



**EMPIRE ATHLETICS**

**2023 - 2024**

***All Star Prep***

***Arlington - Portland - Sherwood***

# WELCOME TO EMPIRE ATHLETICS

Welcome to Empire Athletics. We are incredibly excited to be starting a brand-new season and we are honored that you have chosen our program to be a part of your athletes' life. At Empire Athletics, we operate in an atmosphere of athletic integrity, character building and teamwork. We are focused on the foundational training of athletes, while encouraging proper progressions, proper advancement of skills and continued education of athletes and staff. At Empire Athletics, we are dedicated to providing a program where athletes become teammates, teammates become friends, and friends become family.

Heading into Season 6, Empire Athletics strives to provide our athletes with a safe space that inspires and empowers them to overcome the realities of everyday life. At Empire Athletics, we believe the lessons learned in training can prepare athletes for greatness. Those two minutes and thirty seconds on the mat can teach a child that they are capable of overcoming anything. That the failures and successes in practices can create a resolve and work ethic that will last a lifetime. At Empire Athletics it's not just about the trophies, it's about bringing out the very best in every athlete.

## Arlington

3717 166th PI NE  
Arlington, WA 98223  
(360) 322 - 6132

## Portland

12817 NE Airport Way Build 7  
Portland, OR 97230  
(503) 477 - 4534

## Sherwood

14960 SW Tualatin-Sherwood Rd  
Sherwood, OR 97140  
(503) 746 - 7723

[www.empireathleticsgym.com](http://www.empireathleticsgym.com)

[info@empireathleticsgym.com](mailto:info@empireathleticsgym.com)





## What is All Star Prep?

All-Star Prep is an entry level team designed to introduce athletes to the sport of competitive cheer. All-Star Prep is a great option for athletes who are just getting started in the sport and are not ready for the commitment of an Elite Team. Prep athletes will learn the fundamental skills required for competitive all-star cheer; stunts, tumbling, jumps, motions, dance, and more. Prep Athletes will practice weekly, learn a routine, and compete at local all-star competitions. While All-Star Prep is a competitive team, the time and financial commitment is lower than the Elite Tier Teams.

## Evaluations - Team Placements

The evaluation process is a series of low stress practices. During this time, our dedicated staff will teach your athlete the basics of cheerleading and tumbling. During these sessions, staff will evaluate athletes and place them on a team with athletes of similar skill and age. Athletes are placed in an effort to benefit their personal and athletics growth.

## Your Commitment to Empire

We are proud to be one of the top ranked cheerleading programs in the Pacific Northwest. We know that this is because of the unbelievable commitment of the athletes, families, and coaches.

While All Star Prep is a smaller commitment than Elite, your athletes presence at practice and competitions is very important for the success of the team and the athlete. The All Star Prep season will run from September 2023 - April Showcase 2024.

## Practice and Attendance

All-Star Prep teams will practice two days per week for 1.5 hours per practice. Because this is a team sport, attendance is very important to ensure the success of all athletes. We ask that you provide advanced notice for missing practices. Please limit absences during the season. Practices are mandatory through out the entire season.







# **VIRTUAL PARENT MEETING**

**WEDNESDAY AUGUST 23rd**

**7:00 PM**

Link will be sent out via FaceBook  
Request the link at  
[info@empireathleticsgym.com](mailto:info@empireathleticsgym.com)

*Practices start in September*



# FINANCIAL EXPECTATIONS

While not as costly as some activities, Competitive Cheerleading can be expensive. Before considering Empire Athletics, or any program, please consider the financial commitment involved. Our comprehensive tuition and fee structure distributes the seasons cost into 8 equal monthly payments. During the 2023-2024 season, there will be 8 monthly charges starting September 2023 through April 2024. All families must sign up for automatic payment with a debit/credit card, or Flex Pay. Monthly tuition and fees do not cover spectator fees or travel expenses.

Each month is split into Tuition and Fees. Tuition covers practice hours while fees cover the hard costs paid out to vendors. Fees include; Full Uniform, Shoes, Hair Cuff, Practice Apparel, Jacket, Music, Choreography, Insurance, and Competition Fees.

## Monthly Tuition

\$105 per month

## Monthly Fees

\$195 per month

## Payment Options

### Auto Pay

Place your credit/debit card on file to make your payments each month. Your full tuition and fees payment will be automatically processed on the first day of each month.

### Flex Pay

For an additional charge of \$20 per month you can sign up for flex pay. This will allow you to pay throughout the month when it works best for you. All accounts must be paid by the end of the month.

## Discounts

Discounts are only applied to the monthly tuition portion and cannot be combined or stacked with other discounts.

**15% = Returning Athlete**

**15% = Military / Law Enforcement / First Responder / Health Care**

**15% = Sibling**

**15% = Pay in Full**







# WHY SHOULD YOU CHOOSE EMPIRE?

- Our CORE VALUES: We hold EVERYONE to the same standards and expectations – athletes, coaches, staff, parents, and families.
- ALL Coaches AND Office Staff/Personnel are USASF certified, background checked (green lighted), credentialed, and First Aid, CPR and AED certified.
- All Empire Coaches, Staff, Personnel, Vendors, and Chaperones undergo additional extensive background screening to ensure our staff is top quality. Empire goes above and beyond to ensure the safety and security of all athletes.
- Several experienced, professional, and credentialed guest staff coming in from all over the world for camps and clinics throughout the year.
- Streamlined warm-ups / practice plans / conscious benchmark checking through all of our teams. ALL teams are competitive within their divisions/levels.
- Prices are very affordable and comparable within the All-Star Cheer industry. We keep our cheer prices simple with a consistent monthly payment plan.
- Our mission is to place each athlete accordingly. Families have the option to commute to a team appropriate for their child's level and progression, with coaches' permission.
- Our facilities offer SpotTV so you are able to live stream certain practices from the comfort of your home. All facilities public areas are under 24/7 camera surveillance to ensure the safety of your athlete.



# CORE VALUES

## ***CHARACTER MATTERS***

"Who I am at all times is important."

## ***WE BEFORE ME***

"The needs of my team are more important than my individual needs."

## ***ALL THINGS ARE EQUAL***

"I will treat everything with equal importance."

## ***GOSSIP FREE ZONE***

"We do NOT gossip about others.  
We only spread positivity."

## ***FAIL WITHOUT EXCUSES***

"Failing is a normal part of life.  
When we fail, we progress.  
I will listen and take feedback always."

# Empire 2023-24

## Important Dates

*Date may vary slightly by location*

- August 23 = Virtual Parent Meeting
- September 5 - 8 = First Practices Begin
- September 11 = Contracts Due
- September 18 - 22 = Uniform Fitting
- October TBD = Choreography
- October 31 = Halloween - No Practice
- November 22 - 25 = Thanksgiving Break - No Practice
- December 22 - January 2 = Winter Break - No Practice
- March 31 = Easter - No Practice
- May TBD = End of Year Banquet

*\*Exact days and times for each location will be sent out by your location manager.\**

Listed Breaks are the **ONLY** gym closure dates. Please assume that we are open during **ALL** other dates, including spring break and federal holidays



# ***Empire Contract / Policy***

1.) **COMMITMENT**...The year the cheer season is a 8-month commitment from September 2023 - April, 2024.

2.) **PAYMENTS**...Empire Athletics tuition and fees are broken into eight equal monthly payments starting in September 2023 - April, 2024. All eight payments are required for the season. It is understood regardless of how many practices there are in any given month due to holidays, closures, injury, illness or other that the monthly fees do not change. All Empire Athletics customers are required to place a credit/debit card on file regardless of the payment method chosen. All Empire Athletics customers are required to pay their monthly fees using one of the following methods.

2a.) **PAY IN FULL**...Empire Athletics customers who pay the 2023 - 2024 tuition and fees in full by September 15, 2023, will receive a 15% tuition only discount. Pay in full customers may use credit/debit cards, cash, or checks.

2b.) **AUTOMATIC BILL PAY**...Empire Athletics customers will have their monthly fees and tuition automatically charged to a credit/debit card held on file. Your credit card information will be held on file and secured. All payments are deducted on the 1st of each month, or the Friday before should the 1st fall on a weekend or holiday. If a credit card transaction is declined, you will be notified and have until the 7th to make an alternate form of payment. A \$20 LATE FEE will be assessed to all accounts with past due balances on the 8th of each month.

2c.) **FLEXPAY**...Empire Athletics customers may sign up for flex pay at an additional cost of \$20 per month. With Flex Pay, customers have the full month to pay their tuition and fees. All tuition and fees must be paid by the last calendar day of the month. Accounts that run a month past due will be issued a \$100 LATE FEE and the athlete will not be permitted to participate in practices, competitions, classes, private lessons, or any Empire Athletics activities.

3.) **CURRENT BALANCES**...Your account must be current in order for your athlete to participate in practices, tumbling classes, open gyms, private lessons, competitions or other special events.. An athlete with a past due account will be removed from practice until the balance is paid in full.

4.) **NON-REFUNDABLE**...All fees are 100% NON-REFUNDABLE for any reason. This may include but is not limited to: quitting the team, removal from the team, changing teams, injury, or other unforeseen events

5.) **UNRENDERED SERVICES**...Empire Athletics will not charge for services not provided.

6.) **PAY IN FULL**...If you choose to pay your season's fees in full and choose to discontinue or are removed from the team/program anytime from September 2023 – April 2024 your paid fees are NON-REFUNDABLE and your SEPARATION FEE of \$300 will be deducted (if applicable) and the remaining balance will be kept in your Empire Athletics Account for future use at Empire Athletics. This balance cannot be transferred to another account.

7.) **QUITTING**...I understand that if my child quits the Empire Athletics' Competitive Program for any reason other than Family Relocation with a valid Real Estate document or a season ending injury with a valid physician's certificate at any time from September, 2023 - April, 2024 I will be charged a \$300 SEPARATION FEE. This fee will be deducted from the card on file or will be paid by check within 7 days if the card does not authorize or is not available. After 7 days the account will be turned over to our Collection Department for further action. If your athlete quits or is removed from the team, all items (such as uniform, apparel, shoes, bows etc.) will be forfeited.

7a). I understand that if I quit at any time during the competitive season, I forfeit any and all apparel, uniforms, or other items that have not been disbursed at the time.

8.) **ABSENCES**...I understand that absences affect the individual as well as the team. During the season, all practices are mandatory and the only excused absences will be a graded school event with a teacher's note, illness; including symptoms of Covid-19, exposure to Covid-19, a positive Covid-19 test, self-isolation due to Covid-19, or a serious family emergency. 2 unexcused absences will result in probation and further unexcused absences will result in further action being taken. (Unexcused absences include but are not limited to...homework, back to school night, birthday dinner etc...)

9.) **Tardiness**...Athletes are expected to arrive and be ready for practice on time. Tardiness over 15 minutes without notification will result in your athlete being counted as absent. Excessive tardiness could result in your athlete being removed from the team.

10.) **PRIVATE LESSONS**... All account balances must be current in order for an athlete to participate in private lessons.

11.) **EMPIRE LOGO**... The Empire logo or brand cannot be reused, remade or reproduced on gear, accessories, clothing etc. in any form without the expressed permission of Empire Athletics.

12.) **PROFESSIONAL PHOTOGRAPHY**... All professional photography in the Empire Athletics' uniform must be done by an Empire approved vendor.

12a). You must receive written approval from Empire Athletics to attend any professional photo session in any Empire Athletics apparel or uniform done by an outside vendor.

13.) **BREAKING CONTRACT**... At the full discretion of the gym, any poor/bad behavior or accounts with bullying will result in the following penalties:

- 1st Offense – Written Warning
- 2nd Offense – Suspended from gym for 1 week & \$100 fine
- 3rd Offense – Removed from Empire Athletics Team and Program altogether

14.) **COMPETITIONS**... The following will be punishable with a \$50 fine for each infraction.

- Not fully ready upon arrival (hair/make-up)
- Arrival in Non-Cheer Attire (shoes/warm-ups/uniform)
- Children under the age of 11 found unsupervised
- Athletes getting ready in the competition venue

15.) **USASF REGISTRATION**... For the 2023-24 season, USASF has mandated that parents/families must register their athlete(s) for the season (not the gym owners/employees). We will provide information on how to do this, but please note it must be done NO LATER THAN October 15th, 2023 otherwise you will be charged a late fee of \$15 to be added to your account on November 1st, 2023.

16.) **EMPIRE ATHLETICS POLICIES**...I have read, understand and agree to the FAQs Page, GYM POLICIES, ATHLETE POLICIES, PARENT POLICIES, and the ENTIRE EMPIRE ATHLETICS TEAM PLACEMENTS INFORMATION PACKET.

I have read, agree to, understand and will uphold all of these Contract/Policies.

Athlete Signature: \_\_\_\_\_

Date:\_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# GYM POLICIES

## OFFICE:

Our office hours are from 4pm to 8pm, Monday through Thursday. Our front office staff is here to help you in any way that we can, from billing and accounting to general inquiries.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## UPDATES:

Empire sends out email updates to keep our families informed of all the things occurring each week, including upcoming events.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## COMMUNICATION:

There are several other ways Empire communicates with their families. Facebook, Band App, E-mails, etc. Parents are required to stay informed with all mediums.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## REFUNDS:

Under no circumstances or for any reason will a refund be issued for any Empire Athletics collected fees. (Injury, illness, team changes, quitting, absences, etc.) If your athlete quits or leaves the team and your fees were pre-paid for the season or a part of the season, that amount (less the \$500 separation fee if applicable) will be held in your athlete's Empire account for future use on future Empire fees. (classes, teams, etc.). A refund will NOT be given in the form of a check, cash, credit on a credit card or any other form. Empire Athletics will not charge for services not provided.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## CURRENT BALANCE:

All students must be cleared at a zero balance with Empire in order to sign up for private lessons, classes, or other special events. Empire reserves the right to pull an athlete from any performance if the account is outstanding. Athletes may be removed from practices if their account is outstanding.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## QUITTING THE TEAM:

There is a \$500 separation fee for any child that quits, is removed, or does not follow the rules and guidelines of our program anytime between June 12, 2023, to the end of the competition season (May 31, 2024).

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## COLLECTIONS:

After an athlete quits or the season is over, all accounts with past due balances will be referred to our collection agency. A 10-day demand for payment will be sent prior to the collection process commences.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## SAFETY GUIDELINES:

Athletes are not allowed on the gym floor unless they are enrolled in a class, taking a private lesson, or starting their team workout. They must wait in the lobby or designated area until their class/team begins.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## AFTER HOURS:

Empire does not provide babysitting services. Athletes should not be left at the gym when there are no practices/classes or after the practice/class is over. Parents or guardians are expected to pick their athletes up on time once their practice/class is over. If this becomes an ongoing issue, a meeting will be set up with the family to address and resolve this problem.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## ABSENCES:

Any athlete missing practice for ANY reason ONE week prior to a competition may have a replacement stand in for them at that competition depending on the team's needs. The missing athlete may return to their scheduled practices once the team returns from competition. Any awards/medals/jackets for that competition will be awarded to the replacement athlete.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## TRAVEL COMPETITIONS:

All Athletes will be required to attend any "special practices" held during travel competitions. For competitions requiring airline travel, you must follow Empire Athletics' required timeline when booking flights. Athletes who leave prior to the approved departure date or who arrive late and/or miss travel competition practices risk being removed from the routine for that competition. A chaperone must be provided by the parent or guardian of an athlete for all travel competitions. Travel competitions are not vacations and the competition must take priority over all other activities.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## CROSSOVERS:

Athletes may crossover to teams within their location at the coaches and location managers discretion. Any athlete wishing to crossover to a different location must designate a home gym/team. The athlete must have approval from the coaches and gym managers at each location prior to being allowed to crossover to another location. The athletes' home team/location will take priority should crossover issues arise. Athletes must try out at their preferred location. In the event an athlete wishes to transfer to a different location after tryouts, they must decline their spot at their original gym, then go through the tryout process again with the new gym at no additional cost to the athlete. Any tuition and fees paid will be transferred to their new locations account.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## SOCIAL MEDIA / BULLYING:

It is expected and required that all Empire Athletes, Parents, and Friends be respectful on ALL SOCIAL MEDIA PLATFORMS. Empire will not tolerate the misuse of social media if it affects or reflects poorly on Empire in any way, shape, or form. All Empire Facebook team pages are owned by Empire and posts/comments that are negative or against what Empire deems appropriate will be deleted. Repeated offenses will result in dismissal from the program.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

# ATHLETE POLICIES

## MANDATORY EVENTS:

All practices, choreography dates, camp dates, and competitions are mandatory.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## VACATIONS:

Summer Vacation Requests may be submitted to the front office for approval on the first day of your athlete's practice. Please note, no dates falling on mandatory events will be considered excused.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## CHOREOGRAPHY:

Choreography dates are mandatory for all Elite athletes. If you are unable to attend a choreography session, it could affect your placement in the routine.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## ELECTRONIC COMMUNICATION:

Athletes are not permitted to text, call, or email a coach directly. All communication must be conducted by a parent or guardian. Athletes are not permitted to follow any staff members on their personal social media accounts. At no time will staff be permitted to follow any athletes on their personal social media accounts.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## EMPIRE PRACTICE APPAREL:

All team members are expected to wear the proper Empire workout gear and cheer shoes. Until athletes receive their Empire apparel, athletes may wear any of the Empire colors: black, green, white, gray. We ask that other gym branded workout wear not be worn to Empire. Once practice wear has been passed out, athletes will receive a practice wear schedule from the gym/coaches. Athletes will be expected to wear the proper practice wear on the proper nights. Should an athlete lose or misplace their practice wear, they will be required to replace it at your cost.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## EMPIRE UNIFORM:

All cheerleaders are required to purchase a properly fitted Empire uniform. We will have brand new uniforms this season. All athletes are required to purchase a properly fitted uniform. If you are not able to attend the fitting dates, you must schedule one with your gym manager by July. All Athletes are required to purchase a no-show bra with clear straps.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## FITTINGS:

Our uniform representative will fit each cheerleader for their uniform items during the months of September

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## ORDERS:

Uniforms and Warm-Ups are considered a "special order" and are non-refundable, non-exchangeable, and non-returnable. It is important that parents respect the uniform representatives' opinion on the size of each item. There are NO changes once your uniform is ordered or when it arrives. Should any changes be made at the request of the parent or guardian, Empire Athletics will NOT be responsible for unfit uniforms.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## DELIVERY OF UNIFORMS:

Uniforms and Warm-Ups will be delivered prior to the start of the 2023-2024 competition season, if your child joins at the beginning of the season. Those athletes that join later in the season will receive their uniform with the next bulk order that is placed. It is a possibility that uniforms will not arrive in time for a late starting athlete. In this case, they may need to borrow another athlete's uniform or used/older pieces until their pieces arrive.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## UNIFORM WASH AND CARE:

Wash the uniform by itself. Wash the warmup jacket by itself. Machine wash in cold water on the gentle cycle — a gentle detergent is highly suggested. A full load of water is preferred but may not be possible with some high efficiency washers. Hang to dry — do not put in the dryer and do not iron or dry-clean. Empire uniforms are NOT to be worn outside of Empire approved functions in order to prevent premature wear and tear. Ideally, uniforms should last 2-3 years. Should your uniform be ruined at any time during the season, you will be required to purchase a new one.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## JEWELRY:

Jewelry of any kind is not allowed at practices, performances, or Empire events. Cheerleaders should not get anything pierced between October 2023 and May 2024. If this occurs, your cheerleader will be asked to take out their new piercings for safety reasons.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## HAIR:

All Empire athletes must have a natural hair color between the months of November 2023-April 2024. Athletes may change their hair color — but it must be a natural color — no blues/greens/pinks/etc. Uniformity is key in cheerleading, and we only want athletes to stand out for their incredible talents — not their green hair.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## NAILS:

All Empire athletes must maintain short, natural, clear acrylic, or white tip nails between the months of November 2023 – April 2024. If athletics nails are not maintained and become a safety issue, you may be asked to trim them by the coaching staff.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_



## ATHLETE POLICIES CONTINUED

### BEHAVIOR AND IMAGE:

All Empire members will dress respectfully at all competitions, functions, or events. Empire cheerleaders represent our community and must conduct themselves with class and good sportsmanship at all times. Foul language and inappropriate behavior will NOT be tolerated and if it becomes an issue, that cheerleader will be dismissed from our All-Star Program.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

### COMMITMENT / CONDUCT:

The Empire program prides itself on team spirit and unity. Cheerleaders on each team must stay together at competitions and support other Empire teams during performances. We often require our members to arrive early at events and stay after all teams' performances to support the program equally.

Empire cheerleaders are not allowed to miss practices or events due to homework, personal jobs, and other non-emergency situations.

Empire cheerleaders must treat their teammates and coaches with respect at all times.

Empire athletes must maintain good sportsmanship with other cheerleading programs in the area and around the country. We expect our members to be humble about their abilities and respect the talents of others in the industry.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

### DRUG/NICOTINE/ALCOHOL USE:

We do NOT condone the use of alcohol, drugs, or tobacco/vaping by any Empire Athletics' athlete. Any offense could result in fees, penalties and/or immediate dismissal from the team and program.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

## PARENT POLICIES

### COMMUNICATION WITH COACHES:

All communication with coaches should be scheduled with the gym manager. At no time should parents be texting or attempting to call coaches except for in cases of extreme emergency. Parents should email their gym managers with questions or complaints. At no time should a parent text or call their athletes coach to issue a complaint. A 24-hour waiting period should be expected when scheduling a meeting with coaching staff.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

### NO PARENTS ALLOWED:

Parents are not allowed in the coaching area, in the Empire practice area, or in the warm-up area of any competition. This includes pre-warm-up, warm-ups, and team discussions during competitions as well as practices.

The lobbies are available for parents to watch the progress of our athletes; however, the week prior to competition, practices MAY be closed to spectators of any kind, this includes our Spot TV System. We additionally ask that parents only speak positively about the program and/or athletes. No comments or opinions can be given in reference to our coaches, cheerleaders, practice progress, or the routines. Any negativity will result in dismissal from the lobby and potential dismissal from our program.

## PARENT POLICIES CONTINUED

Please respect our facility as a youth training center. Younger siblings of our athletes must be constantly supervised. Only registered students and coaches are allowed on the practice floor during practice hours.

Parents that are concerned about the coaching of their child's team should direct their questions to gym management or ownership by sending an e-mail.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

### CONDUCT AT EVENTS:

Parents are not allowed to approach competition judges or officials at any event. Judging is subjective as in any sport. It is not your place as parents to express our difference of opinions with the company providing the event. This could result in disqualification of any and all of Empire's teams.

We ask that parents not interfere with the coaching of our cheerleaders in the gym or at competitions/events. Mental preparation is 75% of how a team will perform at any event. Most national championships will require that our teams perform two days, and sometimes in preliminaries and finals. Only coaches are allowed to discuss and critique preliminary performances in order to keep them focused on day two or finals. Be assured that the staff watches other teams, reviews score sheets, listens to critiques, and analyzes deductions. All of this information is used to provide the teams with the best possible mental preparation. Parents should refrain from discussing their personal opinions with their children until the competition is completely over. This will only put a hardship on the relationship of the cheerleader to parent, cheerleader to team, and cheerleader to coach.

We ask that our parents respect our program at outside events. Please display the same good sportsmanship and positive behavior that you expect from your children. This includes positive encouragement to all of our members and other parents.

Children under the age of 11 MUST be supervised at ALL times when not with the coaches or staff. NO EXCEPTIONS.

Parents or guardians are required to chaperone or provide a chaperone for your athlete at all travel competitions.

Parents must not place blame of weak performances on any specific child or group. Our teams succeed together and fail together. Be careful when blaming other cheerleaders for missed tumbling or dropped stunts — it could be your child at the next performance!

Parents are not allowed to contact competition companies, event producers, or vendors, (etc.). All questions, complaints, and concerns should be directed towards gym managers unless for issues pertaining to the immediate safety or wellbeing of your child.

Athlete Initial: \_\_\_\_\_ Parent Initial: \_\_\_\_\_

# ATHLETE'S PROGRAM PLEDGE

- I will arrive to practice 5 – 10 minutes early, ready to work, in designated practice wear. Hair will be in a high ponytail or as the coach designates, shoes on, and jewelry off. Fingernails should be a safe length and appropriate for practice.
- I will not use my cell phone during practice, classes, or events without the coaches' approval.
- I will encourage each other and treat each other with respect.
- I will respect and respond to all coaches and staff in a positive manner.
- I will bring a positive attitude to every practice and competition.
- I will give 100% to achieve personal and team goals.
- I will not post routine videos or music to social media without permission.
- I will not post inappropriate pictures or language on any medium.
- I will not participate in any bullying behavior, lying and other forms of negative behavior physically, verbally, or in text/email/social media.
- I will follow all additional rules/guidelines given by coaches or staff and stated in the athlete contract.
- I will follow additional rules and signs posted at the gym or event venue.
- I will treat all competition and venue staff with respect.
- I will treat my competitors with respect.
- On competition days, I will arrive on time in the correct uniform and performance ready.
- I will maintain a positive attitude at all competitions and promote good sportsmanship at all times.
- I will be willing to work hard, take directions, and strive for excellence.
- I understand that the use of nicotine, alcohol, or drugs is not tolerated and will warrant immediate dismissal from the team.
- I understand it is the expectation that I will master all skills to be performed in my team's perspective level and that I will also continue to work on the next level up for progression.
- If I lose the required skills that are choreographed in the routine, extra classes or private lessons will be necessary to get those skills back. If the skills are not retained, I may lose my spot in the routine.
- I will maintain a hard work ethic and positive attitude throughout the entire season.

Athletes Signature:

Date:

Parents Signature:

Date:





**#buildingTHEempire**  
**#creatingTHEculture**  
**#Season6**