

I. SKILLS ASSESSMENT CHECKLIST

Checklist

You MUST register online for the following classes:

- ____ 2020/2021 Full Year All-Star Cheerleading Skill Assessment Registration AND
- ____ Tryout Date and Time (if you are doing an in-person tryout)

If skill assessment fee is not paid prior to your tryout, your card will be charged the day of your tryout (\$25 for new and returning members). **WE ARE NOT ACCEPTING ANY CASH OR CHECKS AT TRYOUTS**

Please be sure to bring all required documentation listed below with you & your athlete to skills assessment.

- ____ Completed Skills Assessment/Registration Form, Agreement, Release and Assumption of Risk and Agreements/Policies: Code of Conduct, Technique and Stay to Play Policy Acknowledgement (next pages)
- ____ Photocopy of athlete's Birth Certificate (new athletes only)
- ____ Photocopy of athlete's Medical Insurance Card (new athletes and old athletes that have had a change)
- ____ Copy of physical form from athletes' doctor's office (if physical is upcoming, please indicate as such)
- ____ Recent head shot of athlete (school picture is acceptable) (attach to next page)
- ____ Athlete is to wear tank or sports bra, shorts and sneakers. Hair must be in ponytail.

II. COMPETITION UNIFORM/PRACTICE GEAR

Competition uniform includes the following: bodysuit, skirt, makeup, hair bow and shoes. All athletes will be sized for their bodysuit, skirt and shoes in the summer. Dates will be sent out as we get access to fit kits.

The full competition uniform costs will depend on team placement, and if you are a returning or new athlete.

New Athlete Uniform Pricing

Half Year Exhibition	\$200.00
Tiny Novice, Tiny Limited Travel & Full Year Limited Travel	\$293.00
Full Year Elite (Mini, Youth, Junior)	\$515.00
Full Year Elite (Senior)	\$555.00

Returning Members/A La Carte Items

Competition Bow (same as previous year unless child moves up)	\$27.00
Competition Makeup (new)	\$48.00
Mini, Youth, Junior Competition Uniform Shell	\$228.00
Senior Competition Uniform Shell	\$268.00
Mini, Youth, Junior, Senior Competition Uniform Skirt	\$97.00
Mini, Youth, Junior, Senior Shoes	\$115.00
Tiny Notice, Limited Travel Competition Uniform Shell	\$131.00
Tiny Novice, Limited Travel Competition Uniform Shorts	\$27.00
Tiny Novice, Limited Travel Shoes	\$60.00

III. PRACTICE GEAR

M.O.T. All-Stars practice gear is required to be purchased by all athletes. Your athlete will be sized for Practice Gear as soon as we receive fit kits. Practice gear costs will depend on team placement, and if you are a returning athlete. Practice Gear cost will vary between \$83.00 - \$205.00 depending on what package is chosen. Surcharge on practice gear may apply if minimum order not met.

*This season returning athletes from our Youth, Junior and Senior teams will utilize their “Summit” gear.

*This season Tiny Novice and Mini teams will also be able to utilize their 2019-2020 practice gear. Please check with the front desk if you are interested in purchasing a used set.

The total competition uniform fee along with shoes and practice gear will be due in 4 monthly installments (July 15th, August 15th, September 15th and October 15th). Cash and check only for merchandise payments. Credit card payments will be accepted; however, a 3% percent surcharge will be added to the cost.

T-Shirt/Tank Top Size (please circle one): YXS YS YM YL YXL AXS AS AM AL AXL

IV. TUITION

The first tuition payment is due no later than June 15, 2020. Our program runs on an 11-month season with payments broken out for convenience to our families. Tuition payments are due on the 1st of the month and will be considered late if not paid by the 15th of the month. A \$25 late fee will be assessed on the 16th of the month if payment is not received. Tuition fees vary by team and the monthly fees are listed below:

<u>Team</u>	<u>Monthly</u>
Exhibition (5 months – November – March)	\$65.00
Tiny Novice/Tiny Limited Travel	\$100.00
Mini Elite and Youth, Junior Limited Travel Team	\$125.00
Youth, Junior, Senior Elite Teams	\$145.00
Training Teams	\$25.00

V. COMPETITION FEES

Competition fees vary between teams and level. These fees are broken down over 11 months for convenience to our families. Competition schedules are normally released by the end of August. Please note that the competition schedule can change at any time and we do our best to give an ample amount of notice of any changes. A breakdown of competitions fees are below:

<u>Team</u>	<u>Yearly</u>	<u>Monthly</u>
Exhibition (5 months – November – March)	\$150.00	\$30.00
Tiny Novice/Tiny Limited Travel	\$450.00	\$41.00
Youth, Junior Limited Travel Team	\$495.00	\$45.00
Mini Elite Teams	\$600.00	\$55.00
Youth, Junior, Senior Elite Teams	\$900.00	\$82.00

**These competition fees only cover regular season competitions and do not cover year-end events such as, U.S. Finals, Regional or D2 Summit, etc.

VI. COMMITMENT/CROSSOVER FEE

This fee is used for competition music, coaches' fees, equipment purchases/upkeep and maintenance of existing equipment, choreography, certain midseason training, outside contractor camps, etc. The commitment fee is per athlete and will be due by June 30th. Multi-family discount will be offered on the commitment fee (2nd athlete = 25% discount, 3rd athlete = 50% discount, 4th athlete = no fee). This fee is due June 30th.

There will be a \$100 crossover fee for all crossovers to help with competition music, etc. This is in addition to competition crossover fees. This fee is due June 30th.

Full Year Elite (Youth, Junior & Senior)	\$250.00
Full Year Limited Travel/Full Year Mini	\$200.00
Tiny Novice	\$150.00
Half Year Exhibition	\$50.00
Half Year Prep	\$50.00
Crossover Fee	\$100.00

VII. USASF FEE \$30.00 PER ATHLETE – NEW PROCEDURE THIS YEAR!

The US All Star Federation (USASF) was founded in 2003 with the core principle of making All Star a safer sport by establishing fair and consistent rules and competition standards. The organization credentials coaches, certifies safety judges, sanctions events and maintains and adjusts (as needed) safety guidelines, all with the goal of providing the safest possible environment for cheer and dance athletes to train and compete. All athletes must be registered and a member of the USASF to compete at all sanctioned event.

****NEW PROCEDURE THIS YEAR****

You must register and pay the fee for your athlete(s). Information on this process will be sent out and must be completed by a certain date in order for your athlete(s) to continue to practice.

VIII. CHOREOGRAPHY

Choreography will take place this summer and is mandatory. Schedule will be released with team placements. We are aiming for August 3rd – 21st. Your athlete's team will be assigned to 3 days during this time frame. Depending on age, choreography practices can be between 4 – 8 hours a day. Please know that the dates are subject to change in the event of COVID-19 pandemic.

IX. PRACTICES

In the event of continued social distancing requirements team may practice outside in the grassy area, weather permitting. Our fall practice schedule will be released with the competition schedule. Please be aware that elite teams will have practices on select Sunday's beginning after Labor Day.

X. CONTRACTS

Contracts will be emailed out via DocuSign to everyone by June 15th and must be signed by June 30th. If your contract is not received by this date, your athlete will not be permitted to practice.

2020-2021 Season

M.O.T. All-Stars Skills Assessment/Registration Form

Staple headshot here over logo

TO BE TURNED IN THE DAY OF SKILLS ASSESSMENT



Contact Information

Athlete's Name: _____

Address: _____

Date of Birth: _____ Age (as of 12/31/20): _____

Grade Entering 2020-2021: _____ School: _____

What cheer program are you interested in? Please Circle One:

FULL YEAR ELITE

FULL YEAR (LIMITED TRAVEL)

FULL YEAR EXHIBITION

TINY NOVICE/TINY

HALF YEAR PREP FALL

HALF YEAR PREP WINTER

Athlete Information

Email: _____

Athlete Cell #: _____

Do you have reliable access to WIFI? YES NO

Tryout Information

How did you hear about our program? _____

If someone referred you, please list their name _____

List any other immediate family members that are trying out today. _____

How many years of cheerleading/gymnastic experience do you have? _____

Did you cheer in the 2019-2020 Season? If so, where? _____

If you cheered before, what is the highest level team were you on? Level 1 Level 2 Level 3 Level 4 Level 5/6

Please circle the position you have the **MOST** experience doing. *Flyer* *Main Base* *Backspot* *Secondary Base*

Most experienced stunting level:

___ LEVEL 1(no experience/prep level stunts or below)

___ LEVEL 2 (extended two-leg stunts, straight ride baskets)

___ LEVEL 3(extended one-leg stunts, full downs)

___ LEVEL 4(full ups, switch ups, double down dismount)

___ LEVEL 5(extended level tick tocks, full ups, kick-double baskets)

Please circle the level that the athlete is interested in cheering for & why (i.e. tumbling skills, etc. – please review to our tumble chart)?

LEVEL 1 (beginner) LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 4.2 LEVEL 5/6

Do you cheer for your school?

Competition YES NO

Football YES NO

Basketball YES NO

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2020/2021 SEASON

How does your child feel they will benefit their team? (circle all that apply)

Leadership Work Ethic Stunting Tumbling Jumping Performance Dancing

Is your child interested in being a crossover? Cross-over fees will apply. (YES) (NO) If so, what levels are you interested in? _____

What extra-curricular activities will be a higher priority for you than your all-star team? (For what would you potentially request an excused absence?) (i.e., chorus, band, school sports?) _____

Interested in a training team for your child to develop higher level during the season? _____ (YES) _____ (NO)

If yes, what level? LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5/6

What dates/weeks will you be missing this season (from now until May 2021) (if any) for school cheer, camp, family vacation, or other commitments that you cannot reschedule? _____

***When scheduling vacations/trips, etc., please take into consideration the 2019/2020 calendar of events and mandatory clinics, etc.**

<u>Departure</u>	<u>Return</u>	<u>Is this trip local?</u>
<u>1.</u>		
<u>2.</u>		
<u>3.</u>		
<u>4.</u>		

I hereby give the aforementioned athlete my permission to participate in tryout activities at M.O.T. Cheerleading and Tumbling.

Parent Signature _____ Date _____

Please sign here to verify that all information listed above is correct. It is the responsibility of the above listed parent to contact M.O.T. All-Stars Inc. with any changes to this information. Team placement will be at the sole discretion of the coaching staff – our ultimate goal is to create balanced teams with strengths in all areas of cheerleading.

M.O.T. ALL-STARS, INC
AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of M.O.T. All-Stars, Inc., its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf, I hereby agree to release, discharge, and hold harmless M.O.T. All-Stars, Inc. on behalf of myself, my minor children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or [CHILD'S NAME] _____ (hereinafter referred to as the "Minor") engage in while on the premises or under the auspices of M.O.T. All-Stars, Inc. pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to the Minor, to me, to property, or to third parties. The following describes some, but not all, of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. When traveling to and from shows, competitions and exhibitions raise the possibilities of any manner of transportation accidents. In any event, if you and/or the Minor are injured, medical assistance may be required which you must pay for yourself.
2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with M.O.T. All-Stars, Inc. related activities, regardless of the age of the Minor and/or whether or not the Minor is presumed to be able to assume those risks, including but not limited to performance of stunts and use of trampolines. My participation and that of the Minor is purely voluntary. No one has forced or coerced the Minor or me to participate. I elect for the Minor and/or myself to participate in such activities in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify M.O.T. All-Stars, Inc. from any and all liability claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with the Minor's and/or my participation in M.O.T. All-Stars, Inc. related activities.
4. Should M.O.T. All-Stars, Inc. be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse it for such fees and costs.
5. In the event that I and/or the Minor file a lawsuit against M.O.T. All-Stars, Inc., such suit shall be brought in the State of Delaware, and the substantive and procedural laws in that jurisdiction shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect. This agreement shall be deemed to have been jointly drafted by the parties for all purposes involving its construction and enforcement.
6. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of the Minor in this activity, I and/or the Minor may be found by court of law to have waived the right to maintain a lawsuit against M.O.T. All-Stars, Inc. on the basis of any claim from which I have released M.O.T. All-Stars, Inc. either personally and/or as the parent, natural guardian and/or legal guardian of the Minor by signing this Agreement.
7. I hereby give M.O.T. All-Stars, Inc. and its affiliates the unrestricted right and permission to copyright and re-use, publish, and republish photographic portraits and pictures of the Minor and/or myself of pictures in which the Minor and/or myself may be included, in whole or in part, separately or in conjunction with other photographs, in any medium now or hereafter known, and for any purpose whatsoever, including but not limited to illustration, art, promotion, or advertising.

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2020/2021 SEASON

8. In case of an emergency, I grant permission to M.O.T. All-Stars, Inc. and its personnel, to have authority, at my expense, in the event I cannot be reached, to utilize the most convenient volunteer rescue squad vehicle or ambulance to transport the Minor and/or myself to the hospital and if necessary, I authorize medical treatment. I verify that the Minor and/or myself have passed a medical examination within the last twelve months and are capable of participating in cheerleading, gymnastics, dance and related activities.

9. All monies paid to M.O.T. All-Stars, Inc. in any capacity are NON-REFUNDABLE, NON-TRANSFERRABLE, and UNASSIGNABLE regardless of reason. I agree that any attempt by M.O.T. All-Stars, Inc. to collect monies not paid by myself resulting in a collection agency, attorney, or court involvement, I will be responsible for the payment of all collection fees, court costs and attorneys' fees incurred by M.O.T. All-Stars, Inc. and/or myself. I understand that late fees and/or penalties may be applied to all past due payments and/or returned checks.

10. I acknowledge that M.O.T. All-Stars, Inc. has the right to either suspend or dismiss any participant/customer for any offence, by participant or family member, which we deem detrimental to the entire M.O.T. All-Stars, Inc. organization.

11. I acknowledge that if my child participates as a crossover, I will be charged a commitment fee in the amount of \$100.00 for the season. I will not owe additional tuition but will cover all crossover fees for competitions.

12. M.O.T. All-Stars reserves the right to switch classes to an online platform when, and if, we see fit or mandated by local government. In the event a competition is not attended due to unforeseen circumstances, we will make every attempt to reschedule.

13. I acknowledge that in the event my child must miss practice due to illness/vacation, they will be required to log in via Zoom if we continue with this format.

14. I understand that due to the current circumstances our summer schedule is subject to change at any time and that practice schedules will likely shift around some until we are able to function with more athletes in the gym.

I have had sufficient opportunity to read this entire document. I have been given the opportunity to consult an attorney for any reason regarding this document or in the event I did not understand any provision of this document. By signing below, I have read the document and understand it and I agree to be bound by its terms.

Parent/Guardian Signature: _____ Print Name: _____

Date: _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

In consideration of _____ (print minor's name) ("Minor") being permitted by M.O.T. All-Stars, Inc. to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold M.O.T. All-Stars, Inc. from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature: _____ Print Name: _____

Date: _____

Agreements/Policies: Code of Conduct, Technique, Stay to Play Policy and U.S. Finals/The Summit Acknowledgement

● **Parent MUST initial each section and sign at the bottom.**

● I have shared this information with my athlete and they are aware of these Policies and Agreements.

● Code of Conduct for Athletes and Parents

I recognize that parents are the most important role models for their children and athletics help achieve a sense of teamwork, self-worth, and sportsmanship. I encourage my child to play by the rules and respect the rights of others. I understand that it is important to enforce the rules of the M.O.T. All-Stars, Inc., respect the sport of cheerleading, and not criticize the judges' decisions during or after a competition. In addition, Athletes of the M.O.T. All-Stars, Inc. are expected to follow the rules of the program and remain in good standing with their fellow teammates and coaches.

● Technique Policy

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move onto the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. A tumbling portfolio will be kept on each athlete on what skills they will be allowed to work on in classes, privates, and team practices. An athlete must be signed off in several level appropriate skills in order to move forward in tumbling. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the M.O.T. All-Stars, Inc.'s staff.

● Stay to Play Policy While Varsity has made changes regarding their stay to play policy select competitions are still contracted as Stay to Play which requires ALL performers, coaches and spectators to make ALL room reservations through the housing company designated by the competition producer. Teams and/or individuals that don't abide by this policy will be ineligible to participate. At this time, we have not been made aware of what competitions will be stay to play.

● The U.S. Finals/The Summit I understand that costs associated with attending The U.S. Finals, The Summit and any other awarded event not on our competition schedule are NOT included in the All-Star Fees. Parents are responsible for any additional costs to attend these competitions including covering expenses for coaches. I understand that the turn-around time for paying these fees may be short once a bid is received.

● I understand that I will forfeit ANY monies paid, if I choose to leave a team, decline an alternative position, or am asked to leave the program.

● I understand that if my athlete quits during or after choreography I will be assessed a \$500 Inconvenience Fee.

Your signature below indicates your acknowledgement of and agreement to these policies:

Parent's Signature & Date

Parent's Printed Name