



UNITED ALL STARS PREP CHEER 2019-2020

Parent/Athlete Meetings: (need to attend 1)

Monday, April 15th @ 7:30pm

Sunday, April 28th @ 6:00pm

Saturday, MAY 18th @ 12:00pm

Saturday, May 18th:

Open Gym: 10:00am-12:00pm (\$5 an athlete)

Open Evaluations and uniform fitting 1-5pm

Athlete Evaluations

Athlete Evaluation Fee \$40 per athlete or \$75 per family

Sunday, May 19th - Ages 3-6

9:00am - 10:00am

Sunday, May 19th - Ages 7-18

9:00am - 12:00pm

(Ages are as of August 31, 2019)

(Please register online at <https://www.iclassprov2.com/parentportal/unitedtumbling/login/relogin> under Camps.)

Bring all paperwork in 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.

*****Paperwork must be completed and turned in on or before May 19th, NO EXCEPTIONS.*****

Welcome to the United All Star program where we offer competitive all star cheerleading. We are delighted you have chosen to become a part of a growing legacy as we enter our 8th 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 in just 7 years. In 2015, we took our first level 5 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 attend yearly USASF Regional and Varsity meetings to stay educated and current on all techniques, safety precautions, 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 2019-2020 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 Waiver | <input type="checkbox"/> Vacation Request Form |
| <input type="checkbox"/> Medication Waiver | <input type="checkbox"/> Concussion Certificate |
| <input type="checkbox"/> Commitment Contract | <input type="checkbox"/> Lindsay's Law Form |
| <input type="checkbox"/> Roster Information | <input type="checkbox"/> Copy of State Birth Certificate |
| <input type="checkbox"/> Evaluation Form | <input type="checkbox"/> Wallet size photo |

PAPERWORK IS DUE ON OR BEFORE YOUR 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:

Abbey Kramer – Gym Owner United All Stars
720 W. Russell Rd. #1
Sidney, OH 45365
unitedtumblingacademy@gmail.com
419-733-4134

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 and e-mails should be checked regularly. It is your responsibility to stay informed with the information provided.
20. Any privately monogrammed clothing with the United name must be approved by owner.
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. Text message, website (www.unitedtumblingacademy.com), email, handouts, and Facebook (<https://www.facebook.com/UnitedTumblingAcademy/>) are just some of the ways we communicate in our gym.
2. Please make sure you are able to check your e-mail regularly as this is the main source of communication and that your e-mail account settings are set up appropriately to accept emails from unitedtumblingacademy@gmail.com.

TEAMS

United reserves the right to:

1. Place its 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 immediately of any unexpected tardiness or absences (Gym or Coach).
7. Please provide vacation dates in writing as soon as possible.
8. 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, every minute must be utilized. Excessive tardiness or absences will result in dismissal from your team. If you are tardy or absent from a competition, you will immediately be dismissed. Also, 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.*

Excused Absences:

- School functions for a grade
- A death in the family
- Serious or contagious illness/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

Vacations:

- Vacations are discouraged during the competition season unless the gym is closed and the athlete has approved it with the team coach.
- Any summer vacations 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 and we will not allow athlete's to miss practice the month prior to Summit in the future.

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 if we do not have a release form signed by the doctor stating that the athlete is allowed to return to activity.**
- All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO/NICOTINE. If anyone 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 and bow/scrunchie to practice.
3. Hair must be kept out of face (if possible in a high ponytail).
4. Nails must be kept shorter than fingertips. NO FAKE NAILS.
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 Dressed and Ready Time:

1. **All jewelry and colored nail polish must be removed.**
2. Any braces/tape need to be on prior to warm ups and must be supplied by the athlete.
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. ****ATHLETES ARE NOT ALLOWED TO WALK AROUND WITH THEIR MIDRIF SHOWING AFTER OR PRIOR TO COMPETING. PLEASE DO NOT TAKE YOUR UNIFORM TOP DOWN TO YOUR WAIST ALLOWING YOUR SPORTS BRA AND MIDRIF TO SHOW. USASF HAS RULES IN PLACE AND WE WANT TO BE RESPECTFUL AND COMPLIANT.**
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 2019 and will run through May 2020.
6. If you miss a competition you will be removed from the team immediately.
7. If a competition is cancelled/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-\$50.
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

If any rules, policies, or values are compromised, the following actions will 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 15th 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. **When the amount becomes 30 days over due the athlete will be removed from the team.**
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 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.
11. **If an athlete chooses not to fulfill their commitment for the entire 2019-2020 United season you are still responsible for the financial obligations for the season. Any athlete that chooses to quit between June 2019-May 2020 is still in contract and responsible for the financial obligations through May 2020.**

FUNDRAISING

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

1. All fundraising must be cleared through the owner, Abbey Kramer.
2. Please let Abbey Kramer 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.**

United All Stars Prep Age Groups

Levels 1.1, 2.1, 2.2, 3.1, 3.2 only (*Levels are Stunt Level.Tumbling Level*)

- Routine Time Limit 2:00 and no tosses permitted)

Tiny Novice– Ages 3-6 (Routine Time Limit: 1:30)

Tiny - Ages 5-6

Mini – Ages 5-8

Youth – Ages 5-11

Junior – Ages 5-14

Senior – Ages 10-18

(Ages go by the athlete's age as of August 31, 2019)

Please understand as we form teams we have guidelines as to what judges are looking for regarding scoring potential for each area of all star cheerleading routines at each level! To reach a maximum score, 75% or more of the athletes on the team must be executing/involved in the skill listed. For tumbling, judges are looking for 75% or more of the squad executing combinations of the skills listed. Scores increase based on quantity, creativity, difficulty and variety of skills performed.

LEVEL TUMBLING REQUIREMENTS - Please attend evaluations based on these tumbling guidelines:

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

Level 1: Front walkover, back walkover, running front walkover - roundoff back walkover, back extension roll, handstand forward roll, forward roll, back roll, cartwheel on both sides.

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.

Level 3: Front tuck, standing series back handspring toe touch back handspring, front walkover round off back handspring tuck.

Level 4: Standing tuck, standing back handspring tuck, standing series tuck, front through round off back handspring layout, running whip to layout, jumps to back hand spring tuck.

Level 5: Standing back handsprings to layouts and whip passes, toe touch back tuck, running round off back handspring full or round off full, Punch front through to Full, Arabian land clean to full, half twists step out through to full, running whip back handspring full.

Level 6: 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.

Level 7: Standing double, Standing back handspring Double, standing series whip full/double, round off back handspring Double whip double, front through to round off handspring double whip double, jump to full.

Monthly Tuition: Includes team shirt, practice wear, competition bow, USASF Membership fee, choreography/music fee, competition/coaches fees, practice fee, 1 tumbling class, etc.

Teams	September -March	US Finals Fees
Tiny Novice	\$120	— — —
Mini, Youth, Junior, Senior	\$170	TBA
Unlimited Tumbling	Additional \$20 per month	— — —

Additional Fees Billed Separately:

- Yearly Registration Fee - \$30
- Commitment Fee - \$200
- Uniform - \$200
- Shoes - Can be any white cheer shoe purchased on your own. Varsity shoes can be purchased through the gym.
- No show white socks
- Make Up
- Spirit Wear, Backpacks, Warm up Jackets - (All are optional)
- Travel/Food expenses for competitions
- End of Year Event US Finals or The ONE (\$50-\$100)
- ***Sibling discounts for our All Star athletes are 15% off monthly tuition for the second child and 30% off for the third, fourth, etc.***

Practice Schedule: Detailed Schedule will be announced after squad placements are released.

SUMMER:

Prep team athletes are strongly encouraged to tumble 1 hour a week throughout the summer.

During the School Year: We will begin team practices after Labor Day the week of September 8th. Tiny Novice will practice 1 hour a week plus 1 hour of tumbling.

Mini, Youth, Junior and Senior Teams will practice 2 hours 1 day a week plus 1 hour of tumbling.

*****Unlimited tumbling can be added on to your monthly tuition for \$20 a month*****

SAVE THE DATES

May 19th - Commitment fee of \$200 is due (you will not be placed on a team if not paid)

June 3rd - New Tumbling Session Starts

TBA - UA POOL PARTY!

July 1st-4th - Gym Closed for the 4th of July

July 29th - Auglaize County Cheerleading Competition Demo - 7:00pm - (Optional)

August 1st - 1st Uniform Payment Due - \$100

TBA - **The Cheerleader Magazine Stunt Clinic** - 1:00-3:00pm and 3:30-5:30pm (optional)

August 24-25 - Mandatory Stunt Camp

September 1st - First Month Tuition Due & 2nd uniform payment due - \$100

September 2nd - Closed for Labor Day

September 8th - Team practices start

November 27th - 29th - Closed for Thanksgiving

December 23rd - 29th - Closed for Christmas

December 31-January 1st - Closed for New Years

TEAM BONDING - TBA — (MANDATORY 2 events per year)

***For one of the team bonding events athletes will be required to participate in one community event raising funds for any cause. Team Parents will be responsible for helping to plan these events. **If you are interested in being a team parent please contact Abbey.**

United All Stars Limited Travel Teams **TENTATIVE** Competition Schedule 2019-2020

***Schedule is tentative - we try to make minimal changes throughout the season. We will send out an updated schedule as soon as bid qualifying events are released.

Competition/Location	Date	US Finals Bid
Jamfest Super Nationals - Indianapolis	1/18/20	
Athletic Championships - Columbus	2/1/20	
ACP - Columbus	3/28/20	
US Finals	4/18/20 & 4/19/20	Will attend with a Gold Bid or 1st Placement



720 W. Russell Rd. • Sidney, Ohio 45365 • (937) 492-2825 • unitedtumblingacademy@gmail.com

Family and Billing Information

Mother: _____ Cell: _____ Home: _____

E-mail Address: _____

Father: _____ Cell: _____ Home: _____

E-mail Address: _____

Guardian: _____ Cell: _____ Home: _____

E-mail Address: _____

You must have an e-mail address on file to access your online account and to receive important information throughout the season.

Billing Address: _____

City: _____ State: _____ Zip: _____

If other than the 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? _____

Office Use Only

Date Paid:	Classes Enrolled:
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Athlete Waiver

Athlete's Name: _____ Female: _____ Male: _____

Date of Birth: _____ Age: _____ Grade: _____ (As of 9/1/19)

Address: _____

City: _____ State: _____ Zip: _____

Athlete Cell Phone: _____

Athlete Email Address: _____

Insurance Carrier: _____ Policy No.: _____

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

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 2019-2020 season.**

I, the undersigned Parent/Guardian, do hereby give consent for my son/daughter to participate in the training and activities provided by the United Tumbling Academy, LLC program. I am fully aware of the nature of the activities involved and the possibility of injury and/or death, which may arise from such activities. In case of illness, injury, and/or death that may arise directly or indirectly as a result of participation and/or travel to or from the activity or training (i.e. clinic, camp, out of town activity or events), I do hereby grant my permission to the United Tumbling Academy, LLC program to seek immediate treatment for my child should he/she be injured. I hereby release the United Tumbling Academy, LLC program, including its officers, shareholders, agents, coaches and employees from any liability to the above named participant, or any person claiming through him/her, arising from injury to the person or property of the above-named participant. This release includes any claims of negligence, and is intended to be as broad as permissible under the State of Ohio or any other state in which the participant may be injured. In the event of any activities that 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 or in any way connected with said televised events, in particular, for use in any promotional purpose.

Parent/Guardian Signature Date

Print Name Date



United Tumbling Academy, LLC

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 Alieve, 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 take 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:

List Prescriptions taken on a Regular Basis and Purpose:

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, Abbey Kramer.

Parent/Guardian Signature

Date

Print Name

Date



United Tumbling Academy, LLC

United All Stars Commitment Contract

I have received a copy of the United Tumbling Academy, LLC, United All Stars Cheerleading 2019-2020 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 the competitive cheerleading is a large financial responsibility and I will commit to United as per financial requirements of a team member throughout the entire 2019-2020 United season from August 2019-April 2020. 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 understand the commitment of the team lasts from August 2019 - April 2020. 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 2019-2020 United season I am still responsible for the financial obligations for the season unless I choose to exit before August 1, 2019. In the event that I choose to quit between August 2019-April 2020 I understand that I am still responsible for the monthly financial obligations through May 2020.

Athlete Signature

Date

Print Athlete Name

Date

Parent/Guardian Signature

Date

Print Name

Date



United All Stars 2019-2020 Athlete Roster Information

Cheerleader Name: _____ Cell: _____

E-mail: _____ Birth Date: _____

Street Address: _____

City: _____ County: _____ Zip: _____

School: _____ 2019-2020 Grade: _____

Mom Name: _____ Cell: _____ E-mail: _____

Dad Name: _____ Cell: _____ E-mail: _____

***This will be my _____ year of competitive cheer at United as of the 2019-2020 season.

Please Circle Size

T-shirt: 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

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

Shoe Size: _____

United All Stars Evaluation Form

Name: _____

Age: _____ (as of August 31, 2019)

Birthdate: _____

Grade 2018-2019: _____

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 one squad? _____

Check Preference

Full Travel

Limited Travel

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

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 Limber
- Specialty Series

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

- BWO BHS Step Out to Specialty
- FWO RO BHS Series
- Specialty Series
- Front Bounder Step Out
- FHS Front Bounder

Level 3

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

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

- 4 Jumps to 3 BHS
- 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

- Front handspring 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

Circle which stunt position do you have experience in? **NONE** **FLYER** **BASE** **BACK SPOT**

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 basket tosses)

Level 5 (Ex. Double twisting one-legged dismounts, Kick double twisting basket tosses)

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? _____

BELOW FOR STAFF USE ONLY

STUNT SKILLS:	Flyer	Base	Backspot
Level 1	_____ Prep		_____ one leg/thigh level stunts
Level 2	_____ full extension		_____ one leg/shoulder level stunts
Level 3	_____ one leg/full ext		_____ 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**

NOW MANDATORY TO HAVE ON FILE!

Athlete's Name: _____

Name on the Card: _____

Type of Card: _____ Visa _____ MC _____ Discover _____ other

Account Number: _____

Expiration Date: _____

Security Code: _____

Billing Address: _____

City, State, Zip: _____

Phone Number: _____

Service you wish to be charged:

_____ All Fees _____ Monthly Tuition. _____ Additional Tumbling _____ Other _____ None

Other Please specify squad and any other services you wish to be charged for:

Amount to be charged the first of every month: _____

United Tumbling Academy reserves the right to charge the card on file for any past due amounts past 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 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.

Competition season begins in October. Practice is mandatory two weeks prior to attending a competition. All vacation requests are to be turned into your head coach.

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

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

TEAM MEMBER'S NAME _____

VACATION DATES:

Begin Date _____ End Date _____

Number of days requested _____

Parent Signature _____ Date _____

Coach Signature verifying of 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://headsup.cdc.gov/>

Next please go to:

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

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

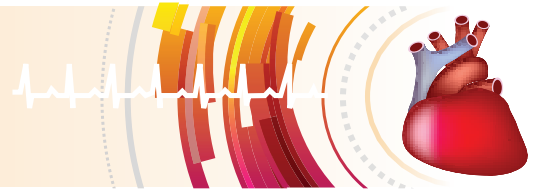
Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- 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's 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) a 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 health care 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's 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 return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date