

2022-2023



WELCOME

Welcome and thank you for your interest in our program! We are entering our 8th season, and are proud to offer the best recreational competitive cheer experience in the area. The EAC Recreational Program is committed to teach the value of teamwork and dedication. We pride ourselves on inspiring todays youth to be Elite. Your child is not just another number, they are family. We stand apart by being highly successful without sacrificing sportsmanship, character or integrity. EAC will uplift and empower athletes by providing gualified coaches and exceptional role models. Even as we instill these core values in our athletes, we never forget that cheerleading and dance is fun. We live to compete. Our athletes train hard inside and outside of practice. There will be extra options for your child to progress. Additional tumbling classes, stretch classes and more are offered at our gym, by the Elite Athletic Center. For more information go to eliteacni.com. This packet should help to provide you with all of the information you need to know about our program. If you should have any further questions, please do not hesitate to ask. We look forward to welcoming you into our EAC family!

> Thank you, EAC Board

Stacy Dalton-Director Jessica Shields-Treasurer Steph Urbanski-Secretary Nicole Dixon-Fundraising Lauren Six - Social Media Lauren Finucan - Trustee Amber Pettit - Cheer & Dance Coach Taylor Martin - Cheer & Dance Coach Layna Wojcik - Cheer Coach Marissa Willox - Cheer Coach



<u>Boss Baby (Ages 4) Tinys (Ages 5 & 6) & Minis (Ages 7 & 8)-</u>

For this age group, we offer a shorter season. Mandatory practices start in September 2022 and runs through March 2023. Tiny & Mini athletes will attend 4-6 competitions and 1 National. A majority of competitions are local within 2-3 hour driving distance. The only competition that may require a hotel stay is Nationals.

Full Season Cheer Teams -

Full season athletes start with mandatory practices in September 2022 and could run through the beginning of May 2022. If your child's team wins 1st place or a paid bid to a competition/national that is not on the original competition schedule, there may be added dates for that team. EAC loves that we can provide our athletes with these additional opportunities. Teams will attend 10-12 competitions and Nationals. Hotel stays for these competitions are not mandatory and are within driving distance. The only hotel stay that is mandatory is for our National Competitions.

Hip Hop Dance Team-

Dance teams will be made for ages 6-8 (Mini), 9-13 (Junior), 14-18 (Senior). The athletes must be 6-18 as of August 31st, 2022. Mandatory practices start in September and Run through March. Athletes will compete at 4-6 competitions and 1 National. All competitions are within driving distance. The only competition that may require a hotel stay is Nationals.



All practices are held at our gym located at 1030 Delsea Drive, Building 5E, Westville, NJ. All teams practice 2 days a week. Additional practices, or make up practices will be added on an as needed basis. Once your athlete is placed on a team, their coach will provide you with a practice schedule.

All practices are mandatory. Please see the attendance policy.



Important Dates	Dates
Registration-No refunds after 6/1	March-6/1
Late Registration-only on a team needed basis	6/6-8/6
Evaluations	6/4-6/5
Team Reveal	6/13
Mandatory Stunt Practice for levels 3 & 4	6/15
Mandatory Stunt Practice for level 2	6/16
Mandatory Stunt Camp for ages 9 & up	6/18
Mandatory Practices Start	9/6
Mandatory Choreography	9/14-9/18
OFF Halloween	10/31
OFF Thanksgiving	11/23-11/25
OFF Christmas Eve, Christmas Day and New Years Day	12/25 & 1/1
OFF Easter Break	4/7-4/9



Ages 4-8-Boss Baby, Tiny & Mini-Half Season Athletes	Price
Tuition Cost for the Season	\$650
Payment Options	
Pay upfront \$650-Due at Team Reveals on 6/13/2022	
5 Month Payment Plan of \$130.	
 \$130 due on 6/13/2022 \$130 due on 7/30/2022 \$130 due on 8/30/2022 \$130 due on 9/30/2022 \$130 due on 10/30/2022 	

Full Season Athletes(All teams except Tinys & Minis)	
Tuition Cost for the Season	\$1200
Payment Options	
Pay upfront \$1200-Due at Team Reveals on 6/13/2022	
5 Month Payment Plan of \$240	
 \$240 due on 6/13/2022 \$240 due on 7/30/2022 \$240 due on 8/30/2022 \$240 due on 9/30/2022 \$240 due on 10/30/2022 	ch additional Athlete

Hip Hop Dance Team (Ages 6-18, Dance experience recommended)	Price
Tuition Cost for the Season	\$650
Payment Options	
Pay upfront \$650-Due at Team Reveals on 6/13/2022	
5 Month Payment Plan of \$130.	
 \$130 due on 6/13/2022 \$130 due on 7/30/2022 \$130 due on 8/30/2022 \$130 due on 9/30/2022 \$130 due on 10/30/2022 	

FINANCIAL POLICIES

- \star All monthly payments will be made electronically with a 4% processing fee.
- \bigstar Credit Card for monthly payments must be present at team reveals for verification.
- ★ Please have the attached form filled out with credit card information for monthly installment plan.
- ★ If your card declines, there will be a \$35 late fee added onto your monthly payment.
- ★ If the card does not go through the 30th of the month, your cheerleader/s will not be allowed to practice or compete until payment is made.
- ★ If you need to change your credit card information please email the treasurer at elitecheerbilling@gmail.com.
- ★ If you would like to make a monthly payment via Venmo, please notify the treasurer so your card on file is not charged. Our Venmo is @EliteAthletic-Cheer.
- ★ If you are not up to date with your payment schedule as of September 1st, your athlete/s will not be able to participate in choreography.
- ★ All tuition payments must be made by November 1st. If total tuition payment is not received by November 1st, your athlete cannot practice or compete until all payments are made.
- ★ There will be <u>NO REFUNDS</u> to anyone who quits/leaves a team or is asked to leave the program. ALL fees and money paid will be forfeited.

★QUITTERS FEE

If an athlete quits or leaves a team, there will be a \$350 fee per team. This fee covers the cost to fix choreography and to cover any competition fees lost.

WHAT DOES MY TUITION COVER?

- Choreography
- Routine Music
- Mat Time/Gym Fees
- Comp Fees
- Athlete Insurance
- Miscellaneous-operating costs
- 1 Practice wear set per athlete
- Competition Bow

WHAT IS NOT COVERED IN MY TUITION?

- Uniform
- Cheer Shoes
- Hair/Makeup Supplies
- Added Competition fees (if any)
- National Fees
- Possible choreography upgrades or team clinics
- Tumble Classes

FUNDRAISING

EAC offers many fundraising opportunities throughout the season. This year, all families have a mandatory fundraising fee of \$300. We have this fee to help keep tuition costs down. Fundraising will be very easy to do with our Summer Raffle Ticket Sale. Anything over the \$300 fundraised, will go back to the families account to put towards tuition and other fees. Any money left over at the end of the season can get carried over for registration and tuition for the following season. If you leave EAC, the money left in your account at the end of the season, will be forfeited to the organization. Funds may not be transferred to other families accounts. If you take advantage of our fundraisers, you could fundraise your total tuition cost!



Cheer evaluations for are for ages 9 & up. For dance team tryouts, all athletes must attend (ages 6-18). In order for your athlete to participate in evaluations, the registration fees must be paid. For your athlete to be placed on a team, all registration paper work must be turned in including the credit card information for monthly payments. If your athlete is new to EAC, we will need a copy of their birth certificate at or before evaluations.



Your athletes team placement is based off of many things. Here at EAC we look at the athlete as a whole and not just based on Tumbling. Judges and Coaches will look at Jumps, Strength, Stamina, Tumbling, Flexibility, Attitude, Motions and more. For returning athletes many other factors weigh in on team placements such as athletes behavior at practices, were they on time for practice and competitions, was the athlete always in appropriate practice wear, did the athlete come ready with hair up and correct shoes on, did they athlete take tumble/stretch/intensives throughout the season to get better, etc. If your child is only willing to fly, and a team does not need a flyer, they may make a lower level team. Having well rounded athletes that are able and willing to do all positions have a greater chance of making desired team. If an athlete does not keep up with their skills, there is no guarantee they will make the same level team as previous years. We ask parents to be supportive of your athlete regardless of what level team they make. Here at EAC, all of our teams are elite! You will never make a team here that is less cared about, attended too, worked with, or loved than another. From Tinys to level 4 you get the same level of coaching/training that sets you up for success.



Team reveal is the day all athletes find out what team they made and who their Coach will be. This is a fun day to celebrate your athletes team placement. At this time the athletes will also find out who their Big or Little Cheer/dance brother or sister is.

ATTENDANCE AND TEAM COMMITMENT POLICY

Competitive Cheerleading and Dance is a team sport that requires 100% commitment. Each athlete's safety is dependent upon teamwork, trust and responsibility. We expect for each athlete to dedicate 100% to their team. This means **ATTENDANCE IS MANDATORY.** When a team mate is missing, the whole team suffers. A practice missed by one athlete has a significant impact on the entire team. The only practices that are excused are listed below.

Excused absences include...

- A death in the family
- Religious obligations
- Mandatory school functions
- Contagious sickness with doctors note

Examples of UN excused absences include...

- Vacations scheduled during practice or competitions
- School Dances
- Birthday Parties
- Trunk or Treats
- Sports tryouts
- Sport games
- Sport practices

★If an athlete has an injury, they need a doctors note to sit out of practice. Athletes with an injury must still come to practice to watch.

★If you are sick and <u>non-contagious</u>, the athlete must attend practice. Lightly participating and / or watching practice will help you and your team.

★Attendance is so critical to the safety of the team, unexcused absences from practice or competitions may result in dismissal from the team.

 \bigstar All absences are considered unexcused unless cleared with the Coach.

★Arriving more than 20 min late to practice or departing 20 min early from practice is considered an absence.

★Late arrivals / early departures will be documented by the coach. If a cheerleader is late or departs early 3 times, it will count as 1 unexcused absence.

★If a cheerleader has 3 unexcused absences, the board has the right to dismiss the athlete from the team.

★If an athlete misses the teams last practice before a competition, they cannot compete.

RULES & REGULATIONS

PLEASE READ WITH ATHLETE

- ★Practice wear will be given to all EAC athletes. This is MANDATORY and must be worn at all practices with cheer or dance shoes.
- ★No boots or street shoes will be permitted on practice mats as it is a liability.
- \bigstar No jewelry is to be worn at practice or competitions.
- \star Hair must be up and out of face for all practices.
- \star Gum chewing is not allowed.
- \star Nails need to be kept at no longer than fingertip length for the safety of all.
- ★For Competitions, athletes must take off nail polish or have a neutral color.
- ★When in uniform at competition, cheerleaders are representing our organization. As such, we ask that they maintain a well-groomed, respectable appearance (before, during and after their performance).
- ★During awards ceremonies, all EAC cheerleaders should be in full uniform with no jackets, boots, t-shirts or jerseys.
- ★No toys, bags, jackets, drink, food, candy, earbuds, ipod/iPads are allowed on the practice or competition areas.
- ★Neither EAC or coaches are to be held responsible for personal items brought to practice that are left behind, stolen or damaged.
- ★Disruptive and/or disrespectful behavior to a Coach or teammate, including any type of bullying, will not be tolerated. Athletes may be asked to sit out of practice or leave the building if this behavior is displayed.
- ★If your child is having an issue with another cheerleader, please discuss with the coach.
- ★Parents/guardians are not permitted to attend or interfere with any practice or performance at any time.
- ★Parents are asked to drop off for practices. No Parent/guardian is permitted on the practice/competition mat at anytime unless asked by a coach or board member.
- ★Coaches have the right to dismiss any athlete from practice that cannot follow the rules or listen.
- ★ Please remember that this is a team sport and there are no assigned or promised "spots". The routine, stunts, positions, teams etc., are subject to change at any time.
- ★No member of the EAC Organization is permitted to participate on any other competitive rec, or all star cheer team.
 ★EAC athletes may participate on their High School cheer team, as long as no EAC practices, competitions and or choreography will be missed.
- ★Athletes may participate on their High School competition team during the fall season September-December 1st. Competing with a High School team will not be permitted anytime after December 1st.
- ★Any negative discussion about other teams within the organization will not be tolerated. Everyone here is family and should lift each other up.
- ★ Sportsmanship is expected of every cheerleader and parent at all times especially while we are at the gym or competitions.
- ★Athletes/Parents should be a role model of good sportsmanship showing respect for all Coaches, Volunteers, Officials, Players, Parents/Guardians, Opponents, EAC Board Members.
- ★ Please remember that all EAC Coaches are Volunteers and do not get paid to coach your athletes.
- Athletes/Parents will respect all Coaches decisions with regard to any and all team issues. Any disagreement with a coach should be emailed to the board.
- ★ Under NO circumstances is a Coach to be approached before, during or after practice or in front of any other Parent/ Athlete with regard to a conflict or issue.
- ★ Athletes/Parents will not engage in unacceptable behavior toward or involving other Coaches, Volunteers, Officials, Players, Parents/Guardians, or EAC Board Members while at any EAC related sporting event, practice or meeting.
- ★ Unacceptable behavior includes, but is not limited to the following: using foul or abusive language or gestures, social media slander/ confrontations with other teams, physical or verbal confrontations or fights, slanderous or libelous remarks or statements, threats, intimidation, or crimes punishable by Civil or Criminal Laws.
- ★ Any infraction of this Code of Conduct may result in Disciplinary Action by the Elite Athletic Cheer Board and including immediate expulsion from the Elite Athletic Cheerleading program.
- \bigstar No videos of practice, competitions or routines should be posted anywhere at anytime.
- ★No private social media accounts (facebook, instagram, twitter, snapchat, musically, tic tok) with the EAC name or team names are permitted to be used or created by any member other than EAC BOARD and Coaches.
- ★Negative posts about EAC, another program, or another child in our program will not be tolerated.
- ★ The Elite Athletic Cheer logo is NOT to be duplicated or used for your own apparel use. Anyone who attempts to sell, make, or use our gym logo, will be in violation of our policy.
- ★You can purchase EAC Gear from our fan gear website when it is open.

ATHLETE INFORMATION

RST NAME:LAST NAME:		
ADDRESS:		
CITY/STATE/ZIP:		
DATE OF BIRTH:	_AGE AS OF 8/31/2022:	GRADE ENTERING:
PLEASE LIST ANY AND ALL MEDICAL C	CONDITIONS (ALLERGIES, ADHD, E	TC):
PRIMARY MEDICAL INSURANCE NAME		
POLICY #:		
PRIMARY PHYSICIAN NAME:	PHONE	#:
PARENT/GUARDIAN INFORMATION:		
MOTHER/GUARDIAN NAME:	CELL #	#
FATHERS/SECONDARY GUARDIAN NAM	ME:	CELL #:
PRIMARY EMAIL:		
SECONDARY EMAIL:		
EMERGENCY CONTACT OTHER THAN		
CONTACT #:		

IF SOMETHING WERE TO HAPPEN TO YOUR ATHLETE AND WE COULD NOT GET AHOLD OF A LEGAL GUARDIAN OR EMERGENCY CONTACT, WHAT HOSPITAL WOULD YOU RECOMMEND US TO HAVE YOUR ATHLETE TAKEN TO IF NEEDED:



VIDEO/ PHOTO CONSENT

I hereby grant permission to Elite Athletic Cheer to take and use pictures, videos and or digital images of my child/children, for use in printed publications, marketing materials, electronic publications, social media and or websites pertaining to EAC.

Cheerleader/s Name/s:_____

Parent Guardian Signature:

Date:_____

PARENT AGREEMENT

I have read the entire registration packet and fully understand the financial commitment, rules and attendance policies in place. If my child quits or is asked to leave for any reason there are NO REFUNDS!

Parent/Guardian Name (please print):		
Parent/Guardian Signature:	Date:	

ATHLETE AGREEMENT

I have read through the packet with my parent/guardian and fully understand the commitment, rules and attendance policies in place. I am ready to commit to a successful season with EAC.

Athlete Name (please print):		
Athlete Signature:	Date:	

WAIVERS & RELEASE OF LIABILITY

I agree to hold harmless Elite Athletic Cheerleading, its officers, board members, coaches and sponsors, IBG Westgrove, LLC and Emory Hill real estate services, Elite Athletic Center for any claim arising from accidental injury to my child. We assume all the foregoing risks and accept personal responsibility for damages following such injury, permanent disability, or death. I and my legal heirs, do hereby discharge, waive and release and covenant not to sue for any and all claims of damage I may have against the above named individuals and association. The insurance policy of Elite Athletic Cheerleading will be secondary to any existing insurance. I understand that in my absence, emergency medical treatment may be administered to my child until such time I can be contacted. I agree to the terms and conditions of this liability release and give my permission for my child to participate in this youth activity.

PARENT/GUARDIAN SIGNATURE

DATE

I certify that Elite Athletic Cheer has provided me with a copy of the rules and regulations, the code of conduct and attendance policy. I certify that I have read and understand the policies and failure to uphold these policies will result in dismissal from the organization without compensation or refund. I understand the purpose of these actions is to institute a positive, fair cheering program, which will give each cheerleader an equal opportunity to succeed. The Elite Athletic Cheerleading board members reserve the right to implement immediate expulsion of any participant or parent based upon the severity of any infraction of the rules and regulations or code of conduct.

PARENT/GUARDIAN SIGNATURE

DATE



CONCUSSION POLICY ACKNOWLEDGMENT FORM

In order to help protect the athletes, Elite Athletic Cheer has mandated that all athletes, parents/guardians and coaches follow the EAC Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Signs or Symptoms:

- 1. Headache.
- 2. Nausea/vomiting.
- 3. Balance problems or dizziness.
- 4. Double vision or changes in vision.
- 5. Sensitivity to light or sound/noise.
- 6. Feeling of sluggishness or fogginess.
- 7. Difficulty with concentration, short-term memory, and/or confusion.
- 8. Irritability or agitation.
- 9. Depression or anxiety.
- 10. Sleep disturbance.

Any athlete even suspected of suffering a concussion should be removed from the competition or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or competition shall be removed from competition at that time and may not return to participate until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to participate from that health care provider.



WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of **Elite Athletic Cheer** athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- 1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
- 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- 3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or 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,
- 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS, Elite Athletic Cheer, Elite Athletic Center, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant:

Participant signature:_____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian:

Parent guardian/signature:_____

Date signed: _____

EAC HOTEL CODE OF CONDUCT POLICY

"'You never get a second chance to make a first impression"

Please remember that how you act and behave is a direct reflection of EAC. We ask that parents and athletes abide by the following basic hotel policies:

- 1. **Minors MUST BE ACCOMPANIED by an adult (18 or older) at all times.** It is not appropriate to have kids running around a hotel unsupervised representing our organization. We should not see athletes running hallways, playing in the elevators, playing in the hotel fitness center, hanging out in the lobby, putting up stunts and tumbling in the hallways, running stairs etc. All athletes must be accompanied by an adult in the hotel pool at all times. A lot of the times we stay at hotels that the competition company is staying at along with the judges. The last thing we need is for them to see our athletes representing our organization in a bad way.
- 2. **Parents, please remember that there are other guests staying in the hotel.** If you want to hangout with friends, please do so inside your room or in the lobby where there are chairs and tables. Please refrain from congregating in the hallways as this is a safety hazard and could also get our organization kicked out of the hotel
- 3. **Parents/guardians ages 21 years and older, please refrain from walking around the hotel with open alcohol.** If you must drink at the hotel, please do so in your room or hotel bar/ restaurant. At no point in time should an EAC parent/family member/guardian, present themselves to be highly intoxicated. Remember, you are representing EAC and want to set good example.
- 4. Athletes and parents must be polite, professional and courteous in manner while at the hotel. Please refrain from using foul or offensive language, playing loud music, banging on doors, spilling drinks and food in hallways, littering etc. Again, this represents our organization in a bad way.
- 5. Any athletes or parents who cannot follow the above guidelines, will not be permitted to participate in Elite Athletic Cheer. We want to show that our organization has the best athletes and parents inside and outside of the gym!

Name of parent/guardian: _____

Parent guardian/signature:_____

Date signed:



All families must have a card on file for tuition payments. You must provide full credit/debit card information; this will be held on file and used only for tuition payments.

Name as it appears	on the card:		
Address:			
City:	State:	Zip Code:	
Type of Card:			
Credit Card Number	<u></u>	3 Digit Code:	
Exp Date:			
Card Holder Signatu	ıre:	Date:	



Athlete Name:_____

□ Yes, My child is interested in double teaming.

□ No, My child is not interested in double teaming.

- I understand that by signing up to double team, it does not guarantee my child will be on 2 teams.
- I understand that the cost of double teaming is \$500 and I am willing to pay the extra fee.
- I understand that by committing to double team, practices may be between 2-4 days/week.
- I understand that by double teaming I will have a "main team" and if practices overlap, my main team will get first priority.

Parent/Guardian Signature:	Date:
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