

Athletes Name: _____

451 Highway 74 South
Peachtree City, GA 30269

The Rock Athletics

(770) 487-9999
www.therockathleticsptc.com

HALF YEAR TRYOUTS – OCTOBER 27, 2018

Session 1: 9:00am – 11:00am – Ages 11 and under

Session 2: 11:00 – 1:00 – Ages 12 and up

ALL ATHLETES must wear a white shirt, black shorts, cheer shoes, and hair pulled back in a ponytail with a bow.

Allstar Tryout Packet 2018 – 2019

Welcome to The Rock Athletics! We are so happy that you have chosen to become a part of our Rock Family. Our mission at The Rock Athletics is to build a future on a foundation of excellence by putting the athletes first. Our goal each day is to teach our athletes the value of hard work, integrity, commitment, leadership, self-confidence, positive attitudes and a love for the sport of cheerleading.

Please be prepared to turn in the Member Information Form, Tryout Form, Pre-planned Absence Form, Signed Contract Page, and your tryout fee October 27th. (If you did not turn in a birth certificate during the 2018 season, you must also provide a photocopy of your child's birth certificate.)

Tryout fee is **\$35.00** if you register, hand in your paper work, and pay the fee before **October 19th**. This fee is non-refundable. **The tryout fee is \$50 after October 19th. No exceptions!**

FAQS

Q: How much does it cost?

A: **Approximately** \$1,500. This estimate does not include: travel expenses or other various team apparel. **This is an estimate and is subject to change.**

Q: Who are the coaches?

A: The coaching staff is TBA at this time, but please know our entire coaching staff is certified through USASF and will be placed where the owner deems most appropriate.

Q: What competitions do we attend?

A: We will attend between 3 & 4 competitions and will release a competition schedule before tryouts.

Q: Does everyone make a team?

A: We try our best to place every athlete on a team. However, if you have requested a specific level and we cannot accommodate that request, you will not be placed on a team.

Q: Can I tryout for school cheer and allstars?

A: Yes. We encourage all of our athletes to tryout for their school teams if the practice and competition schedule do not greatly conflict. Please refer to the Attendance Policies and Procedures for further guidance.

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Tuition & Fee Information 2018 – 2019

Monthly Tuition is paid from November 1, 2018 – March 31, 2019 (5 months) **First and last month's tuition is due at the time your first payment is made.** The monthly fee is \$125 and includes:

- All team practices (2, 2 hour practices. Tiny's fees and practice times may be less)
- A one hour weekly tumbling class

Monthly fees are due on the 1st of each month.

- All accounts must be paid in full in order to try out for the upcoming season.
- Please call the office with financial questions; your coach will not be able to help you with this matter.
- Cheerleaders may be asked to sit out of team practices if accounts are not current.
- **There will be no refunds made to anyone who is asked to leave the program or that quits a team.**

Approximate costs include the following:

- USASF fee
- Choreography
- Music
- Competition & Coaches Fees
- Uniform
- Shoes
- Bows
- Practice wear
- Monthly Tuition
- **Backpack (optional)**
- **Jacket (optional)**

Fundraising: We hold several fundraisers throughout the season; participation is highly encouraged but not required.

- Fundraising is conducted to help offset fees.
- Fundraising information will begin being distributed early November

Website Registration and Payment Authorization

All The Rock athletes must be registered in Jack Rabbit, our online system, before your Athlete Evaluation/Tryout. The online registration is where families will select all of their classes for the year. A credit/debit card is required for registration. Please use the following steps to complete your athlete's online registration:

- Visit www.therockathleticsptc.com
- Click on the 'Registration' link.
- Complete the required information.

The credit card on file will be automatically charged. You may also choose to bring another form of payment to the gym before the 25th of each month. There is also an option to pay the year in full and receive a 10% discount off your total monthly tuition fees. *Please Note: If payments are not received on time, a late fee (\$15) will be applied.

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Member Information Form 2018 – 2019

Athlete's Information:

First Name _____ Last Name _____

Cell _____ Number of years cheered _____ Age _____

Birthday _____ / _____ / _____ School: _____

Do you cheer for your school? _____ Grade for 2018- 2019 school year _____

Parent Name:

First _____ Last _____

Parent Name:

First _____ Last _____

Phone Number:

Parent Cell: _____ Parent Cell: _____

Emergency Contact Name: _____ Number _____

Billing Address:

Address: _____

City: _____ State: _____ Zip: _____

Parent Email: _____ Parent Email: _____

Insurance Information:

Insurance Company: _____ Policy #: _____

Insurance Company Phone #: _____ Group #: _____

Allergies or known medical conditions:

Athlete T-shirt size: YXS YS YM YL YXL AXS AS AM AL AXL

Athlete Tank top size: YXS YS YM YL YXL AXS AS AM AL AXL

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Program Rules / Codes of Conduct 2018 – 2019

- If you have questions or concerns that need immediate attention please use the following chain of command: 1. Team Mom 2. Head Coach 3. Allstar Director 4. Owner
- Coaches will not entertain questions regarding specific strategic decisions (placements made in formations, decision of why an athlete was moved, added, removed, or replaced in stunts and tumbling sections) in a public setting.
- If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email your Allstar Director. We will then set up a meeting with you, your athlete, the athlete's coach and the Allstar Director.
- The Rock Athletics maintains the right to refuse services at any time.
- It is your responsibility to wear the appropriate practice wear to every practice.
- Personal items such as cell phones, school bags, or gym bags should only be brought to the gym if absolutely necessary. All personal must be stored in the cubbies during practice. The Rock Athletics is not responsible for lost or damaged items.
- **NO GOSSIP** about any other teams (Allstars or school). **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than listen to idle gossip.
- No profanity or abusive language.
- You must arrive at all practices, competitions, or any scheduled event **ON TIME!** Punctuality is a **MUST**.
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; remember to do it at the appropriate time.
- Never post any negative comments on social media.
- Group Me, and/or other messaging services, may be used as an additional outlet for communication of team information. Please note that group-messaging services are not to be used as a “personal sounding board” or for communication of personal thoughts, feelings, etc. The Allstar Director and team coaches must be added to any and all team-based messaging. If any issues arise, please follow the guidelines as outlined in this packet.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from a team will be dismissed from the program immediately.
- Only cheerleaders and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or to try to make contact through the parent viewing area or doorway during practices or tumble classes. This is extremely distracting!
- The coaches reserve the right to close practices at **ANY** time for **ANY** reason. In the event, the team mom will remain at practices.
- It is the parent's responsibility to know what is going on with your squad. Check your emails & texts regularly.
- Withholding a child from a practice or a competition should never be used as a form of punishment.
- Athletes should be able to handle school work and Allstar practices, homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends, and cheerleaders are never allowed to speak with competition officials for any reason.
- Parents are never allowed to represent The Rock Athletics under any circumstances concerning accommodations, competitions or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- The Monday after competition will be the designated day to review score sheets with the teams and answer any questions that may arise. Scoresheets will **NOT** be discussed with parents or athletes at competitions.
- If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the Allstar Director.
- The Allstar Director may change, add, or rescind any rule at any time.
- Every cheerleader must attend 1 tumbling class per week.
- Accounts must be current in order to participate in practice, tumbling class, privates, stunt classes, clinics, or stretch & conditioning class.
- If your account becomes delinquent, any private lessons or extra classes will be dropped until your account is in good standing.
- Competition Fees are non-refundable even if your child does not compete. It takes a lot of hard work on behalf of the coaches and the teams to get a routine ready for competition. If your child decides to quit, we must find another person to replace him/her, train them and get them ready to compete. Therefore, competition fees are not refundable even if your child leaves prior to the competition or does not attend the competition for some reason.

Pre-Planned Absence Request Form 2018 – 2019

Please use this form to let us know any pre-planned vacations or times that you know you will be away.

Cheerleader's Name: _____

<u>Dates From - To</u>	<u>Reason</u>	<u>Approved</u> <u>(staff only)</u>

NOTE: Please refer to the attendance policy in order to determine what is an excused and unexcused practice.

Please list any other commitments, teams, clubs, etc. that you are a part of that may interfere with Allstars.

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Attendance Policies and Procedures 2018 – 2019

Team Practice: Practice attendance is **absolutely mandatory** and compliance with the attendance policy will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with all of the attendance policies.

- Practices begin November 1, 2018 and ends March 31, 2019.
 - Competition Season begins right away and includes two (2) weekly practices and one (1) weekly tumbling class.
 - If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning all routine changes made prior to the next practice.
 - Practices may be changed or added at any time throughout the year.

Team Absence and Allowance Policy:

1. Absence Request Forms must be submitted two (2) weeks prior to any planned absence. These forms are found on The Rock website under 'Forms.'
2. Athletes are only allowed two (2) absences during the competition season.
3. After you have reached the maximum number of absences, in either session, a mandatory meeting with your Allstar Director will be set. Your athlete will sit out of practice until the meeting takes place.
4. When athletes reach the maximum number of absences, he/she may be placed as an alternate, removed from choreography and/or removed entirely from the team.
5. Unexcused absences are NEVER allowed the week (Mon.-Sat.) prior to a competition. If an athlete is absent, he/she may be removed from the routine for that event. This is at the discretion of the Owner and Allstar Director.
6. If a parent chooses to withdraw an athlete from a competition, for any reason, there will be a \$100.00 Missed Competition Fee charged to your account.
7. Missing a competition without prior notice, and/or approval, may result in immediate dismissal from the program. This is at the discretion of the Owner and Allstar Director.

Absences Defined:

Excused Absences: Absences that fit the following criteria and have been approved via Absence Request Form.

1. School functions that result in a grade.
2. Required official school cheerleading and sporting events.

* Excessive absences may alter an athlete's routine position.

Unexcused Absences: Absences that do not meet the above criteria and absences that have been rejected via the Absence Request Form can be deemed unexcused at the discretion of the Allstar Director and Owner. Examples include:

1. Any absence without an absence request form submitted.
2. Academics: Academics are a high priority and The Rock Athletics stresses the importance of education; however, homework, projects, and studying are unexcused absences. Proper time management is expected.
3. Extra-Curricular Activities and Jobs: Extracurricular activities and jobs need to be scheduled around the commitment to The Rock Athletics.

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Absences Defined: (continued)

4. Church: Church is an understood priority at The Rock Athletics and with many of our families, however, absences related to youth groups, retreats, etc., are unexcused.

Illness, Injury and Unexpected Family Emergency: The Rock understands that an unexpected absence may occur due to an illness, injury, or family emergency. Please see guidelines below:

Illness: Athletes are expected to be at practice unless they have a fever, as fever can mean that an athlete is contagious. Practice participation will be situation-based and at the coach's discretion. A doctor's note listing the treatment and length of recovery should be attached to an Absence Request Form for the absence to be excused.

Injury: In the event that an athlete is injured, you should notify your team mom and coach immediately. Please provide a doctor's note with information details concerning the prognosis, recovery time and any change in circumstance affecting their ability to perform.

- We will re-choreograph routines based on the athlete's injury and length of recovery. It is not guaranteed that an athlete will be choreographed back into the routine upon recovery. **Injured athletes must continue with payment in full.**

Unexpected/Family Emergency: Contact your Allstar Director, team coach/ team mom ASAP. Please submit an Absence Request Form as soon as possible following the absence.

Parent Travel Obligations:

- Parents are responsible for their athlete's activities and behavior at out-of-town events.
- If a parent/guardian cannot attend an out of town event, you must arrange for another Rock parent, or responsible adult, to travel with your athlete. They will assume responsibility for the athlete and ensure the athletes' adherence to all The Rock Athletics rules and policies throughout the entirety of the event.
- Parents must understand that camps and competitions are not vacations. The athletes' time and focus should be fully committed to The Rock and all related activities throughout the entirety of the event.
- For out-of-town events, athletes should plan to arrive the Friday of the event and leave on the Monday following the event. Schedules are released the week of the event or as provided by the Event Producer.
- The Rock Athletics is not financially responsible for event scheduling or changes that conflict with purchased flights and hotels. We do recommend, when making travel arrangements, that you choose a refundable or transferable option. Please note that you are not required to fly to out-of-town events.

The Rock Athletics Protocol for Athlete Discipline:

Athletes are expected to behave themselves in a manner that is consistent with the rules listed throughout The Rock Athletics Tryout Packet. These expectations will be upheld at all events, camps, classes, clinics, competitions, practices and any point at which the athlete is under watch of The Rock Athletics Staff. When an athlete's behavior does not meet the expected standards and/or the athlete continues to pose a problem while under The Rock Athletics supervision, disciplinary action will be enforced.

- The Rock Athletics approach to athlete discipline will be conducted as follows:
 1. The coach will discuss the issue with the athlete; however, a form of conditioning and/or appropriate discipline may be included.
 2. The coach will remove the athlete from practice. In turn, this may cause an athlete to lose valuable class and/or team instruction. Make-up classes will not be allowed.

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The Rock Athletics Protocol for Athlete Discipline: (continued)

3. The coach will set up a meeting with your Allstar Director, the athlete and the parent to discuss the issue and the lack of response from the athlete. Parents will have the opportunity to be involved with correction of the problem at this time.
4. If the problem continues, the athlete will be suspended from participation in practices and/or class training. The athlete must attend all practices on time and in full dress code; however, the athlete will not be allowed to participate.
 - a. The goal is for the athlete to gain a renewed perspective on the importance of respect for the coach and team by observing the practice on the “outside looking in.”
5. The athlete will be removed from the team. This will only occur in the most extreme cases. Rest assured, The Rock Athletics staff members make every effort to find an acceptable solution in a fair and consistent manner.

OTHER IMPORTANT INFORMATION:

Commitment: Commitment starts with the cheerleader and follows through the parent. It is a privilege to be a Rock Athletics Allstar Cheerleader. The success of your team will depend on each individual/ parent commitment and dedication to the team. This program is not about the individual. We will not tolerate “individual” attitudes. We feel that the member on the back row is just as important as the member on the front. The first tumbling pass is just as needed as the last. Flyers can’t fly without bases. Flyers are no more important than back spots. It takes a TEAM to win. The team will always come first in making selections and decisions.

Parent Viewing: Parents may watch practices from the parent viewing area. At times, it may be necessary for the coaches to close the parent viewing area. We appreciate your cooperation during these times. Parent viewing is a privilege. Please do not sit and “gossip” or “assume” in the viewing area. Our best athletes are often left alone for us to coach and mentor. Please do not be a “helicopter parent”. Any questions, comments, or concerns about your child’s progression or practice should be taken to your coach. If needed, a private meeting will be scheduled with the All Star Director/Gym Manager, or Owners.

Flyers & Stunt Class: If your child is selected as a flyer for their team, it is The Rock Athletics policy that all flyers arrive 30 minutes early to ALL practices to stretch and work on flexibility. At this time, flyer and stunt classes are not mandatory but are highly encouraged. Private lessons are also an option, but stretching with a coach or an upper level athlete at the gym is mandatory and all flyers will be required to have their weekly stretch and flexibility time signed off on by a coach.

Crossovers: Crossover athletes are strictly to the coaches’ discretion and will only be made a crossover in extreme situations such as injury or illness.

Alternate Policy: The Rock Athletics will begin a new alternate policy with active alternates. In the event an athlete is selected as an alternate, they will be required to attend all practices and adhere to all the same rules, expectations, and procedures as listed throughout this packet. Alternates will NOT have to pay monthly tuition UNLESS they are made an active team member. Alternates will still be required to purchase and pay for all required attire and fees except monthly tuition. This policy is subject to change at the discretion of the coach, Allstar Director, or owner at any time.

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Other important information continued:

School Sports: If you are on a varsity level competition cheer team it is important that you bring a copy of your schedule practices, events, and coach's information to your Allstar Coach and Allstar Director. They will attempt to work around any conflicts the best they can. We cannot guarantee that every conflict will be solved. Only varsity competitive cheer conflicts will be considered as a potential reason to miss practice. We will not work around sideline cheer conflicts, middle/JV, basketball cheer, or other outside sports. We simply cannot afford to change all of our practice times for other sports. Please take note of this policy before trying out for winter or spring sports. Allstar cheer is a very timely commitment and should be first priority. We will not excuse you for other sport conflicts. Please respect our requests.

Team Placement: Athletes will be placed on a team at the discretion of the coaching staff based on your ability and what is need on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level >It is not only important to "land" a skill, but to execute it while doing so repeatedly. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child's skills do not mirror that of his or her peers on the team. A child may be dismissed or placed in an alternate position if the sills are not where he or she can be used on a team in the gym. A child may be moved to a different team during the season depending on what is needed by that team (i.e.: base, flyer, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We may register teams in various divisions throughout the season. We will exhaust every possibility before dismissing a team. If you have a question about what level your child should be, please go to USASF.net for level guidelines or our skills wall for tumbling requirements. If you are unsure of what stunting level your child may be, please speak with a coach.

Athlete Behavior: Your coaches and team reps are here to work with you. You are expected to show respect and be courteous to your coaches and teammates at all times. You are not to make negative facial expressions, talk under your breath, roll your eyes, make rude gestures, or negative comments of any kind. When asked a question at practice, athletes are to reply in a respectful manner to coaches. No negative or rude comments are to be made on any social forum websites such as Facebook Twitter, Instagram, Vine, Snapchat, etc. about any member of The Rock teams/staff, competitions or other fellow gyms. Do not post any pictures of yourself or others in Rock uniform or attire acting in a negative manner that would discredit the gym's reputation. No cell phones are allowed during practice or competition warm-ups/awards. Cell phones must be left in bag/purse or cubbies. Cell phone use during practice is strictly prohibited. Anyone with continued behavior problems will be removed from the gym and all monies will be forfeited.

Parent/Participant Team Contract

1. _____ I am committing to the 2018-2019 half year season that runs November 1, 2018 through March 31, 2019.
2. _____ I understand November and March tuition is due at the time my first payment is made. (\$250)
3. _____ I understand our financial obligation is for the entire season, even if we chose to leave.
4. _____ I understand a credit/debit card must be on file in the event my account becomes past due.
5. _____ I understand tuition is due on the 1st and late after the 15th, and a \$15 late fee will be applied.
6. _____ I understand that past due accts will result in suspension from practices and events, and merchandise will be withheld until it is paid in full.
7. _____ I understand The Rock's **NO REFUND** policy.
8. _____ I understand the expected conduct, and should myself or my child violate the rules, we can be removed immediately from the program.
9. _____ I understand that it is MY responsibility to make sure my child is at practice, events and competitions on time, and pick my child up in a timely manner.
10. _____ I understand it is MY responsibility to check emails or get information as it is handed out and to check the Allstar board at the gym.
11. _____ I will address any questions, concerns, ideas, etc. with coaches BEFORE or AFTER practices.
12. _____ I understand when traveling for competitions and events The Rock activities are the first priority.
13. _____ I will respect The Rock Athletics coaches and Allstar Director and will be mindful of my role at all times.
14. _____ I understand and agree that my child may be photographed or videoed for advertising and promotion purposes.

I have read all The Rock Athletics Rules and Regulations, Policies, and Participant Contract in this packet in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming a Rock Athletics Allstar team member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes their team and the entire Rock Athletics program. Furthermore, I understand that being a Rock Athletics member is a commitment on the part of the parent as well. I realize that when representing The Rock Athletics, I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, that is consistently negative, or acts in a manner that jeopardizes the name and reputation of the The Rock Athletics, will be subject to removal with no refund.

Athlete Name (Print)

Athlete Signature

Date

Parent Name (Print)

Parent Signature

Date

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