



## **EDMOND / NORMAN**

**507 S. Coltrane / 3203 Broce Dr.**

**341-2390 / 701-5999**

**[www.CheersandMore.com](http://www.CheersandMore.com)**

Welcome to the Cheers and More All Star Cheerleading family. We are very proud of our highly successful, internationally recognized All Star Cheerleading program. This packet will provide you with the information you will need as parents of a Cheers and More All Star cheerleader. **Please carefully read ALL of the important information contained in this packet. All Star Cheerleading is a serious and highly athletic team sport.**

The more you know, the better experience you and your child will have in this wonderful program. Cheers and More strives to ensure that your child has every opportunity to learn cheerleading, achieve their goals, and have a great time, all while learning many important life lessons along the way. Many of the athletes we have trained have received college scholarships to continue

cheering after high school. We rely on our All Star parents to help us build and maintain our family friendly, athlete centered atmosphere.

## **All Star Squads**

**Cheers and More All Stars are competitive cheerleaders participating in a serious team sport. Parental support of your children and his/her teams are an integral component to their success. We firmly believe that every athlete is a valuable and unique member of our program. Each child has a specific and unique contribution to his/her team that cannot be replaced. Our goal is to provide individual skill development for every child, not only in cheerleading, but in sportsmanship and teamwork as well. We will prepare our teams and athletes to perform to their individual and team best.**

**While it is our intent to train our cheerleaders to become outstanding athletes, we also believe that being a member of the Cheers and More All Star program provides much more than simple training. Our athletes will improve self-confidence and learn valuable lessons in teamwork and sportsmanship. We believe that becoming a member of the Cheers and More All Star program not only rewards our athletes, but also enables families to witness the personal growth of their children through athletics.**

**Our coaching staff is privileged to have the opportunity to coach these athletes, and to develop personal relationships with them and their families. We are thankful that you have given us this opportunity because we truly believe our athletes and parents are “family.”**

**All Star Cheerleading is a very serious competitive team sport and is quickly becoming the principal path to school and college cheer teams (where there are now cheerleading scholarships). All Star Cheerleading and its sister, Competitive School Cheer, are what you have probably seen on CBS Sports, Fox or ESPN TV.**

**If you have any questions after reading the next few pages, do not hesitate to ask. If we do not know the answer we will find out as quickly as possible. Most importantly, have fun.**

Sincerely,

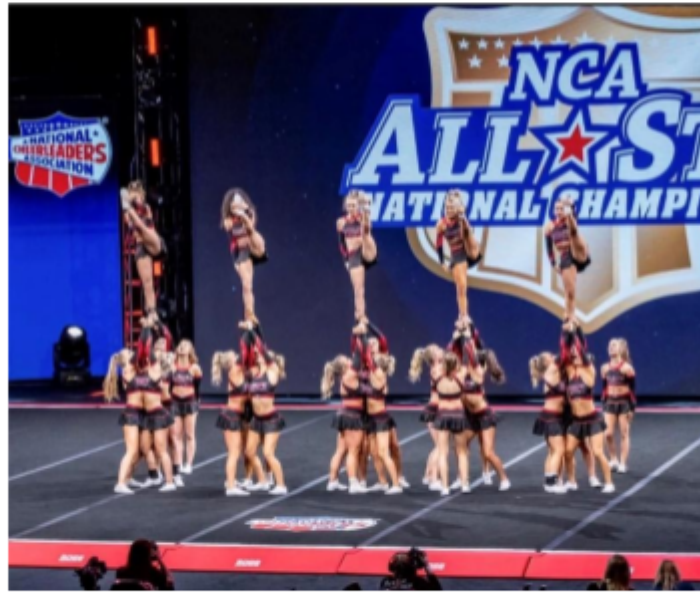
**STAFF**

**Cheers and More**

---

# CHEERS AND MORE 2022-23 TEAM GUIDELINES

---



**Cheers and More is one of the most successful athletic programs of its type, serving the top cheer athletes in Oklahoma. Through competitions, performances, and practices, our staff works to develop the whole athlete – physically, mentally, and emotionally. Now entering our 32<sup>nd</sup> season, Cheers and More, and its athletes have been awarded many National, Grand, or Program championships and countless other major titles. We have many athletes that have graduated from our ranks to cheer at the collegiate level.**

**The most direct way that we help the athletes in our program is by improving their skills and helping them reach their athletic potential, but we believe our program serves a higher purpose. Throughout their lives, most people will find themselves faced with situations that require teamwork to achieve common goals. Teamwork is a lifetime lesson -- far more valuable than tumbling skills. The hours, weeks, months, even years of work that go into improving stunts, tumbling, jumps, and motions will improve your fitness, skills, and your chances of cheering in college. More importantly, athletes learn about sportsmanship, working together towards goals, dedication, determination, and striving to win. We have collected more than enough trophies, banners, medals, and jackets to fill our gym, but we are most proud of the life lessons that we have been able to give to the athletes in our program.**

## **Financial Obligations**

Accounts will be set up for each family to keep track of tuition and program fees and bank account drafts or credit card payments are required to process the monthly fees.

- The Cheers and More cheer season starts June 1, 2022 and ends May 31, 2023.
- Tuition charges do not fluctuate based on the number or duration of practices in any month.
- Tuition pays for training only; it does not imply a guarantee of performing.
- Any payment resulting in an NSF or declined credit card will incur a \$40 service charge. It is your responsibility to update your information with us if your information changes.
- **Accounts that are not current by the close of business on the 1<sup>st</sup> of each month or the next business day if the 1<sup>st</sup> falls on a holiday or competition day, will be assessed a \$25 late fee. Account must be current to participate in any practices, classes, private lessons, competitions, or other events.**
- Cheers and More reserves the right to remove any athlete from their team at any time for failure to keep up with financial obligations or for any reason it deems appropriate.
- All accounts must be current before an athlete may collect any clothing, uniforms or other retail items.
- **If an athlete chooses to leave or is asked to leave Cheers and More for any reason, at any time, any and all funds paid are forfeited and are non-refundable.**
- Cheers and More reserves the right to turn over all delinquent accounts to a collection agency, and the parent/athlete will be responsible for any additional costs incurred.
- Injured athletes are required to pay their monthly tuition and to attend team practices. Season-ending injuries must be documented as such by a physician and documentation provided to Cheers and More for an athlete to be removed from the program.

## **Description of Charges**

- GYM MEMBERSHIP – A \$35 gym membership fee will be due at tryouts..
- TUITION – This includes your weekly squad practice and any added practices. **Any additional tumbling classes or privates can be added for an additional charge per month.** We do not prorate tuition for holidays or absences. We offer a \$20 discount if a sibling is also a participant in the All-Star program.
- TRAINING CAMP – All teams will participate in training camp.
- COMPETITION FEES – Each team will participate in competitions throughout the season. Dates and locations will be announced once the schedule has been finalized and may be subject to change.
- CHOREOGRAPHY/MUSIC FEE – Cheers and More outsources its music creation and dance choreography to industry professionals.
- COMPETITION UNIFORM - To help keep costs down, we redesign our uniforms every 2-3 years, not yearly. A new uniform costs approximately \$275 to \$500 depending on the level.

### **WHAT IS NOT INCLUDED IN ALL-STAR MONTHLY FEES**

- USASF REGISTRATION – The USASF requires each cheerleader to be registered individually, and a registration fee paid, or the athlete will be prohibited from competing, this is a \$50 fee.
- Shoes and plain white ankle socks
- Food, lodging, and travel expenses to competitions
- Spectator and parking fees at competitions for family and friends
- Clothing/Merchandise - not required but offered
- Banquet Ticket
- Competition Bow & Make Up
- Additional competition costs and coach's fees for The Summit, The Open, US Finals and Worlds are not included and will be determined once the teams get their bids.

## **Teams**

Cheers and More staff desires for each team to excel in every aspect of cheerleading. Do not get discouraged if your child is not placed on the team that he/she desires. Keep encouraging them to work hard and to be an asset to the team they represent. If you are positive, your child will be positive.

Cheers and More reserves the right to:

- Place its athletes on the team it feels will best suit them and the program,
- Move, replace, add, suspend, or dismiss an athlete for a period of time or indefinitely from a team or the entire program based on its criteria – including but not limited to: attendance, skills, finances, parent conflicts,
- Decide if an athlete may participate in more than one team,
- Decide the roles and/or positions an athlete will have on a team/teams (e.g., flyer, base, back spot, etc.),
- Request that an athlete or team take additional classes or privates to improve their skills,
- Request that an athlete or team practice longer than their regularly scheduled time or add additional practices if deemed necessary, and
- Require team members to maintain the skill level showcased at tryouts. If they lose a skill, they may be moved to a team that more accurately reflects their skill level.

Athletes that elect to participate on more than one team must:

- Be in good financial standing
- Be willing and able to fulfill all the responsibilities required by each team
- Be responsible for any crossover competition fees they incur beyond their primary team

## **Attendance**

- Attendance is taken at the beginning of every class and practice session and entered into the Cheers and More operating software to enable constant program and athlete participation evaluation.
- All-Star cheerleading should be your priority over any other extracurricular activities. Cheerleading is not an individual sport; you have other team members and your coaches depending on you.
- Attend and be prepared to participate in all Cheers and More activities including those which may be unexpectedly added throughout the season.
- Make every effort to schedule all vacations so as to not conflict with any Cheers and More activities, camps or competitions.
- Please notify your coaches immediately if a conflict occurs.
- Notify your coaches immediately of any expected and/or unexpected absences or tardiness.
- **Absolutely NO ABSENCES are allowed TWO WEEKS prior to a competition.** Failure to adhere to this policy will result in corrective action and may prevent the absent athlete from performing at the next scheduled event(s).
- Please refrain from punishing your child by taking away Cheers and More related activities. Once your child is on a team, this punishes everyone when your child is not allowed to attend practice or participate in a competition. If your child is taken off his/her team, there is no guarantee their position on the team will be available once the punishment is over.

## **Absences**

- **Excessive absences may result in an athlete's removal from the All-Star program.**
- If you are sick and not contagious or have an injury, you will need to attend team practice. It is important that you watch from the sidelines for any changes in the routine that may affect you and that you continue to support your team members.
- If your physician recommends you refrain from practice due to an illness or injury, please bring a written note from your doctor to practice. **PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS.**

## **Quitter's Fee**

Our team program requires a huge commitment from each and every team member, their parents, and our coaches. To help ensure this level of dedication, we have implemented a fee that will be assessed against any athlete who quits his/her team after June 30, 2022. A fee of \$500 will be immediately charged to the quitting family's account should they decide to remove themselves from the program for any reason after the Quitter's Deadline. This does not apply to anyone who moves out of state or has a season-ending injury. If you are no longer going to be a member at Cheers and More, you must submit a 30-day notice, in writing, in order for your account to stop being charged.

## **Communication**

- Most gym communication will be done via email. Please make sure the gym has your current email address and mobile phone number at all times.
- Your squad parent and their information will be provided to you once teams are selected.
- All financial inquiries should be directed to Paul Skinner at [paul@cheersandmoreoffice.com](mailto:paul@cheersandmoreoffice.com).

## **Sportsmanship**

- Be a positive example to others by being respectful and courteous to everyone.
- Refrain from gossiping or using any form of verbal confrontation. This includes facebook, twitter, youtube, message boards, snapchat, instagram, etc.
- Refrain from celebrating the misfortune or defeat of another person, team, or program. In the same way, accept your team placement and awards with dignity and class.
- Teammates are expected to treat one another with mutual respect. They should talk to one another in the same manner in which they would like to be spoken to. Neither Cheers and More nor its coaches tolerate pettiness, gossiping, or "cliques" which attempt to exclude, alienate or hurt other team members.

## **Additional Thoughts**

If you or your child has any concerns or problems, please feel free to email us or schedule an appointment outside of class or squad practice. It is never beneficial to complain or disagree among the team members and/or parents. Cheers and More understands that team members and/or parents do not always agree with decisions made by its staff, but please respect the fact that each decision is made with careful consideration and made to benefit the entire program.

The Cheers and More commitment to you is to work to be as organized as possible and to be committed to your child. We strive for each child to excel and have the best possible experience and memories out of their years at Cheers and More. The coaches and staff members at Cheers and More strive to be a good example to each child, and we hope they are someone that your child could turn to for encouragement, compassion, and correction.

## **Dates of Interest**

We know summer is a very busy time for many families. We want to provide you with our summer practice and choreography dates so you and your family can schedule summer activities.

*Month of May - Private evaluations will take place for upcoming teams if unavailable for tryout date.*

May 14, 2022	TRYOUTS for 2022-2023 Season
Week of May 16	1 <sup>ST</sup> PRACTICES
May 30 – June 3	CLOSED
June 6	ALL SUMMER PRACTICES BEGIN
July 4 – 7	NO ALL-STAR PRACTICES
August 2 – 4	LEVELS 2 & 3 CHOREOGRAPHY
August 8 – 10	LEVELS 1, 4, & 5 CHOREOGRAPHY
August 11 – 13	LEVEL 6 CHOREOGRAPHY
August 15	ALL-STAR FALL PRACTICE BEGINS

## **COMPETITION SCHEDULE**

We will have the 2022-2023 competition schedule available to pick-up at the front desk once the schedule has been finalized in August.

I have read and accepted all the Cheers and More 2022 - 2023 Guidelines. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in this activity. Furthermore, I agree to be bound by the terms and conditions set forth by this agreement.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please read carefully the following pages,  
And initial and sign where needed. You will  
need to turn in all of the following signed  
forms to the office:

- Parent Code of Conduct
- Cheerleader Code of Conduct
- Risk Acknowledgement
- Registration Information
- Account Payment Authorization
- Waiver and Release of Liability



## Parent Code of Conduct

Parents play an important role in their child's commitment to our program. Please read this carefully and understand the commitment you are making. Please initial to the left of each topic in the space provided once you have read and fully understand your role.

\_\_\_\_\_ If my child is involved in any matter of disrespect toward any member of the Cheers and More cheer staff or students, I will resolve this problem with my child immediately.

\_\_\_\_\_ I understand that my child must wear the proper practice attire that is scheduled for any specific day. If my child loses any part of the practice outfit I understand I must purchase a replacement immediately.

\_\_\_\_\_ I fully understand that Cheers and More reserves the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if any of the rules, policies, or codes of conduct are broken by the student or parent.

\_\_\_\_\_ I understand that time is essential to both the program and parents. I will do all that is necessary to get my child to practice on time and assure he/she does not leave practice early.

\_\_\_\_\_ I am aware that this is a one-year commitment and will do everything in my ability to enable my child to participate in all practices and competitions throughout this season. I am also aware that if I fail to honor my one-year commitment, no refund, for any reason, will be given to me.

\_\_\_\_\_ I am aware that inappropriate displays of behavior from parents can result in removal of athletes from their team(s). This applies in all situations including practices, performances, and competitions.

\_\_\_\_\_ I am placing my child under the supervision and guidance of the Cheers and More coaches, therefore, I will respect and honor decisions made by the coaches.

I have read and understand my role as and Cheers and More parent. I promise to uphold and adhere to the commitment.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Cheerleader Code of Conduct

Cheerleaders please read carefully and initial each obligation in the space provided. Parents, please explain obligations to your child and initial after each section.

\_\_\_\_\_ I will come to practice with a positive attitude and I will give my best effort toward the agenda set by the coaching staff. \_\_\_\_\_ Parent initials

\_\_\_\_\_ I will not use inappropriate language or participate in inappropriate behavior. I understand that my actions 24 hours a day are a representation of my team and of the Cheers and More All-Star Cheerleading program. \_\_\_\_\_ Parent initials

\_\_\_\_\_ I will not disrespect any team member, coach, or competitor for any reason at any time.  
\_\_\_\_\_ Parent initials

\_\_\_\_\_ I understand that this is a one-year commitment and that a team is depending on me to fulfill my responsibilities as a team member. \_\_\_\_\_ Parent initials

\_\_\_\_\_ I understand that by breaking any of the codes of conduct above, I may be suspended or dismissed from Cheers and More. \_\_\_\_\_ Parent initials

\_\_\_\_\_ I will wear the scheduled practice wear to each practice. If I lose any of my practice wear I understand that I must replace it immediately. \_\_\_\_\_ Parent initials

\_\_\_\_\_ I will arrive at all competitions with my uniform, hair, and make-up ready for competition, according to Cheers and More specifications. \_\_\_\_\_ Parent initials

**The obligations above reiterate the importance of the cheerleader's and parent's responsibilities together. Team sports are based on individual commitments; however, they are fueled by team efforts.**

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Inherent Risks in Cheerleading**

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is an inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity that includes, but is not limited to, jumping, stunting, motions, and tumbling. Cheers and More recommends each student undergo a physical examination by his/her physician before beginning cheerleading activities. Each student must inform their coach of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. It is important that each athlete listen to the trained coaching staff -- doing so greatly lessens the risk of injury.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Website Permission Form**

This must be filled out in order for your child's name and/or picture to appear on our website, or any public forum for the use of advertisement and marketing.

In the course of updating and maintaining the Cheers and More website, we would like to be able to include photos/images of cheerleaders at various events and activities. All pictures will be in good taste. Please fill in the information below to allow us to use photo/images and first and last names of your child.

As a parent or guardian of a cheerleader at Cheers and More, I have read the above information about the publication of photos/images and names on its website and I understand this agreement will be kept on file at the gym.

I, \_\_\_\_\_, give permission for Cheers and More and anyone affiliated with the program to use my child, \_\_\_\_\_'s name and picture on their website. This permission is granted with the understanding that policy as outlined above is to be followed.

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

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

AllStar_____	ASPrep_____
Starz_____	Tumbling_____
Membership_____	Open Gym_____



## REGISTRATION INFORMATION

STUDENT'S NAME: \_\_\_\_\_

AGE AS OF AUG.31, 2022 \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

BILLING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ HOME PH \_\_\_\_\_

STUDENT MOBILE \_\_\_\_\_ STUDENT EMAIL \_\_\_\_\_

MOTHER NAME \_\_\_\_\_ MOTHER EMAIL \_\_\_\_\_

MOTHER MOBILE PHONE NUMBER \_\_\_\_\_

FATHER NAME \_\_\_\_\_ FATHER EMAIL \_\_\_\_\_

FATHER MOBILE PHONE NUMBER \_\_\_\_\_

ACCOUNT INFORMATION SHOULD BE SENT TO (CIRCLE) MOTHER FATHER

ATHLETE SHIRT SIZE (circle one)    YS    YM    YL    AS    AM    AL    AXL

ATHLETE SHORT SIZE (circle one)    YS    YM    YL    AS    AM    AL    AXL

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

In the event of an emergency occurring while my son/daughter is at a Cheers and More sponsored practice, performance, competition, or trip, I grant my permission to Cheers and More and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize Cheers and More and/or its employees to give consent for my son/daughter, \_\_\_\_\_, to receive medical treatment.

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

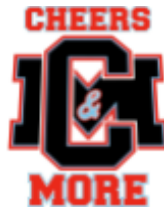
Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Medical Information: (Please circle)

Heart condition or disease	Yes	No	Asthma	Yes	No
Diabetes	Yes	No	Allergic to medication	Yes	No
Convulsions disorder	Yes	No	Allergic to insect sting	Yes	No
List Allergies	_____				

Additional Medical Information \_\_\_\_\_



### 2022-2023 ACCOUNT PAYMENT AUTHORIZATION

STUDENT NAME(S): \_\_\_\_\_

PERSON RESPONSIBLE FOR PAYMENT: \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

#### Monthly Payment Options (please initial one):

##### CREDIT CARD AUTHORIZATION AND PAYMENT AGREEMENT:

I authorize Cheers and More to begin charging the card below on the 1<sup>st</sup> of each month beginning in June of 2022 and ending May of 2023 from my account with the financial institution named below. I authorize Cheers and More to charge the card listed below for any and all charges incurred in relation to Cheers and More training program.

Type \_\_\_\_\_ Card Number \_\_\_\_\_ Exp. \_\_\_\_\_ CVV \_\_\_\_\_

##### CHECK DRAFT AUTHORIZATION AND PAYMENT AGREEMENT (attach void check):

I authorize Cheers and More to begin drafting funds on the 1<sup>st</sup> of each month beginning in June 2022 and ending May 2023 from my account with the financial institution named on my voided check. I authorize Cheers and More to draft

funds for any and all charges incurred in relation to any Cheers and More training program. I understand if the draft is declined for any reason, **my credit card on file will be charged for the fees that were due that month plus a \$40 NSF fee.**

I, \_\_\_\_\_, understand that if I terminate my agreement with Cheers and More by removing my child from the Cheers and More All-Star program before April 30, 2023, I will be charged a \$500 exit fee. I have read, understand, and agree to the financial obligations and tuition policies described in the 2022-2023 Cheers and More Program Information and Agreement packet.

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

Print Name \_\_\_\_\_

### **Cheers and More Waiver and Release of Liability**

In consideration of being permitted to participate in any athletic or related activities at Cheers and More, or elsewhere, sponsored by Cheers and More, the undersigned acknowledge, appreciate, and agree that:

1. Prior to participating I should inspect the facilities and equipment to be used, and if I believe anything is unsafe, I should immediately advise the nearest official; and,
2. The risk of injury from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and
3. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the releases, or others, and assume full responsibility for my participation; and,
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe unusual, significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless, Aspen Midwest Investments LLC, its officers, official agents, and/or employees, Cheers and More, Inc., its officers, official agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and; if applicable, owners and lessees of premises used to conduct the event ("releases"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from negligence of the releases or otherwise; and,
6. Represent and certify that I, the participant, am over 18 years of age, or if I am under the age of 18, I do represent and certify that I have permission of my parents and/or guardian to participate in the stated activities, that they have full knowledge thereof, and that they join me in waiving my right against the releases, a evidence by the signature(s) listed below.

**I have read this release of liability and assumptions of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.**

\_\_\_\_\_  
Participant Name (please print)

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone Number

**For Participants of Minority Age  
(Under age 18 at time of registration)**

This is to certify that I, as Parent, Guardian, or representative of parent of guardian with legal responsibility for this participant do consent and agree to his/her release as provided above of all the releases, and, for myself, my heirs, and next of kin, I release and agree to indemnify the releases from any and all liabilities incident to this minor child's involvement or participation in the programs as provided above, even if arising from their negligence.

---

Parent/Guardian/Representative of  
Parent or Guardian Signature

---

Parent/Guardian/Representative of  
Parent or Guardian (Please Print)

---

Emergency Phone#(s)

---

Date Signed