouraged to attend a cheerleading training camp. These are at the discretion of the cheer director and coaches. These will provide extensive training, team bonding and fun!
- Private lessons are available for all team members. These are suggested to work on specific needs of each cheerleader.

Mandatory Monthly Parent Meetings will be on the 2nd Tuesday and/or Saturday of each month. Days will depend on what team your child is on!

Fees for private lessons are as follows:

30 minutes = \$20

60 minutes = \$30

60 minutes = \$40 (COED STUNTING)

****All tuition and fees must be up to date for a cheerleader to take private lessons****

Injuries/Illness

- Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. These include but are not limited to: bruises, pulled and strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis, or even death.
- Balcony Starz will take every precaution to limit these injuries from happening. In the event that your child is injured we will take every necessary step to ensure your child's well being. If you are a parent and your son or daughter falls and/or is injured, please allow the coach to check the injury out first. You will be informed as soon as possible.

Conditioning

- All of the athletes in our program are expected to be in top physical shape. This includes flexibility, strength, and endurance. If a team member is lacking in an area they will be required to do extra conditioning and/or take a stretch class to excel to where they need to be.
- Flyers should show up at least 15 minutes prior to practice times for stretching.
- All team members are expected to take care of their bodies. This means NO drugs, alcohol, or tobacco. Any team member caught drinking, smoking, using drugs will be immediately removed from the program.

Competition

- Cheerleaders will dress as directed by their coach.
- All Cheerleaders are expected to support all teams when possible.
- No jewelry of any kind. This includes while in the warm-up area.
- Sportsmanship and character will be displayed at all times from Balcony Starz parents, coaches and athletes
- Members are required to attend all competitions. This means through the awards ceremony. If parents are unable to stay for the whole competition, other arrangements must be made so that the member can stay

Absences and Late Arrivals

- All practice sessions are mandatory
- Late arrivals consist of arriving late to meetings, practices, competitions, or any other activity specified by your coach.
- Excessive late arrivals may result in disciplinary action including dismissal from the team.

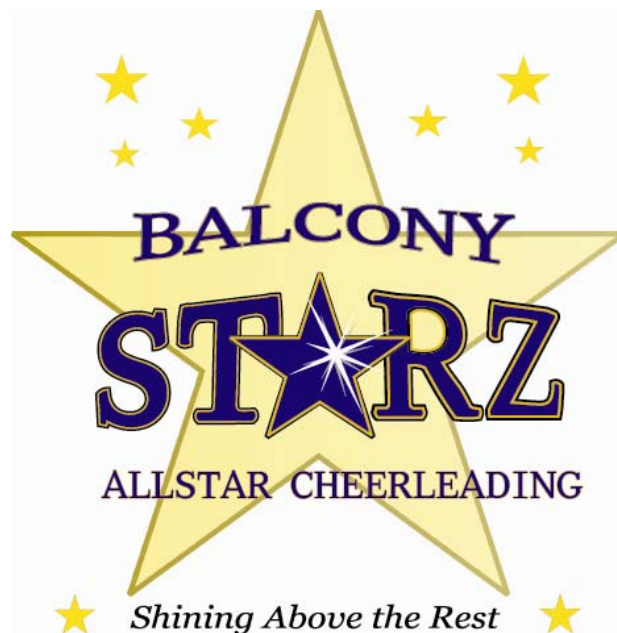
- There can be NO practices missed 2 weeks before ANY competition. Please plan vacations during scheduled gym breaks.

Travel

- All Cheerleaders must stay in contact with coaches at all out of town trips.
- When staying at hotels, there MUST be a parent in every room, NO EXCEPTIONS.
- It is parents responsibility to book and pay for your own hotel rooms.
- Proper Traveling attire will be discussed with each team prior to an out of town competition.

Leadership

- Each member must be aware that no person has a right to be on Balcony Starz. It is a privilege.
- Each member and parent must be aware of the responsibilities required and the commitment he or she is making to the team.
- Each member must be willing to cooperate with and be helpful to the coach or any person in charge.
- Each member must realize the manner in which they conduct themselves while representing Balcony Starz directly reflects on the entire squad and coach.
- Each member will be willing to work hard, take directions and strive for excellence.



2008 – 2009 Year at a Glance

May

Tryout

Practices begin - May 12th

Parent meetings - TBA

June

Order uniforms - *(must pay in full at this time)*

Train skills, condition, team building

July

Team Skills Camp

July - August

Choreography Camp

September

Prepare for local performances

October, November, December

Extra practices will be scheduled

Compete at local competitions.

January

Prepare for national competitions!!! We will have several extra practices at the BEGINNING on January. Because the athletes have been on a two week Holiday break, and we compete at our first competition the 2nd weekend in January, we need ALL students back in town ready to work!!!

February

National competitions

March

State & National competitions

April

World Championship

May - June

Awards banquet

Placement Clinics & Try-outs

Division Team Description

Tiny's Team - Girls and boys 5 yrs old & Younger Level 1

Mini's Team - Girls and Boys 8 yrs old & younger Levels 1 - 5

Youth Team - Girls and Boys 11 yrs old & younger Levels 1 - 5

Junior Team - Girls and Boys 14 yrs old and younger Levels 1 - 5

Senior Team - Girls and Boys 18 yrs old & younger Levels 1 - 5

****Teams will be offered and assigned based on experience and ability****

Recreation Cheer - This Class is a Non-Competitive Recreation Cheer program. Recreation squads are for girls and boys age 4 _ 14 yrs old.

This class is designed to teach and prepare the cheerleaders for All-Star Competitive cheerleading. It is not required for them to move up to the All-Stars, but they will have the skills to move up if they want to. They will begin with motions, jumps, basic tumbling and basic stunting and move into learning cheers and a short routine that they can perform at our gym events and community events.

Advance Recreation Cheer - This class is designed to further cheerleader skills. This is an extra class for competitive or non-competitive cheerleaders. They will be doing level 2 thru level 5 tumbling, stunts and jumps. Stunts will be done based on current skill level and tumbling will be done on an individual basis.



Team Placement

We will post all tentative team placements at www.BalconySports.com If you are on this list, this means that you will be competing for Balcony Starz in our 2008-2009 season!!!

We will begin working with our Preliminary teams in May. Please expect change and movement through out the months of May, June, & July. As we get to know the athletes and see teams work together, we will make any changes necessary to create strong, cohesive teams.

Please note that Balcony Starz goal is to “max out” the score sheet. Students must have competition ready skills before moving to the next level. Students may be working on new skills, but we will not put a student on a team that does not have the skill at tryouts. If students learn skills and improve during the Preliminary team placement period, they may have the opportunity to move to the next level.

To be competitive, are teams must have clean, well developed skills at each level.

World Team

This team will be made up of the top competitors at Balcony Starz. It will be chosen during the tryout week. Students that are selected will have the opportunity to accept or decline this position. This team will be an “extra” team for the student. We are going to travel with this team and do more preseason competitions to better their opportunities to receive a paid bid to the World Championship. We are looking into traveling to one of the following cities: Las Vegas, Nevada, Anaheim, California,

Cross Over Competitors

Cross competing means competing on more than on team. Please check on your registration form if you are willing to cross competes. Competitors will be responsible for all competition fees if chosen to cross compete. Crossovers will not have an Increase in tuition to participate on two teams.

Parents To-Do List

1. Read, initial, and date each page of the 2008 - 2009 Parent Packet.
2. Sign the last page of the 2008 - 2009 packet affirming that you understand and agree to the terms within the packet
3. Make copies of any/all information for your records.
4. Fill-out the 2008 - 2009 Balcony Starz Information Form

Balcony Starz Team Agreement

Both parents (if applicable) and/or guardian including the cheerleader should read the Team Handbook before signing this form.

_____ I/We have thoroughly read and understand the Balcony Starz Handbook. I/We have gone over the handbook with my/our child, and we support the philosophy of the Balcony Team. We hereby agree to follow all of the rules, procedures and polices presented in the team handbook.

_____ I/We understand that my/our child agrees to be actively involved in practices, competitions, camps and fundraisers scheduled by the team unless excused by the coach or team director.

_____ I/We understand that all team members are expected to act in a mature, responsible, uplifting and honorable manner at all times by following the rules below. Failure to adhere to any of these rules may result in dismissal from the team:

1. Every Balcony cheerleader must maintain good grades. Any athlete whose grades fall below acceptable level will have to meet with the team director to discuss options including, but not limited to, being suspended from the team until grades improve.
2. Safety first All safety rules will be adhered to during all practices, competitions and camps.
3. Disrespecting coaches (talking back, not listening, excessive talking), inappropriate dress, disruptive behavior, emotional outbursts, abusive or foul language and any other sort of misconduct are strictly prohibited and are grounds for immediate dismissal from the team.
4. Team members are expected to carry out all assignments and conditioning given to them immediately and to the best of their ability. Cheating and/or sitting around will not be tolerated.
5. Members of Balcony Starz Cheerleading have a responsibility to set a good example for other cheerleaders. Always strive to be courteous, respectful, helpful and encouraging.
6. Always call and speak to your coach or director for absences from any scheduled practice. Frequent absences and tardiness are grounds for removal from the team.

_____ I/We understand that if, at any time, we can not be a supportive and positive force in and outside the gym we will relinquish our place on the team. Negative talk to other parents outside of the facility, in the lobby or seating area will not be tolerated.

_____ I/We understand that as a parent(s) of a Balcony Starz Cheerleader, I/we agreed to fulfill all of the time and financial obligations such as tuition, registration fees, competition fees, uniforms, and other obligations related to my/our child's participation.

Parent Signature _____

Date _____

Parent Signature _____

Date _____

Cheerleaders Signature _____

Date _____

I am / am not interested in cross competing on two teams. (choose one)

Practice Wear Sizes (Circle correct size)

Shirt YS YM YL AS AM AL AXL

Short YS YM YL AS AM AL AXL

Sports Bra YS YM YL AS AM AL AXL