ELITE ★ATHLETIC★ CHEER

REGISTRATION

2019/2020

INTRO

Welcome and thank you for your interest in our program! We are entering our 5th 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 quality coaches and exceptional role models. Even as we instill these core values in our athletes, we never forget that cheerleading is fun.

Our season for ages 4-6 (Tinys) will start in September 2019, and runs through March 2020. Ages 7 & up will start in September 2019, and could run through beginning of May 2020. If your child's team wins 1st place or a paid bid to a competition 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. Practice days and times will be provided to you by your child's coach. Practice never exceeds 2 days a week unless there are special circumstances. Ages 7 & up teams will attend 8-12 competitions and nationals. The Tiny team will attend 4-6 competitions and 1 National. Hotel stays for these competitions are not mandatory. The only hotel stay that is mandatory is for our national competitions. Team Choreography will be held in September and is extremely important and MANDATORY!

We live to compete. Our athletes train hard inside and outside of practice. There will be extra options for your child to progress, such as additional tumbling classes, stretch classes and conditioning offered at The Elite Athletic Center. For more information go to eliteacnj.com. Each child is required to purchase the items necessary to compete such as their uniform and sneakers. These items will be theirs to keep, they are not rentals and can be used multiple years in a row.

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

Kelly Daly-Director
Lori Brucker-Assistant Director
Stacy Dalton-Treasurer/Secretary
Heather Pfeiffer-Public Relations
Stephanie Urbanski-Fundraising

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.

_____ _____

Signature of Parent/Guardian Date

Athlete Information

First Name:_____ Last Name:_____

Address:_____

City/State/Zip:_____

Date of Birth:_____ Age as of 8/31/2019:_____ Grade:_____

Medical Information:

Please list any and all medical conditions a coach will need to identify (Allergies, ADHD, etc):

_____

_____

Primary Medical Insurance Name:_____

Policy #:_____

Primary Physician Name:_____ Phone #:_____

Parent/Guardian Information:

Mothers Name:_____ Cell #:_____

Fathers Name:_____ Cell #:_____

Primary Email:_____

Secondary Email:_____

Emergency Contact other than parents:_____

Contact #:_____

WAIVERS AND RELEASE OF LIABILITY

I AGREE TO HOLD HARMLESS ELITE ATHLETIC CHEERLEADING, ITS OFFICERS, BOARD MEMBERS, COACHES AND SPONSORS 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 _____

ATHLETE/PARTICIPANT SIGNATURE _____ DATE _____

Important Dates

★**Registration** 3/15-6/1

★**Late Registration** **(on team need basis)** 6/1-8/1

NO REFUNDS AFTER 7/1

★**Team Evaluations** 6/8, 1-5pm

Evaluations are mandatory for every athlete -***Jersey Pride (150 Holly Dell Dr, Sewell, NJ 08080).***

★**Practice & Choreography Camp Begin** 9/7

★**OFF** 10/31 (*Halloween)*

★**OFF** 11/28-11/29 (*Thanksgiving)*

★**OFF** 12/24-1/2 (*Christmas/New Year's Break)*

★**OFF** 4/10-4/13 (*Easter Break)*

Team Evaluations

Saturday June 8th, 1-5pm at
Jersey Pride ***(150 Holly Dell Dr, Sewell, NJ 08080).***

What do I need for team evaluations?
★***Registration Fee***-$100 for New Members & Current Members
★*No child will be evaluated unless they are registered*
★***Copy Of Birth Certificate-New Members Only***
★***Registration Packet Forms Completed***
★***Dressed Cheerleader Ready-****Wear sneakers, shorts, tank top, hair up with a bow. Please no jewelry.*

You will receive an email with team evaluation results within a week. The skills listed below are used as a guide regarding levels. Evaluations are not just based on tumble skills. We asses all skills such as basing, flying, jumps, flexibility, attitude and more to form the most successful, well rounded cohesive teams.

	Level 1	**Level 2**	**Level 3**	**Level 4**
Tumbling	Forwards Roll, Backwards Roll, Cartwheel, Round off, Handstand, Front Walkover, Back walkover, Valdez	Standing and running back handspring, multiple handsprings, front and back walkover connected to handsprings	Series of back handsprings, side aerial, round off back handspring tuck, front walkover roundoff back handspring tuck, punch front	Standing tuck, standing handspring tuck and or layout, running pass with layout, whip
Stunting	No experience Necessary	Basing or flying prep level one legs, basket tosses	Basing or flying extended single legs and twisting skills such as tosses and from 2 leg stunts	Basing or flying double twist from 2 legs, single twist from one legs and kick full/double twist basket toss

Pricing/ Financial Policies and Commitments

	All Members
Registration Fee for all (Non Refundable)	$100
Tinys Tuition Ages 4-6	$500
Tuition Ages 7 & up	$900

Tuition payment can be made up front with a check made out to EAC or cash. If you would like to do our payment plan option please see below.

Tinys Tuition	7/1	8/1	9/1	10/1
Monthly Payment for 1 child	$200	$100	$100	$100

Ages 7 & up Tuition	7/1	8/1	9/1	10/1
Monthly Payment for 1 child	$250	$250	$200	$200
2 Children (Save $100)	$425	$425	$425	$425
3 Children (Save $200)	$600	$600	$600	$600

★All monthly payments will be made electronically with a 3% processing fee. Please fill out the form attached 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 by the 15th of the month your cheerleader/s will not be allowed to practice.

★If you are doing the monthly installment payment plan and you need to change your credit card information please email the board at eacrec@yahoo.com.

★There will be NO REFUNDS to anyone who quits a team or is asked to leave the program. ALL fees and money paid will be forfeited.

Other Costs (Due throughout the season)

- **Uniforms for ages 7 & up cost $250-$350 (Paid in full by August)**
- **Uniforms for Tinys ages 4-6 will be rented from the organization.**
- **Each Tiny parent will be responsible for $20 bloomers to go with the uniform (we will do a group order).**
- **Possible National events for teams that qualify during season.**
- **Possible Choreography Upgrades $30-$60 Due at choreography upgrade practice.**
- **Makeup Kit- Varies by team.**

★Date, time and location will be emailed out about uniform fittings. We will have a representative come to fit the kids and a parent must be present to confirm sizing.

★EAC offers many fundraising options to help families cover the costs of tuition throughout the season.

★Attendance Policy (Please Read with your Athlete)

★**Attendance Policy-** Cheerleading is a team effort, a unique sport in which each athlete's safety is dependent upon teamwork, trust and responsibility. We expect for each cheerleader to dedicate 100% to their team. This means **ATTENDANCE IS MANDATORY** and when someone is missing the whole team suffers. A practice missed by one cheerleader has a significant impact on the entire team, particularly that cheerleader's stunt group who are unable to practice without every member present.

★**Excused absences include…**

- ★A death in the family
- ★Religious obligations
- ★Mandatory school functions (Dances, Sports tryouts & Games **ARE NOT** excused)
- ★Contagious sickness with doctors notes

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

★All absences are considered unexcused unless cleared with the Coach PRIOR to practice for reasons of illness or injury (which require a doctor's note).

★If you are sick and non-contagious, please make every effort to attend practice. Lightly participating and / or watching practice will help you and your team.

★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 coach may refer the cheerleader to the board for potential dismissal from the team.

Rules And Regulations (Please Read with your Athlete)

★**Practice**- Team practices will begin after choreography camp and will typically be held twice weekly. Occasional additional practices may be added as needed in preparation for competitions. Practices will continue through the end of the Cheer season, with breaks for holidays such as Christmas / New Year's holidays, etc. **All practices are mandatory.**

Practice/Competition Attire

★Practice gear will be given to all EAC athletes. This is **MANDATORY** and must be worn at all practices with cheer shoes and practice bow. No boots or street shoes will be permitted on practice mats.
★No jewelry is to be worn at practice or competitions.
★Hair must be up and out of face with a cheer bow for all practices.
★Gum chewing is not allowed.
★Nails need to be kept at a reasonable length for the safety of all. **No fake nails are allowed for practice or competition.**
★Nail polish is not allowed for competition.
★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). No bare bellies (i.e. sports bras without shells) or short shorts (i.e. wearing just bloomers without skirts on) while wearing the Elite Athletic Cheerleading uniform.
★During awards ceremonies, all EAC cheerleaders should be in full uniform with no jackets, boots or t-shirts.
★No toys, bags, jackets, food or ipod/ipads are allowed on the practice or competition areas.
★Neither EAC, its coaches or practice facilities are not to be held responsible for personal items brought to practice that are left behind, stolen or damaged. **Bring personal items at your own risk.**

Rules And Regulations Continued

Behavior

★Disruptive and/or disrespectful behavior, including any type of bullying, will not be tolerated. Members 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 must wait in designated parent waiting areas at practice facilities and abide by the rules set forth by that facility.
★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.

Additional Rules/Information

★No member of the EAC Organization is permitted to participate in any other rec or all star competitive cheer program.
★Evaluations are held to make sure children are placed on appropriate team based on age and ability.
★Basketball cheering - In addition to our regular Cheer season, we also cheer for Logan Township Youth Basketball in the winter, usually January and February. Each Cheerleader must cheer at least 1 basketball game.

Rules And Regulations Continued

Social Media

★No videos of practice, competitions or routines should be posted anywhere at anytime.

★No private accounts (facebook, instagram, twitter, snapchat, musically) with the EAC name or team names are permitted to be used or created by any member other than EAC BOARD.

★Negative posts about EAC, another program, or another child in our program will not be tolerated.

Use of Logo and Apparel

★Elite Athletic Cheer logos and names are NOT to be duplicated or used for your own apparel use. Anyone who attempts to sell, make, or use our gym name, colors with team names will be in violation of our policy.

★You can purchase EAC Gear at http://teamstore.gtmsportswear.com/eacrec.

EAC Code of Conduct for Parents & Athletes

★Any negative discussion about other teams within the organization will not be tolerated. Everyone here is family and should lift each other up as such!

★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.

★Parents/Guardians will recognize the importance of Volunteer Coaches and support the program.

★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 Elite Athletic related sporting event, practice or meeting.

★Unacceptable behavior includes, but is not limited to the following: using foul or abusive language or gestures, physical or verbal confrontations or fights, slanderous or libelous remarks or statements, threats, intimidation, or crimes punishable by Civil or Criminal Laws.

★Participant / Parents agree to uphold the Logan Township Sports Code of Conduct Ordinance #121-10. Any infraction of this Code of Conduct may result in Disciplinary Action by the Elite Athletic Cheer Board of Directors, up to and including immediate expulsion from the Elite Athletic Cheerleading program.

Signatures

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:**_____

Credit Card on File

This is for members doing the monthly installment plan 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:_____3 Digit Code:_____

Exp Date:_____

Parent Signature:_____Date:_____

What does my tuition cover

★**All competition fees-with the exception of Nationals or added competitions**

★**Practice Space**

★**Choreography**

★**Music**

★**Insurance**

★**Practice Gear**

★**Bow**