

RIVER CITY WILD ALL STAR CHEERLEADING PROGRAM HANDBOOK



NOTICE

The contents of this handbook are effective as of the date of the initial distribution for the current competitive season.

Guidelines and operational procedures pertaining to the cheerleading program may be modified or changed at any time by the All Star Director. If a change/ modification occurs, notification will be made to all RCC cheerleaders and their parents.

River City WILD
All-Star Cheerleading Program

Team Website: www.rivercitycheer.net

Welcome to RCC Wild Cheerleading! We are proud of our cheerleading program and are especially proud of those team members who make up our award-winning squads.

Competitive cheerleading is a rapidly growing sport in the United States and make no mistake about it. . . It IS a sport. It has all the traditional elements of a sport: competition, teamwork, training, practice, coordination, and communication.

We have designed this handbook to include information we feel you might need that will hopefully help you in reaching a decision about whether participating in the RCC All-Star cheerleading program is the right decision for your child and your family. We ask that you carefully read through it and ask any questions which may not be addressed here.

Acceptance to the program requires a COMMITMENT, not just from the cheerleader but from the family also. Because a solid, consistent team is critical for success, we want to ensure that you are fully informed and understand the obligations inherent with acceptance into the RCC All-Star cheerleading program.

At RCC, we also have a commitment to you. You can expect your child to train in a safe, supportive environment with qualified and experienced coaches. When you entrust your child to our program, our coaching staff will teach, encourage, support and yes, maybe sometimes even admonish him/her to always put forth their best effort at whatever level that may be. We want our athletes to be more than just winners on the competition floor. We expect them to be courteous, truthful, considerate, determined, and respectful. We ask them to get involved in helping their community and provide them with ways to do that. We set our standards high and expect the same from everyone involved in the All-Star program. Be assured that we will never put the well-being, health, safety or future of our athletes at risk in pursuit of better performance.

After a year with RCC All-Star cheerleading program, we believe you will be amazed at the positive changes you will observe in your child, both as a team member and as a person. We train our athlete's to be **WILD**:

Winners, **I**ntense, **L**eaders, **D**etermined.

We appreciate your interest in our All-Star Cheerleading Program. Please do not hesitate to contact us if you have any questions or concerns.

Jen Rosin
Program Director & Owner
RCC Wild
907-260-9990

THE FOCUS OF RCC WILD CHEERLEADING

There are two kinds of cheerleading – motivational and competitive. Each has its place with a different and distinct focus. For most people, the most familiar kind of cheerleading is displayed at school or professional athletic events. These cheerleaders have one purpose. They are there to entertain, motivate, and unite spectators of the athletic teams that are competing.

RCC Wild cheerleaders participate in competitive cheerleading commonly known as ‘all star’ cheering. Our cheerleaders are not on the sidelines at all. With All Star cheerleading, the focus is on teamwork and how well each member works as part of that team in performing a physically demanding routine choreographed to music. The benefits to All Star cheerleading are numerous.

- ★ The opportunity to learn teamwork, coordination, and communication with others in working towards a specific goal.
- ★ The ability to develop better time management skills, as well as the ability to refine priorities.
- ★ The opportunity to showcase individual/team talent, effort, and work.
- ★ Offers levels of competition commensurate with individual/team strengths. (Novices compete with other novices, advanced compete with others at the same level)
- ★ Over 650 universities and junior colleges in the U.S. offer cheerleading scholarships to promising candidates. The University of Alabama has 17 full scholarships for members of its varsity cheerleading team. Schools like Penn State University offer \$1500 annually for all members with at least a 3.0 GPA.

THE FIRST STEP: EVALUATIONS

With RCC All Star cheerleading evaluations, a specific body type, a particular athletic ability, or even past experience is NOT important. What we ARE looking for is enthusiasm and potential!!!

Males and females are equally eligible to try out for our teams. We are looking for young people of all skill levels who are willing to train as a member of a team, to listen and be ‘coachable’, to be accountable towards their coach and fellow team members, and have fun! **DEPENDABILITY AND A POSITIVE, COOPERATIVE ATTITUDE ARE CRUCIAL.** Just as important are **PARENTAL UNDERSTANDING AND SUPPORT** of the RCC All Star cheerleading program.

Evaluations are conducted at the RCC Gym and will focus on attitude, cooperation, coordination, listening, skills, jumps, and tumbling. All current All Star cheerleaders are required to attend evaluations and we reserve the right to take into consideration prior experience (positive or negative) with a cheerleader (or parent) in previous years of participation.

At the conclusion of the instructional clinics, final evaluations/ selections are made by our coaching staff. Other qualified judges may be used at the discretion of the Director. What the Judges will focus on is appearance, knowledge of material taught, attitude, stunting ability, spirit, skill level, and perceived potential. Nervousness is natural during this time. Judges are aware of this and the maximum extent possible will make allowances for errors made due to nerves.

As with most competitive teams, the coaches are the ones who will make the ultimate decision on the placement of each cheerleader. We look at the potential stunt groups that will be formed for each team. We need to have ‘bases’, ‘flyers’, and ‘back spots’ to ensure that each squad can stunt efficiently. We also take into consideration the grade and age of the cheerleader as well as their attitude.

We ask that you trust the coaching staff to know best what combination of members and abilities will work to build successful teams.

Notification of cheerleaders selected for RCC All-Star Cheerleading Squads will be done by a direct email from the Program Director. Once the teams have been selected, please do not call or approach the coaches about placement of team members. If you have any concerns about the placement of YOUR cheerleader, you may communicate that to the All-Star Director through the procedures established later in this handbook.

SQUAD DEFINITIONS AND COMPETITIVE LEVELS

Once selected and skill levels determined, newly selected all star cheerleaders are categorized into different competitive levels. This is important because it results in placement on a specific team. It's discouraging, counterproductive, and unfair to place teams in a competition solely based upon school grade levels or ages of the participants. With all star cheerleading, that doesn't happen. In all star cheerleading, teams are categorized by the number of members, their ages, and their skill levels.

We adhere to the guidelines set forth by the United States All Star Federation (USASF). The mission of the USASF is to develop competition rules and all star gym training guidelines consistent with the latest best known safety, educational, and ethical practices. More on USASF guidelines, division breakdowns, rules, etc. can be found at www.usasf.net.

The difference between senior, junior, youth, and mini teams is the age of the members. In accordance with USASF guidelines, as of August 31, 2010, mini cheerleaders are 8 years old and under; youth cheerleaders are 11 years old and under; junior cheerleaders are 14 years old and under; and senior cheerleaders are 12-18 years old.

The difference between novice, intermediate, and advanced squads is their ability to successfully execute levels of difficulty in tumbling and stunting. This ensures a 'level playing field' for all teams in a competition. We choose to participate in cheerleading competitions which are organized into competitive categories based upon the ability of the team in terms of tumbling and physical prowess. Each team has a different skill level but some have the same age group.

For the 2010-2011 season, our GOAL would be to field mini, youth, junior, and senior teams!

There are many more potential categories of teams depending upon the number and skill levels of cheerleaders who choose to enter the RCC Wild All-Star program. There is a place and a team for every potential cheerleader – from one with absolutely no experience to one with years of experience.

RCC CHEERLEADING – A THREE STAGE APPROACH

The RCC All-Star cheerleading program can best be described by breaking it down into three distinct stages. These three stages complement each other and help develop continuity in preparing teams for competition.

★ The first stage begins with skill building and occurs once candidates have been selected and placed into their respective teams. (May – July). This time is spent learning new skills, cleaning old skills, and getting back into shape. Work is done on tumbling and stunting coordination, and flexibility training. As mentioned, conditioning is stressed to help ensure healthy athletes for further development into the second stage. Team members will experiment at different positions.

SUMMER CHOREOGRAPHY CAMP: A successful season begins with summer choreography camp. Camp is MANDATORY for all team members and will be held the week of (TBD). It provides the opportunity to learn new skills as well as bond with teammates. Team routines and choreography are established at camp. Cheerleaders gain confidence in working with other team members. Social activities are planned during the week of camp and team members are expected to participate.

COMMITMENT: We understand that there may be situations for athletes that do not allow participation over the summer months (June & July). Situations may include visitation of a parent, financial situations such as commercial fishing, or leaving state for medical reasons because of a family member. These missed months must be prearranged and will be approved on a case by case basis. The athlete must be at practice 1 week prior to skills or choreography camp, whichever may come first.

★ The second stage is very important because it forms the foundation upon which the rest of the season will be built. (Aug – Nov). The team begins to learn about each other, gain confidence in their individual and collective abilities, and adjust to working together. Coaches can begin to access the strengths and weaknesses of the team and start to design a program which the team will present at future competitions. Conditioning is stressed so that the potential for injuries is lessened. Confidence within the team continues to grow. We encourage team moms to organize social outings for the team so that they can continue to get to know each other outside the gym environment.

★ The third stage begins with the first competition, what the teams have been preparing for in the first two stages. (November- last scheduled competition). We continue the emphasis on teamwork and conditioning but coaches may see the need to slightly revise competitive routines. Revisions may be required in order to comply with the special rules required by the organizers of an upcoming event or because of feedback from a previous competition. Revisions are carefully made and then practiced repeatedly until they become second-nature to the team. This stage ends with the last competition.

TUMBLING CLASSES (MANDATORY FROM 8/24-END OF SEASON):

Tumbling is a critical element in successful competition and is judged accordingly. In addition to team practices, each all star cheerleader is required to attend four all star tumbling classes per month to improve upon tumbling skills which are needed as part of the competition routine. These one hour tumbling classes are conveniently scheduled throughout the week and can usually fit into a hectic schedule without too much difficulty. Should a tumbling class be missed during the week, the cheerleader has the responsibility to schedule herself into another available all star tumbling class that week. If the coaches call an extra practice on the day of your tumbling class, you are not obligated to do a make-up class. NOTE: Stay in the tumbling class you signed up for. Do not move around to different classes during the week. If your schedule does not allow you to be in your particular skill level, talk to the coaches to see what can be worked out for you. **IMPORTANT:** Tumbling classes are MANDATORY. Missing a class lessens your opportunity to learn and perfect needed skills and ultimately hurts your team. If you miss more than two tumbling classes per month without attending a make-up class, it will be counted as an unexcused absence. If your unexcused absences are used up, you can be dismissed from the squad.

COMMUNITY SERVICE

The RCC All Star cheerleaders will be involved in community service this season. Community service projects are a great way for our athletes to give back to the community while recognizing that they are indeed blessed with good health and a caring family support structure. We are always on the lookout for other ways to assist in the community that are within our means and encourage input from families. Contact Jen Rosin if you have ideas for other community service projects.

COMMUNICATION

Timely and accurate communication between coaches and parents/cheerleaders is our goal. The coaching staff has various means of getting news and announcements out to all teams. Information is frequently sent via email, sometimes on a daily basis. Attend the parent meetings. If you cannot attend a meeting, check with your Team Mom to find out what was discussed. If you do not have a computer or access to the internet, make arrangements with your Team Mom

to inform you on updates. And finally, if you receive paperwork to be completed, please ensure that you do so promptly and return it. Usually we are working on deadlines and delays just because unnecessary problems.

FUNDRAISING

When the gym holds fundraisers, cheerleaders should plan to participate in these fundraisers. These fundraisers are organized and coordinated by the gym and the RCBC (River City Booster Club) and will be announced well in advanced. We have fundraisers on a continuous basis, utilize them! There will be no individual fundraising, i.e. You cannot hold a fundraiser at the gym (or anywhere else) for an individual cheerleader, it must be offered to the entire All-star program.

PRACTICES

The purpose of team practice is to learn and perfect the skills and combinations for the next performance. Squad conditioning is also conducted during practices. Cheerleaders should plan to practice at least 3 hours per week for minis and 5 hours per week for youth including a one hour tumbling class for both. The full time allotted for each practice will be used. Cheerleaders should be properly dressed and in the designated place inside the gym when the practice is scheduled to begin. Practices are increased just before regional and national competitions and are mandatory for all cheerleaders.

We are committed to fairness and excellence. If a team member's attendance begins to negatively impact the team or is disruptive, we will discuss this with the parents. In extreme cases, it may be necessary to remove an athlete from our program as a result of violating this policy. In this packet is an 'Absence Request Form'. Please fill it out as soon as you know your schedule and turn it into the front office.

DRESS CODE FOR TEAM PRACTICES

A distinctive uniform worn with pride, dignity, and demeanor promotes the ideals of the organization it represents. Safety and gym standards necessitate that no baggy shorts or shirts, soccer shorts, or jean cut-offs be worn for practices. Cheerleaders should wear their hair pulled back and secured so that it does not fall into the face, obstruct the sight, or cause the cheerleader to move it out of the face during a routine, stunt, or tumbling pass. Fingernails must be kept short and no fake fingernails are allowed. All cell phones must be turned off or left outside the practice facility. No jewelry including ear, nose, tongue, eyebrow, or bellybutton rings. These items could result in injury to your child or another child. No sports bras only. Sports bras should only be worn under t-shirts or tank tops.

ALL RCC APPAREL MUST BE ORDERED THROUGH THE GYM. ALL LOGOS ARE A REGISTERED TRADEMARK OF RIVER CITY CHEER. PRIOR TO PRINTING, ALL LOGOED GEAR, UNIFORMS, APPAREL AND SIGNS MUST BE APPROVED BY THE OWNER. USE OF THE RIVER CITY CHEER NAME & LOGO IS STRICTLY PROHIBITED UNLESS APPROVED BY THE OWNER.

REMINDERS/BEHAVIOR DURING TEAM PRACTICES

Practice time is very valuable and every minute is important. Therefore, cheerleaders will follow these guidelines at all RCC practices. 1. Cell phones must be turned OFF before practice begins. 2. No eating or drinking on the gym floor or on the mats in front of the mirrors. 3. Do not leave valuables in the gym. Better yet, do not even bring valuables into the gym where they might be taken. We are NOT responsible for any items which you leave unattended while you are in the gym.

TARDINESS/ABSENCES

Because missing practices hampers the progress of the entire team, we expect that members will attend every scheduled practice. The full time allotted for each practice will be used. Tardiness is defined as arriving after the ten

minutes grace period to practice or competitions. Absences include missing a practice completely or leaving early from practices, competitions, or other scheduled events. Because we need each team member present in order to properly train and practice routines, the tardiness/absence of one member completely disrupts the flow and function of the team. Adjustments must be made which are not normal parts of the routine and then readjustments are required when the team is complete.

The reality is that there are times when cheerleaders will be late to practices or must leave early. If you are going to be late, please call your coach on their cell phone or call the RCC gym. If you need to leave early from a practice, let your coach know at least two days in advance. Do not send a message via other cheerleaders. Absences from practices may be excused for medical reasons, emergencies, school-graded activities, or any reasons which are deemed acceptable by the coach. Examples of excused absences are a major family event (death or wedding) or a contagious illness or serious injury. For major family events which are known well in advance, coaches need to be notified as soon as possible so that alternate plans can be made for the squad.

Except for an illness that is contagious, any absence (even partial) of a cheerleader during the two weeks prior to competition will result in the cheerleader not being permitted to participate in that competition. This includes participation in school extra-curricular activities. No refund will be given for missing that competition as a result of that cheerleader's absence.

Examples of unexcused absences are minor injuries or non-contagious illnesses, homework, non-graded school activities, or participation in other sports. You can also receive an unexcused absence if you fail to complete two of your required monthly tumbling classes. Coaches should be notified of unexpected absences prior to a practice if at all possible. This can be done with a phone call to the coach or the RCC front office and will allow the coach time to modify the practice plan to allow for the missing cheerleader. In the event of an unexpected absence, a written note is required afterwards. Summer vacations present a challenge... Please let your coach know well in advance of your planned vacation dates. If there are an excessive number of days, cheerleaders can lose their spot in the routine, not compete at the first competition or be dismissed from the team. Check with your coach if you have any questions on this.

MISSING MORE PRACTICES THAN ALLOWED CAN RESULT IN DISMISSAL FROM THE TEAM. ABSENCES MUST NOT EXCEED THE GUIDELINES BELOW:

May 15 thru August 24: 4 absences or pre-approved
August 24 thru December 31: 3 absences
January 1 thru end of season: 3 absences

PRE-PAID TRIPS ALREADY SCHEDULED FOR THE SUMMER WILL BE EXCUSED IF DETAILED INFORMATION ON TRIP DATES IS DELIVERED TO JEN ROSIN NO LATER THAN JUNE 8, 2010—please see our “Commitment” section on page 6!!!!

EXTRA PRACTICES

Extra practices leading up to in-state and national competitions are almost always called when the coaches feel it is necessary to polish up and finalize the details necessary for a great routine. Please understand that it is vital to have every member of the team at these practices to ensure an efficient and effective practice. Please understand too, that last minute practices can be called due to an unforeseen emergency. An example of this is when a cheerleader is injured at a school practice and cannot compete. The coach will call an extra practice to change the routine in time to perform. Cheerleaders and parents should expect extra practices the week prior to competitions and plan their schedules accordingly.

COMPETITION PRACTICES

Practices two weeks prior to an event are extremely important to the building, peeking, timing, and execution of a routine. Absences during this time frame will be met with the removal of the cheerleaders from the event.

ATTENDANCE OF INJURED CHEERLEADERS

Unfortunately, we do have cheerleaders that sustain injuries during the season. Fortunately, the injuries are almost always minor but require the cheerleader to sit out from one or more strenuous practice sessions. If you are nursing an injury, you are still expected to attend practice. Why? You can observe the routines, note any changes or coaching tips, sit in on final coaching/team conferences, and of course, cheer on your teammates. Your presence and support is always needed even if you cannot physically participate.

APPROACHING COACHES DURING PRACTICES

Parents, if you need to speak to your cheerleader's coach, please make arrangements that do not conflict with practice time. Coaches get only so much time during the week to work with the teams and they value that time greatly. Prior planning will also ensure that they can give you the attention to your situation that you want and deserve. For your safety and the cheerleaders' safety, do not come onto the floor during practice.

DEPARTURE FROM THE TEAM

Any cheerleader who quits or is dismissed after August 1st will not be allowed to try out for a RCC squad for one year. Team commitment is critical and cheerleader departures are disruptive to the team. Every year, we have some cheerleaders who are either unable or unwilling to continue on the team for the entire competition year for various reasons. It is important that you understand the financial implications of that potential situation.

The Cutoff Date: August 1st is the cutoff date for being able to receive an immediate refund (**except for the \$50 RCBC administrative fee and any deposits made on behalf of a cheerleader for camp, clothing, or competition costs**). If you are still on the active roster as of August 1st then you have committed to being a member of the team for the competition season. Costs have been figured for everyone based on you being on the team. You will remain responsible for these shared expenses even though you have left the team.

AFTER AUGUST 1ST: THERE WILL BE A TERMINATION FEE OF UP TO \$700 DUE THE DAY THE ATHLETE QUILTS.

Just to be clear...there are NO refunds (competition fees, clothing costs, choreography/music, administrative fees, airfare, etc.) to anyone who quits or is asked to leave the program. Anyone who leaves or is dismissed is responsible for all remaining debts and any legal fees which may be incurred by out attempts to collect valid charges. **THESE POLICIES AND PROCEDURES ARE DESIGNED TO FOSTER AND PROTECT THE TEAM, NOT THE INDIVIDUAL.** Your cheerleader's departure from the team should not mean that costs to those left behind increase.

COMPETITIONS

SELECTION OF COMPETITIONS

As an RCC All Star cheerleader, you are obligated to attend both local and out-of-town competitions. There are no exceptions. If two or more squad members are unable to attend a competition due to injury or illness, participation in that competition may be forfeited based on the coach's assessment and decision. There are no competition fee refunds.

OK, so you're trying to plan your weekend and you need to know your performance time for the competition. But no one, not even your coach, will tell you. Why are they making it so difficult!?!? The reason is because they don't know yet either! This is how it works: The cheerleading companies wait until they can get as many teams as possible to register in order to make more money. Because THEY wait so long, it is the organizers of the competition who don't post the competition schedule on their website until usually the Thursday before the scheduled competition. The RCC coaching staff has NO control over when the schedule is posted. We monitor the competition website and when the schedule becomes available it will be emailed to all parents. But

remember, the times can and do change...that's why it's important to check the website, monitor your email and phone, and double check with your coach right before the competition. Let your coach know if you aren't getting messages that your other teammates seem to be getting, so we can figure a way to solve the problem. Be proactive about ensuring you have the right time – the coaches will do their part, but you have to do yours too.

INDIVIDUAL TRAVEL TO COMPETITIONS

The vast majority of travel to competitions will be 'on your own'. Travel packets are prepared for each specific competition. These packets provide maps, directions, venue information, report times, and checklists. Packets are also provided electronically to each Team Mom. Cheerleaders are expected to ride to and from competitions with an adult. They are not permitted to ride with another teenager even if that teenager is a RCC cheerleader.

TEAM TRAVEL TO COMPETITIONS

Team travel to national competitions will be by commercial air. Travel information is prepared and disseminated via the gym & team moms. When air travel is coordinated for a competition, all cheerleaders are required and expected to travel with the team to and from the place of competition. The reasons are obvious. Just as with any team athletic event, the plane ride provides an invaluable opportunity for the team to 'bond' and talk together about their upcoming experience. Nervousness and uncertainties are worked out and the team invariably becomes closer. This is a vital part of working together and building trust as a team. Mentally preparing as a team for the competition begins when the plane leaves the airport.

DRESS CODE FOR COMPETITIONS

When at competitions, RCC cheerleaders present themselves in only one way. A clean, properly worn uniform is the requirement. Although items may vary slightly from squad to squad, basically the uniform consists of a uniform top, skirt, briefs, practice shorts, practice tops, white low cut socks, hair bow, and cheer shoes. No pajama pants may be worn as warm-ups. Absolutely no jewelry of any type may be worn during practices and competitions. This includes ear, nose, lip, eyebrow, belly, tongue, and toe rings. No necklaces, bracelets, or rings may be worn. Fingernails will be kept short. No fake nails may be worn. Again, these are all safety concerns.

Cheerleaders are expected to conduct themselves in a mature, responsible, and respectable, manner when in the RCC uniform or representing RCC at special events. No public displays (PDA) towards members of the opposite sex are allowed in these situations.

RCC TEAMS SUPPORT EACH OTHER

Competitions schedules are usually released by the organizer of that competition a few days before the event. In all cases, once we have been notified that the schedule is released, we post it immediately via email. Competition schedules usually have our teams competing at different times during the day. In either case, the other RCC teams present at the same competition are expected to cheer and support their fellow RCC squads. This may mean that teams will stay on site after their own performances/awards at a later time in the day.

It may seem inconvenient to parents anxious to return home after a long day, however this is common courtesy and an important part of our commitment to teamwork and mutual team support. One of the big reasons our teams have competed so successfully in the past is that each squad knows that they have a great support system in place and cheering just for them. In rare cases, an exception for a cheerleader to depart the competition site may be made due to extenuating circumstances. That decision will be made by the All-Star Director with input/agreement from the coach.

PHOTOGRAPHS & MEMENTOS

Parents should be aware that at almost every large competition, companies that specialize in sports photography are available to shoot team and/or individual photos of the cheerleaders. Costs vary but these photographs are not required

to be purchased and can be ordered usually on site or via the company's website. The same is true of t-shirts, shorts, jackets, and other cheerleading items usually sold at competitions.

IMPORTANT DATES FOR THE 2010-2011 SEASON

May 15th- Tryouts
May 31st- Memorial Day- Gym Closed
June 8th- First day of practice for 2010-2011 All-Star teams
Late July or mid Aug. - Choreography- Date & Time TBA
Sept. 6th- Labor Day- Gym Closed
Nov 25th- Thanksgiving- No Practice
Dec 20th-2nd- Christmas Break- No Practice
Jan 3rd- Practice Resumes
Feb 13th- Top of the World Championship- Anchorage, AK-Performing Arts Center
Mar 15th-16th-exhibition at State Basketball tourney; Anchorage, AK
April 1st-2nd-Aloha Spirit International Championships; Honolulu, HI

Other planned fundraisers such as the disc golf tourney, the glow ball golf tourney, spaghetti feed/steak dinner, and car washes are planned—please see the FUNDRAISING calendar (to be handed out on May 15)

This calendar will be revised and updated as changes occur. This is just meant to be a starting point for your planning purposes. Please note! If your team practice day falls on a 'minor holiday', please check with your coach BEFORE scheduling and paying for an activity/trip outside the gym. Typically during competition season, teams' practice every day they are scheduled in addition to any extra practices a coach may feel necessary.

PROPOSED PRACTICE SCHEDULE

★ **Youth/Junior/Senior practice schedule (ages 11 & under):**

June: Wed 2:30-4:00 pm

July-Aug 24: Tues 10:00-11:30 am & Wed 2:30-4:00 pm

Aug 24-End: Mon & Wed 6:00-8:00 pm; 1 hour tumbling practice (time & day to be determined)

★ **Mini practice schedule (ages 8 & under):**

June: Thurs 10:00-11:00 am

July-Aug 24: Tues & Thurs 10:00-11:00 am

Aug 24-End: Mon & Wed 5:00-6:00 pm; 1 hour tumbling practice (time & day to be determined)

COMPETITIONS UNDER CONSIDERATION FOR 2010-2011 SEASON

October/November- Pac West & Spirit Coaches

February 13th- Top of the World

March (spring break) - March Madness State basketball

April- Aloha Spirit International Championships

COSTS AND FEES

MINI TEAM: (AGES 8 & UNDER—AS OF AUGUST 31, 2010)

- ★ Mini Tuition: \$60 per month/ \$600 season
- ★ Yearly Fee: \$45.00
- ★ Choreography Fee: \$150 (estimated)
- ★ Camp Fee: \$150 (estimated)
- ★ Uniform Fee: \$251.00 (cost to BUY all new pieces; includes uniform \$150; shoes \$40; briefs \$18; ribbon \$18; and backpack \$25; (warm up jacket & pants \$175 optional and not included in the total fees)
- ★ Total: \$1196.00
Financing Fee (\$5/month): \$50
Total: \$1,246.00 / 10 months = \$124.60

YOUTH TEAM: (AGES 11 & UNDER—AS OF AUGUST 31, 2010)

- ★ Youth Tuition: \$82.50 per month/\$825 season
- ★ Yearly Fee: \$45.00
- ★ Choreography Fee: \$150 (estimate)
- ★ Camp Fee: \$150 (estimate)
- ★ Uniform Fee: \$397.00 (cost to BUY all new pieces; includes uniform \$250; shoes \$90; briefs \$10; ribbon \$22; backpack \$25; (warm up jacket & pants \$175 optional and not included in the total fees) Uniform rentals are available for this team only!
- ★ Competition fee: \$155 per month/\$1,550 for season (**optional financing of competition fees**)
- ★ Total: \$3,117.00 with financed competition fees/ \$1,567.00 without financed competition fees
Financing Fee (\$5/month): \$50
Total: \$3,167.00/10 month = \$316.70 per month (with competition fees) or \$1,567.00/10 months = \$ 156.70 (without competition fees)

JUNIOR or SENIOR TEAM: (AGES 14 & UNDER or AGES 12-18—AS OF AUGUST 31, 2010)

- ★ Tuition: \$82.50 per month/\$825 season
- ★ Yearly Fee: \$45.00
- ★ Choreography Fee: \$150 (estimate)
- ★ Camp Fee: \$150 (estimate)
- ★ Uniform Fee: \$397.00 (cost to BUY all new pieces; includes uniform \$250; shoes \$90; briefs \$10; ribbon \$22; backpack \$25; (warm up jacket & pants \$175 optional and not included in the total fees) Uniform rentals are available for this team only!
- ★ Competition fee: \$155 per month/\$1,550 for season (**optional financing of competition fees**)
- ★ Total: \$3,117.00 with financed competition fees/ \$1,567.00 without financed competition fees
Financing Fee (\$5/month): \$50
Total: \$3,167.00/10 month = \$316.70 per month (with competition fees) or \$1,567.00/10 months = \$156.70 (without competition fees)

PAYMENT OPTION #1: TO PAY ALL FEES AS THEY COME DUE VIA CREDIT CARD ONLY—NO CASH OR CHECKS WILL BE ACCEPTED AS PAYMENT!!

PAYMENT OPTION #2: ALL FEES 'FINANCED' FOR 10 MONTHS—1ST PAYMENT DUE JUNE 1ST) VIA CREDIT CARD ONLY—NO CASH OR CHECKS ACCEPTED!

RCC PAYMENT SCHEDULE:

- ★ June 1st- Monthly payment due
- ★ July 1st- Monthly payment due
- ★ August 1st- Monthly payment due
- ★ September 1st- Monthly payment due; Nat'l deposit due
- ★ October 1st- Monthly payment due; Pac West comp fee due
- ★ November 1st- Monthly payment due; State comp fee due
- ★ December 1st- Monthly payment due
- ★ January 1st- Monthly payment due; Top of the World comp fee due
- ★ February 1st- Monthly payment due
- ★ March 1st- Monthly payment due; Nat'l final payment due
- ★ April 1st- Monthly payment due

If there is a financial problem, please speak with Jen Rosin IMMEDIATELY. Your coach will not be able to provide you with the answers you need, your questions need to be addressed to Jen, personally. The program will do it's best to work with your situation, but do not let it get out of control. Outstanding balances could result in your child losing their spot on the squad.

THERE WILL BE NO REFUNDS (COMPETITION FEES, CLOTHING COSTS, GYM FEES, AIRPLANE/TRAVEL FEES, BOOSTER CLUB ACCOUNT BALANCE, ECT.) TO ANYONE WHO QUILTS OR IS ASKED TO LEAVE THE PROGRAM. ANYONE WHO LEAVES OR IS DISMISSED IS RESPONSIBLE FOR ALL DEBTS AND LEGAL FEES.

THERE WILL BE A TERMINATION FEE OF UP TO \$700 DUE THE DAY THE CHILD QUILTS.

All gym and booster club fees for prior season must be paid in full before your child will be allowed to tryout for the next season. No exceptions!!!!

RIVER CITY BOOSTER CLUB

BOOSTER CLUB OVERVIEW

Because your dedication to the program is so important to the success of the program, we strongly encourage parents to participate in the RCBC. RCBC is organized to financially implement the competition cheerleading program set forth by the All Star coaches. Specifically, the booster club is used to facilitate costs associated with competition outside of the scope of instruction by RCC.

RCBC LEADERSHIP

- ★ The Booster Club Executive Board is a group of RCC parents who have agreed to help organize and conduct required activities that are needed to support the all star cheerleading program. These parents serve on a volunteer basis and receive no special privileges or compensation for their time and efforts, which are numerous, time-consuming and even tedious at times. Your support and understanding is needed and appreciated. If you feel the Board is not living up to its mission, your participation is welcomed and greatly wanted.
- ★ Team moms are appointed by the RCC All Star Director. Team moms may be invited to board meetings to provide insight and opinions from their squad parents on RCBC activities. They also carry information back to their teams regarding upcoming events.
- ★ The RCBC as a whole (all parents and cheerleaders) meets as needed to obtain information and discuss activities regarding upcoming events and vote on items of interest which require the consent of the entire membership. These meetings will be publicized well in advance.

COMMUNICATION

The Executive Board believes that two way communications IS key to a successful program. We work very hard to get important information out to everyone that needs it. We have numerous methods of communicating information to parents and cheerleaders.

EMAIL

You will be placed on an e-mail list of all participants. We can then send out a mass e-mail to everyone that is registered. Additionally, we keep in very close touch with Team Moms. When information needs to go out to parents, Team Moms are the first to know.

GENERAL MEETINGS

General meetings will be held as needed to inform parents of the activities

NEWSLETTERS

Newsletters and event calendars are produced monthly.

BOOSTER FEE OVERVIEW

Think of a Booster Club account as your cheerleader's individual savings account to pay for her fees. Except for a non-refundable administration fee of \$50 (which is collected at the first practice), ALL other fees paid by you into your child's account through the boosters, go directly to pay for expenses incurred by your child for uniforms, competitions costs, airfare, etc. for the entire year. You will only pay for exactly what your cheerleader materially receives as well as her equal portion of all shared expenses. Much of this money is collected in advance so we have the money to pay for items and entry fees.

Budgets are planned and payments are estimated as closely as possible but they are just that—estimates. Actual costs may be different than what was estimated for many reasons. Competitions may be added or cancelled; cheerleaders may drop off a squad or new cheerleaders may be added; items or services may not cost as much as initially estimated or they may be slightly more. In the end, you will only pay for what your cheerleader materially receives as well as her equal portion of all shared expenses. However, the final result is not known until well into the competition season.

ITEMS BILLED THROUGH THE BOOSTER CLUB

Competition Entry Fees—The All Star Director and coaches carefully consider and decide which competitions each team will participate in during the season. Entry fees must be paid for well in advance of the actual competition date. Once a competition has been selected, the booster club pays the required competition entry fees to ensure that RCC teams are properly entered. The entry fee is then subsequently deducted from each child's booster account. It is possible that not every team will compete in every competition. ESTIMATED COST: \$600-\$2200 per year.

Coaches Expenses—Expenses incurred by the coaches as a direct result of accompanying their teams to competitions is equally divided among the cheerleaders. These costs are shared costs and billed through the booster club. ESTIMATED COSTS: \$425-\$775 per year.

Airfare—we usually have at least one competition per year where airfare may be used to transport the teams. The cost is divided up among all of the cheerleaders and each cheerleader pays their portion. This is billed through the booster club.

Administrative Costs—As with any program, there are costs associated with running the program. These may include (but are not limited to) printing, website fees, insurance fees, incorporation fees, tax filing fees, and special event needs. To cover these costs a NON-REFUNDABLE fee of \$50 per cheerleader will be collected at the first practice.

REQUIRED ITEMS TO BE PURCHASED BY EACH CHEERLEADER

Hotel Costs: When a team travels to a competition where an overnight stay is required, team members and families stay at the team hotel. The booster club usually secures a block of rooms at a local hotel to obtain the best prices possible for parents. You will be notified well in advance of the name, location, and reservation information so that YOU can secure individual rooms if you desire.

AND FINALLY....

Unfortunately, we have a few parents every year that put us in a very uncomfortable and difficult position of having to approach them about late or missing payments. It is also uncomfortable and embarrassing to your cheerleader to be pulled out of practice or competition because fees have not been paid by her parents.

Be aware that YOU are responsible to ensure your cheerleader's account is paid on time and that all fees are paid. We cannot help fix a problem with your account access unless we are made aware of it.

All monthly payments (with the exception of the very first payment of the entire competition year) are due on the 10th of the following month. PAYMENTS NEED TO BE MADE ON TIME!

Please understand that late payments mean we cannot order specific items for you when we do the bulk order. Yours will have to be ordered separate when funds are available and you may not be able to get the bulk pricing and will have to pay full shipping costs. In addition, entry fees cannot be paid for your cheerleader if we don't have the funds to cover it.

GUIDELINES FOR PARENTS/GUARDIANS

We subscribe to the "Program/ Team First, Individual Second" philosophy. Why?

This principle is based on the premise that the individual, although important to the team and program, will eventually leave. The program will remain for other individuals to benefit from. Therefore the benefit or detriment to the overall program (or team) receives top priority when decisions or guidelines must be made.

Never try to take over something you are not in charge of. If you aren't willing to step in to help make things better, don't complain.

We need active parent involvement not critical comments from parents who are big on talk but short on action. Our program will NOT work for your child if YOU don't get involved, even for something small. This program is for your child, ask about how you can help.

Make sure that it is your child's idea to cheer, not yours.

The decision is one that is ultimately up to parents, since they are the ones financing the venture and doing the fundraising, but keep in mind it is the child who has to have the desire to excel at the sport.

If your child isn't complaining, then you shouldn't be.

Cheerleading is a very demanding sport, financially, mentally, and physically for athletes. Remember that although they are exhausted and upset about something that happened at practice, most likely they don't want to quit the team because of it. This is hard work—keep that in mind.

Being a parent in the River City Cheer All-Star program can be an amazing experience. Help us make your child's experience just as amazing by supporting your child and the River City Cheer program by doing the following.

- ★ Only cheerleaders and coaches are allowed in the gym.
- ★ No one is allowed to yell on to the floor or to speak to any team member or coach while practice is in session. This is extremely distracting to all involved.

- ★ Please feel free to speak to your coach about anything; just remember to do it at the appropriate times. For example approaching a coach in the middle of practice would not be an appropriate time.
- ★ All problems and concerns should be addressed in a proper manner through the proper chain of command (team coach or Jen). We (the parents & coaches) are all adults—let's act like it. We urge you to please approach us if you have a problem with something—we are not closed minded and ultimately want to please you.
- ★ Please help your child be organized and time efficient. Missed practices due to oversleeping, procrastination of homework/other responsibilities are not excused absences. Part of being a responsible team member is being a great student and part of being a great student is time management.

JUST FOR CHEERLEADERS

We want your time with RCC All-Star cheerleading to be fun, productive, and rewarding. Because one of the cornerstones of our success is TEAMWORK, it is important that guidelines be established and followed on gym behavior, school vs. cheer responsibilities, and the importance of communication. Please advise your school coach that we expect the same courtesy regarding your attendance at practices and competitions.

We expect RCC cheerleaders to show the utmost courtesy, respect, and sportsmanship to all coaches, officials, and cheerleaders at competitions away from our gym. Competitions can be stressful but they should be fun too. All cheerleaders have worked hard to perfect their performances. Everyone, at some point, will make a mistake in competitions but no RCC cheerleaders should ever be ostracized for an error. Instead, mistakes provide an opportunity to learn, correct, improve, and move on. Accept a loss or win graciously, congratulate the winners, and always show courtesy to those parents, coaches, and other officials who work very hard to ensure a competition is available for you to showcase your team's talents.

Trust your coaches to know what is best for the team. Although early stability is important to a team, cheerleaders will come and go from your team throughout the season. Reasons for this may not be readily apparent to you or your parents. However, your coach has the experience to recognize and the authority to modify any situation that will give your team the best chance of success on the competition floor. Do not ever argue with your coach or question a decision made regarding the team.

HANDBOOK HIGHLIGHTS

- ★ In our program, a specific body type, particular athletic ability, or past experience is NOT important. We are looking for enthusiasm and potential.
- ★ Being a member of RCC Wild involves commitment. Anything less than 100% commitment is not fair to your fellow team members. Make absolutely sure you and your child understand what you are committing to—time-wise and financially. If you aren't sure, then don't commit.
- ★ Dependability, a positive and cooperative attitude, and parental understanding and support of the program is crucial to the success of the cheerleader and her team.
- ★ Let your coach know immediately of any upcoming vacation plans and if possible, try to build your vacation around the gym closings. Excessive absences will cause dismissal from the team. Minor holidays do not mean that practices are cancelled. Ask your coach if you are unsure.
- ★ Choreography camp is a **MUST** for all cheerleaders. The rest of the season is built upon this foundation.
- ★ Communication between coaches and parents is extremely important. Be proactive as possible in obtaining the information we attempt to get to you via email, memo, website, newsletter, or phone calls.
- ★ Cheerleaders should plan to practice at least 3-5 hours a week including a one hour tumbling class.

- ★ No eating or drinking is allowed on the gym floor. You are expected to dispose of all your trash before you leave the gym.
- ★ Cell phones must be turned off before practice. No valuables should be brought to or left in the gym.
- ★ Extra practices are almost always required just before competitions. Be prepared and plan accordingly.
- ★ Any unexcused absences, missing your tumbling class, leaving early from practice, or tardiness prior to the two weeks to competition means you will not compete at that week's competition. It is up to your coach to make that determination.
- ★ Tardiness and absences hamper the progress of the entire team. It affects team cohesiveness and trust, disrupting the flow and function of the team. Make sure you notify your coach IN ADVANCE of planned absences and call in to the gym when you will be even 10 minutes late.
- ★ Make sure that you check with the competition schedule/practice schedule and your coach before committing to events outside the gym which may incur an unexcused absence. We will try to work with you but we need to know as far in advance as possible.
- ★ No items with the RCC name or logo may be produced without permission from the Program Director.
- ★ RCC all star cheerleaders are obligated to attend both local and out of town competitions.
- ★ Cheerleaders are expected to travel to competitions with a parent or other adult driver—riding with another teenager is not permitted
- ★ RCC cheerleaders are expected to conduct themselves with dignity and show good sportsmanship to other teams.
- ★ RCC teams support each other at competitions. This may mean that teams will stay on site after their own performances/awards ceremonies so that they can be present to cheer on another RCC team schedule for a performance later in the day.
- ★ Commit to a whole season. Anyone chosen to be an All-Star must commit to the squad from June 2010 through April 2011.
- ★ Threatening to quit will cause IMMEDIATE dismissal from the squad. This is a NO TOLERANCE policy.
- ★ Losses and additions—every year we go through losses and additions of athletes. The dismissal or addition of anyone is solely the coach's discretion.
- ★ All-Stars are required to attend practice. All team members are only allowed two unexcused absences. Please notify the coach prior to missing the practice.
- ★ Be prompt, members must be on time to all practices and events. There is a 10 minute grace period.
- ★ It is the parent's responsibility to know what is going on with your child's squad at all times. Practice may be changed and/or added throughout the season. CHECK EMAILS REGULARLY.
- ★ We will do our best to work with your extracurricular activities at school. However, if your extracurricular coach refuses to work with our mandatory practices or competitions, you will have to choose which activity you will continue.
- ★ Have positive attitudes. All-Stars need to be spirited and supportive with their fellow cheerleaders and of coaches. Disrespect of any kind will not be tolerated nor will negative attitudes. All-Stars are expected to display sportsmanship all the time.
- ★ Respect authority. Challenging the authority of a coach or person in charge, by a student or parent will be ground for dismissal. All team and routine decisions are made by coaches. There will be no arguing or questioning the coaching staff's decisions at practice or competition.
- ★ Safety first! Jeopardizing the safety of one's self or another member will immediate grounds for disciplinary action or dismissal.
- ★ NO CELL PHONES AT PRACTICE!!
- ★ The same accommodations will be used for all cheerleaders during out of town competitions. For the mini & youth team, there must be a parent in every room, NO EXCEPTIONS.
- ★ The mini, youth, and junior teams must have a chaperone at every competition. It is not your coach or River City Cheer's responsibility to be your child's chaperone.
- ★ No athlete will be allowed to travel individually; all travel out of the state will be done as a group. Please be aware that we do our best to provide you with the best airfare prices possible. Traveling together as a team is VERY IMPORTANT for the bonding of the team, creating memories that will last these athletes a lifetime. It makes it extremely difficult to keep track of everyone's individual/family itinerary. THERE WILL BE NO EXCEPTIONS.

- ★ Parents, relatives, friends, and cheerleaders are not allowed to speak with competition officials FOR ANY REASON. Parents are NEVER allowed to represent River City Cheer under any circumstances concerning accommodations, competitions, or in any situation.
- ★ TEAM COMES FIRST. Practices and competitions are not to be used as punishment for your child's actions away from the gym...however, we support you as the parents. Please realize that by using practice or competitions as a punishment, it not only punishes your child, but the whole team.

2010-2011 PROPOSED Competition Fees Breakdown per Athlete—Senior/Junior/Youth/Mini All-Stars

Pac West Competition

Registration Fee:	\$ 45.00
Coaches Fee:	85.00
Total	\$ 130.00

(This is only a day trip—the decision to stay overnight is solely up to the athlete & their family. RCC will not be held responsible for the cost of the overnight stay)

Spirit Coaches Competition

Registration Fee:	\$ 65.00
Coaches Fees:	85.00
Total	\$ 150.00

Top of the World Competition

Registration Fee:	\$ 65.00
Coaches Fee:	85.00
Total	\$ 150.00

(This is only a day trip—the decision to stay overnight is solely up to the athlete & their family. RCC will not be held responsible for the cost of the overnight stay)

State Basketball Exhibition

Coaches Fee:	\$ 170.00
Total	\$ 170.00

(Hotel stay is required for this event; however hotel reservations & payment will be the responsibility of the team members & families)

The Aloha International Championship—Honolulu (JUNIOR TEAM ONLY)

Airfare:	\$ 550.00-800.00
Hotel Fee (Youth/Juniors X 5 nights):	399.00
Registration fee:	included in hotel fee
Coaches Fee:	350.00
Total	\$ 1,600.00 per athlete

Please be aware that the above competition cost for the Youth/Junior team is not completely accurate as it only contains airfare, hotel and registration fee for the athlete; members of the Youth/Junior team will have a parent chaperone accompany them on this trips.

TOTAL COMPETITION COSTS FOR YOUTH/JUNIORS/SENIORS	\$ 2,200.00
TOTAL COMPETITION COSTS FOR MINI	\$ 600.00

THESE FEES DO NOT INCLUDE THE COST OF FOOD, ADMISSION FOR PARENTS, INDIVIDUAL COMPETITION COSTS OR STUNT GROUP COMPETITION COSTS AND OTHER MISCELLANEOUS COSTS.

INSTRUCTIONS: FILL IN APPROPRIATE COSTS FOR TUITION; AS WELL AS FILL IN APPROPRIATE COSTS FOR UNIFORM PIECES, ETC.; TOTAL EACH CATEGORY AND ADD TOGETHER; DIVIDE GRAND TOTAL BY 6 EQUAL PAYMENTS TO GET YOUR BUDGET BILL/MONTHLY TUITION. IF YOU DO NOT NEED A PIECE OF THE UNIFORM OR GEAR....DO NOT ADD THAT COST IN!

River City Cheer Budget Billing Worksheet

Athlete Name:
Team Placement:
Year: 2009/2010

Fees:

Annual Fee:	\$	45.00 REQUIRED
Tuition: Youth or Sr or Jr-\$825/Mini-\$600	\$	
Choreography Fee:	\$	150.00 REQUIRED
Clinic Fee:	\$	150.00 REQUIRED
(OPTIONAL) Competition fees-\$1,550.00	\$	
Total Fees:	\$	

Gear—please see below to make sure you are buying the correct pieces of gear:

Uniform: Youth/Jr/Sr-\$250-Buy OR \$100-Rent		
Mini-\$150-Buy (no rental option)	\$	
Briefs: Same cost for both teams-\$18.00	\$	
Ribbon: Youth-\$22/Mini-\$18	\$	
RCC Backpack: Same cost for both teams-\$25	\$	
Shoes: Youth-\$90/Mini-\$40	\$	
RCC Warm up: OPTIONAL-\$165	\$	
Total Gear:	\$	

Total Fees & Gear:	\$	
FINANCING FEE	\$	50.00 REQUIRED FEE
Divide by 10 equal payments		
Monthly payment:	\$	
First payment due June 1		

Mini team members (ages 8 & under) Uniform
will need the following pieces of gear: Briefs

- Ribbon
- RCC backpack
- Shoes
- Warm up jacket & pants (optional)

- Uniform
- Briefs
- Ribbon
- RCC backpack
- Shoes
- Warm up jacket & pants (optional)

Youth/Junior/Senior team members
(age as of 8/31/10) will need the
following pieces of gear:



Information & Registration Form

Cheerleader's Name _____

DOB _____ Age _____ Gender _____

Grade for 06-07: PK K 1 2 3 4 5 6 7 8 9 10 11 12 School Name _____

Parent's First Names _____ Last Names _____

Address _____ City/State/Zip _____

Home Phone () _____

Work Phone-Mother () _____ Cell Phone-Mother () _____

Work Phone-Father () _____ Cell Phone-Father () _____

Emergency Phone _____ Name _____

Email address—Parent _____

Cell Phone-Athlete _____ Email Address-Athlete _____

I certify that my son/daughter is mentally and physically capable and able to fulfill the requirements to participate in any class, performance, trip and/or event sponsored by River City Cheer. In the event of an emergency occurring while my son/daughter is at a River City Cheer sponsored class, performance, trip and/or event, I grant permission to River City Cheer and its employees to take whatever action necessary.

Parent/Guardian Initial _____

In the event that I cannot be reached, I hereby authorize River City Cheer and its employees to give consent for my son/daughter to receive medical treatment.

Parent/Guardian Initial _____

Medical Insurance _____ Policy # _____

Family Doctor's Name _____ Doctor's Phone Number _____

Any intolerance to medications, previous illness or injuries the staff should be aware of?

Medical Information

Heart Condition	Yes	No	Diabetes	Yes	No
Chest Pain from physical activity	Yes	No	Dizziness/Loss of consciousness	Yes	No
Bone or Joint problems	Yes	No	Neck or Head Injury	Yes	No
Convulsive Disorder	Yes	No	Concussion	Yes	No
Liver, Spleen or Kidney Disorder	Yes	No	Infectious Skin disorders	Yes	No
Seizures/Convulsion	Yes	No	Asthma	Yes	No
Allergies	Yes	No	Allergic To: _____		

Medication currently taking: _____

Additional Medical Info. That may be helpful:

T-shirt size: YS YM YL S M L XL

Shorts size: YS YM YL XS S M L XL

Shoe size: _____

Parent/Guardian Signature: _____ **Date** _____



Release Agreement

This release agreement (“agreement”) is made effective as of ____/____/____ (date) by and between River City Cheer and _____ (Customer(s))

RECITALS

- A. River City Cheer provides instruction and services related to cheerleading and tumbling.
- B. Customer(s) wish for _____ (student) to receive such instruction and services and has agreed to release River City Cheer as set forth below as part of the consideration for such instruction and services.

NOW, THEREFORE, the parties agree as follows:

1. Risk. Customer(s) understands that cheerleading and gymnastic activities have inherent dangers that no amount of care, caution, instruction or expertise can eliminate and Customer(s) expressly and voluntarily assume all risk that subsequent to the execution of this Agreement, student will incur or suffer personal or bodily discomfort, loss, personal injury, disability, death, damage or property damage, or any of these, which are in some way caused by or related to the instruction, activities, or services provided by River City Cheer including but not limited to River City Cheer negligence or misconduct, and further, there is a risk that such bodily injury, discomfort, loss, bodily damage or disability, or any of these, may be or may become more serious than the undersigned now knows, expects or anticipates.
2. Release. In consideration of the covenants and provisions of this Agreement, Customer(s) forever release and hold discharge River City Cheer and its affiliates, representatives, employees, attorneys and agents from any and all claims, debts, liabilities, demands, obligations, promises, acts, costs, and expenses (including without limitation attorneys’ fees and costs), injuries, damages, actions and causes of action of whatever kind of nature, including, but not limited to, River City Cheer’s negligence or misconduct, whether known or unknown, suspected or unsuspected in connection with or relating to the instructions, activities, or services provided to the student by River City Cheer, including in travel, lodging or other activities undertaken off site which are sponsored by River City Cheer. Customer(s) agree and acknowledge that this release applies to both known and unknown claims. Customer(s) understand and agree that the activity they are participating in is not a “necessary” activity or service; it is for participants’ own personal use only; it is a leisure activity only; and that it provides no medical or therapeutic benefits whatsoever.
3. Indemnity. Customer(s) hereby agree, jointly and severally, to indemnify, defend and hold River City Cheer harmless from and against any claim, cause of action, damage, death, liability, obligation, expense, lien, demand, account and/or costs (including payment of attorneys’ fees and legal costs actually incurred whether or not litigation is commenced) based on, in connection with, or arising out of any bodily discomfort, loss bodily injury, disability, death or any damage of any nature whatsoever.
4. Emergency Medical Information. Customer(s) have provided all emergency medical information relevant to the student as outlined on the Information & Registration Form.
5. Attorneys’ Fees. In the event that any party hereto shall bring any action, suit or any other proceeding against the other party, the prevailing party shall recover all of such party’s reasonable attorneys’ fees and costs from the non-prevailing party.

6. Integration. This Agreement constitutes a single integrated written contract expressing the entire agreement between the parties hereto relative to the subject matter hereof. This Agreement supercedes all prior or contemporaneous agreements.
7. Law. This Agreement shall be governed by and shall be interpreted in accordance with Alaska. Law.
8. Rules & Policies. Customer(s) agree to adhere by all the rules & policies posted by River City Cheer and listed on the “general policies” hand out that is located in the Parent Registration packet materials.

IN WITNESS WHEREOF, the parties have executed this Agreement as of the date first written above.

RIVER CITY CHEER

CUSTOMER(S):

By:

River City cheer Absence Request Form

Please list any vacations or times your child will miss during the summer, fall or winter.

Athlete's Name: _____

Dates of absence: _____ For: _____

Dates of absence: _____ For: _____

Dates of absence: _____ For: _____

Dates of absence: _____ For: _____

Parent Signature: _____ Date _____

Cheerleader Signature: _____ Date _____

Team Coach Signature: _____ Date received _____

OFFICE USE ONLY:

Comments:

