A cheerleaders silhouettes and words

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2022-2023

# PARENT & ATHLETE

# ALL-STAR/ REC

# CHEER

# HANDBOOK/CONTRACT

Fearless Overflow Cheer Squad Ltd

Aurora CO

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**WELCOME TO THE FEARLESS OVERFLOW REC/ALL STARS!!**

Now entering our 1st season, All-Stars team for cheerleaders. Our mission is to emphasize the importance of overall cheer skills, safety, conditioning, tumbling, stunting and above all, respect for others while enjoying the thrill of this sport. Most importantly, we focus on the athletes having fun. All athletes and teams are important to us.

Along with our loyal staff, FOCS has worked hard to make everyone feel welcome and a part of the Fearless Overflow family! We make it our mission to get to know each individual athlete and parent; help them set and reach goals, teach the value of commitment, dedication, and teamwork, and ultimately help each athlete see their dreams become a reality. Although our goal is to make our team competitive, we strongly encourage our fearless athletes to learn lifelong lessons in dedication, pride, teamwork, time management and helping others. We pride ourselves in promoting the importance of balancing your athlete’s education in conjunction with this sport.

This information packet has been created to answer all questions and address any concerns about our upcoming season. If you find any questions that may not be directly answered or have further concerns, please reach out directly 720.9807655 or Fearless.Overflowcheersquad@gmail.com. Fearless Overflow REC/All-Stars is under the direct supervision of Head Coach Doris Chaney and Staff.

**Once again. WELCOME to the Fearless Overflow REC/All-Stars, it will be a life-changing experience!!**

**FEARLESS OVERFLOW LOVE! <3**

**FEARLESS OVERFLOW ALL-STARS ATHLETE & PARENT RULES & REGULATIONS:**

As stated above, the following applies to every Wolverine Family member.

SPORTSMANSHIP:

We hold high expectations to our FOCS athletes to be well mannered as they represent our gym at any event or competition. Any negative behavior towards other teams, teammates and coaching staff may result in immediate removal of the program. Here at FOCS, we want an approach that encourages a positive mindset, promoting strong teamwork skills and celebrating their hard work and accomplishments throughout our entire season.

* Our teams are taught to focus on working hard and performing to the best of their ability. The way other teams perform or how other coaches’ coach should not dictate how our athletes feel about their performance. *“Hard work beats talent when talent doesn’t work hard.”*
* Be modest when successful and be gracious regardless of placement.
* Members of all teams are to show respect for the coaches, fellow teammates, other FOCS athletes, parents, judges, officials, and spectators from opposing organizations.
* This includes but is not limited to sitting outside the practice facility.
* Disrespectful attitude, back talking and any form of ill-mannered behavior towards coaches and other athletes is unacceptable and will not be tolerated.
* In the spirit of good sportsmanship and all-around team morale we encourage that any questions, comments or concerns to be brought to management directly.
* Exhibit good sportsmanship at the gym as well as during and after all competitions.
* Place the well-being of my child and their teams before my personal desire to win.
* Encourage my child to abide by the rules and respect all other teammates, athletes, coaches, judges, officials & other parents.

All unmannerly conduct will be handled directly by the head coach and athlete. Any escalated issues will result in a parent and athlete conversation.

GYM AND PRACTICE:

1. Athletes will NOT be allowed phones during practice; phones should be left with parents. If you need to contact your athlete, you can call the business cell phone.

2. Throughout the season we may call CLOSED PRACTICES. This is for the optimal athlete focus and participation.

3. Respect the privilege of the use of our facility. All cheerleading equipment is for the progression of skills and will be used by all athletes and coaches appropriately. NO PARENTS ARE ALLOWED ON ANY CHEER FLOORS OR EQUIPMENT. Siblings are not allowed to wander or left unsupervised.

4. If you are running late to practice for ANY reason, you must call/text to inform your coach. Band app must be downloaded by both parent and athlete (if applicable).

5. No food, gum, candy, or drinks are permitted in the gym area. Only water & Gatorade are allowed. No food or drinks are allowed in the practice space!

6. The use of drugs, tobacco, alcohol, and abusive language is prohibited. This behavior will result in IMMEDIATE dismissal from the FOCS program. No excuses or exceptions

ABSENCES:

1. Absences will be reviewed on an individual basis.
2. Anything beyond 3 unexcused absences is completely unacceptable.
3. Excessive absences may be grounds for:
4. Change or replacement in competition team routines.
5. Withholding items or services
6. Dismissal from the program

EXCUSED ABSENCES:

1. Include but not limited to:

1. Death in the family
2. School related function that reflects a grade, coaches and front staff must know at minimum 2/3 weeks prior to any function to plan accordingly.
3. Jobs: Handled on an individual basis
4. A contagious illness with doctor’s note
5. COVID-19\* (The following will be mandated by the CDC and will implemented accordingly):
   * 1. Everyone must wear a mask upon entering and exiting the facility. All athletes must wear a mask throughout the duration of their practice time.
     2. We will continue the use of hand sanitizer for all athletes following every bathroom and water break.
     3. If an athlete is exposed to or tests positive for COVID, there will be a MANDATROY 14-day quarantine and a negative COVID test before the athlete is allowed to return to any practices.

\*Subject to change! Missing athlete may be asked to find a replacement.

UNEXCUSED ABSENCES:

1. Include but not limited to:
2. Sickness, without a doctor’s note
3. Traffic or long-distance driving.
   * 1. Traffic in our area is always a problem, please plan accordingly.

COMPETITIONS:

1. All parents are expected to sit together in support of all FOCS teams.

2. COMPETITION SHIRTS ARE MANDATORY FOR BOTH PARENTS AND ATHLETES! Parents are required and expected to wear the designated competition shirt for each competition.

3. Parents, relatives, friends and athletes are never allowed to speak to, call, text or e-mail competition officials/ judges for any reason. All competition communication will be dealt with directly through gym management and coaches.

4. All competitions are MANDATORY. You are financially responsible for every competition on the schedule

COMMUNICATION:

1. We will be sending messages via text, Band app and through emails to keep the lines of communication open with all parents and athletes. Please make sure all your contact information is always current.
   1. Weekly: practice schedules and attire.
   2. Monthly: due dates, calendars, newsletters, and invoices.
2. Band app notifications MUST be left on at all times for any changes and/or reminders.
3. Band app, group chats or message boards are used for information ONLY. Any complaints, concerns or questions should be addressed to the front desk PRIVATLEY!!

TUMBLING:

1. Tumbling is incorporated during their 3 practice days but WILL change, as competition season gets close.
2. Will be at Athletics & Beyond Tuesday 6:00-7:00 (1-5) 6:00-7:30 pm or Saturday 10:00 am- 11:00 am (1-5) 10:00 am–11:30.
3. Child would need a Gym membership which $ 20.00 Monthly
4. The cost for tumbling
5. $50 Registration FEE
6. Drop-in Class
   * + 1. (age1-5) 1hr $27.00
       2. 1hrs = $35
       3. 1.5hrs = $40
7. Monthly Classes 8 Classes a Month
   1. 1hrs Age 1-5 ($100)
   2. 1hrs = ($135)
   3. 1.5hr = ($150)

Total =$ 150.00+$50.00+20.00 = 220.00 Paid directly to Mile High Tumbling

FOCS APPAREL

1. Each athlete must purchase practice wear and competition uniforms.

1. Practice wear (2 sets) and competition uniforms are MANDATORY.
2. Practice bows are MANDATORY and can be purchased through the front desk.
3. Cheer Shoes: GK RUSH ZERO SHOE from Omni cheer Black only
4. Cheer [Chasse Capsule Duffle](https://www.omnicheer.com/shop/cheer-bags/duffle-bags/chasse-capsule-duffle_b1911#color=016) from Omni Cheer Black

3. Competition shirts change every season and it is MANDATORY for every athlete and at least 1 parent to purchase.

4. Practice wear including practice outfit, correct shoes, and hair bow is required and must be worn on the correct day for each athlete. FAILURE TO WEAR CORRECT PRACTICE WEAR WILL RESULT IN EXTRA CONDITIONING!

TUITION:

1.All tuition payments will be due on the 15th of each month through your online portal.

a. NO cash or checks are allowed for tuition.

LATE FEES:

1. Please be aware that phone calls, text messages, and emails concerning delinquent/past due accounts are a courtesy and will be sent out as frequently as needed. Please remain up to date with your account standing.

2. Any other FOCS fees paid after the final due date will result in a late fee of $10.00.

3. Athletes will SIT OUT until account is UP TO DATE.

DELINQUENT ACCOUNTS:

1. Failure to meet the deadline for payments, lack of reasonable & fair communication regarding payments or delinquent accounts will result in one or all of the following:

a. Withholding services (Sitting out of practice, private lessons or other classes etc.)

b. Withholding purchased items (uniforms, practice wear, warm-ups, etc.)

c. Replacing or moving the athlete in routines

d. Dismissal from the program

QUITTING OR DISMISSAL FROM THE PROGRAM:

1. You will forfeit any and all money, services and items previously paid to FOCS. THIS INCLUDES:

a. FOCS classes (Jump or Flying Class), tumbling, competition team practices, choreography practices, camps, open gym, etc.

b. Uniforms, practice wear, bows, shoes, shirts, makeup, etc.

c. All items that may have been paid in full but have not been physically handed to the athlete or parent yet. (Additional merchandise varies to include hoodies, headbands, beanies, etc.)

COMPETITIONS:

1. All competitions are subject to change, not all team members will attend competitions.

2. All competitions are MANDATORY for all competing athletes.

3. Competition fees vary according to team, level, and Competition Company.

4. All competition fees MUST be paid in advance and promptly upon due date.

5. At ALL competitions, athletes and parents MUST wear the designated FOCS competition shirt.

6. When ALL athletes arrive to the competition venue, they must be in full uniform:

BE ON TIME!!

1. Uniform Top and Bottom
2. Designated Cheer Shoes/no show socks
3. Designated [Chasse Capsule Duffle](https://www.omnicheer.com/shop/cheer-bags/duffle-bags/chasse-capsule-duffle_b1911#color=016)
4. Competition Shirt on Top of their uniform at all times.
5. NO jewelry or gum
6. NO nail polish allowed
7. Allows athletes and team to focus on competition
8. Review counts, stunts, and entire routine.

7. Athletes must remain in full competition uniform with competition shirt over uniform throughout the duration of the competition (Different shoes, boots, different colored hoodies warm-ups, are NOT allowed.)

8. Once athletes have checked in with their team coach, no parents are allowed in warm up areas.

FUNDRAISERS:

1. Fundraisers are designed to help with the cost of FOCS fees. FUNDRAISER monies can be used for: merchandise, apparel, choreography, competition fees or private lessons and tuition.

2. You may carry over credits to the next season, however if you quit or take a break, YOU WILL FOREFEIT ANY AND ALL CREDITS.

3. Fundraiser profit range from 40%-50%.

4. There is a CASH only policy for any and all fundraisers.

5. Due dates are important in receiving items in a timely manner

**Closures**

**• Mother’s Day: May 12th**

**• Memorial Day Weekend**

**• Father’s Day: June 16th**

**• Independence Day July 4th**

* **Labor Day Weekend: August 31st -September 2nd**
* **•Halloween October 31st**

**• Thanksgiving November 28th& 29th**

**• Christmas December 25th-26th**

**• New Years December 30th -January 1st**

* **MLK JR Day January 15**

**FEARLESS OVERFLOW CHEER SQUAD REC/ALL-STARS 2022-2023 HANDBOOK ACKNOWLEDGEMENT AND AGREEMENT**

**Athlete’s Agreement**

**As an athlete of the Fearless Overflow Rec/All-Stars, I am expected to follow the rules of the program and remain in good standing with my fellow teammates, coaches, and staff. I have read and understand all the terms in the code of conduct and agree to abide by them. I have received and read the** **Fearless Overflow Cheer Squad Rec/All-Stars Handbook. I fully understand this document is a contract between the Fearless Overflow Cheer Squad Rec/All-Stars and myself.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Athlete’s Name Printed Date**

**Athlete’s Signature Date**

**Parent’s Agreement**

**I recognize that parents are the most important role models for their children and that athletics help achieve a sense of teamwork, self-worth and sportsmanship. I encourage my child to abide by the rules and respect the rights of others. I understand that it is important to enforce the rules of Fearless Overflow Cheer Squad Rec/All-Stars, respect the sport of cheerleading & not criticize the judges’ decisions during or after a competition. I understand that I must remain in good standing financially. I understand that the Fearless Overflow Cheer Squad Rec/All-Stars have a strict NO REFUNDS policy. I have read and understand all the terms in the code of conduct and agree to abide by them. I have received and read the Fearless Overflow Cheer Squad Rec/All-Stars Handbook. I fully understand this document is a contract between the Fearless Overflow Cheer Squad Rec/All-Stars and me.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Signature Date**

**Parent’s Name Printed Date**

**FEARLESS OVERFLOW REC/ALL-STARS 2023-2024 CONTRACT**

**Tuition Policy:** Tuition is always due on the 15th of each month. If you decide to quit or leave before the 2023-2024 season is over, you will still be responsible for the monthly tuition for you last month.

Initials: \_\_\_\_\_\_\_\_

**Financial Policy:** All OFCS fees (choreography, uniform, bow, warmups, shoes etc.) must be paid on due dates with no exceptions. Due dates will be given a head of time along with the monthly calendar. Late fees are acquired if fees are paid later than the posted due date. A $25.00 late fee added to the fee (regardless of the item or the item price). Please remember that there is a strict NO REFUNDS policy.

Initials: \_\_\_\_\_\_\_\_

**Quitting/Dismissal Policy:** Please give coach 30day notice and pay your last month tuition amount.

**Sportsmanship Policy:** We always encourage and expect good sportsmanship. We build on confidence, commitment, loyalty, and respect for each other. The Fearless Overflow Cheer Squad Rec/All-Stars will not tolerate pettiness, gossiping or cliques that attempt to slander the “FOCS” name, other athletes, or other FOSC parents. Anyone displaying improper behavior will be dismissed from the program immediately and will not be allowed to return. Athletes and parents must always remember to be modest in success and gracious in defeat.

Initials: \_\_\_\_\_\_\_\_

**Practice Wear Policy:** All athletes are required to attend each practice in the MANDATORY practice wear on the specified days. If practice wear is not worn on the correct day, your athlete accepts extra conditioning at the end of practice. Correct shoes are obligatory for practice. Non-cheer shoes will NOT be allowed. Female athletes are required to have all hair pulled back from face in high ponytail including bangs and wear sports bras underneath practice shirts. Jewelry is not permitted at any event including practice because of the safety risk. We are not responsible for lost items.

Initials: \_\_\_\_\_\_\_\_

**Competition Policy:** All athletes must arrive on time and at the correct venue for competitions. Full uniform must be worn, competition shirt over uniform, correct cheer shoes, hair and makeup as directed. Cheer shoes are to be ALWAYS worn during competition; no crazy shoes or socks allowed. Team members are expected to stay through awards and for team pictures unless prior arrangements have been made and are dismissed by the coach. Parents are required to sit together. IT IS MANDATORY FOR BOTH PARENTS AND ATHLETES TO WEAR DESIGNATED COMPETITION SHIRTS TO EACH COMPETITION. While at competitions, you are a representative of the Fearless Overflow Rec/All-Stars and will act in an honorable manner. Bad mouthing of gym athletes, coaches, other gyms, and athletes will not be tolerated.

Initials: \_\_\_\_\_\_\_\_