



2018-2019

Tryout Packet

Season 3 already?! We really cannot believe it! We are so excited you are considering joining our family here at Pride Athletics Center! Pride Athletics strongly believes that our success originates from the dedication and commitment of our staff, athletes, and parents working TOGETHER. Our goal is to foster the growth of the best team possible and instill qualities and values in our athletes that last a lifetime!

Please take the time to read and understand all of the material enclosed in our 2018-2019 Packet.

You can also follow us on Facebook: Pride Athletics

Instagram: pride.athletics

Twitter: @pridefitcheer

Need to know Team Placement Information:

Please be prepared to turn in all tryout packet information prior to clinics/tryouts. In addition to these forms, a **non-refundable** \$45.00 Registration Fee will be due prior to the start of clinics. Your fee will include:

- Informational Meeting: May 10th 6:00 PM (upstairs at Pride Athletics Center) Any questions not addressed in the packet can be asked and answered here. We will also discuss fundraising plans and new and exciting additions to the Booster Club program!
- All clinics to prepare the athlete for Team Placement process. Dates for these are May 11th, 18th and 22nd from 5-7PM. Ages 6 and under and not required or advised to come to clinics unless previously requested by Pride staff.
- Friday May 25th – Stunt Evaluations at the gym begin at 5:00 PM. We will not do any kind of stunting on Saturday May 26th, so in order to be evaluated it is required to come at this time. If you have a planned vacation, please get with Pride Staff during one of the first clinics to schedule a private evaluation
- Team Placements will be May 26! Ages 8 and younger from 10am-12pm. Athletes 9-14 (Can be 15 after August 31, 2017 for the Senior Club team) from 1PM-3PM.
- Every child will not be guaranteed a spot on a **Club Team**, even if you made a team prior to Season 3. We will do our best to provide a team for every child that competes/performs to better prepare them for more competitive level of cheer in the future, even if it is a **Club Prep** team. Also, there is a strong possibility that athletes from previous seasons will not be on the same team they were placed on previously. As we add new teams and age groups, our

goal is to best accommodate the UCA age and difficulty grids for each team to provide the best opportunity for a successful season. If you are going to have an issue with the team Pride Athletics chooses is the best fit for your child, you may want to reconsider. We will tolerate **ZERO** complaints as to why your child made whichever team he/she has been selected for.

- Every child will receive a Pride Athletics Season 3 T-shirt.

Note: For all expenses during the season we have a Booster Club and will have an official fundraising schedule soon after Team Placement. We do our very best to assist all athletes to be able to afford our program. We do World's Finest Candy bars and Sheet & Pillow sales all year. You will find more information about this after team placements as well.

Policies and Expectations

- Practices may be changed or added at any time during the season, specifically when getting ready for competition. Expect this to happen. You are agreeing that you will comply to schedule changes without complaint. This is a highly competitive program that demands attendance of all kids on the team. If your child is involved in many activities during the same season that our competition preparation is, I would strongly suggest reconsidering this program. We encourage our athletes to be active outside of cheer, but it cannot conflict with our schedule and any practices for our teams cannot be missed.
- Parents, relatives, friends and cheerleader are never allowed to speak with competition officials or competition companies for any reason.
- **Never** post any negative comments about any athlete, team, or our program on any websites, social media outlets, chat rooms, or message boards. The same goes for any other program. Treat them with the same respect as we want to be treated. Only positive and encouraging posts are what we want to see.
- No negative talk about our Pride Coaches, Staff, Athletes or Parents. This is going to be strongly enforced in the Gym and Parent viewing area. We want to encourage positive surroundings and attitudes from every aspect. If you have an issue with the way your child is being taught, please address it with staff. However, you are entering into a contract whereas you are trusting Pride Athletics staff to train your child the way we believe in, so please do not tell us how to do our job.
- All Pride cheerleaders, family, and friends need to be respectful to other programs and show good sportsmanship at all times.
- **There will be no arguing with or questioning a coach's decision.** We will have the athlete and programs best interest at heart at all times.
- Please do not bring valuables in to the gym. We are not responsible for unattended items and will not track them down, replace them, or be held accountable for something your child lost. Please, also do not expect Pride staff to drop what they are doing to look for something your child may have lost. If you feel it was lost in our facility, return during business hours to retrieve it.
- **No one** is allowed to make any items such as clothing and accessories with the "Pride Athletics" name or logo on it without our approval of the design or business you will be using.
- Please reinforce our rules with your child so that we all have the same goal in making our Pride Athletics family successful.

- The inability to comply with these Policies and Expectations **may result in dismissal from your team with no refund for the year.**
- If an Athlete is dismissed from the program they are still required to abide by our cancelation policy.
- Pride Athletics has the authority to close practices at any time throughout the season as they see fit. If we choose to close practice, there will be no rebuttal. Once we say it is closed, it is closed. **You are agreeing to this being a possibility.**
- Where applicable ages apply: no use of tobacco, foul language, alcohol, drugs etc will be permitted within the Pride Athletics facility and program. **You, as a parent/guardian, will also not do these things while wearing anything that represents Pride Athletics** program. This is a zero tolerance policy and will result in immediate dismissal from the program. We are not trying to control how or judge how one may live or what they choose to do, we just ask that you not wear Pride Athletics attire or anything representing our program while doing so for many reasons. **Whether you agree to this policy or not, by signing this agreement you are also agreeing to this policy.** This will be strictly enforced, especially in hotel/competition settings where our children are with us and pay attention to everything we are doing.

Tardiness and Absences

- You are considered tardy to practice if you are not on the practice floor ready to practice when your designated time starts. This includes having shoes on and extra clothing off.
- Unexcused absences from a competition will result in immediate dismissal from your team with no refund. All absences must be cleared in advance with your coaches.
- Unexcused absences or no call/no show can result in immediate dismissal from the team as well. We will request you submit a vacation request prior to going so that we can plan around the child that will be missing. You **will not** be excused by any form of social media or text. Please have the respect to call the gym or a coach promptly.
- The only form of excused absences other than pre-approved are ones accompanied by a Doctor's note.
- Once we enter the month of August the only excused absence is a school function that is **mandatory** for a grade. All other absences are unexcused. **ZERO VACATIONS WILL BE APPROVED AFTER AUGUST 1ST.** If you plan to not be compliant with this policy, please do not sign this paperwork. Part-time jobs, vacations, camps, dances, concerts, banquets, long distance driving, singing lessons, family reunions, weddings, recitals or **any non-related school activities are unexcused.** An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to the next practice if missing for an EXCUSABLE purpose. Alternates must follow all requirements and guidelines. Since school activities are planned well in advance, please communicate to us any **mandatory** events well in advance since absences must be approved by staff to be excused. We will verify with school administration and the teaching staff if we think someone is being less than truthful. Be prepared to show documentation from a teacher or instructor. Your child will be removed immediately if the request is falsified and we find out. And we **will** find out.
- Athletes must attend practice even if they are sick. Students unfortunately are removed from the program for failing to follow this rule. We will not make exceptions. You will not be required to participate; however, you must be present unless they are contagious. An athlete will jeopardize his/her position if this rule is not followed. In addition, you must provide a

doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating. Extended sickness such as Mono or Strep throat may result in an athlete being temporarily/permanently replaced in the routine. They can remain an alternate position as a part of the team, but we can not successfully or fairly run practices with the same athletes missing over and over.

Injuries and Conditioning

Parents need to note that cheerleading is a highly competitive and physical sport and the skills involved such as stunting, jumping, and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, etc. Pride Athletics will take every precaution to prevent these injuries. Unfortunately, we cannot prevent all injuries. In the event that your child is injured we will take every necessary step to ensure your child's well being. Cheerleading is a very strenuous sport. You are agreeing that Pride Athletics will not be held responsible in the event of injury within our facility. We will also be conditioning our athletes. We push them to the limit to make them confident in what they are capable of, while also preparing them to be in the physical shape needed to compete at the level we are. **No child will be exempt from conditioning/stretching.**

Parents and Relatives

- Only cheerleaders and coaches are allowed inside the gym unless otherwise permitted.
- All coaches reserve the right to close practices for spectators at any time for any reason.
- Please do not ask your child to do skills that the coaches themselves have not asked them to do to prevent injury to your athlete.
- Please feel free to talk to your coaches about anything; just remember there is a time and a place for everything. You will need to contact him/her before or after practice or by phone/email. In order to keep practice days minimal and still get the most out of our time, we cannot have interruptions that can be handled elsewhere.
- Do not leave your other young children/relatives unattended in the parent viewing area. You are agreeing that if you do this, Pride Athletics is not liable for your decision.
- Please do not allow your child to bring ANY food or drink into the training area other than WATER. The only acceptable place to consume anything other than water is upstairs in the lobby area. Please enforce this with your child.
- Please discuss proper hygiene and public etiquette with your children. We do not want to have to be the ones to have the discussion about deodorant, bathroom etiquette, etc with your children, but we will if it does not improve from past seasons.
- We have a Facebook group for parent/guardian communication. However, we are reliant upon TEAM APP for all important updates and information, some of which can be time sensitive. You are required to download this app and keep up with updates and communication. We will also appoint a Team Representative for each team as well. No athlete is to be added to the facebook group or team app because we do discuss gifts and other announcements.

Pride Athletics, LLC

Financial Commitment Break Down 2018-2019

All Pride Athletics members must have a valid credit/debit card or bank account on file for their monthly tuition payment. All cards will be charged on the 1st of the month (unless you already have another date from Season One). If you wish to pay with another form of payment, your payment must be on or prior to the 1st or your payment method will be charged. There will be NO exceptions to this policy this Season! Please note, you do not have to pay with a card or checking account, but this is a precaution for those who do not feel it necessary to pay. We will place these on file and the only way it will not be automatically drafted from the payment method is if you pay BEFORE the due date. We will not be responsible for any overdraft fees resulting in an automatic payment. Also, this season we will implement a RETURN CHECK FEE of \$35.00.

FOR SURE CLOSED/NO PRACTICE DATES:

Labor Day: September 3, 2018

Last Hurrah Long Weekend: September 13th – September 16th. There will be NO practices the 13, 14, 15 and 16th is a Sunday. This will be the LAST long weekend other than holidays noted for families to get away, take a long weekend, or relax. All Saturdays from this point on will be practice day for ALL Club teams!

Thanksgiving Break: November 21-25

Christmas Break: Closed December 21 and returning to practice December 27th

New Years Eve & New Years Day: CLOSED

AS long as schools are OUT, ALL competitive teams ****WILL**** practice Martin Luther King, Jr DAY per previous seasons!

Tiny Sparklers

Tiny Sparklers

ESTIMATION OF SEASON COSTS:

Monthly Tuition- to include weekly practice at start of the season and (1) 1 hour tumbling class per week: \$60.00

Uniform: \$50.00

Bow: \$30.00

Shoes: \$50.00

Music & Choreography: \$50.00

Coaches Fee: \$25.00 (One Time)

Administration Fee: \$25.00 Annually due at start of season.

Tri-State Cheer Championships: \$20.00

NOTE: A \$15.00 decrease in Tuition will be applied for the second child of families with more than one athlete.

This team is made up of ages 4-6 years old and will be a performance team only. Dates will be further chosen for performances, but we will definitely be doing the Tri-state championships at Greenup High school in January, and the Nationals performance showcase in February.

Club Cheer

Club Cheer

Competition Schedule:

UCA Bluegrass Regional:

Lexington, Kentucky

November 10, 2018

Approx. \$45.00 per child

Tri-State Cheer Competition:

Greenup County High School

January 2019

Approx. \$20.00 per child

Battle Zone Championships

Will do one in January or February. Dates & Locations to be announced, but usually in Lexington area.

Approx \$55.00 per athlete

UCA NHSCC National Competition:

Walt Disney World, Orlando Florida

February 7th-10th 2019 (those are mandatory days, the competition will be the 9th and 10th for us)

Per 2018 NHSCC fees: Commuter athlete registration \$295.00 (this is staying off property and only included athlete. No housing, travel, etc)

Per 2018 NHSCC staying ON property: \$591.00 per person based on a room of 4. This included hopper passes for the parks, hotel, transportation while at Disney, entrance to after parties, and one meal voucher. This did not include transportation to/from Disney and is only an estimation to prepare you for costs.

WORLDS FEE (only Junior & Senior Club will be qualified to compete): Additional \$35.00 if it remains the same as 2018.

In addition, if we receive a bid to the **US FINALS** in our division, we will more than likely be going. We will discuss this further but the location we would go to would be Louisville, Kentucky, and the dates are set for **April 13 & 14**. We wont have details beyond that until a bid is given.

Please note: We want this to be an amazing experience, but also know it is a cheerleading competition. We will be practicing and training while at Disney. If you also want to use this as a family vacation, we suggest extending your trip beyond the competition days. We will discuss closer to time, but there will be days set aside for cheer only. You will be expected to attend any competition session where Pride Athletics will be represented, including the teams your child may not be on. We are there as a family, and will perform and support one another as a family. This is part of the policies you are agreeing to if you choose to be a part of Pride Athletics.

Estimation of Cost

(Please remember we are keeping this as close to an accurate estimation as possible)

Monthly Tuition: \$80.00

New Uniform Expense (same as previous season)- \$298.00

Competition Bow- \$35.00

Shoes- \$85.00

Red Practice Wear: \$50.00 (same as seasons 1 & 2 and retiring after season 3)

Blue Practice Wear: \$85.00 (same as season 2 and retiring after season 3)

Pride Cotton Shorts: \$15.00 (will be worn with Season 3 t-shirt)

Practice Bow: \$20.00 (same as season 2)

Music & Choreography: \$75.00

VROC/UCA Camp: (Will vary which one we do for each team) Plan on \$165.00 per athlete. No one is exempt from this fee.

VROC Showcase Fee (will be in January/early February as long as we receive invite again): \$15.00

VROC CLEAN UP CLINIC: \$50.00

Administration Fee: \$25.00 Annually due at start of season.

Coaches Gift & Travel Fee: \$25.00 x 3 (Due no later than November 1, December 1 & January 1).

Disney Gift Package: Plan for Approx \$100.00. (Last year was GK Disney brand shorts and sports bra, bow and tank top for Disney practice wear and ended up being \$76.00 per child).

UCA/VROC Camp for Club Teams will be scheduled for August. This will be mandatory for anyone on the Club Teams. These will be private camps that will focus on the key points of the score sheet for our routines for Season 3. If you plan to be a part of the Club teams that attend the NHSCC, no absence or vacation will be approved as these clinics are mandatory. As of August 1st, no vacation will be permitted whatsoever.

Club Prep

Club Prep

Competition Schedule: SUBJECT TO CHANGE

Tri-State Cheer Competition:

Greenup County High School

January 2019

Approx. \$20.00 per athlete

Battle Zone Championships

Will do one in January and/or February. Dates & Locations be announced, but usually in Lexington area.

Approx. 55.00 per competition

Bluegrass Classic

Heritage Hall – Lexington Ky

February 23 or March 2

Approx \$45.00 per athlete

Best of the Best Nationals

March 16 2019

Alltech Arena

Approx \$45.00 per athlete

Estimation of Cost

(Please remember we are keeping this as close to an accurate estimation as possible)

Monthly Tuition: \$80.00

New Uniform Expense (same as previous season)- \$298.00

Competition Bow- \$35.00

Shoes- \$85.00

Red Practice Wear: \$50.00 (same as seasons 1 & 2 and retiring after season 3)

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Pride Cotton Shorts: \$15.00 (will be worn with Season 3 t-shirt)

Practice Bow: \$20.00 (same as season 2)

Music & Choreography: \$75.00

Administration Fee: \$25.00 Annually due at start of season.

Coaches Gift & Travel Fee: \$25.00 x 3 (Due no later than November 1, December 1 & January 1).

Competition Gift: Plan for \$100.00, but will depend on what we decide on. Just wanted everyone to plan for the same costs.

Cancellation Policy

There will be a \$250.00 cancellation fee in addition to any remaining balance on an athlete account for anyone who does not fulfill this contract and complete the season. If an Athlete decides to quit the program they are still responsible for ALL fees for the remainder of the season in addition to the Cancellation Fee.

UNEXCUSED ABSENCE FEE

The amount of unexcused absences that happened in Season Two has lead us to try and come up with a way to better control them. We have implemented this fee for anyone that has an unexcused absence across the board. This includes any absences that are not pre-approved or associated with a doctor's note. The amount will be charged to your payment source on file. The fee will be \$25.00. Cheerleading is 100% a team sport. When you choose to not bring your child, or not let someone know in

enough advance to determine if practice will still be beneficial, you are affecting the entire team. There will be a zero tolerance policy for this.

THIS POLICY WILL BE STRICTLY ENFORCED THIS SEASON AS WELL AS THE ATTENDANCE POLICY IN GENERAL. As the program continues to grow with our success, there will be people who are working hard to get on these teams. Your child's position on this team is not guaranteed because of who you are, how long you have been with the program, or their talent level. You are entering into a **contract** where you are assuming responsibility to get your child here on time and as needed. Your failure to comply to the contract could lead to dismissal from our program. As we do not want to let any child go, only **you** can control this, so please remember that. No guilt will be placed upon the staff of Pride Athletics if dismissal occurs. You are the parent/guardian and you are the responsible party agreeing to these terms.

Pride Athletics, LLC

2018-2019 Payment Info

Your monthly fees will be due on the 1st of every month (unless a date is previously set previously). All new registrations will be prorated from the date you begin to the 1st of each month. We will require a payment source on file for each athlete. You may choose to setup automatic payment. If you choose to not pay by your due date, your outstanding balance will be charged to your credit/debit card or checking account that you provided in your Tryout Packet. If you have any questions about your account please, do not hesitate to check with the front desk or email info@prideathleticscenter.com

Statement of Financial Commitment

I have read and fully understand my financial commitment to Pride Athletics LLC, which is outlined in the tryout packet. I understand that I will be responsible to pay for the full 2018-2019 season regardless if I choose to leave a team or if I am asked to leave the program due to attendance or any disruptive behavior, in addition to the cancellation fee of \$250.00. I understand that I am entering in to this program at my own free will and that any unpaid amounts will be turned over to a Collection Agency and may negatively affect my credit score.

Parent Signature _____ Date _____

Policies and Expectations Agreement

I have read and fully understand all rules and expectations in this packet. I understand that I am entering in to this program on my own free will. I understand what is expected of me as a parent and athlete. I will conduct myself in a sportsmanlike manner and uphold the standards and expectations that are expected of me from the Pride Athletics program. By signing, I am agreeing that I have read these rules in their entirety and understand that breaking them can lead to being released from the program with no refund and abiding by Pride Athletics Cancellation policy.

Parent Signature _____ Date _____

Cheerleader Signature (if applicable) _____ Date _____

Membership Information

Athlete Information

Name: _____

School: _____ Grade (2018-2019) _____

Birthday: ____/____/____ Age as of August 31, 2018 _____

Cell Phone # _____

Parent Info

Mother's Name: _____

Father's Name: _____

Mailing Address: _____

Home Phone #: _____ Work Phone #: _____

Mom Cell: _____ Dad Cell: _____

Email Address: _____

Emergency Contact: _____ Phone #: _____

Pride Athletics

Credit Card/Bank Account Authorization Form

THIS IS NOT AN OPTIONAL PORTION OF THE PACKET. IF YOU RETURN THIS PACKET AND THIS PORTION IS BLANK, IT WILL BE DEEMED INVALID. If you are wanting to have your child participate in this program, a payment method/back-up payment method is required.

Athletes Name: _____

Card Holder: _____

Phone Number: _____

Email: _____

Date Authorized: _____

Credit Card Authorization

I hereby authorize Pride Athletics LLC to charge my credit card under terms defined in the Handbook.

Signature of Card Holder

Date

Credit Card Information	
Type of Card	_____
Name on Card	_____
Card Number	_____
Expiration Date	_____ Security Code _____
Billing Address	_____
City State Zip	_____

Pride Athletics Registration Form

Parent Information

Mother's Name: _____

Father's Name: _____

Home Address: _____

Home Phone #: _____

Mom's Cell: _____

Dad's Cell: _____

Email Address: _____

Athlete Information

Name: _____

DOB: _____ (M/F) _____

Age: ____ Cell # _____

Name: _____

DOB: _____ (M/F) _____

Age: ____ Cell # _____

Medical Insurance

Carrier: _____ Policy #: _____

Group #: _____ Company Phone #: _____

Release and Waiver

I, _____ (parents name), hereby agree to release and hold Pride Athletics LLC, as well as its agents, instructors and employees, harmless from any liability, claim, injury, damage, loss or action which may result from my participation in cheerleading, stunt, dance, tumbling or gymnastics instruction.

I understand there are inherent risks associated with cheerleading, dance or tumbling programs (the "programs") in which my child proposes to be involved, including but not limiting to sudden changes in blood pressure, irregularities of heartbeat, dizziness, fainting, straining muscles, sprains, and broken bones. I have freely knowingly and voluntarily undertaken these programs and certify that I have no knowledge of any conditions, physical or mental, which would prevent or limit my participation in these programs.

I agree that the above entities and individuals have no ability to independently investigate my health, or physical condition as it relates to my ability to tolerate the proposed programs and they are relying upon my certification to them that I have obtained appropriate clearance to engage in such programs from competent medical professionals.

I further release and agree to hold harmless the owner and operator of the real estate where such training will occur from any obvious defect in the premises (including but not limited to parking areas, common area and walkways.)

Student: _____ Date _____

I, _____ (parent's name), hereby certify that I am the parent or legal guardian of the above student who is under the age of eighteen. I agree to provisions of the above Release and Waiver on behalf of my child.

Parent or Legal Guardian: _____ Date _____