

What You Will Need for Tryout/Evaluation (Check List):

1. Completed cheer application sign-up form
2. Signed medical, publicity release, contract agreement form
3. Signed financial agreement/credit card authorization form**(OPTIONAL)**
4. Copy of your birth certificate
5. Photo -current
6. Copy of your insurance card
7. Tryout/Evaluation fee of \$10.00
8. Wear shorts, t-shirt, and cheer or tennis shoes
9. Hair should be pulled back in a pony tail

Pride All-Stars Appearance, Uniform Regulations, Financial Responsibilities, Liability and Insurance

- The cost of the uniform, accessories, team fees, tumbling fees, and competition fees vary from year to year.
- All payments are made payable to: Donna Fong must be in Money Order if you write a personal check and it bounce you will be responsible to pay the fee, plus you will be required to get money order for the remainder of the season.
- Payments for all other fees, stated above, are divided into monthly payments so that it is feasible for the parents to make payments. A payment schedule is issued before hand, so that parent can budget into their schedule. The amount due will be specified after all estimated are received.
- The team fees include costs incurred by the squad or on behalf of the squad and may include: first aid supplies, athletic tapes, pre-wrap, postage and handling fees, music CD's, recording fees for routines, batteries, transportation fees for picking up team supplies, rule books, competition videos, repair or any audio or video equipment, radio, etc.
- Because payments for uniform will be made first, due dates for other related expenses may conflict.
- The coaches will decide upon the uniform.
- Uniform are to be cleaned for all competitions and performances. If a uniform is excessively dirty or stained, the cheerleader may not be allowed to perform. All uniforms are to be hand washed.
- Uniform will be worn at all functions at which the cheerleader represents Pride All-Stars.
- Uniforms are not to be loaned to any non-cheerleader.
- The parent(s) or guardian(s) are responsible for the cost of any workshops, clinics, camps, transportations, competition fees, theme park entrance fees, etc.
- If competing at a State or National competition, squad members must pay for their own expenses. This may include hotel, theme parks admissions, transportations, and food expenses.
- These fees may be offset by fundraising activities coordinated by "Pride All-Stars" fundraising coordinator. It is expected you attend your child's activities and be an active participant.
- Should a squad member choose to quit or is removed from the squad, there are **NO REFUNDS**. A squad member who quits or is dismissed from the team is responsible for all debts and legal fees.
- There is a chance that not every squad members may compete for every competition due to: 1. Certain limits on the amount of participants in some competition, and that we will use. 2. Squad members who have not mastered the basics and advanced skills needed for competing. Everyone will compete eventually, but please be aware that there is a chance that your cheerleader may not be in some competitions. Cheerleaders are still expected to attend competitions to support their teammates and squad. An exception would be going to out of California for competition.
- It is understood that the coach (es) and advisor will make decisions based on what is best for the squad. Certain competitions, we would like to have a small group or individual to represent the team, i.e. stunt group and/or solos. The coach (es) and advisor will choose that group/individuals. If your child is selected and accepts, there are additional fees to compete. They have the option of declining. However, it must be understood that this is a coach (es) decision and final.
- Mandatory meetings must be attended. If there is a prior commitment or special circumstances, the cheer coach or advisor must be notified beforehand. There will be a charge for not attending these mandatory meetings. Important information is given at that time.
- Each squad member must provide proof of insurance prior to participating on the cheer squad and pass a physical examination.
- Parents are financially responsible for all medical treatment and/or medical examination that may be needed for their injured child. It is also understood that the Los Angeles Unified School District, El Sereno Middle School, its

Principal, any L.A.U.S.D personnel, the coach(es), tumbling instructor(s)/coach(es), staffs, choreographer are released of all liabilities involved with practices, participations, and transportation of any child involved with Pride All-Stars. This release is given when the parent(s)/guardian(s) of the cheer member signs this contract.

Pride All-Stars Tryout/Evaluation & Returning Members

- Returning members and new members will tryout each year. Coaches will decide what team the cheerleader will be on based on skills. Members must not have any outstanding debt from prior year(s) or carry any outstanding debts from other cheer/drill/dance teams.
- Returning members may be requested not to tryout due to prior year's responsibilities, financially and otherwise performance of duties were not adequate.
- Members must attend tryout workshops if held. If there is a prior commitment or special circumstances, the coach must be notified beforehand.
- All applications and paperwork must be turned in at tryout/evaluation.
- Tryout/evaluation will be held in the small or big gym.
- The coach (es) reserves the right to select team members as with any other athletic coach.
- Returning and new members will be notified on the week of tryout/evaluation.

Pride All-Stars Practices/Competitions

- The coach (es) will establish summer practices. Cheer members may be dropped from the squad if there is non-compliance.
- There may be extended practices, when needed and may include early mornings and weekends.
- Cheer members may be asked to run laps after practices as a disciplinary measure or to build endurance.
- If, for a previously scheduled family obligation, a cheer member cannot perform, the coach (es) must be notified in advance.
- No boyfriends, girlfriends, relatives, and family members are allowed to attend practices. They may not come inside the gym at any time. Only cheer member, coaches, and staff member are allowed. Safety for the team members is a priority and distraction causes accidents. No socializing during practices. This behavior will not be tolerated.
- The coach (es) will resolve any disagreements or arguments. All members of the squad will abide by that decision.
- Fighting, arguing or negativity by any member of the squad will not be tolerated. Removal from the squad may result.
- It is very common that practices run a few minutes late.
- Mini Stars and Lil-Stars must be signed out when they get picked up.
- The coach (es) will only stay 15 minutes after the end of practice. Please plan to pick up your child. In case of an emergency, keep a list of other parents/guardians' phone numbers and the coach (es). A \$20 fee will be charged for a cheerleader not picked up 15 minutes after dismissal. We are not a babysitting service.
- Cheer members must attend all practices prior performances/competitions.
- It is the cheer member's responsibility to communicate all information to his/her parents.
- An unexcused absence and/or 3 tardies to practice will result in removal from participation in an upcoming event or competition or disciplinary actions.
- All squad members are expected to participate and attend all activities, practices, exhibitions, and competitions.
- All cheer members of each competition squad must stay until awards are given at competitions. All cheer members are also required to stay in full uniform at competitions.
- When a cheerleader is ill, he/she needs to make an attempt to attend practice, even if they need to rest on the side and observe. Changes are made to the routine regularly, and all cheerleaders need to be aware of the changes.

Pride All-Stars Captain(s) and Co-Captain(s)

- Depending on the personality and the experience of the team, the coach (es) will decide if captains will be selected or if another form of delegation of duties should be used.

Pride All-Stars Conduct, Perspective, Attitudes, and Disciplinary Actions

- Inappropriate language will not be tolerated. Squad member will be asked to leave the gym.

- Any behavior, which reflects negativity on Pride All-Stars and its organization, may be grounds for removal from the squad.
- Any drinking, smoking or use of any kind of drugs is strictly prohibited while at practices, school, competitions, other activities/events, trips or camps is grounds for immediate removal from the squad. In situations where there is doubt, a suspension will take place until a parent conference is held with the coach (es) and advisor.
- We request that no smoking/drinking for parents/guardians during practices on school/gym grounds. While entering school/gym grounds with a vehicle, the speed limit is 3 miles for the safety of the kids and adults.
- It is imperative that each squad member and parent realizes that being a member of this organization is a **PRIVILEGE** not a right. Being a member is an expensive, disciplined, athletic activity, which all must understand that all rules and the program must be followed. If a squad member or parent/guardian is not willing to go along with the program, that student should not sign up for the program. Parents/guardian as well as squad members are expected to cooperate.
- It is important that a positive attitude be maintained throughout the term of the season. Any negative behavior or attitude will not be tolerated. If a parent/guardian exhibits negative behavior, which affects our team, the cheer member may be removed.
- Parent/guardian is requested not to punish their cheerleaders by keeping him/her from practicing, performing, or competing. This is a **TEAM**, not an individual program and full teamwork is required. Should this occur, the cheer member may be excluded from the Team?
- Any disrespectful behavior toward the coach (es), parents, staff members, or other squad members is **ground for immediate removal from the squad without any prior notice.**
- Each cheerleader and parent/guardian will be notified as to any undesirable behavior and/or attitude demonstrated by that member. The member will be given in the following order: 1. A verbal warning. 2. A verbal warning or written notification to the parent/guardian of the squad member stating what the Undesirable behavior observed. 3. After two warnings, the squad member may be suspended from the team for an amount of time or removal from the team, depending on the severity of the situation.
- Any squad member or former member who was dismissed from the squad or have outstanding debt, quit the squad may not tryout for the squad at any time in the future. They may not attend any Pride All-Stars practices or events.
- Any time a cheerleader is representing Pride All-Stars, either at practices, competitions, or any events, all rules and regulations of Pride All-Stars must be followed.
- Cheerleaders must be respectful to all other cheerleaders, competitors, staff, and others at all time.
- Cheerleaders will honor and respect each others' opinions. There will be no competitions between each other and any Pride All-Star squad members.
- As a member of Pride All-Stars, any posting or downloading of team routines is prohibited. Squad members are not to post/download on Youtube, My Space, or any similar type of web service. If any squad member is caught doing any type of posting/downloading will be dismissed from the team immediately.

Pride All-Stars Transportation

- Squad members and/or **parents/guardians must provide their own transportation to and from all squad related activities. This may include camps, fundraising, competitions, and practices.**
- A parent/guardian or any adult driver (ages 18 and over) must show proof of insurance when transporting any members other than their own child. Any squad member driven by another parent must give the parent driving at least \$10 to help with gas.
- Squad members must obtain prior permission from their parent/guardian in order to ride with anyone other than his/her own parent/guardian. Permission must be given, verbally or in writing, to the advisor beforehand.
- The coach (es)/advisor and parent may arrange carpools to any activity.
- The coach (es) should not be expected to provide transportation unless prior arrangements are made.
- Members of the **squad are expected to be on time to activities and must be picked up promptly.**
- Each parent/guardian is responsible to pick up their child after each activity.
- **Parents/guardians** – If you make arrangements to have your child taken to an event, competition, or practice, please make sure that it is **UNDERSTOOD** by both parties 1. **Who?** – will be responsible to return the child, 2. **Where?** – Agree on a location, and 3. **What time?** – Always provide a number you can be reached at in case you need to be reached for a certain reason. Cheer member **MUST** stay with assigned responsible driver to event unless agreed upon by parent.
- We encourage carpooling cause it's fun and saves gas. However, this is just a preventive message. It is important to is that you understand this is a safety issue for our cheer members and families.

Email for all communication: _____ Name _____

** you are responsible for informing us of email changes, thank you. Attach picture to this form.

Pride All-Stars Medical, Publicity Release Form & Contract Agreement

Please take the time to legibly write the information need on this form. The information will be used in an emergency situation.

Athlete's Last Name _____ First Name _____

Your Birth Date _____ Age Aug 31,2012 _____ Sex _____ School for Sept: _____
(current year)

Address _____ City _____ State: CA Zip Code _____

Home Phone # _____ Athlete's Cell # _____ Athlete's Email _____

Mother's Name _____ Occupation _____

Mother's Cell # _____ Work # _____ Email _____

Father's Name _____ Occupation _____

Father's Cell # _____ Work # _____ Email _____

MUST BE 18 YRS AND OLDER

Emergency Contact #1 _____ Relationship _____ Phone # _____

Emergency Contact #2 _____ Relationship _____ Phone # _____

(If your medical coverage changes after this original has been accepted please let us know at: Pridecheer@hotmail.com)

Insurance Carrier _____

Policy Number _____

Doctor's Name _____

Doctor's Phone # _____

Medication currently taking _____

Known Medication & Allergic Reactions _____

**PLACE COPY OF
MEDICAL
INSURANCE CARD
HERE**

Treatment Release I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for such treatment. I acknowledge that the above mentioned participant must have his/her own medical/accident insurance. I understand that cheerleading, dance competitions, and practices have an inherent danger in participation, and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in a Pride All-Stars stunt/cheer clinic/and Pride All-Stars at their own risk and will not hold Pride All-Stars, the L.A.U.S.D, or any of their employees liable for any and all injuries that may occur while participating in an Pride All-Stars event.

Publicity Release The undersigned does hereby grant Pride All Stars to produce promotional material relating to its programs, I understand that as a participant and/or a spectator that this may include videotapes or photographs taken during the course of my team membership. Therefore without reservation and limitations, I, in my own behalf and/or on behalf of Minor, hereby assign, transfer and grant Pride All Stars, it's successors, assignees, licensees, sponsors, and all other commercial exhibitors the exclusive right to photograph and /or videotape minor and to utilize such videotapes and photographs, and minor's name, face likeness, voice and appearance as a part of an Event, in the advertising and promoting and Event or in advertising and promoting similar future events or advertisements. I further understand that neither Pride All Stars nor any third party is under any obligation to exercise any of the foregoing rights, licenses, or privileges.

Sportsmanship It is the goal of Pride All-Stars to make competitions fun, innovative, and positive. We will not tolerate bad sportsmanship by participants, coaches, and fans/parents. We reserve the right to remove any person(s) that are unsportsmanlike or do not follow the directions of the security and event staff.

I, _____ have received and read the **Pride All Stars Contract**. We agree to strictly adhere to the terms
(Parent Name)

and conditions described in the contract. I understand that failure to do so may result in my child dismissal from Pride All Stars, and may affect ability to try out for Pride All Stars in the future.

Parent Signature: _____ Date: _____ Athletes' Signature: _____

(If 18 yrs or older)

Date: _____

Cheerleader Name: _____

Phone# in case of questions: _____

And name to talk to: _____



Need to know SIZE:

Tee shirt: Youth or Adult _____

Tank top: Youth or Adult _____

Shoes: Youth or Adult _____

(Girls only)

Sport bra top: Youth or Adult _____

Warm up:

Jacket: Youth or Adult _____ Name on Jacket _____
(Please print clear)

Pant: Youth or Adult _____ Name on pant _____
(Please print clear)

Would you like to order optional items?



Back pack \$25 _____

Duffle bag \$35 _____



Youth sizes on shirts

6-8 Youth S 8-10 Youth M 10-12 Youth L 12-14/16 Youth XL