

CHEERFORCE

ALL-STAR



2011/12 CHEERFORCE REGISTRATION PACKAGE

THANK YOU for choosing CheerForce Inc. as your cheerleading training family!! CheerForce takes great pride in our programs, coaches and athletes, and our goal is to give the best possible experience to all who become part of our family!

CheerForce Inc. is very pleased to be entering into our eleventh season of teaching not only cheerleading skills but young girls and boys the value of sportsmanship, dedication, responsibility and leadership! For our returning athletes, and for those of you who are new to the **CheerForce Family**, we wish to extend the warmest welcome and look forward to sharing many great experiences and memories with you and your child throughout the upcoming season.

The owners of CheerForce Inc. Chris & Sharon Hollingsworth and Frank & Patricia Vurro, along with the remainder of the coaching staff are looking forward to working with all of you to produce another very successful season.

We have developed this registration

package to help answer many of your questions and to allow you and your family to fully understand what being a member of the CheerForce Family is all about. Feel free to contact us if you require further explanation or have any questions.

CheerForce is committed to nurturing confident, driven and successful young athletes, leading them to their highest potential both on and off the mat. By instilling and upholding the ideals of camaraderie, sportsmanship and a commitment to a solid work ethic, CheerForce aspires to foster leadership and athleticism through superior instruction, mutual respect and a positive team environment. We look forward to meeting many of you in the weeks and months ahead.



Sincerely, Chris, Sharon, Frank,
Trish & the CheerForce Staff

Welcome Aboard - General Information

Please make sure that both the athlete and parent/guardian come to register together. There is a lot of information to understand, and we want to make sure that everything is clear. We want to keep all forms of communication open starting right from the very beginning of the season!

REGISTRATION DAYS

You may only register on the days and times indicated. If you cannot make it to one of the registration days, please call the office at 905-844-4884 to make an appointment to register. We will not accept registrations just before a practice begins unless an appointment has been made to do so. Please understand that **NO ONE** will be allowed to participate in a practice unless the athlete is fully registered.

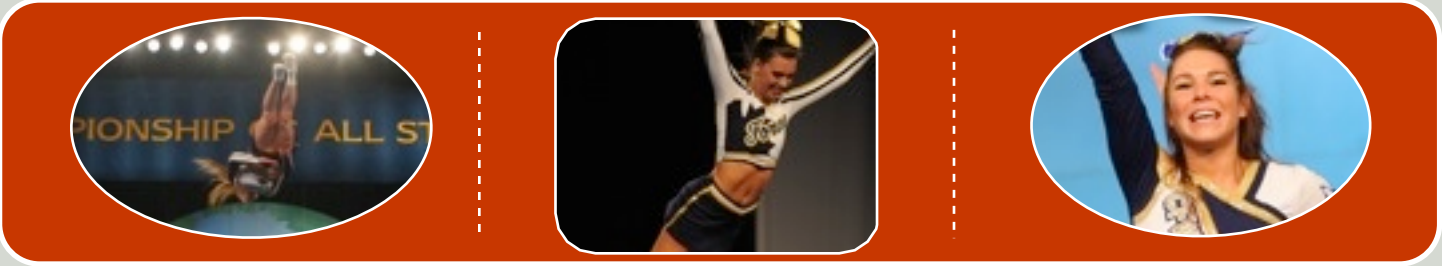
Registration Days/Times:

- | | | | |
|-----------------|---|--|------------------------|
| WolfPack | - | Sunday May 29, 2011 | 12:00 noon – 5:00 p.m. |
| | - | Monday May 30, 2011 | 10:00 a.m. – 8:00 p.m. |
| | - | Tuesday May 31, 2011 | 10:00 a.m. – 8:00 p.m. |
| | - | Wednesday June 1, 2011 | 10:00 a.m. – 8:00 p.m. |
| Tigers | - | Tuesday May 31, 2011 and Wednesday, June 1, 2011 | |
| Jaguars | - | Tuesday May 31, 2011; Wednesday June 1, 2011 and Sunday June 5, 2011 | |
| Wildcats | - | Sunday June 12, 2011; Wednesday June 15, 2011 | |



CF ALLSTARS





CLOTHING PACKAGE

All items in the clothing package will be available for pickup upon registration. A variety of sizes will be available, but the choice of sizes will be on a first come, first serve basis.

UNIFORMS & SHOES

If an athlete requires a new uniform, orders will be placed in September. If you have a used uniform in excellent condition, you may post an ad on our bulletin board to sell your uniform internally.

The following teams will have new uniforms for the 2011-2012 season:

- **ALL WolfPack Seniors**
- **ALL Jaguars Teams**

Uniform and shoe orders will ONLY be taken on the designated days. Sizers will only be available during these days. Full payment for both uniform and shoes is required upon ordering. Individual orders will not be placed at any other time. Uniform and shoe ordering days will be as follows:

- WolfPack - Monday Sept. 12; Tuesday, Sept. 13; Thursday Sept. 15, 2011
- Tigers - Sunday Sept. 18, 2011 & Tuesday Sept. 20, 2011
- Jaguars - Wednesday Sept. 14, 2011
- Wildcats - Sunday Sept. 25, 2011

TRYOUT DATES

You only need to attend ONE tryout in your age category.

Team	Tiny 5 yrs & under as of Aug 31 st	Mini 8 yrs & under as of Aug 31 st	Youth 11 yrs & under as of Aug 31 st	Junior 14 yrs & under as of Aug 31 st	Senior 18 yrs & under as of Aug 31 st	Open 17 yrs & older as of Aug 31 st
WolfPack	Sat May 28 9:30-10:30am	Sat May 28 10:30-11:30am	Wed May 25 5:30-7:30pm Sat May 28 12:30-2:30pm	Wed May 25 7:30-9:30pm Sat May 28 2:30-4:30pm	Tues May 24 6:30-9:00pm Sun May 29 7:00-9:30pm	Sun June 5 8:00-10:00pm
Tigers	Tues May 24 6:00-7:30pm Sun May 29 10:00-11:30am	Tues May 24 6:00-7:30pm Sun May 29 10:00-11:30am	Tues May 24 6:00-7:30pm Sun May 29 10:00-11:30am	Tues May 24 7:00-9:00pm Sun May 29 12:30-2:30pm	Thurs May 26 6:30-9:00pm Sun May 29 3:00-5:30pm	
Jaguars	Sun May 29 4:00-5:00pm	Sun May 29 4:00-5:00pm	Sun May 29 2:00-3:00pm	Sun May 29 3:00-5:00pm	Sun May 29 1:00-3:00pm	
WildCats	Sun June 12 10:00-11:00am	Sun June 12 11:00-12:30pm	Sun June 12 1:00-3:00pm	Sun June 12 3:00-5:00pm	Sun June 12 5:00-7:30pm	

WORLD'S TEAMS

Senior World's team will be the WP Senior International Open team.

The Open CheerForce World's team(s) will be a separate team from regular Open teams. Open age athletes who are interested in participating on the Open World's team will need to attend a tryout and will be chosen to participate. An additional fee will be associated with participating on this team, plus the cost of travel and entry fee.

PRACTICE SCHEDULES

Summer practices are once a week - In September teams begin 2 practices a week.



Tentative summer Schedule

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Practices begin
WolfPack	Tiny – 5:30-6:30 Mini 1/2 – 5:30-7 Youth 2 – 6:30-8 Sr 3 – 7:30-10:30	Youth 1 – 5:30-7 Jr 1/2 – 6:30-9 Sr 5 – 7:30-10 OPEN TUMBLING 9-10	Youth 3 – 5:30-7 Jr 3 – 6:30-9 Jr 4 – 6:30-9	Sr 1/2 - 5:30-8 Sr 4 – 7:30-10 Open Teams – 8:30-10:30	Monday, June 6, 2011
Tigers	Tiny – 5:30-6:30 Mini – 5:30-7 Youth – 7-8:30	Jr 1/2 – 5:30-7:30 Sr 2/3 – 7:30-9:30	Jr 3 – 5:30-8 Sr 4 – 7:30-10		Monday, June 6, 2011
Jaguars	Jr – 6:30-8:30 Sr – 7:30-9:30 (starting July)		Mini – 6:30-7:30 Youth – 7:15-8:45 (starting July)	JUNE – SUNDAYS Mini – 1-2:30 Youth 2:30-4 Jr 4-6 Sr 4-6	Sunday, June 5, 2011
Wildcats	SUNDAYS Mini – 4:30-5:30 Youth – 5-7	Jr – 6:30-8:30 Sr – 8-10			Sunday, June 19, 2011

Tentative Fall Schedule

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WolfPack	Mini 1 – 5-6:30 Jr 3 – 5:30-8 Sr 3 – 6-8:30 Sr 4.2 – 7:30-10 Parents – 8-10	Youth 2 – 5:30-7 Jr 1 – 6:30-8:30 Sr 2 – 7-9:30 Sr 5 – 8-10 (alt.)	Youth 3 – 5-7 Jr 2 – 6-8 Jr 4 – 6:30-9 Sr 4.2 – 8-10	Mini 2 – 5-6:30 Sr 3 – 5-7 Jr 3 – 6-8 Sr 4 – 7-9 Sr 5 – 7:30-10	Tiny – 9-10 Special – 9:30-10:30 Mini 2 – 10-12 Youth 1 – 12-1:30 Jr 1 – 1:30-4 Sr 2 – 3-5	Youth 3 – 9:30-11 Youth 2 – 11-1 Jr 4 – 1-3:30 Jr 2 – 2-4:30 Sr 5 – 3:30-6 Sr 4 – 6-8:30 Open – 8:30-11
Tigers	Tiny – 5:30-6:30 Mini – 6:30-7:30 Jr 2 – 7:30-9	Sr 2 – 5:30-7 Jr 3 – 7-8:30 Sr 3 – 8:30-10	Youth – 5:30-7 Jr 2 – 6:30-8 Sr 4 – 7:30-9:30			Sr 3 – 9-11 Sr 4 – 11-1 Jr 3 – 1-3 Youth – 3-5 Sr 2 – 5-7
Jaguars			Jr – 5:30-8 Sr – 7:30-10			Youth – 10-11:30 Sr – 11-1:30 Jr – 1-3:30 Mini 2:30-4
Wildcats		Youth – 6-7:30 Jr – 7-9		Mini – 6-7 Sr – 6:30-9		Mini – 10-11 Youth 10:30-12:30 Jr – 12-2 Sr – 1:30-4

COMPETITIONS IN 2011/12

Competition Schedule

At the coaches' discretion, other competitions may be added. Some teams may have additional fees depending on the competitions teams enter.

Ontario Competitions

NOVEMBER 2011– Cheer Evolution Fall Classic – ALL CheerForce Teams
 DECEMBER, 2011 – PCA University / Open Nationals – Wolfpack Senior 5, Open Teams
 DECEMBER 10, 2011 – Cheer Evolution Cheer For The Cure – ALL CheerForce Teams
 FEBRUARY, 2012 – Cheer Evolution Big East Blast - tentative
 MARCH 2-4, 2012 – Cheer Evolution Ontario Championships – ALL CheerForce Teams
 APRIL, 2012 – Cheer Evolution Spring Fling – All Wolfpack Level 1 and 2 Teams
 MAY, 2011 – Cheer Evolution Nationals Championships – ALL CheerForce Teams

United States Competitions (see chart below for which teams are attending which competitions, and fees)

OCTOBER 29, 2011 – GLCC Very Scary Challenge, Sandusky, Ohio
 NOVEMBER 12-13, 2011 – All-Star Challenge Queen of the Nile, Cincinnati, Ohio
 JANUARY 13-15, 2012 – JamFest Supernationals, Indianapolis, Indiana
 JANUARY 22, 2012 – CheerSport Grand Nationals, Buffalo, New York
 FEBRUARY 25-26, 2012 – NCA Nationals, Dallas, Texas
 MARCH 17-18, 2012 – AmeriCheer Nationals, Orlando, Florida
 MARCH 23-25, 2012 – Spirit Sports Battle at the Beach, Myrtle Beach, South Carolina
 APRIL 28-29, 2012 – IASF World's, Orlando, Florida

* This fee does NOT include any World's payments

CheerForce reserves the right to increase fees as necessary based on the strength of the Canadian Dollar



	GLCC Oct 29	All-Star Nov 12-13	JamFest Jan 13-15	CheerSport Jan 22	NCA Feb 25-26	AmeriCheer Mar 17-18	Spirit Mar 23-25	World's Apr 28-29	\$ (Cdn)
WP Mini A	X		X						\$255
WP Mini B				X					\$75
WP Yth 1				X					\$75
WP Yth 2	X		X						\$255
WP Yth 3	X		X						\$255
WP Jr 1			X						\$190
WP Jr 2			X						\$190
WP Jr 3							X		\$125
WP Jr 4		X					X		\$230
WP Sr 2		X					X		\$230
WP Sr 3		X					X		\$230
WP Sr 4		X					X		\$230
WP Sr 4.2		X					X		\$230
WP Sr 5		X			X			X*	\$315*
TIG Yth				X					\$75
TIG Jr 2				X					\$75
TIG Jr 3			X						\$190
TIG Sr 2				X					\$75
TIG Sr 3							X		\$125
TIG Sr 4							X		\$125
JAG Yth				X					\$75
JAG Jr						X			\$300
JAG Sr						X			\$300

IMPORTANT DATES AND GYM CLOSURES FOR 2011-2012



Important Dates and Gym Closures

(Coaches' discretion to cancel or have practice on gym closure days)

Important Dates

JUNE 6, 2011 – WP Summer Tumbling Session begins

JULY 4, 2011 – Summer Camp Weeks begin

JULY 5, 2011 – CheerForce Golf Tournament – Millcroft Golf Course, Burlington

AUGUST 15, 16, 17, 2011 – CheerForce Training Camp – Camp Weselka, Acton

SEPTEMBER 12, 2011 – WP Fall Tumbling/Recreation Session begins

JANUARY 9, 2012 – WP Winter Tumbling/Recreation Session begins

MARCH 19, 2012 – WP Spring Tumbling/Recreation Session begins

Gym Closures

MAY 23, 2011 – Victoria Day – Gym Closed

JULY 1, 2011 – Canada Day – Gym Closed

AUGUST 1, 2011 – Civic Holiday – Gym Closed

AUGUST 21-27, 2011 – Gym Closed – no competitive team practices (Day Camp, and Tumbling sessions will run as scheduled)

SEPTEMBER 5, 2011 – Labour Day – Gym Closed

OCTOBER 10, 2011 – Thanksgiving – Gym Closed

DECEMBER 23, 2011–January 6, 2012 (inclusive) - Season Holiday – Gym Closed

FEBRUARY 20, 2012 – Family Day – Gym Closed

MARCH 10, 2012–MARCH 16, 2012 (inclusive) – March Break – Gym Closed

APRIL 6, 2012 – Good Friday – Gym Closed

APRIL 8, 2012 – Easter Sunday – Gym Closed

MAY 21, 2012 – Victoria Day – Gym Closed

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PAYMENT POLICIES

Our season is based on 12 months, June 1, 2011 to May 31, 2012 Tuition is also based on the 12 month season (not a monthly rate). We offer monthly payments to make it easier for households to manage the fees. There are 3 payment options

Option 1	FULL YEAR PAYMENT – Includes Registration Fee “A” and all Tuition Fees with a 5% discount, plus Competition Fee and Clothing Package Fee (only available for Registrations received in June, 2011)
Option 2	FOUR PAYMENT PLAN – 1 st payment includes Registration Fee “A”, Clothing Package Fee, plus 3 months tuition; 2 nd payment includes Competition Fee, plus 3 months tuition; 3 rd & 4 th payments include 3 months tuition each (only available for Registrations received in June, 2011)
Option 3	MONTHLY PAYMENTS – 1 st payment includes Registration Fee, Competition Fee, Clothing Package Fee, plus 1 st month tuition; monthly tuition fees to be paid on the 1 st of each following month (available throughout the season)

# of practices Sept – May	Jaguars Teams	Monthly Tuition	Crossover Fees Monthly Tuition
1 / week	Tiny	\$45.00	\$22.50
1 / week	Mini	\$60.00	\$30.00
2 / week	Youth	\$75.00	\$37.50
2 / week	Junior	\$80.00	\$40.00
2 / week	Senior	\$90.00	\$45.00

Additional Fees	Description	Amount HST Additional	Crossover HST Additional
Registration Fees	Registration Fee “A” (registration received in June-August, 2011) - cost of gym membership and insurance	\$150.00	\$0.00
	Registration Fee “B” (registration received after September 1, 2011) - cost of gym membership and insurance	\$175.00	\$0.00
Competition Fees	Covers the entry fees for up to 4 Canadian based competitions. CF reserves the right to increase number of competitions and fees if necessary. U.S. competitions are extra. Canadian Nationals will be offering hotel package deals – ONLY the entry fee is included.	\$150.00	\$150.00
Clothing Package	T-shirt, shorts, sweatshirt, knapsack, practice hair bow	\$90.00	\$0.00
Socan/Music Fee	Socan copyright tariff and routine music	\$25.00	\$0.00
Travel Fees	See Chart on page 5 for travel entry fees – fees shown do NOT include transportation or accommodation		
Uniform	Includes bloomies and bow *ALL NEW UNIFORMS FOR 2011-2012 SEASON	\$250-\$280	\$100.00 *
Shoes	All youth and adult sizes (as needed)	TBD	\$0.00
Make-Up	2 colour eye glitter and glue (as needed)	\$25.00	\$0.00
FORCE Trace Suit	Jacket and pants (optional)	\$200.00	\$0.00

- Crossover Fees are for those athletes who participate on more than one team. Athletes are encouraged to participate on more than one team (upon coaches' approval).

- Sibling Rates: \$10 off per month for 2nd child; \$20 off per month for 3rd child

* Crossover Uniform fee is a rental only, for the full season – Includes HST

FEE STRUCTURE – HST additional

* Youth 3 and Junior 4 athletes MUST enroll in additional Tumbling classes

- Crossover Fees are for those athletes who participate on more than one team. Athletes are encouraged to participate on more than one team (upon coaches' approval).

- Sibling Rates: \$10 off per month for 2nd child; \$20 off per month for 3rd child (monthly tuition only)

* Crossover Uniform fee is a rental only, for the full season – Includes HST



REFUND POLICY

Refundable with Restrictions

- Competition Fee prior to September 1
- Travel Deposit prior to September 1
- Tuition Fees, with written notice 10 days prior to the end of the month

Non-Refundable

- Registration Fee
- Clothing Package
- U.S. Competition Fees
- Uniform, Shoes & Track Suits which have been ordered

TEAM ASSIGNMENT CRITERIA



Which Team is Best Suited for Each Athlete?

We recommend that athletes review the below chart which shows the skills for each element in each level. Athletes must have either mastered a skill as listed in the below chart or be working on that skill to be considered for that level team. Mastering a skill is defined as being able to do the skill without any assistance or a spot. Working on a skill is defined as having the basic technique of the skill, but requires assistance or a spot to complete the skill.

LEVELS & BASIC REQUIREMENTS

	Stunts	Standing Tumbling	Running Tumbling	Tosses
Level 1	- Double Base, Cradle Dismount	- Frontwalker - Backwalkover	- Cartwheel - Roundoff	No Tosses Allowed
Level 2	- Double Base Extension, Cradle Dismount - Single Leg Stunt at Shoulder Height, Cradle Dismount	- Handspring	- Series Front and Back Handsprings	- Straight Tosses
Level 3	- Double Base, Full Cradle Dismount - Single Leg Stunt at Extended Height	- Series Front and Back Handsprings - Jump Handsprings	- Roundoff Back Handspring Tuck	- Single Trick Tosses (e.g. Toe Touch)
Level 4	- Double Base, Double Full Cradle Dismount - Single Leg Stunt at Extended Height, Full Cradle Dismount	- Back or Front Tuck - Series Back Handsprings ending in Back Tuck - Jump Handsprings	- Roundoff Back Handspring Layout	- Two Trick Tosses (e.g. Kick Full)
Level 5	- Single Leg Stunt, Double Full Cradle Dismount	- Standing Full - Jump Tuck	- Roundoff Back Handspring Layout Double Full	- Two Trick Tosses ending in 2 ½ Full
Level 6	- Single Flipping Mounts and Dismounts from all Stunts	- Standing Double Full	- 1 Flipping and 2 Twisting Rotations	- 1 Flipping and 2 Twisting Rotations

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THE REMAINING PAGES MUST BE RETURNED SIGNED AND INITIALED WITH PAYMENT FOR YOUR CHILD TO BE ENROLLED ON A TEAM

CHEERFORCE RULES AND REGULATIONS

GENERAL

1. Only registered athletes are allowed in the practice gym(s). Participants who are not fully registered will not be allowed to participate in practice.
2. Spectators are not permitted in the practice area(s), unless specifically invited by coaches.
3. All athletes are responsible for their own belongings. CheerForce is not responsible for any lost or stolen articles.
4. All athletes are responsible for their own trash. Receptacles are located throughout the gym(s).
5. Cell phones (and the like) are NOT to be used during practice times, including water breaks! All devices should be silenced during practice times.
6. Gym chewing is NOT permitted during practice.
7. All issues should be brought to the attention of the coaches/ owners as soon as possible, no matter the circumstance. Coaches/owners will work with athletes/parents to resolve issues.
8. Nothing good ever comes from gossip or rumours! For clarification, please ASK!
9. Communication will be primarily through email - please check emails regularly for updated information. Parents and athletes are responsible for knowing what is happening on their team.

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DRESS CODE

1. All athletes and coaches will maintain good personal hygiene at all times.
2. Only CheerForce practice gear is allowed to be worn during practices.
3. Long hair must be tied back and out of athlete's face.
4. All jewelry is to be removed during practices or competitions - this includes new piercings! Jewelry can be dangerous to both the wearer and others. Penalties are given at competitions.
5. Only appropriate, athletic shoes are to be worn during practices or competitions. Anyone wearing inappropriate shoes (sandals, flip-flops, etc.) will be asked not to participate.
6. CheerForce is not responsible for lost, stolen or damaged CheerForce gear, including practice gear and uniforms. Damaged/lost uniforms will be replaced at the cost of the

athlete.

7. All CheerForce athletes are expected to remain in their uniforms after competition performances. During awards ceremonies, ONLY the CheerForce uniform shall be worn (no jackets, pants).

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CODE OF CONDUCT POLICY

1. Athletes are committed to behaviour and conduct that will enhance and promote the positive image of CheerForce and your teammates. No foul, vulgar, profane or obscene language is permitted at any time.
2. Athletes and parents are expected to conduct themselves in the spirit of sporting behaviour in all situations.
3. Athletes shall treat others with the utmost respect and dignity, which includes, but is not limited to:
 - a. Refraining from and eliminating sexist, racist or discriminatory language and/or behaviour.
 - b. Refraining from celebrating the misfortune or defeat of other teams/programs.
4. Athletes shall abide by the rules of the sport, as set out by the competitions' governing body. No athlete or parent is allowed to approach any official during a competition.
5. Athletes shall not willfully damage or take the property of others, which would include, but is not limited to:
 - a. hotel rooms and their contents
 - b. facilities at universities, high school, or other competition venue sites
 - c. transportation vehicles (buses, planes, cars, etc.)
 - d. CheerForce Training Centre property or equipment
 - e. any athlete's personal belongings
6. Athletes will not consume or transport alcohol, illegal or illicit drugs or tobacco of any kind.
7. Athletes shall not publicly display videos, music or choreography of any CheerForce routine prior to a competition on the internet. This includes but is not limited to YouTube, Facebook, MySpace, etc. Expressed permission from the coach of the team must be given after a competition to post competition performances.
8. While any athlete is wearing ANY CheerForce name or logo (t-shirt, uniform, jacket, etc.), pictures posted on any publicly viewed site must NOT show unacceptable behaviour. This includes but is not limited to athletes drinking alcohol, smoking or being provocative in any way.

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CHEERFORCE RULES AND REGULATIONS (cont'd)

FORMS AND FINANCIAL RESPONSIBILITIES

1. All athletes/parents are to sign the CheerForce Waiver Form at the beginning of each season. Once a waiver form has been signed, it is valid for all / any programs within CheerForce.
2. Contact information must be completed before any athlete participates in any program.
3. Separate Waiver Forms from competition organizations are also required. All forms need to be completed and returned to CheerForce as requested.
4. Payment plans are available for the Competitive Cheer program within CheerForce. All other programs must be paid in full prior to participation.
5. All accounts must be in good standing in order for athletes to participate.
6. Monthly payments for the Competitive Cheer program will be taken on the 1st of each month. If payments are declined, they will be tried again 3 days later. If it is declined again, a \$25 fee will be charged.
7. NSF cheques will sustain a surcharge of \$25, plus the amount of the original cheque.
8. If more than 2 cheques are returned to CheerForce NSF, then any following payments must be submitted in the form of a certified cheque or cash.
9. Any special administration requests will be subject to a charge of minimum \$10 up to \$25, depending on the length of the request.
10. Travel payments MUST be made by the deadline dates given. Any late payment will be subject to \$50 charge for each week that it is late.
11. The Refund Policy for the Competitive Cheer program is as follows:

Non-Refundable

- Registration Fee
- Clothing Package Fee
- U.S. Competition Entry Fees
- Tuition Fees if refund request is made after March 1st
- Uniforms/Shoes/Track Suits which have been ordered

Refundable with Restrictions

- Competition Fees and Travel deposit prior to Sept 1st
- Tuition Fees with written notice 10 days prior to the end of the month.

All installment payments (either auto withdrawal or credit card payments) will be cancelled in accordance with the refund policy. Any refunds will be at the discretion of CheerForce for all programs. All refunds will be subject to a \$50 administration fee

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TEAMS

1. It is up to the coaches of each team within CheerForce to determine the athletes for that team. Placement will be based on skill level and suitability of each athlete.
2. CheerForce reserves the right to move, replace, add or dismiss athletes from a routine, team or program for a period of time at the discretion of the coaches or owners.
3. CheerForce will decide whether athletes may participate on more than one team.
4. CheerForce coaches will determine the position of each athletes on a team (e.g. Base, Top).
5. CheerForce coaches are responsible for the choreography and music of their teams.

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ATTENDANCE POLICY

1. ONLY fully registered athletes are allowed to participate at practice. Being registered includes completed contact information, signed waivers, and up to date financial accounts.
2. Attendance at practice is MANDATORY. All absences, for whatever reason, will be recorded and monitored.
3. Athletes who miss practice are required to give notice, by phone or email, a minimum of 48 hours prior to practice.
4. Athletes who miss practices without reason or notice may be removed from upcoming competition routines.
5. Athletes who miss practice due to injury are required to give full information regarding the injury to their coach, including length of time for missed participation, and if necessary, a doctor's note. Athletes who are injured are still expected to attend all practices.
6. Although CheerForce recognizes and encourages the importance of education, homework (including studying, projects, essays) is NOT to be used as a reason to miss practice. Proper time management is expected of all athletes.
7. Teams that enter a competition in the U.S. must travel by the pre-arranged bus to their destination when CheerForce has arranged the transportation.
8. Summer practices are mandatory. The focus throughout the summer months is on skills training and conditioning. Routine choreography will begin at the end of August.
9. Families are expected to be aware of practice times and competition dates and schedule vacation time around these dates. Scheduling vacation in conjunction with an away competition should NOT conflict with practices prior to that competition.

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CHEERFORCE RULES AND REGULATIONS AGREEMENT (Return this page upon Registration)

I have read the CheerForce Rules and Regulations in its entirety and understand its contents. I understand that being a CheerForce member is a commitment by both the athlete and the parent. As a parent of a CheerForce athlete, I will fully support my child and will encourage them to fulfill their commitment.

I realize that when representing CheerForce, I, as an athlete or parent, must always conduct myself responsibly. I understand the commitment for practices and competitions, and hereby agree to be in attendance as expected. I understand that any athlete or parent that does not abide by the Rules and Regulations contained in this agreement, who is consistently negative, or acts in a manner that jeopardizes the name and reputation of the CheerForce program, will be subject to removal with no refund.

In addition, I agree to give CheerForce full permission to seek medical attention and/or take any actions deemed necessary to ensure the safety and well being of me/my child and those around them.

I understand that failure to abide by the Rules and Regulations will result in IMMEDIATE removal from the CheerForce Inc. program. It WILL include parental notification (if under the age of 18) and MAY involve the police.

I hereby agree to abide by the Rules and Regulations as set forth by CheerForce.

Athlete Name:

Signature:

Date:

Athlete or Parent/Guardian

PUBLICITY WAIVER AND RELEASE

I/my child, will be participating as a member of CheerForce Inc. I agree to allow any photos, videos, and/or audio recordings taken of me/my child at any cheerleading event to be used exclusively by CheerForce Inc. for promotional purposes. These mediums may include our website at www.cheerforceinc.com, as well as newspaper articles and press releases.

Signature:

Date:

Athlete or Parent/Guardian

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WAIVER FORM AND RELEASE (Return this page upon Registration)

_____ Participant's Name *(please print)*

I do hereby acknowledge that I/my child intends to participate during the 2011-2012 season (June 1, 2011 – May 31, 2012) in one or more athletic endeavours while a member of one of the CheerForce Inc. cheerleading or tumbling programs, from here on known as CheerForce Inc. I also acknowledge that I/my child will be doing so of my/his/her own free will.

I understand that the coaches/advisors of CheerForce Inc. are trained coaches. I further acknowledge that these coaches/advisors will behave prudently in the instruction of cheerleading and tumbling skills in an effort to avoid accidents and/or injuries from occurring. I realize that participation in athletic endeavours entails the risk of injury to the participants. I accept this risk regardless of the nature of the injury and/or the athletic endeavour in which I/my child will participate. I acknowledge that the term "athletic endeavour" as used herein includes any cheerleading, dance, drills, stunts choreography, jumps, and gymnastic activities of any kind.

I also waive and absolve CheerForce Inc., the owners, the coaches, advisors, sponsors, parent volunteers, or other volunteers, the staff and/or volunteers of any of the venues in which we practice or perform, or any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns, of and from any and all liability and responsibility.

I understand that each participant is responsible for his or her own personal health, medical, dental, chiropractic, and accident insurance coverage. I, my heirs, executor, and administration, intending to be legally bound, do hereby waive, release, and forever discharge any and all rights and claims for damage which I/my child may have or may hereafter accrue to me/my child against CheerForce Inc., the owners, the coaches, advisors, sponsors, parent volunteers, or other volunteers, the staff and/or volunteers of any of the venues in which we practice or perform, for any damages which may be sustained or suffered by me/my child in connection with my association with or participation in, or rising out of travel to and/or return from any cheerleading related site or activity affiliated with CheerForce Inc.

I am an athlete 18 years of age or older, or the parent/legal guardian of the participant and agree to all terms and agreements stated herein.

_____ Athlete or Parent/Guardian Name:

_____ Athlete or Parent/Guardian Signature:

_____ Date:

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CHEER★FORCE

ALL - STARS

Name: (as it appears on passport)	TEAM	
Date Of Birth: (month / day / year)		
Home Address:		
City:	Province:	Postal Code:
Home Phone #:	Athlete's Cell Phone #:	
Athlete's Email Address:		

PARENT / GUARDIAN INFORMATION

Name(s):	
Address: (if different from athlete's address)	
Mother's Home Phone #: (if different from athlete's)	Father's Home Phone #: (if different from athlete's)
Mother's Cell Phone #:	Father's Cell Phone #:
Mother's Work Phone #:	Father's Work Phone #:
Mother's Email Address:	
Father's Email Address:	
Alternate Contact Name:	Phone #:

MEDICAL INFORMATION – Please provide details for all which apply:

Allergies:	EpiPen: Yes No
Asthma: Puffer: Yes No	Contact Lenses:
Diabetes: Insulin Injections: Yes No	Migraines:
Convulsions / Epilepsy:	Fainting Spells:
Heart Trouble:	High Blood Pressue:
Previous Concussions:	Pre-existing injury being treated:
Recurring Sore Throat / Nose Bleeds:	Medical condition being treated:
Medications currently taking:	Self medicating: Yes No
I hereby grant permission to licensed hospitals and/or health care staff members to administer immediate medical treatment as deemed necessary to me/my child should I/she/he be injured during a CheerForce Inc. event at which I am she/he is participating. Further, I undersand that I am responsbile for payment of expenses incurred relating to my own/my daughter's/son's medical treatment.	
Athlete Signature:	
Parent / Guardian Signature:	

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