

*Central Florida*

**ATHLETICS**

EVALUATION

PACKET



Thank you for your interest in the Central Florida Athletics All Star Cheer Program! The 2018-2019 season will be our 5th year of providing a fun, safe, and positive environment for All Star cheerleaders. We expect to have teams of all levels and to be highly competitive at both regional and national competitions. We have high expectations this season and know that it will take your support to become successful!

Our mission at CFA is to provide high-quality coaching and teaching in all disciplines within cheerleading, but more importantly to teach each athlete the life lessons of hard work, sportsmanship, team work, and integrity. We encourage each cheerleader to always do their personal best while building friendships and having fun. It is our honor to watch our cheerleaders excel in the sport they love while they grow in their accomplishments and self-esteem.

CFA's All-Star teams will be selected based on age and skill level. There are many different factors taken into consideration when choosing the best fit for each athlete. The coaches will be looking at tumbling level, jumps, stunting ability, performance potential, attitude, maturity and age when selected our 2018-2019 competitive teams. Level placements will be posted at [www.centralfloridaathletics.com](http://www.centralfloridaathletics.com) on Friday, May 11<sup>th</sup>.

During team selections, the most common confusion for both parents and athletes relates to tumbling ability. Mastering a skill does not mean that you can land it 'occasionally'. To have mastered a skill, the athlete must be able to perform it consistently with correct form, under pressure, on any given day. Be aware that tumbling is **not** the only factor that determines an athlete's placement. Because you can execute a level 3 tumbling skill does not mean you will be placed on a level 3 team.

Every athlete has a specific purpose for being on each team, so please trust all decisions that are made by the staff. Every role and location of athletes on teams are chosen solely by the CFA coaching staff. These roles may also change throughout the season in order to make sure each team has an equal opportunity to compete successfully.

We are always open to answer questions or concerns you may have regarding your child's placement on team or in each routine. Be mindful that making threats or demands regarding team placements and roles may result in immediate dismissal from our program.

Good luck during evaluations this week. We look forward to a fantastic season!

CFA Coaching Staff



## 2018-2019 ALL STAR LEVEL EVALUATION INFORMATION

### Location

Central Florida Athletics  
2250 Heritage Drive, Lakeland, FL 33801  
Office: 863-578-3015

### Date and Times

Tuesday, Wednesday, Thursday-May 8<sup>th</sup>-10<sup>th</sup>  
5:00-6:30 pm - **11 & under as of August 31, 2018**  
7:00-8:30 pm - **12 & up as of August 31, 2018**

### Required Documents

The athlete and their family will need to complete the annual registration form, photo release form, and tryout evaluation form. In addition to completing the forms you will need to bring a **copy** of your birth certificate and a recent photo.

[\\*Athletes will not be allowed to begin the evaluation process until all of these documents have been completed and turned in.](#)

### Level Evaluation Attire

**\*\*Please wear non-baggy athletic black top and shorts, cheerleading or athletic shoes, no jewelry, and hair pulled up into a high ponytail\*\***

### Level Placements

Level Placements will be posted online Friday May 12<sup>th</sup>

### Online Team Reveal

Tuesday, May 29<sup>th</sup>

### Polar Bear Practice

Wednesday 30<sup>th</sup> or Thursday 31<sup>st</sup>

Please remember to bring your Financial Commitment/Credit Card authorization form, Medical Waiver and Member Information Sheet to the CFA Commitment Meeting! Returning athletes are required to complete these forms at the start of each season.



## Frequently Asked Questions

### Q. What are the program costs?

A. The costs vary by team and range from \$2,400.00- \$3,750.00 each season. Additional Expenses that are not included in this estimate include (but are not limited to): travel expenses, competition spectator admission, Nationals and Bid Events, etc.

### Q. Will there be fundraising opportunities to help offset these costs?

A. Yes! We understand that All Star Cheerleading is an expensive sport. We provide fundraising opportunities through our parent organized booster club.

### Q. Does Central Florida Athletics have a 501 (c) (3)?

A. Yes, we do!

### Q. Does the gym provide sponsorship letters to assist families in soliciting support from local businesses?

A. Yes. Sponsor letters can be found at the front desk throughout the cheer season.

### Q. Is there a referral program?

A. Yes! For each qualifying new Allstar member referral, a one-time credit of \$25.00 credit will be issued towards your monthly fees.

### Q. Does everyone make a team?

A. Yes, everyone will be placed on a team, determined by the CFA coaching staff.

### Q. What tumbling skills do I need to make a team?

A. You can refer to our skills breakdown on our website and social media platforms but being assigned to a team is **not** based solely on a particular tumbling skill.

### Q. How are teams selected?

A. Building competitive teams is a complicated process optimizing the number of cheerleaders, number of stunt groups, percentage of skills, showmanship, experience, and talent, while **also** considering the cheerleader's preferences. We build each team similar to how one would build a football team: each person filling a particular spot. Each team has a set number of cheerleaders for each position, depending on the size of the team. Team selections are based on all components of cheer rather than a single ability. Our coaches will evaluate athletic ability based on tumbling, stunting, jump skills, showmanship and dance. In addition, attitude, attendance, maturity, and experience are considered. Just because someone has a high-level tumbling skill does not mean they should/will be placed on a high-level team.

### Q. What if I don't like my placement? I'm shopping around.



A. We build our teams assuming that **everyone** will accept their position on the team based on the coach's comprehensive knowledge of the sport. If cheerleaders do not accept their position, it could have a significant impact on other teams that were created during the evaluation process. The CFA coaching staff assumes that if a cheerleader is going through the evaluation process, they are prepared to accept the position assigned to them. If there are concerns about placement, please contact a coach as soon as possible. We are **NOT** interested in only winning, and we do not believe in progression before perfection. It is our goal to also help your child grow, learn, stretch, and have fun!

**Q. How often do the teams practice?**

A. All teams practice 2 days a week in the months of May - August. Beginning in September - April, all teams will have an additional practice one Sunday afternoon per month. Cheerleading is a team activity; therefore 100% attendance is incredibly important to the success of your athlete's team! Attendance is mandatory the week prior to competition.

**Q. When will practice begin for the 2018-2019 season?**

A. Level practice will begin the week of May 14<sup>th</sup> (immediately following the week of level evaluations) Team Practices will begin May 30<sup>th</sup> after the team reveal.

**Q. Can I attend evaluations in May but take the summer off?**

A. All Star Cheerleading is a **year-round sport**. We will build our teams with the assumption that each cheerleader is ready to begin on May 14<sup>th</sup>. Please refer to the "Important Dates" section for ideal times to take a summer vacation. We will not hold spots, even if a family continues making monthly payments. If you will NOT be able to attend SOME of the summer practices, please see the front desk as soon as possible for a VACATION/ABSENCE REQUEST FORM. We **may** accept cheerleaders onto our teams in August, provided there is space available. However, all fees will be required to be paid for the months missed prior to starting.

**Q. When and where are the competitions?**

A. Most of our competitions are located throughout Some competitions may be further away than others and require overnight hotel stays. The 2018-2019 competition season starts in December 2018 and runs through May 2019. Competitions are always on the weekends.

**Q. Will CFA have scheduled summer vacation weeks?**

A. Yes. CFA will have two team vacation weeks scheduled for June 11<sup>th</sup>-15<sup>th</sup>, July 2<sup>nd</sup>-6<sup>th</sup> and August 13<sup>th</sup> – 17<sup>th</sup>. The coaches request parents try to plan family vacations with these dates in mind.

**Q. What are the different team levels and age groups?**

A. All Varsity brand cheerleading organizations must base their divisions on the athlete's age as of 8/31/2018. A team's age determines if the group is Tiny, Mini, Youth, Junior, or Senior. A team's Level determines the tumbling/stunt/jump level, ranging from Level 1 – Level 5, with Level 5 being the most difficult.



### USASF All Star Cheer Elite CLUB Divisions for 2018-2019

USASF All Star Elite Level 1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1	Tiny	5-6 years old	August 31, 2018	Female/Male	5-30 Members
1	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
1	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
1	Senior	11-18 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star Elite Level 2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
2	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
2	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
2	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
2	Senior	11-18 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star Elite Level 3					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
3	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
3	Senior	11-18 years old	August 31, 2018	No Males	5-30 Members
3	Senior Co-Ed	11-18 years old	August 31, 2018	1 or more Males	5-30 Members
USASF All Star Elite Level 4					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
4	Youth	8-11 years old	August 31, 2018	Female/Male	5-30 Members
4	Junior	8-14 years old	August 31, 2018	Female/Male	5-30 Members
4	Senior	11-18 years old	August 31, 2018	No Males	5-30 Members
4	Senior Co-Ed	11-18 years old	August 31, 2018	1 or more Males	5-30 Members
4	Open	14 years & older	December 31, 2019*	Female/Male	5-24 Members
USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2)					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
4.2	Senior	11-18 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star Elite Level 5 Restricted					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
5R	Youth	9-11 years old	August 31, 2018	Female/Male	5-38 Members
5R	Junior	9-14 years old	August 31, 2018	Female/Male	5-38 Members
5R	Senior	11-18 years old	August 31, 2018	Female/Male	5-38 Members
USASF All Star Elite Level 5					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
5	Junior	9-14 years old	August 31, 2018	No Males	5-38 Members
5	Junior Co-Ed	9-14 years old	August 31, 2018	1 or more Males	5-38 Members
5	Senior XSmall	13-18 years old	August 31, 2018	No Males	5-16 Members
5	Senior Small	13-18 years old	August 31, 2018	No Males	5-22 Members
5	Senior Medium	13-18 years old	August 31, 2018	No Males	23-30 Members
5	Senior Large	13-18 years old	August 31, 2018	No Males	31-38 Members
5	Senior XSmall Co-Ed	13-18 years old	August 31, 2018	1-2 Males	5-16 Members
5	Senior Small Co-Ed	13-18 years old	August 31, 2018	1-5 Males	5-22 Members
5	Senior Medium Co-Ed	13-18 years old	August 31, 2018	1-8 Males	5-30 Members
5	Senior Large Co-Ed	13-18 years old	August 31, 2018	1-18 Males	5-38 Members
5	Open	14 years & older	December 31, 2019*	No Males	5-24 Members
5	Open Small Co-Ed	14 years & older	December 31, 2019*	1-4 Males	5-24 Members
5	Open Large Co-Ed	14 years & older	December 31, 2019*	5-12 Males	5-24 Members

\*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2019. Required background checks as an eligibility requirement for USAF athletes on open teams will be included on the Final Release of the age grid.

### Q. Can my actions as a parent affect my cheerleader's involvement?

A. Yes! We have an open-door policy and encourage any parent to talk with us about concerns. A misunderstanding can easily be resolved with constructive communication before the situation escalates. Optimism and respect are contagious, and unfortunately negativity is too. We strive to provide a positive and encouraging environment for our cheerleaders, and we need our parent's participation in this endeavor! We are so blessed to have so many great families on our teams. Please talk with us before letting a negative incident fester.



## Important Financial Information

Each athlete will be charged a monthly “gym tuition”. This will include monthly training, use of the facility and equipment. In addition to the monthly gym tuition each athlete is charged a monthly “All-Star Cheer program fee” – that includes all necessities for the season: registration fees, competition fees, choreography, music, skills camp and a second, 2-day, in-house skills camp.

Competition fees, membership fees, uniform fees, sponsorships and fundraising monies are non-refundable. There are no exceptions to this rule. If you start the program after May 14<sup>th</sup>, 2018, you will be responsible for missed fees. Since the monthly fees amortize the many aspects that encompass competitive cheer, those fees must be collected. We do require a 30-day written notice to drop your child from the program. You will be responsible for fees through the drop date.

All monthly payments must be paid by the 1<sup>st</sup> of each month with the exception of May. Level placements will be posted on May 12<sup>th</sup> remaining gym tuition and all star fees will be due on that day.

***We offer very competitive pricing. To ease the financial burden on our families, we have included most of the necessary items into our monthly fees, including (but not limited to) 2 skills camps, choreography, credentialing fees, music, and several other requisite expenses, Uniform, Shoes, Bow, Makeup, Sponsor Shirt and Practice Wear. Warm Ups and Backpacks are optional.***



**Tiny's Team Payments Schedule**

Month	New Athlete Payments		
	Tuition	Allstar Fees	Total Monthly Fees
May	\$85	\$219	\$304
June	\$85	\$219	\$304
July	\$85	\$219	\$304
August	\$85	\$219	\$304
September	\$85	\$219	\$304
October	\$85	\$219	\$304
November	\$85	\$219	\$304
December	\$85	\$219	\$304
January	\$85	\$219	\$304
February	\$85	\$219	\$304
March	\$85		\$85
April	\$85		\$85

\$1,020      \$2,190      \$3,210

Gym Tuition & All Star Fees      \$3,210  
 Warm Up (optional)  
 Backpack (optional)

**New Athlete Payment Plan**

**Options:**

*Weekly*                      **\$76.00**  
*Bi-Monthly*                **\$152.00**  
*Monthly*                     **\$304.00**

**Level 1 - 5 Team Payments Schedule**

Month	New Athlete Payments		
	Tuition	All Star Fees	Total Monthly Fees
May	\$105	\$269	\$374
June	\$105	\$269	\$374
July	\$105	\$269	\$374
August	\$105	\$269	\$374
September	\$105	\$269	\$374
October	\$105	\$269	\$374
November	\$105	\$269	\$374
December	\$105	\$269	\$374
January	\$105	\$269	\$374
February	\$105	\$269	\$374
March	\$105		\$105
April	\$105		\$105

\$1,260      \$2,690      \$3,950

Gym Tuition & All Star Fees      \$3,950  
 Warm Up (optional)  
 Backpack (optional)

**New Athlete Payment Plan**

**Options:**

*Weekly*                      **\$93.50**  
*Bi-Monthly*                **\$187.00**  
*Monthly*                     **\$374.00**

\*In order to be placed on a Weekly or Bi-Monthly payment plan your account must have a zero balance. For example, you would make a payment each week in May that would go toward your June Fees, by June 5<sup>th</sup> your account should be back to zero. CFA will auto debit accounts on the 2nd only. Anyone choosing the payment plan option will be responsible for their own payments and late fees will apply after the 5<sup>th</sup> of the month.





## 2018-2019 Competition Schedule

Event Date	Competition Name	Location	1 Day/2 Day	Stay & Play Yes/No	Hotel Room Block	Teams Attending
Dec 15	All Out- Central Florida Championships	Orlando, FL	1 Day	No	N/A	<b>TBD</b>
Jan 19-20	STATE*	Daytona, FL	2 Day	<b>YES- must stay Fri/Sat</b>	<b>TBD</b>	<b>TBD</b>
Feb 9-10	Spirit Sports- Battle by the Bay*	Tampa, FL	2 Day	No	N/A	<b>TBD</b>
February 16-17	All Out Nationals	Orlando, FL	2 Day	No	N/A	<b>TBD</b>
Feb 24	JamFest*	Kissimmee, FL	1 Day	No	N/A	<b>TBD</b>
March 9-10	UCA Nationals*	Orlando, FL	2 Day	No	N/A	<b>TBD</b>
March 23	Reach the Beach*	Daytona Beach	1 Day	<b>YES- must stay Fri</b>	<b>TBD</b>	<b>TBD</b>
April 6-7	Athletic Championships*	Destin, FL	1 Day	<b>YES- must stay Fri/Sat</b>	<b>TBD</b>	<b>TBD</b>
April 2	All Out Season Showdown	Orlando, FL	1 Day	No	<b>TBD</b>	<b>TBD</b>
April 27-28	US FINALS	Pensacola, FL	2 Day	<b>YES- must stay Fri/Sat</b>	<b>TBD</b>	Qualifying Teams
May 3-5	SUMMIT	Orlando, FL	1,2 or 3 Day	No	<b>TBD</b>	Qualifying Teams

\* = Summit Qualifier

Bid events are NOT included in your monthly installments. If any bids are received through the year we will entertain these competitions with a parent meeting. The only event we will attend **WITHOUT** a meeting will be **SUMMIT**. Those fees will be emailed out at later dates, pending teams acquiring bids.



## Important Dates

**Level Evaluations** – May 8<sup>th</sup> – 10<sup>th</sup>  
**Levels Posted on Website** – May 12<sup>th</sup>  
**Level Practices** – May 14<sup>th</sup> – 24<sup>th</sup>  
**Team Reveal** – May 29<sup>th</sup>  
**Skills Camp** – June 1<sup>st</sup>-3<sup>rd</sup>, Second date TBD  
**Uniform Fitting** – June 5<sup>th</sup>  
**Choreography (Estimated dates\*)** – July 27<sup>th</sup> – 29<sup>th</sup>, Aug 24<sup>th</sup> – 26<sup>th</sup>, Sept 8<sup>th</sup>- 9<sup>th</sup>  
**T-Shirt Sponsorship Recognition - Money Due** – Last Date – Oct 12<sup>th</sup>  
**Beach Bonding** – TBD  
**Showcase** – Sunday, November 18<sup>th</sup>  
**Team Pictures** – TBD  
**Christmas Party** – December 20<sup>th</sup>  
**Bartow Halloween Parade** – October 25<sup>th</sup> (3:30pm in Bartow)  
**Lakeland Christmas Parade** – December 6<sup>th</sup>  
**Bartow Christmas Parade** – December 7<sup>th</sup>

## Summer Vacation Schedule

**Vacation Week 1** – June 11<sup>th</sup> - 15<sup>th</sup>  
**Vacation Week 2** -- July 2<sup>nd</sup> - 6<sup>th</sup>  
**Vacation Week 3** – August 13<sup>th</sup> –17<sup>th</sup>

## Holiday Schedule

**Memorial Day** – May 28<sup>th</sup> – NO PRACTICE  
**Labor Day** – September 3<sup>rd</sup> -NO PRACTICE  
**Halloween**- October 31<sup>st</sup> -NO PRACTICE  
**Thanksgiving Break** – November 21<sup>ST</sup>-23<sup>RD</sup> NO PRACTICE  
**Christmas Break** – December 24<sup>TH</sup> – January 4<sup>TH</sup> NO PRACTICE  
**Spring Break** – March 25<sup>th</sup>- 29<sup>th</sup>- NO PRACTICE

## Sunday Practices

September 23<sup>rd</sup>  
October 7<sup>th</sup>  
November 4<sup>th</sup>  
December 9<sup>th</sup>  
January 13<sup>th</sup>  
February 3<sup>rd</sup>  
March 17<sup>th</sup>  
March 31<sup>st</sup> (2<sup>nd</sup> Sunday of Spring Break week)



**2018-2019  
All Star Level Evaluation Application  
Cheerleader Information**

**COACHES USE ONLY**

**Athlete Name:** \_\_\_\_\_

**Age as of 8/31/2018:** \_\_\_\_\_

**School District:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**School Cheer:** Sideline  Competition  Both

**Season length & Important Dates:** \_\_\_\_\_

**Previous cheer experience:** \_\_\_\_\_

**Highest level competed?** \_\_\_\_\_ **Where?** \_\_\_\_\_

**Stunt Position (Check one)** Main Base  Side Base  Base (any)  Backspot

**Social Media Accounts (optional):**

Snap Chat: \_\_\_\_\_ Twitter: \_\_\_\_\_

Facebook: \_\_\_\_\_ Instagram: \_\_\_\_\_

**COACHES USE ONLY**

**Level 2**

- T-Jump BHS Step Out BWO BHS
- Standing 3 BHS
- FWO RBHSS

**Level 3**

- 3 jump 3 BHS TUCK
- Punch front RBHT + ROT

**Comments**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Level 4**

- T-jump tuck
- 3 Jump hand hand layout
- Running flip to layout
- \*handspring layout
- \*standing flip to layout

**Level 5**

- 4 jump tuck
- Toe 2 to full
- Running flip to full
- \*one to full
- \*standing full
- \*Double full
- \*specialty double

**Overall**

**Jumps** 1 2 3 4 5

**Tumbling** 1 2 3 4 5

**Attitude** 1 2 3 4 5



**INFORMED CONSENT AND PARTICIPATION RELEASE**

I/We, \_\_\_\_\_, parent(s) and/or guardian(s) of \_\_\_\_\_, who is a participant in the Central Florida Athletics (CFA) Program or participant in CFA Gym Activities, are herewith allowing our son/daughter to participate in such activity, and give our consent for such participation by our son/daughter.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities which he/she will be asked and expected to participate in are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastic routines, including somersaults, back handsprings, aerials and round-offs; that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout practices and competitions.

It has also been explained to us that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our son's/daughter's participation in cheerleading activities in general could lead to serious injury, including partial or total paralysis, even death. We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our son/daughter. Our child's participation in this activity is purely voluntary and we elect their participation in spite of the risks. I/we also certify that we have adequate insurance to cover any injury or damage that our child may suffer while participating, or else I/we agree to bear the costs of such injury or damage ourselves.

We also understand that our son/daughter will be required to travel to locations for performances and competitions and that we, as parent and/or guardian, will be responsible for our child's transportation.

We represent to CFA Cheerleading that, to the best of our knowledge and belief, our son/daughter has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us. We agree to this informed consent and by the signing of this Participation Agreement, voluntarily release, forever discharge and agree to indemnify and hold harmless the directors, owners, coaches, assistant coaches, trainers, and volunteers of Central Florida Athletics Cheerleading, from any and all claims of negligence by ourselves, our son/daughter, or heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in CFA Cheerleading.

Parental Consent:

In witness whereof, I/we have affixed our signatures to this Informed Consent and Participation Agreement on this \_\_\_\_ day of \_\_\_\_\_, 2018 in the State of Florida.

\_\_\_\_\_  
(Parent Name)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)



## PARENT COMMITMENT

We would like to take this opportunity to share and explain how we select the team on which your child will participate. As with any sport, there are various levels of talent and various strengths within each athlete. It is also important to us that your child is placed on a team where he or she will grow and succeed. We feel it is important that we create the strongest teams possible. It is in our best interest to create teams with a balanced number of flyers, bases, dancers, and tumblers.

There is no first and second team in the Central Florida Athletics (CFA) cheerleading program. Please know that the squads are named and chosen appropriately and help us to assure your child's position at CFA is in his/her best interest. It is important that all of our parents and athletes understand this and are committed to sharing our philosophy. We feel fortunate to have the best family and friendship bonds because we have the best parents and family support around! The CFA Staff is ready for another outstanding and successful year!

### By signing below, I/we agree to the following:

- All conversations in the parent viewing areas must be respectful and positive. Any rude comments could result in dismissal from the program.
- Practices and activities on and around the gym are being recorded for both security and safety.
- Only cheerleaders and coaches are allowed on the practice floor.
- The coaches reserve the right to close practices at any time for any reason.
- No athlete or parent may post inappropriate messages or comments on FACEBOOK, INSTAGRAM or any other social media/website about our own program, another program or individual.
- The CFA logo cannot be copied and printed on any individual apparel or other items.
- We reserve the right to dismiss your athlete from the program for any of the following reasons: inappropriate behavior, too many absences, a pattern of lateness, not showing to competition, or delinquent fees.
- No parent may ever reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.
- You agree to the CFA philosophy of team selection and agree to show sportsmanlike conduct at all times, understand that coaches' decisions are final, and the parent's position in the gym is to provide a positive outlook for all children.

### ABSENCES

Athletes are expected to attend every practice. Absences will be reviewed on an individual basis. Anything beyond 3 unexcused absences is highly frowned upon and may be grounds for dismissal from the program. Attendance will be kept throughout the season showing all absences and nature of absence. All summer absences due to other commitments/obligations or family visitation rights must be made known immediately. Understand that your child's participation is a year-long commitment and you will help us instill the importance of this dedication.

### EXCUSED absences include but not limited to:

- Death in the family
- School related function that reflects a grade
- A contagious illness with doctor's note

### UNEXCUSED absences include but not limited to:

- Jobs, Sickness, cramps
- Dances, birthday parties, concerts, etc.
- School projects and homework, High School Sports practices or events

**By signing below, I agree to cooperate in this manner.**

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



## CHEERLEADER COMMITMENT AND PROGRAM RULES

I understand that coaches' decisions are final and will come to practice prepared to work hard at the sport I love!

I understand that my participation is a year-long commitment and my position and dedication to my team is important.

I will always show respect for the coaches, fellow teammates, other CFA Athletes, parents, judges, officials and spectators. Disrespectful behavior could result in probation from team or dismissal from the Central Florida Athletics (CFA) Program.

I will not post inappropriate messages on FACEBOOK, INSTAGRAM or any other Social Media/website regarding our own program, another program or individual.

I will be modest when our team is successful and gracious when we have a loss.

### Gym/Practice

- No Jewelry
- No long fingernails
- Bloomers and sports bra must be worn by ALL female athletes.
- Long hair must be pulled back in a hair elastic.
- All account balances must be current in order to practice.
- No parents, siblings, or friends will be allowed in the gym area.
- All cell phones must be left on silent or out of the gym.
- You must practice in cheerleading shorts, an appropriate top, and appropriate shoes.
- No gum, food, or colored beverages on the mats

### Competition, Camps or Clinics

- Hair must be done to coach's specification
- Make-up must be brought and worn at coach's discretion
- Attendance at all CFA functions is mandatory
- All team members will stay at events until released by their coach
- All cheerleaders will dress in specified CFA attire at all events
- Central Florida Athletics cheerleaders and parents/family members will conduct themselves in proper behavior at all times (i.e. practices, competitions, on the internet, and all other events)
- Zero tolerance will be implemented for fighting or the use of alcohol or drugs at any CFA function
- Tobacco and the use of profanity will be punishable at the coach's discretion
- Set a positive example for others to follow
- Be respectful and courteous to everyone
- Refrain from gossiping or any form of verbal or physical confrontation
- Refrain from celebrating the misfortune or defeat of another person, team, or program
- Accept team placement and awards with dignity and class

**By signing below, I agree to commit my time, skills, and abilities to my team for the 2018-2019 season.**

\_\_\_\_\_  
Cheerleader's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



## PHOTO RELEASE & ACCEPTANCE

I, as parent/guardian of \_\_\_\_\_, grant permission to Central Florida Athletics to use photographs or video taken of my child at the Central Florida Athletics (CFA), competitions, performances, or fundraisers for use in publications, CFA's website or other electronic forms or media to promote the CFA cheer program.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph. I hereby agree to release, defend, and hold harmless the Central Florida Athletics including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including, but not limited to any misuses, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that product, its publication or distribution.

**I have read this release & by signing below, I acknowledge I fully understand the contents, meaning and impact.** I understand that I am free to address questions regarding this release by submitting those questions in writing. My failure to do so will be interpreted as a free/knowledgeable acceptance of the terms of this release.

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



## FINANCIAL OBLIGATIONS

All payments are due on the 1st of each month. Payments received AFTER the 5th will result in a \$30.00 late fee and will be automatically charged to your account. Failure to meet Payment Deadlines and lack of reasonable and fair communication regarding payments will result in your child's loss of services (sitting out of practice) and/or dismissal from the program. Please note, we reserve the right to replace the athlete if this happens.

Phone calls, emails and meetings regarding past due accounts are a courtesy. Fee schedules are supplied at the beginning of the season. It is your responsibility to make your payments on time and in full.

**Your Cheerleader's Account must be at ZERO balance by the following dates during the season, or will result in loss of services (sitting out of practice) and/or dismissal from the program:**

- July 31, 2018
- September 30, 2018
- November 30, 2018
- January 15, 2019
- March 1st, 2019

### Terms and Conditions:

1. Tuition does not fluctuate based on the number or duration of practices in any month nor is it based on the athlete's attendance.
2. Tuition pays for training. It does not pay for the right to perform.
3. All payment due dates must be met.
4. A \$30.00 late fee will be charged to your account after the 5th of the month.
5. An athlete's account must be current to participate in practices/competitions/special events.
6. CFA reserves the right to remove an athlete from their team at any time for failure to keep up with financial obligations.
7. Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.
8. Your athlete has ONE account. If your cheerleader has separate parents/people that pay for her account CFA will consider the total outstanding amount as due. We cannot interpret your 'half' as paid and the other half is outstanding because the other party did not pay. In this situation, the cheerleader's account will have an outstanding balance.
9. All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.
10. If an athlete chooses to leave or if asked to leave CFA for any reason before the season is over, any and all funds are completely non-refundable.
11. CFA reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.
12. The CFA coaching staff reserves the right to make changes to teams by adding, re-arranging or removing athletes to or from teams **AT ANY TIME WITHOUT NOTICE**. These changes can be made based on talent level, attitude, lack of improvement, absences and/or tardiness, lack of financial responsibility, or personality conflicts between athletes, coaches and parents. **NO REFUNDS WILL BE GIVEN IF YOUR CHILD IS ASKED TO LEAVE OUR PROGRAM.**
13. All Fees are non-transferrable and non-refundable.

**By signing below, I understand these rules and regulations, the payment and financial obligations, and fully agree to comply with all the above.**

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date





Annual Registration - Permission - Health Form

This Annual Registration Form is for all Central Florida Athletics LLC activities. I understand that it is my responsibility to notify Central Florida Athletics LLC in writing as to any changes in the status of my permission or my child's health history prior to their participation in any Central Florida Athletics LLC activities.

I give permission for my child to participate in all Central Florida Athletics LLC activities until I have provided written revocation of this permission, including those activities held away from the regular activity sites. I understand that Central Florida Athletics LLC will inform me as to off-site activities and locations prior to my child's participation.

I will be responsible for transportation to/from activities or am willing to permit Central Florida Athletics LLC to select transportation methods for my child.

I will notify Central Florida Athletics LLC if the Emergency Contact will be away from usual phone contact while my child is participating in a Central Florida Athletics LLC activity.

Name of Participant \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male \_\_\_ Female \_\_\_
Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_ School Grade \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_
Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_
Occupation \_\_\_\_\_ Occupation \_\_\_\_\_
Work# \_\_\_\_\_ Cell # \_\_\_\_\_ Work# \_\_\_\_\_ Cell# \_\_\_\_\_
Emergency Contact (other than parent) \_\_\_\_\_ Relationship to child \_\_\_\_\_
Cell# \_\_\_\_\_ Home# \_\_\_\_\_ Work# \_\_\_\_\_
Name of Doctor \_\_\_\_\_ Phone \_\_\_\_\_
Name of Insurance Carrier \_\_\_\_\_ Phone \_\_\_\_\_
Should your child be restricted in/from any activity? Yes \_\_\_ No \_\_\_ If yes, please list:

\_\_\_\_\_ (Please attach a separate page if additional space is necessary.)

Please complete the following questions about your child's health history. Circle yes or no and/or fill in the appropriate blanks.

Any recent exposure to contagious diseases? Yes No If yes, what disease? \_\_\_\_\_ When? \_\_\_\_\_

Any recent operations? Yes No If yes, give type of operation and date: \_\_\_\_\_

Any recent serious injuries/illness? Yes No If yes, give description and date of injury/illness: \_\_\_\_\_

List present medications and why medication is being taken: \_\_\_\_\_

Suffers from: Asthma: Yes No Lung Disease: Yes No Epilepsy: Yes/No
Diabetes: Yes No Takes Insulin: Yes No Cardiovascular: Yes/No
Chronic Infection of: Nose: Yes No Throat: Yes No
Ears: Yes No Sinus: Yes No
Subject to: Fainting: Yes No Headaches: Yes No Hyperactivity: Yes/No
Bedwetting: Yes No Sleepwalking: Yes No Motion Sickness: Yes/No
Nose Bleeds: Yes No Restlessness: Yes No

Does your child have any type of allergies? If yes, please list: \_\_\_\_\_

If your child is female, has she menstruated? Yes No Is the menstrual painful and/or irregular? Yes No

Last Tetanus inoculation date \_\_\_\_\_ Any other additional information \_\_\_\_\_



I agree that the information I have provided on this form is true and complete to the best of my knowledge. **Parent initials:** \_\_\_\_\_

Should you desire Central Florida Athletics LLC to administer your child=s mediation, a written consent form must be completed by the parent and given to Central Florida Athletics LLC. Central Florida Athletics LLC may refuse to give mediation. Medication must be in a proper container with the child=s name and dosage information clearly marked. **Parent initials:** \_\_\_\_\_

If the child has suffered a serious accident or illness within the past twelve (12) months, is subject to a serious health condition, or there is any question about activity restriction, further information from the child=s doctor or specific permission to participate may be required at the discretion of Central Florida Athletics LLC. Central Florida Athletics LLC=s staff and volunteers are not qualified to care for some children with special needs. Central Florida Athletics LLC will only accept those children after evaluation. **Parent initials:** \_\_\_\_\_

In the event that my child suffers any illness or injury requiring emergency treatment while involved in any Central Florida Athletics LLC activity, I hereby give my permission for any necessary hospitalization, medication, surgery on the recommendation of medical personnel, in which case I will be solely responsible for all costs. **Parent initials:** \_\_\_\_\_

#### **RELEASE, HOLD HARMLESS AND EXCULPATORY AGREEMENT**

Physical activities like cheerleading, tumbling and gymnastics, as with all sports activities, carries an inherent risk of bodily injury or even death. These risks also extend to those present in our facility even if they are not actively participating in the activities. Such risks can be minimized through proper instruction, supervision and education, but such risks can never be eliminated. Your knowledge and appreciation of these risks is extremely important to your making an informed decision.

By signing this document, either individually, and/or in the capacity of a natural or legal guardian, you acknowledge the inherent risks of bodily injury, psychological injury, or even death, in cheerleading, tumbling and sporting activities, as well as through presence as a spectator. By signing this document, you, individually and/or in the capacity of a natural or legal guardian, hereby release, hold harmless and exculpate Central Florida Athletics LLC, its owners, employees, volunteers, agents and representatives, from any and all liability for their negligence in allegedly bringing about bodily injury, psychological injury or death, as well as to any claims of negligence, as set forth above, further extends to any defective condition of the premises whether or not known to Central Florida Athletics LLC, or its owners, employees, volunteers, agents and representatives, and whether occurring on or off premises or during transportation to or from the premises or other events.



**\*\*NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN\*\***

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF CENTRAL FLORIDA ATHLETICS LLC USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM, YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM CENTRAL FLORIDA ATHLETICS LLC IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND CENTRAL FLORIDA ATHLETICS LLC HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_  
Date

**Staff use only: Date registered** \_\_\_\_\_ **Payment type/check #** \_\_\_\_\_ **Receipt #** \_\_\_\_\_ **Staff Initials** \_\_\_\_\_



## Financial Commitment/Credit Card Authorization Form

I have read and fully understand my financial commitment to Central Florida Athletics outlined in this tryout packet. I understand that my commitment is for the 2018-2019 All-star competitive season. I understand that I am giving my credit card/debit card information, and that this information will be used to process a payment if I do not meet payment deadlines to Central Florida Athletics. I understand that I forfeit any monies paid if the Athlete chooses to leave a team or is asked to leave the program. I understand that I am entering this payment program of my own free will.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Name as It Appears on this Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Zip Code \_\_\_\_\_

Type of Card: (CIRCLE ONE) Visa MasterCard Discover American Express

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code (Back of card) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Date: \_\_\_\_\_

Athlete's Name \_\_\_\_\_

Everyone is required to submit credit card information and to be on auto-pay. Accounts are due on the first of every month. Payment is expected on or before the 5th of the month. Your credit card will be charged for any outstanding balance on the 6th. Non-payment and/or declined credit card will result in a \$30.00 late fee.