



Inaugural Sweat Cheer 2011-2012 Team Info

Girls and Boys of ages 3-18 and all skill levels welcome!

Sweat Cheerleading is for children ages 3 – 18 years old. Conveniently located right in the heart of Anthem, AZ, the program will offer USASF credentialed and professionally trained coaches, a positive and safe environment and a balanced competition schedule. Sweat Cheer coaching philosophy encompasses the fundamentals of cheerleading with challenging, progressive training concentrating on fun and safety!

A commitment from August 15th – April 30th is expected from all members. Teams are formed by skill, age, maturity & dedication and will practice 4 – 6 hours/week and sometimes will have an extra practice if needed for competition. For our inaugural year, we hope to compete in 2-3 local competitions and participate in many local events, like parades, Anthem Days and other various events that will be a lot of fun for the team! We will not travel out of state this year. Competition fees, uniforms, shoes, makeup, music, travel fees, etc are not included in the monthly fees that are required for the team.

Because of our wide variation in ages and skills, we will most likely compete as Senior Level 1-3 this year! This division is great for ages 18 and under for up to 32 kids on the team and we will always focus on perfection before progression! Technique will be vital in our progress! We are so excited to watch all of you gain incredible improvements and growth this year!

Sweat Cheer will have multiple fundraising opportunities and we hope to establish a committee to help organize various options for this. Please let us know if you are interested in helping coordinate this! Sibling discounts are available. Take a moment to read through what is expected of each athlete. Be prepared to give us a copy of your child's birth certificate for our files before August 15th.

SWEAT CHEER

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623-551-5753



www.SweatChallenge.com/cheer
Cheer@SweatChallenge.com

Like Sweat Cheer on Facebook!!!

SWEAT CHEER

Today's date _____

Athlete's 1st Name _____ Middle _____ Last Name _____

Date of Birth _____ Age _____ Grade _____

Address _____

City _____ State _____ Zip _____

Athlete's Email: _____

Athlete's Home Ph: _____

Athlete's Cell Ph: _____

Mother/Guardian: _____

Mother's Cell: _____

Mother's Email: _____

Father/Guardian: _____

Father's Cell: _____

Father's Email: _____

Cheer Experience/Skills/Special Talents: _____

Do you have any scheduling requests?

What would you like us to know about you? _____

In consideration hereof and of the services to be performed by Sweat Cheer, we hereby agree to assume all responsibility for any injury or injuries sustained by any child of ours while participating in any activity sponsored by said club. We hereby release and forever discharge Sweat Cheer, its officers, agents, or employees from any claim, cause or suit which may arise out of his or her participation in any said activity. Knowing full well the physical risks inherent in said activities, we do hereby voluntarily assume all such risks of injury.

PARENT/GUARDIAN SIGNATURE

DATE

ATHLETE/PARTICIPANT SIGNATURE

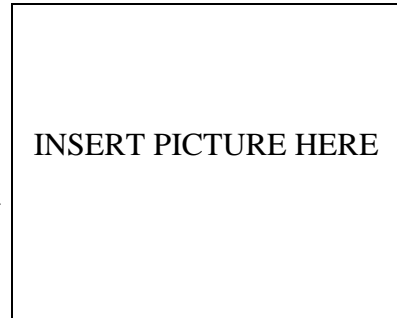
DATE

Coaches' comments

Paid _____ Cash _____ Check # _____ Staff _____

SWEAT CHEER

Athlete's Name _____
 Age as of Aug 31, 2011 _____
 Birthdate _____/_____/_____
 Height _____ Weight _____
 Grade _____ School _____
 Other activities currently participating in:



TUMBLING EXPERIENCE:

Check ALL tumbling skills you throw ON THE FLOOR WITHOUT A SPOT:

STANDING	STANDING SERIES	RUNNING
<input type="checkbox"/> None <input type="checkbox"/> Back Handspring <input type="checkbox"/> Standing Tuck <input type="checkbox"/> Jump Tuck <input type="checkbox"/> Standing Full	<input type="checkbox"/> Multiple Back Handsprings <input type="checkbox"/> Two BHS to Tuck <input type="checkbox"/> BHS Tuck <input type="checkbox"/> Two BHS to Layout <input type="checkbox"/> BHS Layout <input type="checkbox"/> Two BHS to Full <input type="checkbox"/> BHS Full	<input type="checkbox"/> None <input type="checkbox"/> Aerial <input type="checkbox"/> Round-off <input type="checkbox"/> Back Handspring <input type="checkbox"/> Back Tuck <input type="checkbox"/> Layout <input type="checkbox"/> Full <input type="checkbox"/> Double Full

LATEST CHEER EXPERIENCE:

WHERE?	AGE AND LEVEL?	STUNT POSITION?
1.		NONE FLYER BASE SPOT
2.		NONE FLYER BASE SPOT

Check your most advanced stunting skill level:

- Level 1 (No experience or level 1 stunts, preps)
- Level 2 (Exp- Preps, extensions, straight cradle dismounts and basket tosses)
- Level 3 (Exp- Extended one-legged stunts, full twisting 2-legged dismounts, single trick baskets)
- Level 4 (Exp- Extended one-legged stunts, double twisting 2 legged dismounts, kick-full baskets)
- Level 5 (Exp- Double twisting one-legged dismounts, double twisting baskets, full-ups)

Are you willing to cheer for Sweat Cheer All-stars, regardless of Level? Yes ___ No ___ If no, please explain why:

SWEAT CHEER

FINANCIAL INFORMATION FOR 2011-2012

- _____ \$50 Registration fee per participant is required by August 15th.
- _____ \$250-\$300 estimated fee for uniforms
- _____ \$75 estimated fee for shoes
- _____ \$150 estimated fee for practice outfits
- _____ \$175 monthly fee will cover two, 2-hour practices weekly, coaching fee and in-house choreography. This will be paid online and will be automatically charged to your credit card of choice. Your account can be monitored online 24/7 by accessing www.sweatchallenge.com and logging into your account. Payment is due on the 1st and late on the 5th. A \$20 late fee will be charged per day after the 5th of the month. There will be no refunds made to anyone who is asked to leave the program or that quits the team. This includes all monthly fees and monies paid into your Sweat or Sweat Cheer account. A sibling discount of 10% will be applied to additional kids of the same family. If there are financial problems, please talk to Coach Laura directly to figure out a financial plan. The other coaches will not be able to advise you. If you have any questions about these estimations, please do not hesitate to call or email us!

8/15	9/1	10/1	11/1	12/1	1/1	2/1	3/1	4/1
\$87.50	\$175	\$175	\$175	\$175	\$175	\$175	\$175	\$175

Annual Total for practice fees: \$1487.50

Other fees throughout the year would include:

- _____ Competition registration fees
- _____ \$25 membership fee to the USASF
- _____ Music for choreography will run between around \$500 and will be split among the team
- _____ Travel and food for events and competitions
- _____ Any additional classes you participate in, including tumbling, open stunt, open gym, etc...

There will be no required overnight travel the 2011-2012 season.

Turn in the below portion to Sweat for our records and keep the above for your records.

Financial Commitment:

I have read and fully understand my financial commitment to the Sweat Cheer All-Stars outlined in this registration packet. I understand that my commitment is for the 2011-2012 All-star competitive season. I understand that I am giving my credit card/debit card information and that card will be automatically debited on the 1st of the month and late by the 5th. I understand that I forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am Entering into this program of my own free will.

Printed Parent Name _____

Parent Signature _____ Date _____

Name as it appears on the card: _____

Billing Address _____

Type of Card _____ Credit Card Number _____ Exp ___/___ CIV _____

Cheerleader's Name _____

SWEAT CHEER

Cheer Rules and Expectations:

Welcome to the Sweat Cheer All-Star Program!! We are delighted that you have chosen to become a part of our inaugural year. It is you who will set the original standard of our team! You will make history!

Our Mission at Sweat Cheer is to enrich the lives of the children and their families through the sport of competitive cheerleading.

Our Goal is to teach our athletes the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for a healthy lifestyle. We strive to be the very best All-Star program in the state of Arizona. Each and every family is important to us and our program. We invite you to come and see what it is like to “work harder” with “Blood, Sweat and Cheers!” Let the growth begin!

1. No coach = No practice! Safety is our priority! No exceptions!
2. Maintain and promote team spirit, loyalty and pride.
3. Encourage and uphold good sportsmanship on and off the floor.
4. Cheerleaders are expected to be **community leaders at all times** & to uphold the highest personal standards.
5. You must act in a respectable manner at all times, remembering that you represent Sweat Cheer All-stars.
6. Cheerleaders are to practice good sportsmanship at all times, promote sportsmanship among all spectators and avoid emotional outbursts, whether the team wins or loses.
7. Sweat is not responsible for any personal items. Please take all your items home after each visit to the gym and/or event.
8. No gossip about teammates, parents, coaches or staff are encouraged or allowed. This is unnecessary and detrimental behavior with negative outcomes. Please address an issue with the individual with good moral conduct.
9. Use of Sweat or Sweat Cheer Logo is forbidden without Owner’s permission. All apparel **MUST** go through Sweat Shop.
10. Parents and young children not participating in the Sweat programs are not allowed to watch unless permitted to do so. We will have “closed” practices. This allows for a safer environment with little distractions. We do offer a Sweat Kiddies program if you need babysitting services during an “open” practice. You must pre-register your child to make sure there is room in that Kiddies Hour and full payment for services is required. \$3/hr/kid. Thank you!
11. No profanity or abusive language allowed.
12. Routine decisions are up to the coaches **ALWAYS!** Please have a good attitude no matter where you are positioned in the routine, stunt, dance, etc.
13. Please feel free to talk to your coach about anything; just do so at the appropriate times. For example, asking a coach to provide you examples of how you can work on your flexibility in the middle of dance choreography should wait till a break or at the end of practice.
14. You must **ONLY** speak and type about Sweat Cheer in positive context. This includes Facebook, Twitter, etc. Do not post any pictures that would embarrass shame or make someone upset that is a part of our program. We are here to make each other better individuals and a better team in every aspect.
15. Practices may be changed or added at any time.
16. It is the athlete and parent’s responsibility to know what is going on with the team. Please check your email, voicemail and Sweat Cheer Facebook page for updates, changes and important information.
17. Athletes should be able to handle their school workload, jobs and family obligations along with All-stars cheer. Schoolwork, job and family events or duties will not be an excused reason to miss practice or an event.
18. Parents are never allowed to represent Sweat Cheer when we are at events. If a coach is needed, you **MUST** be a coach to represent!
19. You are expected to eat a nutritious, balanced diet filled with whole grains, complex carbs, lean proteins and healthy fats. Please eat a healthy meal or snack 1-2 hours before every practice so that you have enough energy to sustain.
20. No food, candy or gum allowed at the gym. Water bottles are to be kept along the wall on the black floor only (not on the mats).

21. You are to arrive early or ON TIME to practice. ON TIME means “on the dot” ready to go! This includes, socks, shoes tied, hair is in ponytail, you’ve gone to the bathroom, chapstick is on, your phone is OFF and you are dressed. No more primping once practice begins. We are here to work and progress! Let’s not waste any precious time!
22. Be able to accept constructive criticism for the improvement of the group.
23. Be prepared to help each other. Be selfless because we are only as good as our weakest link. Take time and be patient with each other. You never know when you will need help with something, too!
24. Display team work and unity at all cheerleading activities.
25. Follow all athletic and cheerleading conduct rules.
26. All parts of the uniform (basic uniform, shoes, socks, hair accessory, etc.) shall be the same for **all** members of each squad.
27. The uniform is your property and investment. Future teams will have the same uniform. This will cut down on costs if you continue to wear the same size. You are allowed to sell/purchase a used uniform to another team member as long as it is approved and in great condition. All parts of the uniform are to be kept clean, pressed and repaired throughout the season. All cleaning and repairs will be the responsibility of each member.
28. Jewelry is not part of the uniform. No jewelry is to be worn during practices or competitions, due to USASF safety guidelines. This rule includes earrings, tongue rings, nose rings, belly button rings, eyebrow rings or any piercing. Plastic replacements for metal jewelry are not accepted.
29. Hair cannot be dyed a color that can’t naturally occur. (Blue, green, purple...)
30. Hair feathers and other ornaments are not allowed at competition but okay for practice.
31. Grooming is essential. Please come clean, but do not wear excessive perfume or lotion. Some people are sensitive to smells and greasy lotion when sweating can make stunting slippery. Please wear deodorant. Hair **MUST** always be in a neat ponytail at every practice!!!
32. **Cell phones must be off and put away during practices and performances.** Parents are encouraged to call the gym if you need to get a hold of your child.
33. Practices will be held at least 2 days per week during the season and/or as needed. When preparing for competition or special events, practice may be more frequent.
34. When practice has been scheduled, it is mandatory that you attend. This includes **all** appointments (i.e.: church, doctor, dentist, tanning, hair, etc.) and work. Any outside job must not interfere with cheerleading practices and performances. Appointments, vacations and job schedules will not be accepted for missing practices and/or games. The only excused absences will be those, which are due to sickness or family crisis.
35. All school activities that would prohibit participation at a practice or cheerleading event must be given written form to the advisor at least 2 weeks prior to the event.
36. All practices, games and meetings called by the advisor are mandatory for all members of the squad. 100% attendance is expected at all practices.
37. You are allowed 4 unexcused practices from Aug 15-Dec 31st and 2 more unexcused practices from Jan 1-April 10, 2012. If an athlete misses a practice, an entire stunt group is affected, a formation is “off,” and the whole routine suffers from it. It is vital to our success to be present at all practices. Please plan accordingly and take this seriously.
38. You will be excused with a Doctor’s note if you have a contagious illness. If you are not contagious and sick, we still want you to attend practice and we will work around it. It is important for you to be there so you know of changes in the choreography.
39. A cheerleader is to arrive to an event at the designated time on their upcoming calendar. Utilize this time to immediately stretch and warm up jumps and stunts. We will warm up as a team.
40. Two unexcused tardies will be equivalent to one unexcused practice.
41. Cheerleaders will be suspended or dismissed for one or more of the following major violations: Any violation as defined in the cheerleading rules, use of tobacco, alcoholic beverages, or drugs at any time, use of profane or obscene language and gestures, failure to attend practices or games, uncooperative attitude within the squad or coaching staff. Any problem will be discussed with coaches in private. Concerns of any member will be solved within the group and not become a team problem. Cheerleaders will reflect team effort rather than individual concerns. Disrespect shown to a coach or another team member will not be acceptable and will result in disciplinary action and un-sportsmanlike behavior.
42. Cheerleaders will provide their own transportation to all events unless otherwise arranged by the coaches.

I HAVE READ THE SWEAT CHEER ALLSTAR CONTRACT AND UNDERSTAND ALL THE COMMITMENTS OF BEING A CHEERLEADER FOR SWEAT CHEER ALLSTARS.

STUDENT
SIGNATURE _____

DATE _____

PARENT
SIGNATURE _____

DATE _____

SWEAT CHEER

2011-2012 Schedule

Practices will be held Mon and Thur, 4-6pm starting August 15th!!!

**Sweat Cheer will not have practice on the following dates:
Oct 31, Nov 24, Dec 26, Dec 28 and Jan 2**

Competitions/Events:

Date	Event	Fees	City/Info
Sat, Nov 11	Veterans Day Parade	TBD	Anthem
Sat, March 31	Phoenix Grand Champ	\$65 per athlete	Glendale
April 7, 2012	Grand Canyon State Cheer & Dance	Early Bird: Feb. 7 2012	Pinnacle High School

NOTES: