



2015 – 2016 Infinity Cheer Tennessee All-Star Cheer Packet

438 Kelly Lane Clarksville, TN 37040 931.572.0089 Dear Parent and Athlete:

Welcome to Infinity Cheer Tennessee's All-Star Cheerleading Program!

This packet of information is designed to help you understand the level of commitments and requirements that parents and athletes make when they decide to become part of our Infinity Cheer Tennessee (ICT) family. This information will enable you to make an educated decision about the commitment level required to be a part of a competitive cheerleading program.

Please read it thoroughly and do not hesitate to contact us if you have any questions.

Want to continue extra tumbling throughout the season? This is the very first year we are offering ADDITIONAL tumbling classes at a discounted rate specifically for our All-Star Cheer Program!

Elite Membership

1 class per week Price: \$35 per month (competitive team discount)

Platinum Membership

2 classes per week Price: \$60 per month (competitive team discount)



ALL-STAR CHEERLEADING OVERVIEW

All-star cheerleading is a competitive team sport incorporating skills from: gymnastics, dance, stunting and, cheer. All- star cheerleading squads do not cheer for other sports teams; they are the team! All-Star cheerleading teams differ from other teams by training year-round for competitions.

They differ from other sports in that every team member is vital to the team and the performance -- there are no benchwarmers. Everybody has an integral part! Each member of the squad is trained in all aspects of the sport in order to develop their skills to reach their maximum potential.

Competition routines are typically 2 1/2 minutes in length. They are packed with stunts, dances, cheers, and tumbling. Each element is perfectly choreographed to music. The routines are judged based on difficulty, execution, creativity, and showmanship. Each team only has one opportunity to get it perfect. Athletes will be placed on teams based upon their age, abilities, and attitudes.

It is also important for the cheerleader and the parent to evaluate the level of both time and financial commitment to ensure that it is feasible for your family. Once a commitment is made, the team is depending on your cheerleader to complete the entire season. This overview will help you to better understand each commitment aspect of cheerleading.

PRACTICE

Just as important as a competition is practice. Without regular practice, the team is only as valuable as its weakest link. We expect **ALL** team members to be at every practice. Because this is a team sport where each member is crucial for stunting, when one person misses, an entire stunt group can't practice. This is the same for new choreography. When one person is absent, the team can't learn anything new and the whole team suffers. While we do understand that life is unpredictable, please use common courtesy for your coaches and team members.

Teams will practice anywhere from 3-5 hours per week (depending on summer to fall/winter to spring). The team must use practice time productively if we are to meet our goals for each competition. If there is a need for extra practices during the year, we will inform you as soon as it becomes necessary.

Summer Practice

Each cheerleader will have to attend **THREE** practices a week: 1 practice with their team to work on team stunts, 2 tumbling classes according to their skill level. Cheerleaders may attend an extra "open tumble workout" on top of their two weekly practices as well as the specialty classes we offer to prepare for the upcoming season. The following specialty classes are as follows: flight class, jumps, motions and dance, as well as conditioning. **A summer class schedule is listed on page 5.**

Choreography Camps

All teams are required to participate in our two choreography camps where we learn our routine for the season. This year, we are implementing a NEW and EXCITING format. The first Camp will be dedicated to routine and dance choreography. The second camp will focus on stunts, pyramid and basket toss choreography. Camp is an important piece to the overall success of the teams.



Fall/Winter Practice

Tiny Prep level will practice 1 ¹/₂ hours per week. Tiny and/or Mini travel teams will practice 1 ¹/₂ hours two days a week, this is a 3+ hour a week commitment. Youth, Junior, and Senior teams will practice two days a week for two hours, this is a 4+ hour a week commitment. The athletes may be required to practice more during peak competition times.

Additional Time

There will also be a designated time for open tumble. Mini, Youth, Junior and Senior Cheerleaders may come and tumble during this time slot at no additional cost. Currently, the open tumble time is Tuesday 7:00-8:00, this time is subject to change.

Dress code at practice:

- ★ Athletes must wear designated team practice uniform all year (flyers must wear spandex shorts for every practice).
- ★ No fake fingernails; athletes will be asked to remove them. All nails are to be kept short. Long or fake fingernails can result in injuries to athletes.
- ★ No jewelry at practice; this includes: rings, earrings, necklaces, and especially bellybutton rings.
- \star Keep hair tied back.
- \star Sports bras and/or tank tops need be worn under shirts.
- \star Bloomers or biker shorts under shorts.

Vacations:

We recommend taking family vacations during TSSAA dead period, June 28th - July 11th.

Absences:

In order for the team to be successful, attendance at practices and competitions are **MANDATORY**. We do understand that there may be conflicts, however, we ask you to let the coaches know by completing the form in the back of the packet and returning it to your coach in advance.

1-3-5 Policy–ABSENCE POLICY

★ Each athlete will not be allowed to miss **a competition** throughout the season without being dismissed from the team. (Missing a competition is not merely an option, it is for extreme emergencies or extreme scheduling conflicts)

★ Each athlete will not be allowed more than **3 tardies** to practices, competitions, and/or Infinity Cheer Tennessee related events without being dismissed from the team.

★ Each athlete will not be allowed more than **5 absences** from practices without being dismissed from the team.

Attendance is **MANDATORY** for all practices, competitions, and any other Infinity Cheer Tennessee related events. Any missed practices can be made up by coming to open gym. <u>There will be no pro-rated monthly tuition or fees because of vacations or absences.</u>

White-Level 1 Tumbling

Monday & Thursday 5:00-7:00 (TINY ONLY 5:00-6:30) **working on the following:

- forward rolls
- backwards rolls
- front limbers
- backbend kick-overs
- cartwheels
- round-offs
- standing back handsprings
- point toe (no run) round off back handspring
- front walkover-cartwheel-back walkover-round off
- front walkover-forward roll-cartwheel-back walkover

Orange-Level 2 Tumbling

Monday & Thursday 5:00-7:00

must have **<u>MASTERED</u> power round off back handspring, back walkover, front walkover, & combination passes from level 1

- standing back handspring series
- back walkover back handspring
- front walkover round off back handspring
- back handspring step out round off 3
- round-off back handspring series (3-5)
- front tucks
- front walkover-round off-back handspring-step outround off-back handspring
- standing tuck (body shape)
- round off tuck
- round off back handspring tuck

Black-Level 3 Tumbling

Monday & Thursday 6:00–8:00 **must have <u>MASTERED</u> round off back handspring step out round off 3, round off tuck, round off hand tuck, standing series

- standing tucks
- punch front forward roll
- round-off series hand tucks
- punch front-forward roll-round off-back handspring-tuck
- standing back handspring-step out-round off-tuck
- series tuck, layout

Silver- Level 4 Tumbling

Monday & Thursday 6:00–8:00 **must have <u>MASTERED</u> standing tuck, punch front round off back handspring layout, standing back handspring tuck, round off back handspring layout

- cartwheel tucks
- fulls (standing & running
- whip combos
- punch front-step out-round off- series-layout
- round off-whip-series-layout
- toe touch tuck

Summer Team Practices

This is where your child will be with their team and work on stunts and team building.





COMPETITIONS

Official performance times will be POSTED at the practice prior to each competition. The athlete will receive an instruction sheet stating the time and places the athlete needs to meet and any additional instructions that will be need to be adhered. At this meeting time, the coaches will take the athletes (in complete uniform and make-up) to practice.

During competitions athletes are expected to be on the floor watching all ICT Teams perform; they are expected to attend all competitions in their entirety. **All gym members, including parents, are required to exhibit good sportsmanship and adhere to the rules of the competition.** ICT family is expected to be positive role models for all cheerleaders.

Dress code at competitions:

- \star Athlete is required to be ready to compete at the designated meet time.
 - **COMPLETE UNIFORM**: Cheer shoes, white no show socks and bow.
 - **BRA**: All girls are required to have a bra that <u>does not show in the uniform</u>. (You may purchase a bra through the front desk or through our <u>online pro shop</u>.)
 - **HAIR AND MAKEUP**: Prior to the competition season, each cheerleader will be provided with instruction along with pictures and description of how both hair styled and make up applied as per GYM requirement. Make up and hair styles are a part of the ICT uniform and therefore all teams will be required to maintain the integrity of the uniform.
 - **FINGERNAILS**: Must be kept short. No fake fingernails. No fingernail polish.
 - **NO JEWELRY:** No jewelry of any kind. Wearing jewelry could result in serious injury to your child or another child. In addition, it could result in additional deductions and disqualifications.
 - **AWARDS ATTIRE**: All cheerleaders are required to remain in complete uniform and make up for awards.

On competition day, you should plan on arriving early to give yourself plenty of time. Athletes are to arrive dressed in full uniform and with hair and make-up complete. Sit in an area with other ICT families, this makes it easier for the athletes to keep to their schedules and build team spirit. These events are all day events, plan your calendar accordingly.

LIMITED TRAVELS TEAMS (PREP TEAMS)

Limited Travel Teams are for children ages 8 and under; these are the Tiny Prep and/or Mini Prep Teams.

The Tiny Prep and/or Mini Prep teams will be competing in a Prep level division. At this age, ICT believes it is best for children when we keep cheerleading about physical activity, having fun, learning new tumbling skills, and learning basic cheer techniques. Most importantly, we want to focus on laying the groundwork for good sportsmanship, which comes from PARENTS and COACHES.



Crossovers (double competing)

Cheerleaders may choose or be asked to cheer for more than one team within the season. Teams that will utilize crossovers will be determined by the ICT staff based on need and dedication. Please indicate during tryouts if you have an interest in being a crossover. **The only additional cost is the crossover fees for the competition. Our crossover pricing expense chart is on page 8.** Please be aware that your commitment to your second team is just as important as your commitment to your first one. In order to be a crossover, you must remain on your initial team that you were placed. Being offered the ability to cross compete is a privilege and allows for cheerleaders to sometimes compete at a higher than his or her age appropriate team. This also means you must attend all practice and competitions for your crossover team.

2015–2016 Tentative Competition Schedule

******If any teams receive a partial/full paid bid to a competition later in the season, attendance to that competition will be determined based on owners discretion.******

Tentative Competition Schedule (On Saturdays and/or Sundays generally)			
Month Location			
September – All Teams	Clarksville, TN (Dress Rehersal)		
October – All Teams	Nashville, TN		
November – All Teams	Nashville, TN		
January – Travel Teams only	Chattanooga, TN		
February – All Teams	Nashville, TN		
March – All Teams	Nashville, TN		
April – All Teams	Clarksville, TN (Open House)		
April – All Teams	Gatlinburg, TN		
May**	ТВА		



FINANCIAL:

Registration:** Our 2015-2016 All-Star Program will require a registration fee based on age level: Tiny and Mini Registration will be \$170; Youth, Junior, and Senior Registration will be \$260. <u>This fee will need to paid</u> in full before your child can participate in a try-out or team placement with Infinity Cheer <u>Tennessee</u>.

Tuition: This includes weekly team practices and summer specialty classes. Tuition will be auto-drafted from your checking account. Please complete the attached from.

All-Star Fees: This includes practice uniform (flyers must wear spandex shorts for every practice), competition bow, choreography, routine music fees, USASF registration, and competition registration fees. These fees will also be drafted from your account, set up as a payment plan on the attached form. **This is a complete season commitment and the fees are non-refundable.**

Travel Expenses: Travel fees are not included in your monthly payments. You will be responsible for paying hotel fees and transportation for your athlete. It will be your responsibility to book your hotel rooms. We will have blocked hotel rooms reserved and information will be sent out by August 2015. In addition, there may be opportunity to charter a bus for our competitions further away from home. This information will be available later in the season. ICT staff will not be responsible for finding a way for your athlete.

Tiny Prep–Limited Travel		
All-Star Team Registration**	\$170	
Monthly Tuition	\$60	
Competition Uniform	\$150	
All-Star Fee 1	\$140	
All-Star Fee 2	\$140	
All-Star Fee 3	\$140	
All-Star Fee 4	\$140	

Youth, Junior, and Senior–Travel		
All-Star Team Registration**	\$260	
Monthly Tuition	\$95	
Competition Uniform	\$250	
All-Star Fee 1	\$190	
All-Star Fee 2	\$190	
All-Star Fee 3	\$190	
All-Star Fee 4	\$190	

Tiny and/or Mini–Travel		
All-Star Team Registration**	\$170	
Monthly Tuition	\$85	
Competition Uniform	\$250	
All-Star Fee 1	\$150	
All-Star Fee 2	\$150	
All-Star Fee 3	\$150	
All-Star Fee 4	\$150	

**If your child is a crossover, you will pay the higher tuition amount, and get your second team tuition free!

CROSSOVER PRICING		
Installment 1	\$127	
Installment 2	\$127	
installment 3	\$127	
Installment 4	\$127	

**crossovers compete on 2 different cheer teams, which costs our program more for competition fees, which is why we are adding a crossover expense chart!



FUNDRAISERS:

ICT offers fundraisers for the cheer season. The first fundraiser is sponsorships, the second will be determined at a later date. You are encouraged, but not required to participate.

Sponsorships: This is very successful fundraisers for our athletes. ICT will provide a sponsorship package in May/June. In this package you seek out family, friends, and business owners for their sponsorship to support the team. In appreciation of their sponsorships ICT will print their names on the t-shirts that the teams wear. The money you raise goes directly to your athlete's all-star fees. The payment schedule listed is still your obligation, please plan accordingly.

<u>Fundraiser</u>	Launch Date	<u>Collection Date</u>	<u>Approx. Profit per Item</u>
**Business Sponsorship	20-May	31-July	100%
Yankee Candle	1-June	23-June	40%
Little Lambs	15-June	3-July	40%
Coca-Cola	1-July	1-Aug	\$8.00 per case
Coffee/Tea	1-Aug	1-Sep	40% per item
World's Finest Chocolate	1-Sep	1-Oct	\$30 per case
Fun Pasta	1-Oct	1-Nov	40% per item
Butter Braids	15-Oct	6-Nov	\$4.00/Butter Braid Sold
Mall Gift Wrapping	November		100% profit
Santa Pancake Breakfast	End of November	Tickets will be sold	\$5.00 profit per Ticket

Fundraisers will always be posted with additional information a week prior to the start date, located on the ICT bulletin board in the parent lobby, as well as our website on the Fundraisers link.

****FOR BUSINESS SPONSORSHIPS:**

For each corporate sponsor participating in their logo being placed on the banner, there will be a small print fee that will be billed to the athletes account, not to exceed \$10 per sponsorship.



COMMUNICATIONS:

In order to have a great season, communication is very important. For the 2015-2016 season, we are implementing paperless communications! This means all information about times for competitions & events, extra practices, monthly calendars, and other gym events will be posted and updated weekly through several electronic sources:

- ★Parent's Corner Website: We will always have current information for our gym posted on Parent's Corner. This will be the first place to look for information on upcoming events for the gym. (<u>www.clarksville-tumbling.com</u>)
- ★ Shutterfly Team Site App: Each season we will have a team app through Shutterfly that has a team calendar, contacts, event info, and photo/video upload capabilities. You will simply sign up for an account with Shutterfly (completely free) then you will be able to access your team app.
- ★ Facebook Social Media: Before any upcoming events, we will always post on Facebook with the most current information. (<u>www.facebook.com/AmericanTwistersTN</u>)
- ★ Bulletin Board in Parent Area We will post all info about current events and competition information on our bulletin board for easy access to parent's while your child is at practice!

ATTIRE (PARENT AND ATHLETE):

For our 2015–2016 season, any attire associated with Infinity Cheer Tennessee will solely be available for purchase through our Pro Shop linked to our website. Our logos are copyrighted and cannot be placed on any items without our consent or approval. The only consent or approval given to use our gym logo is our Pro Shop linked to our website.



Parent Responsibilities and Code of Conduct

Parents are vital in helping their children maintain high moral character, fulfill their commitment and keep a positive attitude. AT/ICT is honored to serve as a partner to the parents helping each child achieve these goals, but the primary job must lie with the parents. Please read this carefully and understand that you are making a commitment of time and financial resources. You are also committing to support our program's philosophies and goals.

1) I understand that my actions in the gym and at competitions are a reflection of AT/ICT and should be of strong moral CHARACTER. I will be a positive role model for my child and will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, and spectators at every practice and competition

2) I am aware that this is a ONE YEAR COMMITMENT and will do everything in my ability to enable my child to participate in all practices and competitions throughout this season. I understand that a team is depending on my child to fulfill his/her responsibilities as a team member. I will do what is necessary to get my child to practice on time and assure that he/she does not need to leave practice early. I will pick my child up from practice on time

3) I will maintain a positive ATTITUDE by remembering that children participate in cheerleading to have fun and that the sport is for children, not adults.

4) I will teach my child that doing one's best is more important than winning, so that my child will not feel defeated by the outcome of a competition or his/her performance. I will encourage my child to be a humble winner and a gracious loser.

5) I will respect the coaches and their authority during practices and competitions and will not question, discuss or confront the coaches during a practice or a competition, nor will I pull my child out of practice without communicating with the coach. I will take the time to speak with the coaches at an agreed upon time and place. This includes "venting" or being disrespectful.

6) I understand that threatening to pull my child from the team will result in his/her immediate dismissal and any and all fees (registration, tuition, and all-star fees) will still be required to be paid in full.

7) If my child is involved in any matter of disrespect towards any AT/ICT coach or fellow athlete, I will resolve this problem with my child immediately.

8) I understand that my child must wear the appropriate and proper practice outfit and will support this requirement with my child. If my child misplaces any part of his/her practice clothes, I understand that I must purchase a replacement immediately.

9) I fully understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as a disciplinary action if any of the rules, policies, or code of conduct are not adhered to and any and all fees (registration, tuition, and all-star fees) will still be required to be paid in full.

10) I fully understand that this is a complete season commitment and registration, tuition, and all-star fees are nonrefundable. I will adhere to the payment schedule as outlined in the all-star packet.

11) I understand that if my child does not continue throughout the entire season, it is my responsibility to pay the remainder of any Monthly tuition and All-Star fees due to American Twisters/Infinity Cheer Tennessee for the year. This obligation to pay remains if I choose to withdraw my child from the team, or if my child is suspended or dismissed from the team.

Parent Signature:	Date:	

Coaches Signature: ____



I have read over the athlete code of conduct with my child, understand what is expected of my child and will help to ensure my child's adherence to these matters.

Athlete Code of Conduct

AT/ICT's athletes are held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their own personal goals. Parents, please read through the following obligations with your athlete explaining each one.

1) I will not use inappropriate language or participate in inappropriate, immoral behavior. I will not participate in the illegal consumption of tobacco, alcohol or drugs. I understand that all of my actions both inside and outside of the gym are a reflection of AT/ICT and should demonstrate strong CHARACTER.

2) I understand that this is a ONE YEAR COMMITMENT and that a team is depending on me to fulfill my responsibilities as a team member. I will be committed to my coaches, my teammates and myself striving to reach both the team's goals and my personal goals

3) I will come to practice with a positive ATTITUDE, and I will work hard to achieve the goals set by my coaches. I realize that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner.

4) I will not disrespect any fellow athlete, coach, parent or competitor from AT/ICT or any other gym for any reason at any time.

5) I will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.

6) I will learn and obey the rules and regulations of AT/ICT.

7) I will wear the scheduled practice clothes to each practice. I understand that it is my responsibility to keep up with the schedule and the outfits.

8) I will arrive at all competitions on time with my uniform, hair and makeup completed to AT/ICT standards.

9) I understand that threatening to quit will result in my immediate dismissal from the team.

10) I understand that breaking any of the codes of conduct above may result in suspension or dismissal from AT/ICT.

Athlete Signature: _____

Date: _____

Coaches Signature: _____

COPY PAGES 11 AND 12 FOR PARENT & ATHLETE RECORDS





(K)	TUMBUNG + TRAMPOUNE			
Athlete Name(s):	Team:			
Monthly payment amount of starting in	on the 1st 0R15th day.			
I would like my child to be a CROSSOVER if n will be a discounted rate of all-star fees if my c	necessary for the 2015–2016 season, and I understand there child competes on a secondary cheer team.			
 I authorize American Twisters to charge my account for payment of my monthly tuition and any other outstanding charges to the account listed below each month until further notice. The total balance due on my account may include: tuition, annual registration/membership, and any other outstanding charges incurred. Annual Registration/Membership fee will be charged to your account if your child is enrolled in the 2015-2016 All-Star season. This cost for membership/registration is \$170 for Limited Travel teams (Tiny and Mini) and \$260 for Travel teams (Youth, Junior, and Senior) per child. This authorization is to remain in effect until American Twisters/Infinity Cheer has received notification from me of termination in such time to afford American Twisters/Infinity Cheer a reasonable opportunity to act on it (30 days) or until the class has ended. By signing this authorization, I acknowledge that I have read and agree to the above information and warrant all information given to be true. I understand that my obligation to pay for any Monthly Tuition and All-Star Fees due to American Twisters/Infinity Cheer Tennessee for the year remains even if my child is removed from the competition team, or if I withdraw my child from the team. 				
Signature:	Date:			
BANK ACCO	OUNT INFORMATION			
Bank Name	CHECKING / SAVINGS / BUSINESS CHECKING Bank Account Type			
Bank ABA Routing Number	Bank Account Number			
Customer Name Printed (as appears on account):				
I understand a \$35 "return/NSF fee" may be charged to this account: (initial) **attach voided check				
OR				
CREDIT / DEBIT CARD INFORMATION				

Card Type (MC, Visa, Discover)	Card Number	Expiration Date	
Card Holder Name (as it appears on card)	Zip Code (billing address)	_	
I understand a \$35 "return/NSF fee" may be charged to this account: (initial)			



ALL-STAR FEES PAYMENT FORM



Fee:	Da	te:	Amount:
	Registration Fee (due on sign-up date)		
	Competition Uniform		
	All-Star Fee #1		
	All-Star Fee #2		
	All-Star Fee #3		
	All-Star Fee #4		
	Customer Signature		Date

SAME PAYMENT INFORMATION AS TUITION DRAFT?(circle one) YES / NO IF NO IS CIRCLED, PLEASE ENTER ALL-STAR FEE PAYMENT INFORMATION BELOW:

BANK ACCOUNT INFORMATION		
Bank Name	CHECKING / SAVINGS / BUSINESS CHECKING Bank Account Type	
Bank ABA Routing Number	Bank Account Number	
Customer Name Printed (as appears on account):		
I understand a \$35 "return/NSF fee" may be charged to this account: (initial) ***attach voided check		
OR		

CREDIT / DEBIT CARD INFORMATION			
Card Type (MC, Visa, Discover)	Card Number	Expiration Date	
Card Holder Name (as it appears on card)	Zip Code (billing address)		
I understand a \$35 "return/NSF fee" may be	e charged to this account: (initial)		





CHILD'S INFORMATION

Name(s):								
	State:							
	Cell Phone: _							
Email:								
				_				
Name:	Name: Driver's License Number:							
	State:							
Home Phone:	Cell Phone:	Work Phone:						
Email:								
	FATHER'S INF	ORMATION						
	FATHER'S INF	ORMATION						
Name:		ORMATION nse Number:						
		nse Number:						
Current address:	Driver's Lice	nse Number:						
Current address:	Driver's Lice	nse Number: Zip Code:						
Current address:	Driver's Lice	nse Number: Zip Code:						
Current address: City: Home Phone:	Driver's Lice	nse Number: Zip Code: Work Phone:						
Current address: City: Home Phone:	Driver's Lice	nse Number: Zip Code: Work Phone:						
Current address: City: Home Phone:	Driver's Lice	nse Number: Zip Code: Work Phone:						
Current address: City: Home Phone:	Driver's Lice	nse Number: Zip Code: Work Phone:						
Current address: City: Home Phone:	Driver's Lice	nse Number: Zip Code: Work Phone:						

Health History								
Please check any of the conditions that apply to the history of the applicant:								
□Kidney injuries □ Fainting	Muscle/ligation	ament condition	Epilepsy	Diabetes				
□ Hearing impairment □ Heart Cond	ition (disease)	Asthma	Previous Bi	roken Bones				
Allergies: (please list)			□ Glasses/co	ntacts				
Other:								
□ Is your child currently on any medications?								

Policy Acknowledgement Agreement

I have read completely and understand the policies and procedures of American Twisters or ICT and agree to abide by such, including but not limited to payment of all fees owed and proper notice of intent to quit (At least 30 days prior to desired day of intent to quit). I understand that should these policies change or be updated, I will be given a copy of the new policies and procedures and will adhere to those as requested.

Athletes Release

Participants, in attending the gym and using the facilities, does so at his/her own risk. The gym operator shall not be liable for any damage arising from personal injuries sustained by participant in or about the premises. Participant assumes full responsibility for any and all injuries and damages which may occur in or about the premises and he/she does hereby fully and forever release and discharge gym operator, all associated gyms, their owners, employees and agents from all claims, demands, damages, rights of action, present or future, resulting from or arising out of participant's use of the gym and/or its facilities. Participation is entirely his or her own choice and with the understanding of risk of accidental injury or death in any activity involving unusual motion or height.

Permission for Medical Treatment

In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by American Twisters or ICT staff to attend to my child.

Acknowledgment of Risk and Liability

I hereby consent to the above person(s) participating in the American Twisters or ICT programs, I recognize that potentially severe injuries including but not limited to permanent paralysis or even death can occur in any activity involving height, motion, or impact including gymnastics. I also realize that my child(ren) will be performing and training on all gymnastics events plus various training devices.

I understand that it is the express intent of American Twisters or ICT to provide for the reasonable safety and protection of me/my child(ren) and in consideration for allowing me/my child(ren) to use these facilities, I hereby for myself, heirs, executors and administrators, forever release American Twisters or ICT, its officers, employees, teachers, and coaches all liabilities for any and all damages and injuries suffered by me/my child(ren) while under the instruction, supervision, or control of American Twisters or ICT.

I also certify that me/my child(ren) is/are and will remain covered by an Adequate Accident insurance Program covering me/my child(ren)'s participation in American Twisters or ICT. As legal guardian of the aforementioned person(s), I hereby agree to individually provide for the possible future medical expenses, which may be incurred by me/my child(ren) as a result of any injury sustained while training at or performing for American Twisters or ICT.

Attendance Policy

Attending class regularly is the responsibility of the parent and athlete. You may attend open gym as a courtesy we offer to our customer.

Permission for Video and Photographic use for each athlete:

I hereby give my permission for any video or photographs taken of my child during any activity in which American Twisters is hosting to be used for any advertising or as seen fit by the staff of American Twisters/ICT.

Payment Record and Agreement

I agree to pay all monthly tuition payments/all-star season fees and registration fees in consideration for instruction provided by AmericanTwisters or ICT. In the event that this account becomes delinquent and collection activity becomes necessary, I understand that I will be responsible for any and all attorney fees/court costs or any other monetary fees associated with the collection of the monies owed for my account. I understand that there is a \$30.00 registration fee due yearly which is discounted to \$10.00 for a sibling and will be due each year on August 1st. Monthly tuition is due on the 1st of each month and is considered late after the 7th day in which a \$20.00 late fee is then added. All classes must be paid for regardless of attendance and in the event that I wish to withdraw my child from American Twisters/Infinity Cheer Tennessee, I must provide a written 30-day notice. There will be no refunds for any uncompleted tuition and/or season fees (i.e. Registration, monthly tuition, or all-star fees) for failing to complete the season, and I understand that I am under an obligation to continue to pay for all Registration fees, All-Star fees, and Monthly Tuition if my child is removed voluntarily or involuntarily.

Parent / Guardian Signature

Date