



# UNITED ALL STARS COMPETITIVE CHEER 2023-2024

## **Athlete Evaluations**

Athlete Evaluation Fee \$55 per athlete ages 6 and up  
\$35 for athletes ages 3-5

*Individual Evaluations: Attend one session throughout the week.*

### **MONDAY-THURSDAY, MAY 15-18: (Individual Evals)**

Schedule online or send us an email to schedule your individual evaluation

**\*\*Make sure to only select ONE 15 min. timeslot\*\***

*Group Evaluations: Attend ALL sessions that your age falls under even if multiple sessions.*

### **SUNDAY, MAY 21: (Group Evals)**

12-12:30pm - Ages 5-8 (Born 2018 - 2015)

12:30-2pm - Ages 6-11 (Born 2017 - 2012)

2-3:30pm - Ages 9-15 (Born 2014 - 2008)

3:30-5pm - Ages 12-18 (Born 2011 - 6/1/2004)

*Group Callbacks: Will send emails by Tuesday evening, May 23rd, for callback times.*

### **WEDNESDAY-THURSDAY, MAY 24-25: (Group Callbacks)**

**\*\* Callbacks as needed \*\***

## **PARENT MEETINGS**

Friday, April 28: 6-7pm

Saturday, April 29: 1-2pm & 4-5pm

Thursday, May 11: 6:30-7:30pm

*\*Please attend 1 meeting\**

(Please register online at <https://app.iclasspro.com/portal/unitedtumbling/booking> under Camps.)  
Bring all paperwork in this packet and a copy of your athlete's birth certificate if not already on file.

If you cannot be at evaluations please call and set up a private evaluation at 937-492-2825 or send us an email  
at [unitedtumbling@gmail.com](mailto:unitedtumbling@gmail.com)

**\*\*\*Paperwork must be completed and turned in on or before your first evaluation session, NO  
EXCEPTIONS.\*\*\***

Welcome to the United All Star competitive cheerleading program. We are delighted you have chosen to become a part of a growing legacy as we enter our 12th season. We are devoted to making this another successful and memorable season. Our mission at United Tumbling Academy, LLC is to provide a stable learning environment for children to safely develop appropriate tumbling and cheerleading techniques, develop meaningful relationships, and have fun. We take pride in our responsibility to model and encourage self confidence, integrity, dedication, hard work, leadership, positivity, and sportsmanship.

United All Stars has earned numerous national titles over the years. In 2015, we took our first level 6 team to World's as they made United history placing 12th out of 20 teams in prelims on Day 1. In 2016, we proudly attended the D2 Summit in Tampa with 3 of our teams where our Youth placed 3rd. In 2017, we took all eligible teams to the D2 Summit in Disney where our Junior Level 3 team placed 4th out of 78 teams. In 2018, all eligible teams earned paid bids to attend the D2 Summit and our Senior Coed Level 4 team came home with the Champion Title earning them the National Championship rings. We also earned our first US Finals Title in the Junior Prep Division. These milestones are just a part of the rewards our athletes earn in our program. We always focus on helping our athlete's improve their skills and reach their full athletic potential but we feel United provides a much greater purpose by teaching our athlete's life long lessons. Our athletes will face situations where they learn to work together as a team to achieve common goals. We build character and self-esteem by teaching our athletes about friendship, work ethic, commitment, responsibility, accountability, and respect. We always strive to succeed but our program is about so much more than just winning. Our athletes, staff and families create memories that last a lifetime.

We owe our success to our amazing staff, which participate in yearly USASF training and educational conferences to stay current on all techniques, safety, and rules. Each squad will have a coach certified in the appropriate level. It is our goal to provide a quality, positive, and fun environment for our athletes and remain one of the top small programs in Ohio. We welcome you to United and hope you find this information comprehensive and valuable and choose to become a part of our United Family for your 2023-2024 season.

In the following pages you will find an outline of our rules and regulations, policies, important dates, financial commitments, and much more. Please take the time to read and understand all of the material enclosed. After you have read your packet thoroughly, please complete the attached forms:

- |  |  |
|--|--|
| <input type="checkbox"/> Family and Billing Information  | <input type="checkbox"/> Credit Card Authorization Form  |
| <input type="checkbox"/> Athlete Information             | <input type="checkbox"/> Vacation Request Form           |
| <input type="checkbox"/> Waiver & Release from Liability | <input type="checkbox"/> Concussion Certificate          |
| <input type="checkbox"/> Medication Waiver               | <input type="checkbox"/> Lindsay's Law Form              |
| <input type="checkbox"/> Commitment Contract             | <input type="checkbox"/> Copy of State Birth Certificate |
| <input type="checkbox"/> Roster Information              | <input type="checkbox"/> Wallet size photo               |
| <input type="checkbox"/> Evaluation Form                 |  |

**PAPERWORK IS DUE ON OR BEFORE YOUR INDIVIDUAL EVALUATION SESSION.**

**\*\*\* If we do not have your paperwork your athlete will not be allowed to participate in evaluations. \*\*\***

*You may keep the remaining sections of the packet to reference throughout the season. Please keep in mind all prices are estimates and schedules are tentative. We will do our best to make as little changes as possible. Any questions may be addressed to:*

Tanya Braun – Owner United All Stars  
720 W. Russell Rd. #1  
Sidney, OH 45365  
[unitedtumbling@gmail.com](mailto:unitedtumbling@gmail.com)

## ***United All Stars***

### ***Rules and Regulations***

*I hereby understand that each time "United" is mentioned throughout this contract it is meant to be all inclusive of United Tumbling Academy LLC, United All Stars, and employees.*

#### **GENERAL**

1. **If you ever have a problem with anything, please do not hesitate to contact the gym, your coach, or the owner. WE are here for YOU!**
2. It is your responsibility to wear the appropriate practice wear to every practice.
3. **DON'T BE LATE...**Better to be early than late. Practice starts on time, athletes should be dressed and ready to go promptly, including any braces needed and shoes on.
4. **NO GOSSIP** about any other teams (all star or school). **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about another parent within our program or another program. **NO GOSSIP** about coaches or staff. It is better to address a problem than to listen to gossip.
5. No profanity or abusive language.
6. Please keep in mind the gym is not a babysitting service. We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
7. All squad and team decisions are left to the discretion of the coaches.
8. Please feel free to talk to your coach about anything; **JUST REMEMBER TO DO IT AT APPROPRIATE TIMES. (Please allow 24 hours before reacting to a situation.)**
9. Only registered athletes are allowed in the practice area.
10. Siblings, family members, friends, etc. are not allowed in the practice area.
11. All spectators must remain in the lobby area and keep the noise level down at all times.
12. **ONLY STAFF MEMBERS ARE ALLOWED BEHIND THE DESK.**
13. Any person that disrupts a practice will be asked to leave the facility immediately.
14. Anyone threatening to quit or to pull their child from a squad will be dismissed from the program immediately.
15. No food, drinks, or gum are allowed in the practice area.
16. All trash must be disposed of in the appropriate trash receptacles.
17. Cell phones must be left outside of the practice area. Athletes are not to use their phones, chat with friends and parents while taking a drink break.
18. United is not responsible for lost or stolen personal items. We do have a lost and found container.
19. The United website, emails, and Band group should be checked regularly. It is your responsibility to stay informed with the information provided.
20. **Any privately monogrammed items with the United name or logo must be approved by the owner first.**
21. **WE DO NOT ALLOW OUR ATHLETES TO WEAR ANOTHER ALL STAR PROGRAM'S CLOTHING/ATTIRE IN OUR FACILITY OR AT ANY UNITED ALL STARS ACTIVITIES/EVENTS.**
22. All choreography must be highly protected and shall not be shown or discussed with others. **No videos of routines/choreography should be uploaded to any online website until after the season is over. You can post videos in private groups within social media.**
23. Never post any negative comments on any website, such as Facebook, Twitter, Instagram, etc.
24. **ATTITUDES ARE CONTAGIOUS...IS YOURS WORTH CATCHING?** A positive attitude is extremely important to your team's growth and success.

#### **COMMUNICATION**

1. Band app, emails, website ([www.unitedtumblingacademy.com](http://www.unitedtumblingacademy.com)), handouts, and Facebook (<https://www.facebook.com/UnitedTumblingAcademy/>) are just some of the ways we communicate in our gym.
2. Please check your email regularly as this is a main source of communication. Make sure your email account settings are set up appropriately to accept emails from [unitedtumbling@gmail.com](mailto:unitedtumbling@gmail.com).

## TEAMS

### United reserves the right to:

1. Place athletes on the team(s) it feels will best suit them and the program.
2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc. **ANY CHANGES MADE ARE TO BENEFIT THE TEAM.**
3. Decide if an athlete may participate on more than one team.
4. Decide the roles and/or positions an athlete will have on their team(s). (E.g. base, flyer, back spot, tumbler, dancer, etc.)
5. Request that an athlete or team take additional classes or camps to improve their skills.
6. Request that an athlete or team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

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

1. Be in good financial standing.
2. Be willing to fulfill all responsibilities required of each team.
3. Be responsible for any additional entry fees they incur beyond their first team.

## ATTENDANCE

### All athletes must:

1. Make United priority over any other extracurricular activities.
2. **Attend and be prepared to participate in all United activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.**
3. Notify United immediately when an injury occurs so arrangements can be made prior to practice.
4. Arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST!
5. Notify United in writing immediately of all expected tardiness or absences.
6. Notify United by phone or through the Band app immediately of any unexpected tardiness or absences (Gym or Coach).
7. Provide vacation dates in writing at least 4 weeks in advance.
8. **Attend ALL practices within 2 weeks of a competition (4 weeks before Summit) to be eligible to compete at that competition.**
9. Put in 110% effort at all practices and competitions. It takes hard work and dedication to reach each team's full potential. Everyone needs to strive to be their best at all times.

**\*\*\*PRACTICES ARE MANDATORY!** *There are very few hours that we have these teams together, so every minute must be utilized. More than 3 unexcused absences in a season will result in a \$50 "absent fee" for each occurrence. Excessive tardiness or absences will result in dismissal from your team and/or program. **You must attend practice if you are sick and NOT contagious.** Let your coach know what is going on. We cannot express how important your attendance is. If you miss, you hold the entire team back. If you are tardy or absent from a competition, regardless of the reason, you will immediately be dismissed.*

### Excused Absences:

- School functions for a grade
- A death in the family
- Serious or contagious illness with doctors note
- Family Emergencies
- Vacation during the summer

### Unexcused Absences:

- Jobs
- School dances, birthday parties, concerts, banquets, family reunions, weddings, shopping, spring break trips, etc.
- School projects, homework, or tests
- Traffic or long-distance driving
- Feeling tired/taking a break/exhaustion
- Feeling under the weather, but not contagious

## **Vacations:**

- Vacations are discouraged during the competition season unless the gym is closed or the athlete has approved it with the head coach and/or gym owner.
- Any summer vacations must be turned in 2 weeks prior to the missed practices.
- Any vacations outside of summer must be turned in 4 weeks prior to the missed practices.
- **Spring break trips must be planned around practice days and times as we cannot accommodate for all of the different dates since each school schedule is different. We will not allow athletes to miss practices the month prior to Summit or 2 weeks before any other competition.**

## **PRACTICES**

- Practices are closed to parents. We want your athlete to get the most out of every practice. In order for this to happen we need their full attention.
- If a parent or anyone is observed speaking negatively about a program, team, coach, parent, or athlete, he/she will be asked to leave. If this behavior continues the athlete will be removed from the team.

## **INJURIES**

- Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. United will take every precaution to limit these injuries. Unfortunately, we cannot prevent them all. In the event that your child is injured we will take every necessary step to ensure your child's well being.
- If an athlete is unable to practice, we reserve the right to work the athlete out of the routine until he/ she is able to practice full out.
- **If an athlete is seriously injured, we require a doctor's excuse stating that the athlete is not allowed to participate. The athlete will not be able to return to practice/compete until we have a release form signed by the doctor stating that the athlete is allowed to return to activity with no restrictions.**
- All athletes are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO/NICOTINE. If any athlete is caught drinking, smoking, vaping/juuling or using drugs or if there is an eating disorder they will be expected to take the necessary steps to quit and/or receive help. We will help in any way we can.

## **DRESS CODE**

### **All Athletes must:**

1. Maintain a well-groomed appearance and good personal hygiene at all times.
2. Athletes must wear the assigned practice wear.
3. Hair must be kept out of the face (if possible in a high ponytail).
4. Nails must be kept shorter than fingertips. NO FAKE NAILS (You are still required to practice if you break a nail).
5. **NO JEWELRY** (other than approved medical ID tags) are allowed at practices or competitions.
6. Sports bras should always be worn under t-shirts/tank tops. Please, no bra straps showing. If you choose to wear a sports bra only, make sure you are fully covered and wear 2 bras if needed.
7. If your child is a flyer or is taking a stretch or stunt class, they should always wear briefs, spandex, or tight-fitting shorts under their regular pair of shorts.

## **COMPETITION DRESS CODE**

**\*\* By each team's scheduled Performance Ready Time:**

1. **All jewelry and colored nail polish must be removed.**
2. Any braces/tape need to be on and must be supplied by the athlete. Please use skin tone color braces and tape.
3. All non-uniform items such as sunglasses, ipods, cell phones etc. must be put away.
4. Hair and make-up must be complete as per coach's request.
5. Athletes should be in full uniform, shoes, bow, etc.
6. After Competing: Athletes may only change into their team tank/shirt and warm-up jacket.
7. During awards ceremonies, athletes must be in full competition uniform, including cheer shoes, and may not wear backpacks, warm-ups or carry any other items... **NO CELL PHONES!!**

## **SPORTSMANSHIP AND CONDUCT**

**\*\* All athletes and PARENTS must:**

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Refrain from gossiping or any other form of verbal or physical confrontation.
4. Refrain from celebrating the misfortune or defeat of another person, team, or program.
5. Accept team placements and awards with dignity and class.

**SOCIAL MEDIA • All athletes, fans, and family must promote good sportsmanship and a positive attitude towards United and our athletes. This extends to cheer competition companies, the USASF, and any other cheer related organizations and activities.**

## **TRAVEL**

1. Each athlete must have a chaperone at every competition. It is not your coach or United staff's responsibility to be your child's chaperone.
2. It is your responsibility to pay the hotel directly for your room, if such arrangements are necessary.
3. When traveling to competitions please allow enough time to arrive, park and have your athlete in the designated area assigned on time and ready.

## **COMPETITIONS**

1. All competitions will be chosen by the coaching staff.
2. All teams will travel.
3. Some teams may travel more than others.
4. Transportation to and from competitions, hotel stay if required, and all meals, snacks, and other expenses associated with traveling is the responsibility of the athlete and his or her family.
5. Competition season begins in October 2023 and will run through May 2024.
6. If you miss a competition, you will be removed from the team immediately.
7. If a competition is canceled/rescheduled United is not responsible for reimbursement.
8. We encourage all parents to sit together and support all United teams. We also encourage parents to show support by wearing United clothing to competitions.
9. Showing respect to the coaching staff, other teams, and hosting organizations are expected. Please remember you are representing United and we want to uphold our reputation of good sportsmanship and professionalism at all times, especially when you are wearing the United name.
10. There are entry fees for spectators at each event ranging from \$10-\$65.
11. Athletes are expected to attend awards ceremonies at each event and are not dismissed until after the coach has spoken to the team and released them to parents/guardians. We take a team picture after every awards ceremony.

## **DISCIPLINE**

Each scenario is different and will be evaluated by the gym owner on an individual basis. If any rules, policies, or values are compromised, the following actions can occur:

1. Meeting with the athlete defining the problem.
2. Meeting with the athlete and the parent.
3. Written notice of possible dismissal.
4. Athlete removal from the team or program.

**\*\*\*NO REFUNDS OR CREDITS WILL BE PROVIDED FOR ATHLETES DISMISSED DUE TO DISCIPLINARY ISSUES.\*\*\***



## FINANCIAL OBLIGATIONS

### \*All athletes and parents must understand:

1. They assume full responsibility for all costs incurred as a member of United.
2. ***Monthly tuition fees are due the 1st of every month.***
  - a. ***Any account not paid by the 10th of the month will be charged a 15% late fee and all fees will be charged via your credit card on file. If the card is not valid, your athlete will be required to sit out at practice until the amount due is paid.***
  - b. ***If the amount becomes 30 days overdue the athlete will be removed from the routine.***
3. Tuition does not fluctuate based on the number or duration of practices in any month.
4. Tuition pays for training. It does not pay for the right to perform.
5. Any payment attempts resulting in NSF (non-sufficient funds), declined credit card, expired credit card, returned check, etc. will incur a \$35 service fee charge. It is your responsibility to update your information with us if your information changes (Bank account number, card number, exp. date, etc.).
6. An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
7. United reserves the right to remove an athlete from their team at any time for failure to keep up with financial obligations.
8. All tuition/fees must be current before an athlete may collect any clothing, uniform, or other retail items.
9. If an athlete chooses to leave or if asked to leave United for any reason before the season is over, **any and all funds are completely non-refundable.**
10. United is not responsible for any refunds under any act of God or any forced business closures.
11. United reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.
12. **If an athlete chooses not to fulfill their commitment for the entire 2023-2024 United season, he or she is still responsible for the financial obligations for the season. Any athlete that chooses to quit between August 2023-May 2024 is still in contract and responsible for the financial obligations through May 2024.**

## FUNDRAISING

\*\*United offers various fundraising opportunities throughout the season to help pay for tuition, uniforms, team fees, etc.

1. All fundraising must be cleared through the owner.
2. Please let Tanya know if you are interested in assisting or leading a fundraiser.
3. **Fundraising is for the United All Stars program. If you choose to leave the program mid-season or are dismissed from the program, all monies stay with the United All Stars fundraising program.**

## **USASF ELITE CLUB DIVISIONS** (*Ages go by the athlete's age as of the 2023 calendar year*)

Tiny Level 1 — Ages 5-7

Mini Level 1-2 — Ages 6-9

Youth Level 1-5 — Ages 7-12

Junior Level 1-6 — Ages 8-15

Senior Level 1-5 — Ages 12-19

Senior Level 6 — Ages 13-19

## **USASF PREP CLUB DIVISIONS** (*Levels are Stunt Level, Tumbling Level, time limit 2 minutes and no tosses.*)

Tiny Level 1.1 — Ages 5-7

Mini Level 1.1, 2.1, 2.2 — Ages 6-9

Youth Levels 1.1, 2.1, 2.2, 3.1, 3.2 — Ages 7-12

Junior Level 1.1, 2.1, 2.2, 3.1, 3.2 — Ages 8-15

Senior Level 1.1, 2.1, 2.2, 3.1, 3.2 — Ages 11-19

## **USASF NOVICE CLUB DIVISIONS** (*Floor stunts, forward rolls and cartwheels only, time limit 1:30*)

Tiny Level 1 with restrictions — Ages 3-7

***Please understand as we form teams we have guidelines to follow for each level. There are a certain amount of skills and stunts needed based on the number of athletes on the floor in order to reach the maximum scores. Scores increase based on quantity, technique, creativity, difficulty and variety of skills performed.***

## **LEVEL TUMBLING REQUIREMENTS**

*(You are considered a specific level if you have mastered all of the following skills.)*

**Level 1:** Front walkover, back walkover on both legs, running front walkover - roundoff rebound (pause) back walkover, back extension roll, handstand forward roll, forward roll, back roll, cartwheel on both sides, one arm cartwheels, back walkovers and front walkovers, valdez, back walkover switch leg, front walkover cartwheel back walkover.

**Level 2:** Back walkover back handspring, back handspring step out back walkover back handspring, front walkover round off back handspring, front walkover front handspring, straight jump to back handspring, front boulder/flyspring step out RO BHS, series front handsprings.

**Level 3:** Front tuck or front tuck step out, standing series back handspring, back handspring series jump back handspring series, jump BHS jump BHS, BHS step out BHS series, front walkover round off back handspring tuck, RO BHS step out RO BHS/series BHS tuck, Boulder/flyspring RO BHS tuck and FWO aerial.

**Level 4:** Standing tuck, standing back handspring tuck, standing series tuck, punch front step out roundoff back handspring layout, running whip to layout/bhs layout, front handspring punch front step out to layout/whip, running whip tucks, jumps to back handspring/bhs series tuck, BWO back tuck, onodi.

**Level 5:** Standing back handsprings to layouts and whip passes, jump back tuck, jump BHS whip tuck, BHS whip BHS layouts, BHS series whip layout, running round off back handspring full or round off full, Punch front step out to Full, front handspring punch front step out to whip BHS full, RO arabian, running whip back handspring full, front full.

**Level 6 & 7:** Standing full, cartwheel full, Standing series back handsprings full/Double, standing series whip full/double whip full/double, round off back handspring double whip double, front through to round off handspring double, 1 and 1/2 full through to double, jump to full.



**Monthly tuition for the 2023-2024 Season:**

\*United has divided most of its fees into one monthly tuition fee to help families budget appropriately. Tuition includes practice wear/team shirts, bows, choreography/music, skills camp, competition fees, coaches fees, monthly practice fees, and 1 hour tumbling class per week.

<b>Teams</b>	<b>June - April</b>	<b>September - March</b>	<b>Estimated Summit/ US Finals Fees</b>
<b>Elite Teams</b> <i>(Full Travel)</i>	\$270		\$250
<b>Elite Teams</b> <i>(Limited Travel)</i>	\$245		\$190
<b>Prep Teams</b>		\$205	\$130
<b>Novice Teams</b>		\$160	
<b>Crossovers</b>	Additional \$70	Additional \$60	Additional \$100

**Additional Fees Billed Separately:**

*\* Prices are estimates \**

- Yearly registration fee - \$30 (tax included)
- Commitment fee - \$300 Elite; \$200 Prep/Novice
- Shoes \$100-\$120
- Uniforms - Approx \$425 Elite/Prep; \$200 Novice
- USASF Registration - \$49
- Make-up
- No show black socks
- Warmup jacket (optional)
- Backpack (optional)
- D2 Summit *(Elite full travel teams only)* - \$775 (w/o transportation/food)
- Travel/food expenses for competitions
- Spirit wear

*\*\*\* Sibling discounts for our All Star athletes are 15% off monthly tuition for the second child and 30% for the third, fourth, etc. \*\*\**

**Elite Practice Schedule:** *Detailed Schedule will be announced after squad placements are released. Practices will start the week of June 5th.*

**Summer:**

**Elite Teams** will practice for 3 hours one night a week as a squad and be required to tumble 2 hours a week in our tumbling classes over the summer.

**Prep and Novice Teams** will have the summer off but can join our tumbling classes to keep those skills up or master new ones!

**During the school year:**

**Elite Teams** will practice 5 hours and tumble 1-1.5 hours per week.

**Prep Teams** will practice up to 3.5 hours and tumble 1 hour a week.

**Novice Teams** will practice up to 3 hours a week and tumble 1 hour a week.

**SAVE THE DATES**

May 15-18th - Commitment fee is due

June 5th - *Elite athletes* - First Tuition payment plus \$100 additional commitment fee is due

June 5th - Elite Practices Start

July 1st - 1st Uniform Payment due - Approx. \$215 Elite/Prep; \$100 Novice

**July 3rd-7th - Gym Closed for the 4th of July**

August 1st - 2nd Uniform Payment Due - Approx. \$210 Elite/Prep; \$100 Novice

September 1st - *Prep/Novice athletes* - First tuition payment is due

**September 3rd & 4th - Closed for Labor Day**

September 10th - Sunday practices start for Elite/Prep/Novice Teams

September 12-14th - *Elite athletes* - Mandatory Routine Layout Choreography Camp

October 1st - *Novice athletes* - Additional commitment fee is due for 3-5 year olds

November 5th - *Prep/Novice athletes* - Weeknight practices start

**November 22nd - 26th - Closed for Thanksgiving**

**December 21st - January 1st - Closed for Christmas & New Years**

**March 31st - Closed for Easter**

**TEAM BONDING — (MANDATORY 2 events per year)**

**\*\*\* Team Parents** will be responsible for planning these events. For one of the team bonding events, athletes are strongly encouraged to participate in one community event raising funds for any cause.

**United All Stars**  
**ELITE** Competition Schedule  
**2023-2024**  
**\*\* Tentative \*\***

\*\*\*Schedule is tentative - We try to make minimal changes throughout the season.

Competition/Location	Date	Teams	Bids Awarded
All Star Challenge - Kalahari	11/18/23 & 11/19/23	Full/Limited	
WSF - Louisville	12/2/23 & 12/3/23	Full/Limited	
JAMfest Super Nationals - Indianapolis	1/13/24 & 1/14/24	Full/Limited	
Athletic Championship - Columbus	1/27/24 & 1/28/24	Full/Limited	
GMCE - Troy	2/10/24	Full/Limited	
NCA Nationals - Dallas, TX	3/2/24 & 3/3/24	Full	
ACP - Columbus	3/23/24 & 3/24/24	Full/Limited	
Regional Summit	TBA	Limited	Elite Limited Travel teams will attend with At Large, Partial Paid, or Paid Bids
D2 Summit - Orlando, FL	May 3-5, 2024	Full	Elite Full Travel teams will attend with At Large, Partial Paid, or Paid Bids

**United All Stars**  
**PREP/NOVICE** Competition Schedule  
**2023-2024**  
**\*\* Tentative \*\***

\*\*\*Schedule is tentative - We try to make minimal changes throughout the season.

Competition/Location	Date	Teams	Bids Awarded
JAMfest Super Nationals - Indianapolis	1/13/24	Prep/Novice	
Athletic Championship - Columbus	1/27/24	Prep/Novice	
GMCE - Troy	2/10/24	Prep/Novice	
ACP - Columbus	3/23/24	Prep/Novice	
US Finals	TBA	Prep	Prep teams will attend with a Gold Bid or First Place at a Varsity event



720 W. Russell Rd. • Sidney, Ohio 45365 • (937) 492-2825 • [unitedtumbling@gmail.com](mailto:unitedtumbling@gmail.com)

## Family and Billing Information

Mother: \_\_\_\_\_ Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email Address: \_\_\_\_\_

Father: \_\_\_\_\_ Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email Address: \_\_\_\_\_

Guardian: \_\_\_\_\_ Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email Address: \_\_\_\_\_

*\*You must have an email address on file to access your online account and to receive important information throughout the season.\**

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

If other than parent, name the person responsible for billing: \_\_\_\_\_

Relation to athlete: \_\_\_\_\_

### Emergency Contact other than parents:

Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Relation to athlete: \_\_\_\_\_ Home: \_\_\_\_\_

### Student Emergency Information:

Preferred Hospital: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

### First Child:

First: \_\_\_\_\_ Last: \_\_\_\_\_ Gender: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

### Second Child:

First: \_\_\_\_\_ Last: \_\_\_\_\_ Gender: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

### Third Child:

First: \_\_\_\_\_ Last: \_\_\_\_\_ Gender: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_



## Athlete Information

Athlete's Name: \_\_\_\_\_ Female: \_\_\_\_\_ Male: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ (2023-2024)

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Athlete Cell: \_\_\_\_\_

Athlete Email Address: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy No.: \_\_\_\_\_

Please list any allergies or medications that are important for our staff to be aware of: \_\_\_\_\_

\_\_\_\_\_

Please list any previous or ongoing injuries that would conflict with any physical-related activities: \_\_\_\_\_

\_\_\_\_\_

**\*\*\* This will be my \_\_\_\_\_ year of competitive cheer at United as of the 2023-2024 season.**

## Model Release

I give the United Tumbling Academy, LLC program the right and permission to film, photograph, or videotape my son/daughter for promotional purposes. In the event that any activities are locally or nationally televised, I give the United Tumbling Academy, LLC program the right and permission to film, photograph, or videotape my son/daughter for any reproductions associated with or in any way connected with said televised events, in particular, for use in any promotional purpose.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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





## Waiver and Release from Liability

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal  
(Parent/Legal Guardian)  
representative, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE UNITED TUMBLING ACADEMY, LLC, its insurers, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of UNITED TUMBLING ACADEMY, LLC, and any and all participants, coaches, sponsoring agencies, sponsors, owners, contractors, lessors and operators of premises used to conduct any UNITED TUMBLING ACADEMY, LLC sanctioned event, competition, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at, or traveling to and from any UNITED TUMBLING ACADEMY, LLC sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
2. Releasor understands and acknowledges that UNITED TUMBLING ACADEMY, LLC sanctioned activities and the sport of tumbling, cheerleading, and dance in general have inherent dangers that no amount of care, caution, training, instruction, supervision, or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for, or traveling to and from any UNITED TUMBLING ACADEMY, LLC sanctioned event, competition, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
3. Releasor acknowledges and fully understands that each participant in any UNITED TUMBLING ACADEMY, LLC sanctioned event, competition, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis, and any other losses to person or property, including death, and that severe social and economic losses may result not only from releasee's own action, inactions of negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, Releasor acknowledges and fully understands that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING, AND INTENT.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

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

The undersigned, does hereby represent that he/she is, in fact, the parent or legal guardian of the above athlete and acting in such capacity, agrees to the terms and conditions of the above stated waiver and release.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Relationship to Athlete



## United All Stars Medication Waiver

I, \_\_\_\_\_, parent/legal guardian of \_\_\_\_\_, who is an athlete at United Tumbling Academy give permission to the Certified Coaches to dispense medicine to my athlete. I acknowledge different medicines have different purposes. Therefore, staff and/or Certified Coaches have my permission to disperse medicine according to signs and symptoms or specific problem/injury. Medications that may be available include name brand or generic Aleve, Tylenol, Ibuprofen, Pepto Bismol, Imodium, Tums, medi-lyte (or other electrolyte replacements). If there are any medications you do not wish for your son/daughter to take please list below. I also acknowledge certain medications may be contraindicated based on prescription drugs that my athlete takes on a daily basis, therefore I agree to notify the program office and/or coach as soon as there are any changes in medication my athlete takes daily. This document will serve as written permission to dispense OTC (over the counter) medicine as the Certified Coach sees fit and has available. I acknowledge that these medications will only be dispersed in emergency situations. If my athlete requires any medication that is not OTC but needs to be taken during a practice or at a competition and I will not be present, proper notification will be given to the Head coach.

\*If my athlete requires an Inhaler or epipen for asthma or allergies I will provide an extra one for the United staff during the athletic season.

Medications I do not give my athlete permission to have:

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List Prescriptions taken on a Regular Basis and Purpose:

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I have read, understand, and agree to all of the above statements regarding dispersion of medications to my athlete during or related to athletics. Should I have any further questions, I will contact the owner, Tanya Braun.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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



## United All Stars Commitment Contract

I have received a copy of the United Tumbling Academy, LLC, United All Stars Cheerleading 2023-2024 Team Packet. I have read all of the information provided in this packet and agree to abide by all the rules and regulations. In addition, I will commit myself to the time involved in practice, camp, and competition. I am fully aware that competitive cheerleading is a large financial responsibility and I will commit to United as per financial requirements of a team member throughout the entire 2023-2024 United season from June 2023 to May 2024. I further acknowledge that I am aware that actions that do not align with the expectations of United according to the rules, regulations, policies, expectations, etc. outlined in this packet could result in removal of the athlete from the program and no money will be refunded.

I understand that my commitment fee of \$200 is non-refundable and must be received prior to being placed on a United All Stars Team. I also understand \$100 will be charged if placed on an elite team after placements are released. I understand the commitment of the team lasts from June 2023 to May 2024. In order to be successful this season, I will commit to United with a POSITIVE ATTITUDE.

I understand if I choose not to fulfill my commitment for the entire 2023-2024 United season, I am still responsible for the financial obligations for the season unless I choose to exit before August 1, 2023. In the event that I choose to quit between August 2023-May 2024, I understand that I am still responsible for the monthly financial obligations through May 2024.

---

Athlete Signature

---

Date

---

Print Name

---

Parent/Guardian Signature

---

Date

---

Print Name



## United All Stars 2023-2024 Athlete Roster Information

Cheerleader's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_

School: \_\_\_\_\_ 2023-2024 Grade: \_\_\_\_\_

Mom Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Dad Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

\*\*\* This will be my \_\_\_\_\_ year of competitive cheer at United as of the 2023-2024 season.

### *Please Circle Size*

#### **T-Shirt:**

Youth S	Youth M	Youth L	Youth XL		
Adult XS	Adult S	Adult M	Adult L	Adult XL	

#### **Shorts:**

Youth S	Youth M	Youth L	Youth XL		
Adult XS	Adult S	Adult M	Adult L	Adult XL	

#### **Bra:**

Youth S	Youth M	Youth L	Youth XL		
Adult XS	Adult S	Adult M	Adult L	Adult XL	

#### **Jacket:**

Youth S	Youth M	Youth L	Youth XL		
Adult XS	Adult S	Adult M	Adult L	Adult XL	

Shoe Size: \_\_\_\_\_

## United All Stars Evaluation Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_ (for the 2023 calendar year)

Birthdate: \_\_\_\_\_

Grade 2023-2024: \_\_\_\_\_

Height: \_\_\_\_\_

Have you cheered before? \_\_\_\_ Yes \_\_\_\_ No

If yes, where? \_\_\_\_\_

How many years have you competed as an All Star

Cheerleader? \_\_\_\_\_

Are you willing to cheer on more than 1 squad? \_\_\_\_\_

Check Preference:

☐ Elite Full Travel

☐ Elite Limited Travel - *NEW!!*

☐ Prep

☐ Novice

Place Headshot here:  
(Don't forget we will need a copy of  
your state birth certificate if not  
already on file)

Check **ALL** tumbling skills you have mastered on the **FLOOR & WITHOUT** a spot.

### Beginner

### Intermediate

### Advanced

#### Level 1

- ☐ Forward Roll
- ☐ Backward Roll
- ☐ Cartwheel
- ☐ Round Off
- ☐ Bridge Kick Over

- ☐ Jumps to Forward Roll
- ☐ Jumps to Backward Roll
- ☐ Handstand Forward Roll
- ☐ Front Limber
- ☐ Back Walkover

- ☐ Back Extension Roll
- ☐ Front Walkover
- ☐ Back Walkover Series
- ☐ Back Walkover Switch Leg
- ☐ Valdez

#### Level 2

- ☐ Standing BHS
- ☐ Jumps pause BHS
- ☐ BHS pause BHS
- ☐ Round Off BHS
- ☐ Front Handspring

- ☐ Straight Jump BHS
- ☐ BWO BHS
- ☐ BHS Rebound 1/2 turn RO BHS
- ☐ ROBHS Series
- ☐ Front Bounder/Fly Spring

- ☐ BWO BHS Step Out to Specialty
- ☐ FWO RO BHS Series
- ☐ Specialty Series
- ☐ Front Bounder/Fly Spring Step Out
- ☐ FHS Front Bounder/Fly Spring

#### Level 3

- ☐ Standing 2 BHS
- ☐ Jump to BHS
- ☐ RO Tuck
- ☐ RO BHS Tuck

- ☐ Standing 3 BHS
- ☐ Jumps to 2 BHS
- ☐ FWO RO BHS Tuck
- ☐ RO BHS Step Out RO BHS Tuck
- ☐ Punch Front

- ☐ BHS Series Jump to BHS Series
- ☐ Jump BHS Jump BHS
- ☐ FWO RO BHS RO BHS Tuck
- ☐ Punch Front RO BHS Tuck

#### Level 4

- ☐ Standing Tuck
- ☐ Standing BHS Tuck
- ☐ Jump to BHS Tuck
- ☐ RO BHS Layout

- ☐ 3 Jumps to BHS Tuck
- ☐ 3 Jumps pause Tuck
- ☐ RO BHS Whip Tuck
- ☐ FWO RO BHS Layout

- ☐ FHS Front Punch/Layout
- ☐ RO BHS Whip BHS Layout
- ☐ Punch Front RO BHS Layout
- ☐ RO Whip BHS Layout
- ☐ RO Whip Layout

#### Level 5

- ☐ Jumps to Tuck
- ☐ 3 BHS Layout
- ☐ BHS Whip 2 BHS Layout
- ☐ RO BHS Full
- ☐ RO Full

- ☐ Standing BHS Layout
- ☐ Jump 2 BHS Layout
- ☐ Standing BHS Whip BHS Layout
- ☐ Arabian
- ☐ RO BHS Whip BHS Full

- ☐ Jump BHS Whip BHS Layout
- ☐ Punch Front Step Out to Full
- ☐ Arabian Clean to Full
- ☐ RO BHS Whip BHS Full
- ☐ Front Full

#### Level 6

- ☐ Standing Full
- ☐ Standing 3 BHS to Full
- ☐ Standing BHS Whip Full
- ☐ RO BHS Double Full
- ☐ RO Double

- ☐ Standing 2 BHS Double
- ☐ Standing BHS Whip Double
- ☐ Punch Front to RO BHS Double
- ☐ Arabian RO BHS Double
- ☐ RO BHS Full RO BHS Double

- ☐ Standing BHS Double
- ☐ Standing Whip Double Whip Double
- ☐ 1 1/2 Step Out RO BHS Whip Double
- ☐ RO BHS Whip Double Whip Double
- ☐ Front Double

Name: \_\_\_\_\_

Which stunt position(s) do you have experience in?   **NONE**                    **FLYER**                    **BASE**                    **BACKSPOT**

**Circle your most advanced Stunting skill level:**

**Level 1** (No experience or level 1 stunts, preps)

**Level 2** (Ex. Preps, Extensions, Straight cradle dismounts and basket tosses)

**Level 3** (Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses)

**Level 4** (Ex. Extended one-legged stunts, Double twisting two-legged dismounts, kick full)

**Level 5** (Ex. Double twisting one-legged dismounts, 3 skill toss excluding kick double)

**Level 6** (Ex. Full around high to high tic toc, Kick double twisting basket tosses)

What days of the week would you prefer to have practice on? \_\_\_\_\_

If enrolled in religion classes, what days and times do you meet? \_\_\_\_\_

What are your strengths? \_\_\_\_\_

What would be your best contribution as a team member? \_\_\_\_\_

\*\*\*\*\*

**FOR STAFF USE ONLY**

<b>STUNT SKILLS:</b>	<b>Flyer</b>	<b>Base</b>	<b>Backspot</b>
Level 1    _____ Prep			_____ One leg/Thigh level stunts
Level 2    _____ Full extension			_____ One leg/Shoulder level stunts
Level 3    _____ One leg/Full extension			_____ Ext single twist dismount from full extension
Level 4    _____ One leg/Full			_____ Double twist dismount from full extension
Level 5    _____ Double twist dismount from 1 leg			_____ Full up/Tic toc transitions                    _____ 3 Skill basket
Level 6    _____ Full around tic toc high			_____ Kick double dismount from 1 leg                    _____ Kick double

**Flyer Flexibility: (Circle)**

Left Stretch:	Weak	Average	Hyperextended
Right Stretch:	Weak	Average	Hyperextended
Bow & Arrow:	Weak	Average	Hyperextended
Scorpion:	Weak	Average	Hyperextended
Needle:	Weak	Average	Hyperextended
Scale:	Weak	Average	Hyperextended
Arabesque:	Weak	Average	Hyperextended

**Staff Technique Comments:**

Standing Tumbling	Running Tumbling	Jumps	Motions	Stunts/Flexibility

(Circle Level)

Level Recommendation based on tumbling:    1    2    3    4    5  
Level Recommendation based on stunting:    1    2    3    4    5





**United Tumbling Academy, LLC**  
**Credit Card Authorization Form**  
**MANDATORY TO HAVE ON FILE!**

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

Name on the Card: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Discover \_\_\_\_\_ Other

Card Number: \_\_\_\_\_

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

Security Code: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

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

Services you wished to be charged:

\_\_\_\_\_ All Fees \_\_\_\_\_ Monthly Tuition \_\_\_\_\_ Additional Tumbling \_\_\_\_\_ Other \_\_\_\_\_ None

For Other, please specify squad and any other services you wish to be charged for:

\_\_\_\_\_

Amount to be charged on the first of every month: \_\_\_\_\_

United Tumbling Academy, LLC will charge the card on file on the 1st of each month as specified above. United Tumbling Academy, LLC reserves the right to charge the card on file for any past due amounts (plus any late fees) on the 10th of each month. By signing this form, you authorize United Tumbling Academy, LLC to charge your card for the amount listed above or for any past due amounts.

Signed: \_\_\_\_\_

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



## UNITED ALL STARS

### CHEERLEADING VACATION REQUEST FORM

**Each cheerleader is required to submit a Vacation Request Form 4 weeks prior to vacation in order to be excused from practice.** We are a competitive organization and every member of the team is essential to our success and holds an integral position in their competition routine. This is why we have attendance requirements. All vacation requests are to be turned into your head coach or gym owner.

Competition season begins in October. **Practice is MANDATORY 2 weeks prior to attending a competition.**

*\*\*\* Vacations will not be approved if within 2 weeks of a competition or within 4 weeks of Summit. \*\*\**

**\*\*\* Spring Break trips must be planned around the practice schedule. \*\*\***

Please complete a separate form for each vacation period. Thank you!

ATHLETE'S NAME: \_\_\_\_\_

#### VACATION DATES:

Begin Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Number of days requested: \_\_\_\_\_

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

Coach Signature verifying vacation date approval: \_\_\_\_\_

We would like each athlete and parents to take this free online concussion course and print us out a copy of your certificate at the end of the course. This will take about a half hour to complete. There is a short quiz at the end.

<https://www.train.org/cdctrain/course/1089862/>

Next please go to:

<https://youtu.be/s-YfCWQPeqw>

to view a short video explaining the following literature prior to signing the form below.

## Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- **Lindsay's Law** is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- **Warning signs** in your family that you or your youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- **Warning signs** of SCA. If any of these things happen with exercise, see your health care professional:
  - Chest pain/discomfort
  - Unexplained fainting/near fainting or dizziness
  - Unexplained tiredness, shortness of breath or difficulty breathing
  - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:

- ❖ Link 1: Early recognition

- Assess child for responsiveness. Does the child answer if you call his/her name?
- If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"

- ❖ Link 2: Early CPR

- Begin CPR immediately

- ❖ Link 3: Early defibrillation (which is the use of an AED)

- If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
- If an AED is not available, continue CPR until EMS arrives

- ❖ Link 4: Early advanced life support and cardiovascular care

- Continue CPR until EMS arrives

- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

## Sudden Cardiac Arrest and Lindsay's Law



### Parent/Athlete Signature Form

**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

**Which youth athletic activities are included in Lindsay's law?**

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a healthcare professional.

**Who can evaluate and clear youth athletes?** A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before returning to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Student Name (Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date