

451 Highway 74 South
Peachtree City, GA 30269

The Rock Athletics

(770) 487-9999

www.therockathleticsptc.com

ALL STAR ASSESSMENTS – MAY 19, 2023

Registration: 4pm-5pm

Session 1: 5:00pm-7:00pm

Birth Year 2012-2019 (ages 4-11) & Birth Year 6/1/04-2011 (ages 12-19)

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

New 2023-2024 All-star tanks will be for sale at The Rock Shop on May 20!!!

All-star Packet: Prep & Novice 2023 – 2024

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 entire Allstar Packet, along with your tryout fee, no later than May 15th. Tryout fee is **\$50.00**. Any Private or Late Tryout fee (after 5/15) will increase to **\$100.00**. Please understand this is not used as a form of punishment. This is to ensure that we are more than prepared for tryout day, as well as team selections!

****This fee is non-refundable.**

****PLEASE MAKE A COPY OF ALL POLICIES & PROCEDURES PAGES OF THIS PACKET FOR YOUR PERSONAL RECORDS!**

****Every form must be initialed and handed in at the time of tryouts. Athletes will not be allowed to tryout if not completed.**

Website Registration and Payment Authorization

All The Rock athletes must be registered in Jack Rabbit, our online system, before your Athlete. Evaluation/Tryout. Online registration is where families will select all 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
- Download, review & complete our "2023-2024 Prep & Novice All-star Packet."
- Next, click "Click Here to Register" to register in our system.
- Next, click on "All-star Sign Ups". Complete this process!

The credit card on file will be automatically charged. You do have the option to choose to bring another form of payment to the gym before the 25th of the month prior to due date.

***Please Note: If payments are not received on time (due date), a late fee of \$15 will be applied.**

_____ INITIALS

The Tryout Process:

Tryouts are **CLOSED** to all parents and spectators.

Athletes will stretch, warm up tumbling, jumps & stunts. They will perform each of those to their best ability.

Athletes will be judged on their jumps, motions, tumbling, and overall skill level.

REMINDER: Tumbling is **NOT** the only factor in the decision for team placement. It only accounts for 20% of the Varsity score sheet; there is another 80% to take into consideration, ex. jumps, stunts, motions, etc. We also consider maturity, dedication, behavior, attitude, etc. Please refer to the "Team Placement" portion of our packet found on page 9 for more details.

Please plan to allow your child to stay for their entire session

Results will be emailed to the email provided on the tryout form no later than Wednesday, May 24 @ 9pm.



_____INITIALS

Member Information Form 2023 – 2024

Athlete’s Information:

First Name _____ Last Name _____

Cell _____ Number of years cheered _____ Age _____

Birthday ____/____/____ School: _____

Do you cheer for your school? _____ Grade for 2023- 2024 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: _____

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

_____ **INITIALS**

Program Rules / Codes of Conduct 2023 – 2024

- If you have questions or concerns that need immediate attention, please use the following chain of command: 1) Team Rep 2) Head Coach 3) Allstar Director (**KERRI BURKE**) 4) Owner
- Coaches will not entertain questions regarding specific strategic decisions (placements, 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 maintain 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 necessary. All personal items must be stored in the cubbies during practice. No personal items are permitted in the gym for any reason. All clothes, jewelry, phone, bags, watches, drinks, snacks, etc. are always in the cubbies. 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.
- You are to NEVER speak or post any negative comments about The Rock, staff, or athletes to another person or on social media.
- Social media is to be used responsibly. Every athlete is a representation of our program. Foul language or any inappropriate content will not be tolerated. Athletes will get 1 warning. After that, disciplinary actions will be taken.
- We will use the REMIND ME APP for communication for 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 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 exceptions will be made.
- No one is permitted 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 and anyone.
- The coaches reserve the right to close practices at **ANY** time for **ANY** reason. In the event, the **TEAM REP** may remain at practices.
- It is the parents' responsibility to know what is going on with your squad. Check your emails, remind me, & 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 schoolwork 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.

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- At a two-day event, we will discuss Day 1 scoresheets between Day 1 & Day 2. The Monday after competition will be the designated day to review the final score sheets with the teams.
- If a problem arises between you and a teammate or another parent, the problem will be addressed to 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 team athlete/member must attend 1 tumbling class at The Rock per week.
- Accounts must be current to participate in competitions, 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.
- If your athlete leaves our program or is asked to leave for any reason, you forfeit any & all apparel items & fees.
 - The Rock Athletics has a strict No Refund Policy.



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Attendance Policies and Procedures 2023 – 2024

Team Practice: Practice attendance is 100% **mandatory** and compliance with the attendance policy will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with any of the attendance policies.

- Summer Practices: The "Summer Session" begins June 1, 2023, and ends July 30, 2023.
- Summer Session includes two (2) weekly practices and one (1) weekly tumbling class.
- Competition Season Practices:
- The "Competition Season" begins July 31, 2023, and will end no later than April 2024.
- 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.
- Coaches and owners reserve the right to move, change or add practices at any time throughout the year.

Team Absence and Allowance Policy:

1. **Absence Request Forms (pg. 12) 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 four (4) absences during the Summer Session and two (2) absences during 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 as well as a \$50 CASH FEE is due. 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 prior to a competition (Sun-Fri). 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 Varsity Competition Cheerleading events. For example, competitions, choreography, etc. Football games and team bonding events will NOT be considered an excused absence and will result in an unexcused absence.

*** 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 has been approved.
2. Leisure school functions. (Ex. Dance, pep rally, games, etc.)

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3. 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.
4. Extra-Curricular Activities and Jobs: Extracurricular activities and jobs need to be scheduled around the commitment to The Rock Athletics.
5. 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.

If at any point your athlete has accumulated more than 3 unexcused absences, they risk either being removed from the team as a whole or being placed as an alternate. This is at our discretion. Our season is very strenuous and excessive absences place unneeded stress on our teams. We will do our very best to protect our team and parents' investment by enforcing these rules.

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 the All-star director 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. The athlete is still required to be at every practice as usual unless injury prohibits. (This will be situation based)

- 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 (minus All-star Tuition).**

Unexpected/Family Emergency: Contact your Allstar Director, team coach/team rep 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.

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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.
3. The coach will set up a meeting (this could be in person or over the phone) with your Allstar Director, the athlete and the parents 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, class training, and/or competitions. The athlete must attend all practices on time and in full dress code; however, the athlete will not be allowed to participate. **The goal is for the athlete to gain a renewed perspective on the importance of respect for the coach and the team by observing the practice from the “outside looking in.”
5. The athlete will be removed from the team. This will only occur in the most extreme cases. Rest assure, The Rock Athletics staff members make every effort to find an acceptable solution in a fair and consistent manner.

Athlete Behavior: Your coaches and team reps are here to work with you. You are ALWAYS expected to show respect and be courteous to your coaches and teammates. 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 media 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** 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.

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’s best interest will always come first in making selections and decisions.

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Flyers & Stunt Class: If your child is selected as a flyer for their team, it is The Rock Athletics policy that all flyers arrive 15 minutes early to ALL practices to stretch and work on flexibility. All-star Flyer classes are mandatory for all flyers, they must attend at least once per week. All flyers will also be required to send weekly pictures of body positions to Flyer Group Me/Coach Alyssa every Sunday evening.

Crossovers: Crossover athletes are strictly at the coaches' discretion and will only be made a crossover in extreme situations such as injury or illness. If you are asked to crossover for any reason, there is a possibility of crossover fees. You will be responsible for any & all fees required to participate.

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 still be required to purchase and pay for all required attire and fees. This policy is subject to change at the discretion of the coach, Allstar Director, or owner at any time.

School/Extra 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. We will attempt to work around any conflicts the best we 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, football games, middle school events, JV events, basketball cheer, or other outside sports. We simply cannot afford to rearrange 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 your team should be your FIRST PRIORITY. We will not excuse your athlete 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 needed on each team. Leadership, maturity, attitude, behavior, influence, ability to adapt to change, etc. will all be taken into consideration when selecting teams. It is very important to understand that technique and execution of a skill also go into placing teams. It is not only important to "land" a skill, but to execute it while doing so repeatedly. It is very important to understand stunting requirements for each level. Athletes must provide strong technical stunting skills at the required level. 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 skills 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 for tumbling requirements. If you are unsure of what stunting level your child may be, please speak with a coach.

Protocol for Inclement Weather: In the event inclement weather is predicted for a competition; we will follow the guidelines & plans made by the competition itself. Ex. If they choose to still host the event then we will still attend. (There is always a possibility of circumstances out of our control, please be understanding with our decision.)

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Gym Closings & School Breaks: We thoroughly value your school breaks & encourage family vacations. We appreciate and look forward to them as much as anyone! Please refer to our 'Notable Dates' page (pg. 15) when planning and booking vacations. We will not close until Saturday (which means you may have practice that Friday Night) AND we will almost always practice the Sunday at the tail end of the break. Please make sure that you are in town in plenty of time to attend your practice. ****Please do not book returning flights home on a day of practice. There is too much room for error****

Parent Viewing: Parent viewing is a privilege. At times, it may be necessary for the coaches to close the parent viewing area. We appreciate your cooperation during these times. Please do not sit and "gossip" or "assume" in the viewing area. 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.

Quitter/Dismissal Fee: If your athlete quits for any reason, or your athlete is dismissed from our program after August 1, 2023, you will be immediately charged a \$350 fee.

Practice Wear: Athletes will be required to wear their issued practice wear at every scheduled practice. Any athlete that fails to wear the proper practice wear will be given a consequence of conditioning. Conditioning will be done AFTER practice or BEFORE the next practice. No exceptions! Please email Kerri immediately with any issues pertaining to Practice wear.

Extra Practices: Your monthly tuition covers two extra practices a month; however, some months teams may not practice at all and other months they may practice 3 to 4 additional times. **Each team will almost ALWAYS practice the weekend before a competition AS WELL AS THE FRIDAY NIGHT BEFORE.** Please be flexible, especially during competition season when coaches are adding practices to your weekly schedule.

Team Goody Bags, Gifts & Apparel:

- 1) We are no longer permitting Team Goody Bags/gifts throughout regular season events. Team Reps must communicate with Kerri & McCall while planning end of the season goody bags for their teams.
- 2) No person is permitted to create/make any personalized items for team gifts. This includes but is not limited to, t-shirts, bags, hats, key chains, masks, bows, etc. These are items that must be purchased from The Rock Shop if it is to be used as a team item.
- 3) Any & all issued apparel/bags (uniform, practice wear, backpacks, shoes, warm-up sets, jackets, sweatshirts, bows, etc) given to teams must remain in the condition in which they were given. You may not alter them in any form or fashion. (This includes monograms & names)

Fundraising: We hold several fundraisers throughout the season to help offset the cost of competition fees; participation is highly encouraged but not required. Fundraising is conducted to help offset fees. Fundraising information will begin being distributed in June.

What to Expect & FAQs

- Q. What happens if someone on our team gets injured or quits?
- A. We will add additional practices to either rearrange the routine OR add someone new into the routine.
- Q. What happens if my athlete is injured?
- A. You need to contact your Team Rep & All-star Director ASAP. Contacting them shortly before practice begins or after practice has started is unacceptable. Our coaches need time to plan practice accordingly with absent athletes.
- Q. Will we have extra practice during the week of competition?
- A. YES! We may add additional practice days and will almost always practice the Friday night before a competition!
- Q. Will we practice Thursday night before an out-of-town competition? Even if Thursday is not our normal practice day.
- A. YES! Again, we will almost always practice the Thursday night before an out-of-town competition. Even if your normal practice days DO NOT include Thursdays. We allow Fridays for travel days for out-of-town competitions.
- Q. Can my child participate in other sports or extra circular activities?
- A. Full year, travel all-stars is a very timely commitment. Your team must be a priority for your team to be successful. It is imperative that every team member considers their team a top priority. We have found in the past that anything less than this causes the team to struggle throughout the season. We are aware of the financial commitment, and we expect full commitment from every athlete. We also expect that each person extends respect for each family's investment.
- Q. Who do I contact if I have issues with my practice wear or uniform?
- A. If you have any defects or fitting issues with your practice wear, uniforms, or shoes; please contact Kerri Burke (All-star Director). We will take care of the issue as timely as possible.
- Q. Does my child have to attend practice if they are sick?
- A. If your child does not have a fever, throwing up, or have complications with concussions, etc. then they are required to be at every single practice. We understand the importance of wellness; and if your athlete is able, we need them at every practice so that they do not miss any changes or important instructional time.
- Q. Will you ever consider pulling the team from a competition?
- A. It is possible. We have had circumstances in the past where a team has suffered injuries or complications right before a competition and had to make the difficult decision to pull them. Please know that we will exhaust every possibility before pulling a team from a competition. The Rock will not extend refunds for missed competitions.

Pre-Planned Absence Request Form

2023-2024

Please use this form to let us know of any pre-planned vacations that you may have during the entire 2023-2024 All-star season.

Cheerleaders Name: _____ Team Name: _____

Date: From-To	Reason	Approved (Staff Only)

****Completion of this form does not reflect automatic approval. Please refer to the Attendance and Absence Policy to determine what is an excused and unexcused absence.**

Please list any other commitments, teams, clubs, etc. that you are a part of, that may interfere with The Rock Athletics All-star schedule.

Name of team/club:	Months/Days/Time of meeting:

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Parent/Participant Team Contract

1. _____ I am committing to the 2023-2024 season that runs June 1, 2023 through May 2024.
2. _____ I read the Tryout packet in its entirety, and I agree and will abide by the terms of this contract.
3. _____ I understand that I am not allowed to use/produce any apparel/items with the The Rock Logo, brand, team names, or trademark.
4. _____ I understand our financial obligation is for the entire season, even if we chose to leave.
5. _____ I understand a credit/debit card must be on file in the event my account becomes past due.
6. _____ I understand tuition is due on the 1st, monthly fees are due on the 5th, they are late after the 15th, and a \$15 late fee will be applied.
7. _____ I understand and agree to the terms of the quitters/dismissal fee of \$350.
8. _____ I understand that past due accounts will result in suspension from practices and events, and merchandise will be withheld until it is paid in full.
9. _____ I understand The Rock’s strict **NO REFUND** policy.
10. _____ I understand the expected conduct, and should myself or my child violate the rules, we can be removed immediately from the program.
11. _____ 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.
12. _____ 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.
13. _____ I will address any questions, concerns, ideas, etc. with coaches BEFORE or AFTER practices.
14. _____ I understand when traveling for competitions and event, The Rock activities take PRIORITY.
15. _____ I will respect The Rock Athletics coaches and Allstar Director; and will always be mindful of my role.
16. _____ 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. I agree to The Rock Athletics “No Refund Policy,”

Athlete Name (Print)

Athlete Signature

Date

Parent Name (Print)

Parent Signature

Date

_____INITIALS

Rock Athletics 2023-2024 Competition Schedule

****Competitions are subject to change or cancel. Prep Teams will attend 3 competitions total****

DATES	COMPETITIONS	VENUE	LOCATION
January 27-28, 2024	NCA Classic	GICC	Atlanta, GA
February 17, 2023	CHEERSPORT Nationals	GWCC	Atlanta, GA
March 16, 2023	Athletics Championships	GICC	Atlanta, GA

2023-2024 All Star Monthly Tuition

Due Date:	Amount:
Due @ time of assessment (May)	\$205.00
June 1 st	\$205.00
July 1 st	\$205.00
August 1 st	\$205.00
September 1 st	\$205.00
October 1 st	\$205.00
November 1 st	\$205.00
December 1 st	\$205.00
January 1 st	\$205.00
February 1 st	\$205.00
March 1 st	\$205.00

Tuition Includes:

All Team Practices, one-hour weekly tumble class, extra practices, choreography, music & competition fees.

Tuition Does NOT include: PRICES MAY VARY THROUGHOUT SEASON

\$100 Practice Wear & Bow, Due June 1st

\$300 Competition Uniform, Due July 1st

\$TBD Competition Bow, Due August 1st

\$125 Coaches Fee, Due August 5th

Approximate Costs: Shoes \$90-\$140, Bows \$20-\$30/bow, Backpacks \$90-\$140, Crossover Fees, USASF Registration Fee, Travel Expenses, various team apparel.

(These prices are subject to change throughout the season)

All athletes will be required to have white cheer shoes for competition and Rock backpacks for competitions. We offer multiple styles. Various team apparel; Shirts/Jerseys/Sweatshirts. You can find all the above-named items in our ROCK SHOP.

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Notable Dates

May 17 & 19 2023 – Tryouts!

May 24, 2023 - Try-out Results Posted/Emailed (No Later than 9:00 PM)

May 29, 2023 – Gym Closed in Observance of Memorial Day

June 5, 2023 – “Summer Session” Practices Begin!

June 14-15, 2023 – Uniform, Practice wear, Warm-up SIZING! ****MANDATORY****

July 1- July 9, 2023 -OPEN GYM WEEK (No Mandatory All-star Practice) ****Practices resume 7/10/23**

July 31, 2023 – Competition Season begins, Practices become mandatory!

September 4, 2023 - Labor Day, No Practice

October 20-22, 2023 – CHOREOGRAPHY BLOCK! ****MANDATORY**

October 31, 2023 – HAPPY HALLOWEEN! Gym Closed, No Practices!

November 18-25, 2023 - Thanksgiving Holiday- No Practice ****Practices resume 11/26/23**

November 20, 21, & 24, 2023 – OPEN GYM (Times TBD- No regular class times)

December 3, 2023– All-star SHOWCASE!!! ****MANDATORY****

December 18, 2023 – Jan 1, 2024 - No Mandatory Practice

December 18-20 & December 27-29, 2023 – OPEN GYM (Times TBD - No regular class times)

January 2, 2024 - Mandatory Practices Resume!!

February 19-23, 2024 – No Mandatory All-star Practices ****Practices Resumes 2/24/24 **MANDATORY****