



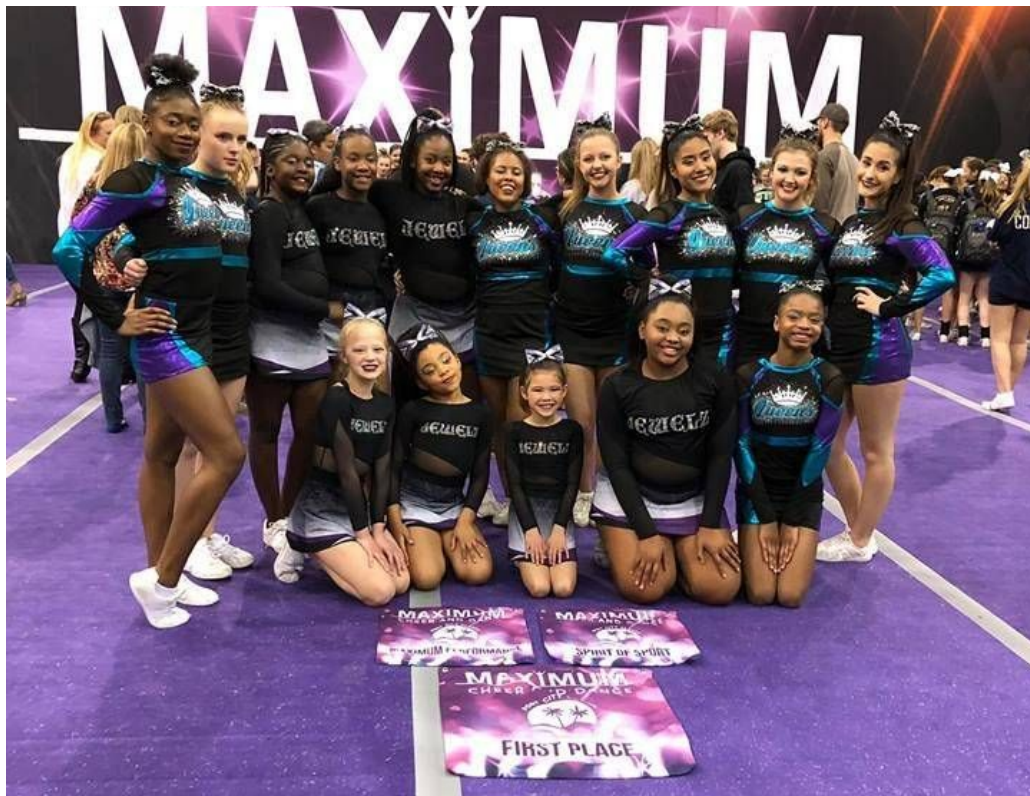
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Carolina Reign is the triad's newest competitive cheerleading program! We are entering our third year as a business and are so excited to see what the future brings. Here at Carolina Reign All-Stars, we work our hardest to create hard-working and dedicated athletes not only on the competition floor but in everyday life as well. Our goal is to build self-confidence in all of our athletes, creating leaders on and off the mat. Thank you for showing your interest in our program, and we look forward to you becoming a part of the CRA Royal Family!



## What is All-Star Cheerleading?

All-Star Cheerleading differs vastly from traditional cheer, due to its emphasis on competition. Teams will consist of athletes from all different backgrounds and paths of life. All of our participants will always be referred to as "athletes" due to the intense amount of training and conditioning that is required on a weekly basis in order for them to be the best athlete possible for their team. All of our teams have an inclusive place for everyone, regardless of age, skill level or experience. Each team will be placed into its own division, which are all based on the size of the team, the age ranges, and skill level. Athletes will be trained by their coaches on both team skills as well as individual skills. Once all athletes have learned and perfected their competition routines, they will finally have the opportunity to showcase their talents at multiple competitions, where they will be competing against other teams in their same division.

### Divisions vs. Levels

**Divisions** are based on the ages of the athletes on a particular team. **Levels** are based on the skill level that the *majority* of the team will be performing for stunts and tumbling.

Division	Age (as of August 31st, 2019)
Tiny Novice	3-6
Mini	5-8
Youth	5-11
Junior	6-14
Senior	10-17

Level	Tumbling Requirements
Novice	Forward rolls, cartwheels
1	Rolls, cartwheels, handstands, back walkovers, front walkovers, roundoffs
2	All level 1 + standing back handspring & roundoff back handspring
3	All prior levels + roundoff back handspring back tuck, front tuck, jump to back handspring, standing back handspring series, aerial
4	All prior levels + RO BHS layout, standing back tuck
5	All prior levels + RO BHS full, standing full

## **Finances**

Here at Carolina Reign, we try our absolute best to make this sport as affordable as possible. However, there is a financial commitment that is linked with all-star competitive cheerleading; therefore, it is very important that you read and understand the financial obligations. Please be aware upon reading that there will be ample fundraising opportunities!

### **Sally Newton Memorial Foundation**

The vision of this foundation is to provide scholarship opportunities to children based on financial need. This is run through Ultimate Kids and if you were to get approved, then they would cover your tuition costs for cheer! Anything extra costs are not covered by the foundation (uniforms, warmups, etc.) We figured this would help alleviate some of the financial stress that is associated with this sport. To check it out, just go to the website below and if you scroll all the way down to the bottom of the page then you will find the application.

<https://www.sallynewtonmemorialfoundation.org>

## **Fundraisers**

We will be hosting a ton of Fundraisers throughout the season in order to help aid with the cost of this sport. The majority of the fundraisers that we will do will go directly to your accounts. There will be a couple that will go towards the gym to help with funding for equipment and building costs, as well as coaches fees for competitions. All individual fundraisers will be ***optional***. All gym fundraisers will be ***mandatory***.

### Tuition Policies

- There is a \$35 registration fee due upon registering with us. This fee is non-refundable and required for all athlete participation.

### All-Star Tuition (per month)

Senior Teams - \$150 (6.5 hours per week)

Junior Teams - \$135 (5 hours per week)

Mini Teams - \$125 (4 hours per week)

Tiny Teams - \$80 (2 hours per week)

### Tuition Breakdown

Division	Price	Hours/Month	Price/Hour
Senior	\$150	26 hrs/month	\$5.77 per hour
Junior	\$135	20 hrs/month	\$6.75 per hour
Mini	\$125	16 hrs/month	\$7.81 per hour
Tiny	\$80	8 hrs/month	\$10 per hour

- Families with additional athletes in the same immediate family participating in our program will receive a sibling discount of \$30 off of tuition.
  - This clause is only for athletes that are not on a Tiny team (i.e. there is no discount if one sibling is on the Tiny team and the other is on a Senior team, or two siblings are on Tinies)
- **Crossover Fee:** Athletes participating on more than one team (crossover) will incur a **\$30** monthly tuition increase. This amount includes the fee that competitions will charge for an athlete to be on two teams. Please note that an athlete must be invited by a coach to crossover to another team, however, the decision to accept or decline is completely up to you.
- **Tuition prices include your competition fees required to compete.**
- Payments are due on the **first** of every month. Tuition is posted on the 1st of every month and payments will process from the debit or credit card you have on file on the 1st, as well. If the 1st falls on a Saturday or Sunday, the payment will process on the following Monday. If payment is not received by the **eighth** of the month, a late fee of \$25 will be applied to your account. If payment is still not received by the **tenth** of the month, your athlete will not be allowed to practice or participate in any events or competitions until the current balance is paid. **Any unpaid accounts are subject to be taken to collections.**
- Tuition is **auto-drafted** through iClasspro every month. It is **MANDATORY** for all families to sign up for iClassPro in order for us to keep every account in check and up to date.
- All members must provide correct and complete credit or debit card information.

### **Bulk Tuition**

There are discounts for anyone that wants to pay their seasons tuition in bulk:

- Tuition Only: **10% discount**
- Tuition + Extra Fees (practice wear, warmups, etc.): **12% discount**

If you choose to go this route, the payment must be made no later than June 1<sup>st</sup> by either cash or a CERTIFIED check only.

All totals are based on an 11-month season; June 2019 – May 2020.  
Please see below for the price breakdown:

#### **Tuition Only Breakdown – 10% Discount**

Division	Total Seasonal Cost	Total after discount 10%
Tiny Novice	\$880	\$792
Mini/Youth	\$1375	\$1237.50
Junior	\$1485	\$1336.50
Senior	\$1650	\$1485

#### **Tuition + Fees Breakdown – 12% Discount (includes all extra costs, i.e. – practice wear, uniforms, etc.)**

Division	Total Seasonal Cost	Total after discount 12%
Tiny Novice	\$1255	\$1104.40
Mini/Youth	\$1905	\$1676.40
Junior	\$2055	\$1808.40
Senior	\$2270	\$1997.60

\*Please be aware that the numbers above are factoring in ALL extra fees. Totals may end up decreasing, due to athletes not needing to re-purchase specific items (i.e. – uniforms or shoes).

## Additional Expenses

- Choreography Camp: \$125
  - **Due June 17th**
- Music Fee: \$65
  - **Due July 15th**
- Practice Wear: \$65
  - Includes a **customized tank top, t-shirt, shorts, and leggings**
  - **Due at evaluations**
- Warm Up Suit: \$75
  - Includes a **customized warm-up jacket and warm-up pants** that will be worn at all events and competitions
  - **Due September 16th**
- Uniforms:
  - Senior Teams: \$200
  - Junior Teams: \$150
  - Mini Teams: \$110
  - Tiny Teams: \$80
  - Includes **customized uniform top and shorts/skirt**
  - **Due August 15th**
- Competition Bow: \$25
  - **Due August 15th**
- Makeup Kit: \$30
  - Includes **3 press on eyeshadow pads (2 uses per pad), setting powder for eyeshadow, mascara, liquid eyeliner, and lipstick**
  - **Due October 1st with tuition**
- Shoes: \$35
  - **ONLY needed if you do not already own a pair of all-star cheerleading shoes**

# Practice and Attendance

## Practice

All practices are mandatory. Once official teams are formed, you will receive a final practice schedule. Practices may be changed and/or added throughout the season at any time. If changes do occur, you will receive a notice in advance.

Please understand that our goal is to build champions. This cannot be achieved in this sport without full attendance - physically and mentally. If any athlete disrespects their teammates or coaches with ill-mannered actions and/or language in OR out of practice, continuous tardiness, or lack of desire of commitment, Carolina Reign reserves the right to implement disciplinary actions.

## Attendance and Absence Policies

We understand that there are circumstances that may be unavoidable, but keep in mind that this is a TEAM sport that is unlike any other because there are no back-ups or a "second string". Attendance at practice is essential to the success of the teams. Every team member has a specified function, and one absence could disrupt the effectiveness of practice. Below are a few guidelines regarding Carolina Reign's attendance and absence policy.

1. All practices, events, exhibitions, competitions, and any functions of Carolina Reign are mandatory.
2. Our competition season begins in December and ends in May. any athlete with a regularly scheduled Saturday or Sunday activity that CANNOT be missed should reconsider participating in our program. This is due to the fact that all competitions will be held on the weekends and they are 100% mandatory.
3. The following are **excused absences** from Carolina Reign activities:
  - a. Family emergency or death in the family
  - b. School function that results **in a grade**
  - c. Illness is only excused with a note from the athlete's doctor. If your child has a non-contagious illness, he/she is still required to be at practice.
4. Excessive excused or unexcused absences will result in the athlete being pulled from any upcoming performances or competition at the discretion of the coaching staff. Excessive absences may also result in immediate removal from the program, per coaches discretion.
5. **Any athlete that misses practice the week of competition can be pulled from the routine at the discretion of the coaches. If they miss a competition without it being approved by the coaches in advance, it can result in removal from the team at the coaches discretion.**

## Summer

The summer months of June and July will be used as a time for the athletes to improve their skills for the upcoming season. We know families use the summer as a time for relaxing and enjoying other activities such as vacations and camps, but practice is still mandatory **if you are in town**. If you know you will be missing practice due to a vacation, please let the coaches know beforehand so we can efficiently plan our practices.

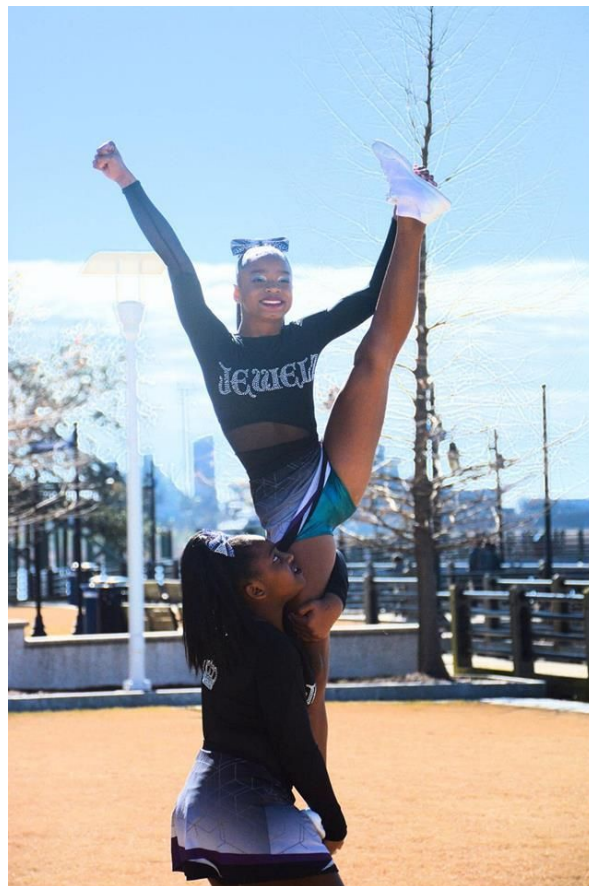
There will be a mandatory choreography camp for each team in July, and everyone will be required to be in attendance. There are absolutely **NO ABSENCES** at choreography camp. Tentative dates are listed below:

Senior Team: July 13th and 14th

Junior Team: July 27th and 28th

Mini Team: July 20th and 21st

Tiny Team: during practice times





## Injury

Unfortunately, as with any other sport, injuries can occur in this one as well. In the event that an injury happens, the athlete is still expected to attend practice and every other commitment to the program (including competitions). All injuries must be documented with a doctors note. The athlete will be expected to participate unless a doctors note is provided **or if the coach feels it is necessary for the athlete to sit out**. The athlete will not be able to return to the team until he/she has healed 100% and can perform the necessary skills in the routine. If an injury occurs, there is a possibility that the athlete's spot in the routine may be changed.

## Parent Communication and Expectations

### Communication

We would not have the amount of success that we have today if it were not for our dedicated and supportive parents. We want every parent to feel comfortable and informed about their child; therefore, we make every effort to keep all lines of communication open. E-mail is our primary source of communication so please be sure to check it daily and read all emails entirely!

### Expectations

Any member and member's family must at all times be a strong representative of Carolina Reign All-Stars and must be a positive reflection of their team and program as a whole. Abusive behavior, lying, or any other form of negative behavior by a parent or a child is grounds for removal from the team. Please remember that anything you say is a direct reflection of Carolina Reign All-Stars. If an athlete or parent is found communicating negatively or sending rude or inappropriate messages, you will be subject to immediate removal from the program. Unfortunately, parent misconduct can result in athlete removal.

All athletes and guardians must set a positive example for others to follow. Be respectful and courteous to everyone. Refrain from gossiping (including social media) or any verbal or physical confrontation. Refrain from celebrating the misfortune or defeat of another person, team, or program. Accept team placements and awards with dignity and class.

Lastly, we understand that as a parent, you may not agree with every decision that we make. The staff and owners make decisions for the best interest of our teams and program as a whole. You must be willing to trust in your coaches and TRUST THE PROCESS! We hope our philosophies and past accomplishments will give you confidence while being a part of the Carolina Reign "Royal Family"

## Academic Excellence

As always, school is one of our top priorities when it comes to our athletes. With that being said, it is MANDATORY for our athletes to have satisfactory grades throughout the season in order to compete. We will be requesting proof of satisfaction whenever progress reports and report cards are handed out at school. Any athlete with a non-satisfactory (C or below) or failing grade will not be allowed to compete until the grade has improved. Falsified information regarding the satisfaction of grades can lead to immediate probation for the athlete.

We want all of our athletes to be successful in all aspects of life, and we are willing to help them in any way possible.

### Dates to Remember

May 4	Evaluations Practice wear payments due
May 19	Team reveal party
June 1	June tuition due registration fee due Tumble Clinic from 12-2:30 Stunt Clinic from 3-6
June 10-14	The first week of official team practices
June 15	Choreography payments due
July 1	July tuition due
July 13-14	SENIOR choreography camp
July 15	Music payments due
July 20-21	MINI choreography camp
July 27-28	JUNIOR choreography camp
August 1	August tuition due
August 15	Uniform and bow payments due
September 1	September tuition due Makeup Kit due
September 15	Warm-up suit payments due

All other months after September (November - May) will be solely tuition.

## General Gym Rules

1. Only cheerleaders and coaches are allowed in the practice areas. All parents and siblings are to remain in the viewing areas for liability reasons.
2. No cell phones will be allowed during practice.
3. No playing on the equipment before or after practice.
4. Fingernails should be kept short for safety reasons.
5. Team members are expected to arrive on time for practice and in the proper attire with hair pulled back away from the face.
6. For the safety of athlete and other team members, all jewelry must be removed prior to starting practice. This includes all body jewelry.
7. All athletes are expected to behave in a respectful manner and uphold Carolina Reign's rules and policies at all times. Unsatisfactory acts may result in removal from the program. This includes during practices, competitions, while athletes are in public, and on social media.
8. There is absolutely NO unsupervised spotting in the gym or at competitions/events. This includes athletes spotting each other and parents spotting their children.
9. Athletes are not to be taking lessons at another all-star gym while they are registered with us. Technique and skill progressions are very important to us - teaching skills correctly and safely the first time is significantly safer and easier than trying to correct poor habits. Because of this, we do not allow our athletes to tumble or stunt at other gyms who may not follow our progressions without prior explicit written permission.





## **2019-2020 Competition Schedule**

**Mistletoe Madness**

**December 7th, 2019**

Rocky Mount Event Center

Rocky Mount, NC

**Port City Classic**

**February 1st, 2020**

Wilmington Convention Center

Wilmington, NC

**Tennessee Classic**

**March 21st, 2020**

Sevierville Convention Center

Gatlinburg, TN

**Mountain Nationals**

**April 18th, 2020**

Sherrill Center - UNCA

Asheville, NC

**Beach Bash Nationals & Lanakila Championship**

**May 16th and 17th, 2020**

Myrtle Beach Sports Center

Myrtle Beach, SC

## Acceptance of Terms and Conditions

Please read and initial beside each item. It is important that you fully understand the time and financial commitment you are making.

I understand that I am entering into the Carolina Reign All-Stars Cheerleading program on my own free will, and I have thoroughly read and understood the Carolina Reign All-Stars info packet.

I understand that this is an 11-month financial commitment. I also understand that if I fail to honor my one-year commitment, no refund for any reason will be given.

I understand that my child has been placed on a team but can be moved to any other team at any time for any reason at the coaches discretion.

In the event that my child gets dismissed from a team, a \$100 cancelation fee will be processed immediately. I also understand any outstanding balances must be paid in full and any refusal to pay may lead to legal action.

I understand that I pay for a skill progression process of competitive cheerleading and not for special treatment or team placement.

I understand my child needs to arrive on time and not leave early for any scheduled practices, competitions, or mandatory events.

I understand the Carolina Reign All-Stars absence policy and the difference between an excused and unexcused absence. I also understand that frequent absences can lead to dismissal from the team.

I understand that my child must not tumble or practice at any other all-star gym while enrolled with Carolina Reign All-Stars, without written permission from their coaches.

I understand that all of the athletes and parents are a direct reflection of Carolina Reign All-Stars and should conduct themselves appropriately at all times.

I, \_\_\_\_\_(guardians printed name),  
understand, accept and agree to all of the terms and conditions within the Carolina Reign Information Packet.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

## Waiver of Liability

### Assumption of Risk

SPORTS PARTICIPATION CAN BE DANGEROUS. I recognize that severe injuries, including permanent paralysis or death, can occur in any activity involving height or motion, those activities including but not limited to tumbling, trampoline, stunting, dance, and cheerleading. Being fully aware of these dangers, I hereby give my consent for my child(ren) to participate in any and all programs and activities at Carolina Reign All-Stars, LLC., and I ACCEPT ALL RISKS associated with such participation.

Initial: \_\_\_\_\_

### Liability Waiver

In consideration for me or my child(ren)'s participation I hereby, for myself and my child(ren) and our respective heirs and successors, PROMISE NOT TO SUE and FOREVER RELEASE Carolina Reign All-Stars, LLC. and their respective officers, directors, employees, and volunteers from all liability resulting from damages or injuries incurred as a result of participation.

Initial: \_\_\_\_\_

### Medical Authorization

In the event of an accident or emergency, I hereby authorize my child(ren) to be transported to a hospital for medical treatment and I hold Carolina Reign All-Stars, LLC. and their representatives harmless in the execution of such. Additionally, I hereby agree to individually provide for all medical expenses which may be incurred by myself or my child(ren) as a result of any injury sustained while participating at Carolina Reign All-Stars, LLC.

Initial: \_\_\_\_\_

### Photo Release

I am aware that individual or group publicity photos or videos may be taken from time to time and in consideration for my or my child(ren)'s participation I hereby grant my permission for my child's likeness to be used in publicity or advertising. If for any reason I DO NOT agree with this clause, I hereby promise to contact an administrator of Carolina Reign All-Stars, LLC in writing with my concerns.

Initial: \_\_\_\_\_

### Parent/Guardian Signature

I have read and understood this (1) ASSUMPTION OF RISK and (2) LIABILITY WAIVER and (3) MEDICAL AUTHORIZATION and (4) PHOTO RELEASE and I VOLUNTARILY affix my name in agreement.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_