



PARENT ATHLETE INFORMATION Packet

Welcome to the Vero Cheer Force! We are very excited you have chosen to become a member at the most outstanding Cheer and Dance program in the Indian River County area. With our confident and experienced staff, fully functional facility, and high level of expectations for our team's success, we believe that the best teams at competitions will come from our program.

After you have read over the packet, please complete the following pages:

- Code of Conduct (pg 6/7)
- Statement of Commitment (pg 8)
- Roster Information (pg 9)
- Medical Release Form (pg 10)
- Credit Card Authorization (pg 11)
- Uniform Rental Agreement (pg12/13)

Please be prepared to turn in all of these pages at or prior to the tryout clinic.

Owner/Manager: Kelly Thomas

Floor Manager: Chad Thomas

All Star Coordinator/Team Mom(s): TBD

Coaching Staff: Kelly Thomas, Chad Thomas, Natalie Fincki,
Mellissa Simons (Winky), Linda Tatum, Amber Small

Jr. Coaching Staff: Alex Wendel, Chelsea Ramey, Lauren Kendrick

Location-

923 14th Lane

Vero Beach, Fl. 32960

Contact info- 772-492-8080, verocheer@comcast.net, www.verocheer.com

ALL-STAR CHEERLEADING can be one of the most rewarding experiences for a parent and child. However, drama in a cheer gym can ruin even the most successful programs, and thus will not be tolerated. Our promise to you is - We will make our gym the most enjoyable place possible for the majority of our clients and will give you the most value for your family's dollar.

PROBLEMS WILL BE REMOVED! Please approach Kelly or Chad immediately if you have a legitimate complaint about a parent, child or coach that is causing you to have a negative experience at Vero Cheer. Please consider the age of the child and a parent's desire to be part of the experience, before bringing an issue to light. Keep in mind that we will go directly to the problem and solve it at that moment. A certain amount of disagreement should be expected on any team, but it is the job of every adult in our gym to control themselves and their children.

ABSENCES

We expect 100% dedication to your team. That means attendance is **MANDATORY**. Schedule all of your outside commitments, appointments on days off from the gym.

Excused Absences include:

A school function approved 2 weeks in advance, and not within 2 weeks of competition.

A death in family

A contagious illness, as decided by the coach or doctor. (Requires doctor's note)

Unexcused Absences include, but are not exclusive to:

Jobs, Birthday parties, concerts, banquets, family reunions, weddings, dances

School projects, homework, tests, dentist and doctor appointments.

It is extremely important that athletes be on time and do not miss practice.

Excessive tardiness could result in dismissal from the program. If you do not show up for a competition you will automatically be removed from the next competition. You must attend practice if you are injured or sick but not contagious. Too many unexcused absences could result in dismissal from the program. Anyone that quits or is dismissed from the program will not receive a refund of any fees that have been paid. In most cases, anyone that quits the program will not be allowed to tryout the following season. Athletes that quit and wish to return the following season will be reviewed on a case by case basis.

During the summer months, up until your choreography dates, you will be allowed to miss practice as needed for family vacations, camps, etc. After choreography, the attendance policy will go into effect. We cannot stress enough how important it is to be at every practice. Stunting, tumbling, and choreography are taught at every practice. When you miss, you hold the entire team back.

TARDINESS

You are considered tardy if you are not on the practice floor and ready when your practice **BEGINS**. Athletes should be fully dressed and ready at this time. Do not enter the practice area early.

CHOREOGRAPHY

At Vero Cheer, we are very proud of our ability to choose the best music, dances, motions, stunts, and jumps, and to make changes as we see fit. We will be competitive. We study the best teams in the country and are constantly learning new ways to improve our routines. We appreciate any cool new ideas that you create or find. Please understand that we know the rules, and there are some things we can't do. Music must be appropriate and well paced.

INJURIES

If an injury occurs, the child must seek medical attention for the injury and could result in temporary inactivity from the team. **YOU MUST STILL ATTEND ALL PRACTICES AND PAY ALL DUES.** A written doctor's note must be turned in along with the approximate date of return. Upon return to the team, there must be a doctor's note on file releasing the athlete to do all physical activities.

TRAVEL

- All cheerleaders will use the same accommodations at all out of town events unless approved in advance. We do not want to approve separating your child from the team. Do not book non-refundable fares, it will only cause problems.
- There must be a parent in every room, **no exceptions.**
- Every cheerleader **must have a chaperone at every competition.** It is not your coaches', team moms', or any Vero Cheer staff members' responsibility to be your child's chaperone.
- Hotel costs are your responsibility, Vero Cheer will reserve a block of rooms at the hotel of our choice. Safety is a factor when selecting hotels. Be prepared to pay \$99 - \$150 per night for a hotel room.

DRESS CODE

- During team practice, red, black, white, grey team t-shirts & shorts must be worn. Extra shirts & shorts must be purchased if you forget. We must look like a team when we practice as a team.
- Sports bras should always be worn under t-shirts.
- No bra straps showing. Parents – please help enforce this rule.
- If your child is a flyer or is taking a stretch or stunt class, they should ALWAYS wear bloomers or tight fitting shorts under their cheer shorts.
- **NO JEWELRY!** (At practice & competitions)
- Fingernails must be kept short. (no polish at competitions)
- Hair must be up and out of face.
- **SHOES MUST BE WORN TO EVERY PRACTICE.** Forget your shoes and you will be asked to keep an extra pair at the gym. **NO SHOES/ NO PRACTICE.**

COMPETITION DRESS CODE

- At no time should your skirt be worn over your pants.
- No jewelry or nail polish on competition day.
- When not in uniform, wear your Vero Cheer t-shirts and warm up pants or shorts.

UNIFORMS & SHOES

It is your responsibility to rent or purchase your full uniform. You are required to purchase practice clothes, shoes, hair bow, and make up. Payment is expected at time of order. One pair shoes that are specifically designed for spring floors must be approved and purchased for competition.

You will be responsible for the care of your uniform and will be required to pay for replacing it at the discretion of the owners of Vero Cheer. Please take care of your shoes and only wear them to practices, competitions and on spring floors. If your shoes are inadequate for competition, you will be asked to purchase a new pair.

All uniforms must be returned within 10 days of the final competition or immediately if leaving or removed from the program. If you do not return the uniform you will be liable for the cost to replace it (\$200), plus shipping and handling. You also agree to pay any additional monies for collection services, and any attorney/ court fees applicable to attain damages.

FINANCIALS

Gym Fees/Tuition - \$75 per month Junior/Senior, \$60 Mini/Youth, \$45 Tiny, \$45 Dance.

Competition Uniform - \$200 to purchase or rent for \$75 per year.

Dance uniform - \$75-100

Practice Clothing - \$25 (includes 3 tees)

Shoes - \$30-\$75 (see coach for approval)

Hair bows/Makeup– \$25-\$30

Choreography & Music* included.

Coaching Fees *included

Competition Fees - \$500 Senior/Junior/Youth/Mini, \$400 Tiny Xplosion,

\$250 Tiny Cosmos/Hip Hop

Prices noted here are for informational purposes only and are subject to change without notice. You will receive a statement via email with account balance due.

You will be required to have a credit card on file. If payment is not received by the 10th of the month, the credit card will be charged. If the credit card is not processed, there will be a \$20 late fee added to your account and your child will sit out during practice until account is paid. No exceptions. AUTOPAY is available. If you do not have a credit/debit card, you will be required to pay one month's tuition in advance.

COMPETITIONS

- All teams will travel. Travel to & from is your responsibility. Carpooling is suggested. Area – within 2.5 hours distance, Daytona to Tampa to South Florida. With exception of Myrtle Beach, SC for Mini, Youth, Junior teams.
- Competition season begins in December and will end in April.

HOLIDAYS & VACATION DAYS

- School holidays will also be gym holidays unless otherwise scheduled during competition season (Jan-Apr).
- Gym Closed: Good Friday, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving Break (Nov 21-25), Christmas Break (Dec 19-Jan 1), MLK
- Additional Vacation Days: May 4-6, July 11-14 (camp in Orlando), Aug 8-12, Spring Break 2012

Tentative Competition Schedule

December 3, 2011 – UCA Regionals, Lakeland *

December 10 2011- American Championships, Vero Beach High School

January 13-15, 2012- The State Championships, Daytona Beach

February 12, 2012 – State Fair, Tampa *

March 16-17, 2012 – American Open Nationals, Orlando

March 31-Apr 1, 2012 – American Superstarz Nationals, Myrtle Beach, SC

April 21, 2012 – NCA International Championships, Daytona Beach *

***Competitions subject to change. * Tiny Cosoms Competitions
Tiny Xplosions will attend all competitions except Myrtle Beach and Lakeland

Competition fees total \$500 for the season. We suggest fundraising for these additional payments. Payments will be due in \$100 increments on the following dates.
Sept 1st, Oct 1st, Nov 1st, Dec 1st, Jan 1st

Competition fees for Tiny Xplosion team are \$400 for the season.
Payments will be due in \$100 increments on the following dates.
Sept 1st, Oct 1st, Nov 1st, Jan 1st

Competition fees for Tiny Cosmos & Dance Teams are \$250 for the season.
Payments will be due in \$100 increments on the following dates.
Sept 1st, Nov 1st, Feb 1st (\$50)

PERFORMANCES

June – Downtown Friday Festival

October 8 – Jamboree, Fairgrounds

October – Halloween Parade

November – Chili Cook Off

December – Christmas Parade

March – Firefighter's Fair, Relay for Life

April – Touch A Truck Festival, Relay for Life

*** Subject to change. More performances to be added. If you know of an event that we can perform at, please give Chad or Kelly the contact information.

VERO CHEER FORCE

PARENT/CHEERLEADER CODE OF CONDUCT

- If you experience a situation that requires assistance, help please do not hesitate to contact your coach then the owners. We pride ourselves in making this experience a positive and rewarding one for you and you athlete(s).
- Only coaches and athletes are allowed on the practice floors and equipment. As a parent you are also responsible for supervising your children that are not Vero Cheer students.
- Clean up after all members of your family and any guests you bring to the gym. If you bring it in, take it with you or throw it away. If you move a table or chair put it back. Leave it how you found it!
- All-Stars are expected to be at **every** squad practice. If for any reason you cannot attend a practice, you are expected to contact the gym **and** coach, via phone, text or email, to notify them of the absence **prior** to the scheduled practice time. Failure to comply will result in sitting out the first 30 minutes of an additional practice and using the time for conditioning.
- It is your responsibility to wear the appropriate practice wear to **every** practice. T-shirt with sleeves, cheer shorts and cheer shoes. Our colors are Red, White, Black, Silver (Grey). Any other color clothing is not allowed. Spankies are suggested for all athletes. Hair must be pulled back away from face. (ponytail, braid etc.)
- Any additional clothing (sweats, long pants, etc), cell phones, school bags or gym bags must be stored away from the practices area. Cell phones need to be turned OFF when practice starts.
- Please respect each other as teammates and address any issues between athletes with your Coach immediately.
- Parents are not to get involved with issues between athletes. Parents are not to talk about any other athlete's abilities or positions. Parents are not to cause issues or drama in or outside the gym. Parents are not to talk about quitting the gym if they don't get what they want. Parents are not to talk to other parents about going to other programs. Parents are not to scream out during practice. Parents are not to point out to a coach what they see from the viewing area about another child. ALL PARENTAL CONCERNS SHOULD ONLY BE ADDRESSED TO THE COACH OR OWNERS. This section is probably the most important to follow for overall gym success! Failure to comply will result in removal from the Vero Cheer Program.**
- Parents please understand that you can ruin another family's experience at our gym. We want everyone to feel comfortable and welcome to watch practices without having to listen to drama. If you are not a positive person, please choose to drop your child off at the gym and pick them up after practice.**
- Facebook** is to be used for praise only. Please get permission from the parent before posting about another child. Please do not send information to other parents, in order to ensure accuracy, leave that to the gym. Remember that you are representing the gym at all times.

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- No profanity or abusive language at any time in the gym. Do not intimidate teammates.
- You must arrive at all practices, competitions, or any scheduled event on time. Punctuality is a MUST. **All** absences and tardies will be posted in a public place for all to see. Don't be that person!!! Parents, it is your responsibility to schedule all appointments, vacation, etc. on gym days off. Parents, it is your responsibility to manage your child's homework and school load. **Procrastination is not an approved reason to miss practice!** Please consider if your child misses a mandatory practice or event you are wasting another parent's hard earned money and hurting the team's chances for success!
- Squad and routine decisions are left to the discretion of the coaches. All decisions about what team an athlete is on and what place/ position the athlete has on that team will be decided by the coach and owners. **Parents and Athletes should prepare for constant changes! There are no set positions/ groups/ teams/ etc. Do your best and we will make the decision. Remember that you are paying for a coach!**
- Feel free to talk with your coach about anything squad related, just remember to do it at an appropriate time and in the proper manner. The best times would be before 4pm.
- The dismissal/addition of an athlete is solely the coach's decision.
- Practices may be changed or added at any time during the season.
- It is the parent's responsibility to know what is going on with your squad. Check your emails, the website, and with your team coach regularly.
- We require that you attend the performances of every squad on Competition day at every event unless stated otherwise. Athletes are also required to attend their own awards session. Parents please worry about where your child is and let us worry about others.
- All parents and athletes are required to yell the chant during all squad's performances. "Let it be known...the champions are here...red, silver, black...Vero Cheer! We want those spirit awards!
- Parents and athletes should show good sportsmanship at all times.
- Gym management reserves the right to change gym policies at any time.
- Anyone threatening to quit or pull their child from a squad will be dismissed from the Vero Cheer program immediately.

I have read and understand the Parent/Cheerleader Code of Conduct as stated above.

Parent Signature: _____

Athletes Initials: _____ Date: _____

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Return this portion with your paperwork.

VERO CHEER FORCE STATEMENT OF COMMITMENT

Financial Responsibility

I have read and fully understand my financial responsibility to Vero Cheer as outlined in this All Star packet. I understand that my responsibility is for the entire All Star competitive season. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Monthly tuition – \$_____, May 2011 through April 2012, Due on the 1st

Uniform Rental - \$75 per season, Due 1st Month

Team Tee Shirts - \$25 (includes 2 + sponsorship shirt in the fall), Due 1st Month

Competition Fees – Mini/Youth/Junior Cheer Teams \$500 total,

\$100 due on Sept 1st, Oct 1st, Nov 1st, Dec 1st, Jan 1st

Competition Fees - Tiny Xplosion Team \$400 total,

\$100 due on Sept 1st, Oct 1st, Nov 1st, Jan 1st

Competition Fees - Tiny Cosmos Team, Hip Hop Teams \$250 total,

\$100 due on Sept 1st, Nov 1st, Jan 1st (\$50)

Shoes, Shorts, Hair Bow, Required – Your Responsibility

Make up, Curlers, Warm Up, Bags, Optional – Your Responsibility

Parent Signature _____ Date _____

Policies and Expectations Commitment

I have read and fully understand all codes, rules and expectations in this packet. I understand that I am entering into this All Star program of my own free will. I understand what is expected of me as a parent and an All Star cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a Vero Cheer member.

Parent Signature _____ Date _____

Cheerleader Signature _____ Date _____

Return this page with your paperwork.

VERO CHEER FORCE ROSTER INFORMATION

Cheerleader Name _____

Street Address _____

City _____ Zip Code _____

School _____ Grade _____

Birthday _____ Home Phone Number _____

Medical Conditions/Allergies _____

Cheerleader Cell _____ E-mail _____

Mom Name _____ Mom Cell _____

Mom Email _____

Dad Name _____ Dad Cell _____

Dad Email _____

OK to receive text messages: Cheerleader Mom Dad

Emergency Contact # and name (other than parent)

Insurance Company and Policy Number:

Please circle child's size

T-shirt: Youth S Youth M Youth L Adult S Adult M Adult L

Shorts: Youth S Youth M Youth L Adult S Adult M Adult L

Return this page with your paperwork

VERO CHEER FORCE AUTO PAY - CREDIT CARD ON FILE

Your credit card information will be kept confidential & will only be processed by Kelly Thomas.

Day of the month for withdrawal: 1st (Auto Pay) 10th (default)

Amount: \$ _____

Name: _____

Billing Address: _____

City: _____, FL Zip: _____

Phone: _____

Credit Card Type: () Visa () Mastercard

Credit Card #: _____

Expires: _____ 3digit code: _____

I understand that I will be charged the monthly fee required to have my child participate at Vero Athletics. I understand that all monies paid to Vero Athletics are non-refundable.

Parent Signature Date _____

Return this page with your paperwork

Vero Cheer Force UNIFORM RENTAL Agreement



Wash & Care Instructions for Motion FLEX Uniforms – Mini/Youth/Junior/Senior

Specialty fabrics are more delicate due to their unique fabric content and may experience color transfer if proper care instructions are not followed. These fabrics may have potential to fade or rub off with normal wear and tear, especially in high contact areas.

1. Wash garments separately from other clothing.
2. Do Not Bleach or use Fabric Softeners.
3. Wash in Cold Water Only.
4. Hand Wash or Use Permanent Press Cycle at Full Water Level.
5. Remove Promptly & Drip or Line Dry. DO NOT use Dryer.
6. DO NOT Dry Clean. (this will cause the fabric to yellow)
7. DO NOT Iron.

****** Underwear MUST be worn under the boy shorts that are attached to the skirt.******

RULES

1. Do NOT alter uniform without permission from Coach Kelly
2. Do NOT remove tags.
3. When in uniform, I am expected to represent the gym in a positive manner. Bad sportsmanship, foul language or inappropriate conduct may result in dismissal from the squad with no refund.
4. Uniform must be returned by April 24, 2012 or you can purchase for \$125 to use next year.
5. Uniform must be returned immediately if you resign from or are removed from the program.

I understand this is a rental & must be returned the week following the last competition. I have read and understand the rules listed above. I assume full responsibility for the cheer uniform I have rented and understand the wash & care instructions. The uniform will be examined upon return for any fading, bleeding, stains, smells, tears or abusive wear. Should my uniform not meet the standards of Coach Kelly, I agree purchase it at the end of the season. Additional cost to purchase the uniform is \$125. Skirt only \$50. Top only \$100.

Cheerleader: _____ Top # _____ Skirt # _____

Parent Signature _____

Return this page with your paperwork

Vero Cheer Force UNIFORM RENTAL Agreement



Wash & Care Instructions for Poly Uniforms – Tiny

Specialty fabrics (Silver) are more delicate due to their unique fabric content and may experience color transfer if proper care instructions are not followed. These fabrics may have potential to fade or rub off with normal wear and tear, especially in high contact areas.

1. Wash garments separately from other clothing.
2. Do Not Bleach or use Fabric Softeners.
3. Wash in Cold Water Only.
4. Hand Wash or Use Permanent Press Cycle at Full Water Level.
5. Remove Promptly & Drip or Line Dry. DO NOT use Dryer.
6. DO NOT use Dryer. (this will cause Silver to fade)
7. DO NOT Dry Clean.
8. DO NOT Iron.

**** Underwear MUST be worn under the bloomers that are attached to the skirt.****

RULES

1. Do NOT alter uniform without permission from Coach Kelly
2. Do NOT remove tags.
3. When in uniform, you are expected to represent the gym in a positive manner. Bad sportsmanship, foul language or inappropriate conduct may result in dismissal from the squad with no refund.
4. Uniform must be returned by April 24, 2012 or you can purchase for \$150 to use next year.
5. Uniform must be returned immediately if you resign from or are removed from the program.

I understand this is a rental & must be returned the week following the last competition. I have read and understand the rules listed above. I assume full responsibility for the cheer uniform I have rented and understand the wash & care instructions. The uniform will be examined upon return for any fading, bleeding, stains, smells, tears or abusive wear. Should my uniform not meet the standards of Coach Kelly, I agree purchase it at the end of the season. Additional cost to purchase the uniform is \$150. Skirt only \$60. Top only \$110.

Cheerleader: _____ Top # _____ Skirt # _____

Parent Signature _____

Return this page with your paperwork