



JUST CHEER ALL-STAR PREP PROGRAM 2022-2023

At JuST Cheer All Stars it is our mission to provide high-quality coaching and teaching, in the areas of stunting and tumbling. It is our mission to teach each athlete the life lessons of *Hard Work*, *Teamwork*, *Sportsmanship*, and *Integrity*. We strive to produce athletes who are confident and will become positive and constructive members of society.

WHY CAN'T WE ALL... JUST CHEER?

WELCOME TO THE FAMILY

As we prepare for our 24th season, we as owners and staff, are consistently developing ways to keep our gym moving in a positive direction. The complete dedication and participation of the cheerleaders and parents are vital to this growth. We need everyone's assistance in implementing the policies in this handbook to make JuST Cheer exceed expectations.

Specifically, we require all cheerleaders to always give their best effort and adhere to all practice schedules and rules stated in this handbook. Every successful program depends on its members who are willing to work hard every day, show up on time, and give support to all members of the JuST Cheer family.

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IMPORTANT DATES FOR 2022-2023

Prep Evaluations: November 10, 2022

First JCAS payment/ Commitment Forms due: November 15, 2022

First Team Practice: November 17, 2022

Frist Gym Fee Payment: December 1, 2022

***MANDATORY Routine Choreography:** December 4, 2022

**Missing any of the above stated dates may jeopardize your athlete's placements and/or their position on a JuST Cheer team.*

TEAM PRACTICES

Monday & Wednesday 6:00PM- 7:30PM

***First practice begins 11/17**

***Competitions will begin January 2023. A competition schedule will be sent out separately. Prep Teams will compete at 2-3 local competitions during the 2022-2023 Season. Prep teams do NOT travel.**

PLEASE BOOK YOUR VACATIONS DURING THE DATES BELOW:

Thanksgiving Holiday: November 23rd – November 26th

Winter Break: December 24th-January 2nd

Just Cheer Spring Break: April 1st-April 9th

MEETINGS & COMMUNICATIONS

All parent meetings must be scheduled in a timely manner. For team, athlete, or coaching concerns, meetings will be scheduled with the team coaches and All Star manager, either before practice or on non-practice days. Meetings during practices will not be scheduled, as our coaches attention will be with their scheduled team(s). If the issue persists a meeting will then be scheduled with an owner(s).

All notices will be delivered by email to parents. The current JuST Cheer email address is: justcheerallstars@gmail.com – (**General Questions/ Concerns**) and Justcheerdesk@gmail.com – (**Billing, absences/tardiness, scheduling etc.**). You will be asked to supply a current working email address upon joining. If emails bounce, are returned for any reason, or if you do not have an email address, it is up to you to make an effort to stay up to date on current events and information. We use the “Band” App to communicate with all team athletes. This will be set up during your athlete’s first practice.

Make sure to follow us on social media! We will also post updates on Facebook, Instagram, and Twitter.

Facebook: @just.cheer.5

Instagram: Just_cheerallstars

Twitter: @Just_cheerjags

YouTube: Just Cheer All Stars

END OF THE SEASON EVENTS

Any team that qualifies for a post season event such as U.S Finals, The Summit (full year only), Regional Summit, The Youth Summit etc. will incur an additional cost. Please be aware that Just Cheer All Stars WILL accept any and all bids awarded to these events. All athletes are expected to participate. If for any reason an athlete is unable to attend, A replacement will be positioned. Additional fundraising opportunities will be given to offset this additional cost. Please note post season events are not guaranteed but should be expected and planned for.

TEAM PRACTICE RULES & ABSENCES

All practices are CLOSED to parents and non-JuST Cheer athletes. There is to be NO JEWELRY worn at practices. This includes all earrings, belly button rings and necklaces/bracelets. This is not simply for appearance's sake, but for the safety of the one wearing the jewelry and for those either flying or basing, who might be injured as a result. PLEASE REFRAIN FROM OBTAINING PEIRCINGS AND/ OR TATTOOS DURING THE SEASON. Athlete CELL PHONES should be turned OFF and collected during practice times. There is to be **NO COFFEE OR GUM** or any kind during practices. There is to be NO excessively long fingernails or sculpts. There is to be NO videotaping of practices. **Practice clothing MUST be worn to all practices as scheduled.** Lost, misplaced, or damaged clothing must be replaced at your expense. Anyone late or dressed incorrectly will take part in extra conditioning unless otherwise stated.

CODE OF CONDUCT

A member must, always, be a strong representative of Just Cheer All Stars and a positive reflection of his/her teammates. Abusive behavior, lying and/or any other form of negative behavior are grounds for removal. We have a **zero-tolerance** policy for alcohol or drug use. We will not tolerate negative comments about other teams and their programs or in reference to JuST Cheer. We are aware that many individuals communicate with outside athletes and families from other gyms and programs, on various social media sites and platforms. Please remember that anything you say is a direct reflection of this organization. ***NOTE: if you are caught sending rude or inappropriate messages on SOCIAL MEDIA, OR ANY PUBLIC PLATFORM, you will be subject to immediate removal!*** Teammates are expected to treat one another with mutual respect. We do not tolerate pettiness, gossiping or cliques; with attempt to exclude or alienate other members.

Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. A problem between an athlete and a staff member will first be addressed between the athlete and a coach. If the problem or infraction persists, a parent will be notified. We will handle all disciplinary problems privately and professionally.

ABSENCES/ SICK/ INJURY POLICY

****Due to COVID-19 we will monitor sick athletes and determine attendance on a case-by-case basis.***

You **must** attend practice when you are sick or injured. This includes headaches, stomach cramps, minor colds etc. Extreme illnesses, such as vomiting, strep throat, COVID or any other contagious illnesses are **excused**. Athletes are often removed from our program for failing to follow this rule. We will not make exceptions. You will not be required to participate in certain elements; however, you must be present. An athlete will jeopardize their position if this rule is not followed. In addition, you must provide a doctor's note with detailed information regarding illness, treatment, and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating. Extended sickness such as Mono, or COVID will jeopardize an athlete's position on the team. This is not a punishment, but positions may be moved or altered to allow for the team to continue. In the event that an athlete is injured at home or during other extracurricular activities, we ask that you please notify us as soon as possible. We will make changes with choreography/routines based on the extent of the athlete's injury and length of recovery. The coaches have complete discretion in replacing such individuals for the rest of the season. All injured athletes must continue their monthly tuition and gym fees. Anyone selected as a crossover substituting for any athlete for any reason will automatically receive the original athlete's registration for competitions. ***All athletes will be allocated 4***

unexcused absences. *Athletes who fail to abide by this number, will be in jeopardy of being dismissed from their team, and/ or the program.*

MISCELLANEOUS INFORMATION

We believe in PERFECTION before PROGRESSION. We will not allow athletes to learn advanced tumbling skills before perfecting their basics. If parents and athletes are not patient or do not have a clear understanding of our teaching methods, they should not be cheering at JuST Cheer All Stars. *Proper technique is everything!* Only perfected skills will be choreographed in a Just Cheer routine! Parents are not allowed to spot their children on Just Cheer property. *Absolutely NO unsupervised tumbling!* An instructor must be present at all times.

Athletes selected as flyers must maintain flexibility and skill requirements. All flyers will incur additional practice hours and responsibility. Selected flyers unable to meet the level requirements must learn to base or be moved to an alternate position. In addition, mandatory tumbling will be required for athletes who do not maintain the tumbling level skill requirement.

Anyone with mental tumbling blocks may be sent home. Further action will be taken at the coach's discretion. **Tuition does not pay for the right to perform.** Individuals must meet the level skill requirements in order to compete. Athletes can be moved to an alternate position if they do not maintain the skill requirement.

RULES AND REGULATIONS CONTRACT

(pgs. 8-12)

I hereby understand that each time “Just Cheer” is mentioned throughout this packet it is meant to be all inclusive of Just Cheer All Stars.

Please sign below to acknowledge that you have read and understand all rules.

General Rules

1. Only registered JuST Cheer athletes are permitted in the gym.
2. Siblings, family members, friends, etc. are not allowed in the gym.
3. All spectators must remain in the lobby (when permitted) and keep the noise level down at all times.
4. Any Athlete, Friend, personnel, or family member, that disrupts a practice will be asked to leave the gym immediately.
5. We reserve the right to close the lobby at any given time for any reason.
6. NO food, gum, or drinks, aside from water, are permitted in the gym.
7. All trash must be disposed in the appropriate trash receptacles.
8. Cell phones and other electronics must be put on silent mode and turned in at the start of practice or left outside of the gym.
9. Just Cheer is not responsible for any personal items lost or stolen.
10. All forms or information needed by Just Cheer must be turned in to the front desk at the appropriate time stated.
11. The Just Cheer name and logos are trademarked. Any privately created or monogrammed items bearing the Just Cheer name cannot be worn or sold without approval.
12. Any athlete or parent/guardian that speaks negatively of Just Cheer online or through any medium (social media) may be dismissed from the program at any time.
13. It is prohibited for any parent to reach out to event producers before information has been sent out by Just Cheer.
14. JuST Cheer reserves the right to adjust and/or implement protocols for the health and safety of all.

I have read and acknowledge the **general** rules and regulations:

Signature

Date

JUST CHEER ALL STARS PREP INFORMATIONAL PACKET 2021-2022

Please sign below to acknowledge that you have read and understand all rules.

Team Rules

Just Cheer retains the right to:

1. Place its athletes on the team(s) it feels will best suit the athletes and the program.
2. Decide if an athlete may participate on more than one team.
3. Decide the roles and/or positions an athlete will have/play on their team(s). (Ex. base, flyer, backspot, tumbler, dancer, alternate, etc.)
4. Request that an athlete/team take additional classes or camps to improve their skills.
5. Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.
6. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: Attendance, conduct, skills, finances, parent conflicts, etc.
7. Withhold any uniform and uniform accessories, for non-payment.

Athletes that elect to participate on more than one Just Cheer team must:

1. Be in good financial standing.
2. Be willing and able to fulfill all responsibilities required by EACH team.
3. Be responsible for any additional entry fees they incur beyond their first team.

I have read and acknowledge **team** rules and regulations:

Signature

Date

JUST CHEER ALL STARS PREP INFORMATIONAL PACKET 2021-2022

Please sign below to acknowledge that you have read and understand all rules.

Attendance Rules

1. Make Just Cheer a **priority** over any other extracurricular activities.
2. Joining Just Cheer is a big-time commitment and will come before any other extracurricular activities.
3. Athletes that consistently arrive late to practice due to other commitments may jeopardize their position on their team (s).
4. All practice sessions are MANDATORY.
5. Attend and be prepared to participate in all Just Cheer activities including those unexpectedly added throughout the season regardless of illness or injury, unless otherwise recommended by a doctor through **valid written documentation**.
6. Notify Just Cheer immediately when an injury occurs so changes to routine choreography can be made prior to practice.
7. Arrive at least **15 minutes early** to all Just Cheer activities. **Continual tardiness will be grounds for dismissal.**
8. Notify Just Cheer in writing immediately of all expected tardiness or absences.
9. Notify Just Cheer by phone immediately of any unexpected tardiness or absences.
10. Repeated absence/sitting out of practice may result in position changes in routine, (i.e. loss of tumbling pass, removal from stunt etc.)
11. Athletes will be asked to leave the program due to excessive absences.
12. **ALL COMPETITIONS ARE MANDATORY. If you miss a competition, you will also be replaced for the following competition and/or dismissed from the program.**

I have read and acknowledge the **attendance** rules and regulations:

Signature

Date

JUST CHEER ALL STARS PREP INFORMATIONAL PACKET 2021-2022

Please sign below to acknowledge that you have read and understand all rules.

Miscellaneous Rules

Sportsmanship/Conduct

1. Grounds for **dismissal** from Just Cheer include but are not limited to:
 - Smoking, drinking of alcoholic beverages or use of drugs
 - Challenging the authority of a coach or person in charge, by athletes or parent/guardian.
 - Any negative behavior towards a Just Cheer member or to another gym.
 - Inappropriate pictures or language used on any medium - this includes all social media platforms!
 - Athletes and parents are to never approach an official or judge of a competition
 - Negative actions or verbiage about Just Cheer or in reference to, on any social media or public platforms.
2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach/ owner to discuss any issues that may arise.
4. Accept team placements and awards with dignity and class.
5. Refrain from gossiping (including social media) or any form of verbal or physical confrontation.

Health/ Injuries

1. Provide Just Cheer with current health insurance and emergency contact.
2. Inform Just Cheer of all medical conditions that may limit or prevent their ability to participate in any Just Cheer activities.
3. Notify Just Cheer of any injuries sustained as a result of participation in any sanctioned Just Cheer activities.
4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any Just Cheer activities.
5. Provide Just Cheer with an up-to-date list of any medications that the athlete is currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco, or any other substances.

I have read and acknowledge the **miscellaneous** rules and regulations:

Signature

Date

Please sign below to acknowledge that you have read and understand all rules.

Agreements

1. Material Agreement: As a member of Just Cheer All-Stars Cheerleading Program, any material (cheers, chants, pyramid, partner stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose, to anyone outside the Just Cheer All Stars Cheerleading Program.
2. VALUABLES IN THE GYM: It is not possible to monitor valuables brought into the JuST Cheer facility. Please leave valuables at home or in the car. JuST Cheer will not be responsible for any lost or stolen items. If you bring valuables into the gym, you are doing so understanding the risks you are taking.
3. ALL PRACTICES ARE MANDATORY: Any extra practice that is scheduled must be attended by all team members.
4. THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION: Every team member is expected to attend every competition. Any athlete that misses a competition may be removed from the program.
5. JuST Cheer Incorporated is a unique corporation that relies on our company name and logo as brand identity, and they are valuable assets to our company. In order to help us protect our trademark rights, and strengthen our corporate and brand identity, we revoke all usage of our company name and logo, in whole or in part. The JuST Cheer Inc. logo or any other JuST Cheer Inc. owned graphic, symbol, logo, icon, or image may not appear on or in the publication or any apparel, product, or material without written permission from JuST Cheer owners. We are asking that families respect this request and understand that it is unlawful to reproduce the JuST Cheer name and logo and all slogans, images, owned graphics, and custom designs that reflect our branding identities.

I have read and acknowledge the agreement rules and regulations:

Signature Date

Please sign and date that you understand and agree to ALL rules and regulations:

Athlete Signature Date

Parent/Guardian Signature Date

JUST CHEER ALL-STAR PREP FINANCIAL COMMITMENT 2022-2023

This information provides a summary of the financial responsibility that program members and their parents can expect to pay during the 2022-2023 season.

Joining a JuST Cheer team is a ONE YEAR commitment. If a team member quits AT ANY TIME FOR ANY REASON, you forfeit all fees paid into JuST Cheer. ALL Fees ARE NON-REFUNDABLE. Any uniform or uncollected items will also be forfeited.

- **GYM FEE:** Monthly Tuition fees paid each month you are a member of the program, **due on the 1st of each month**. Checks should be made payable to JuST Cheer. There will be a \$25 late fee added to your account if payment is not made within 14 days of the due date. We reserve the right to sit your athlete out of practice if payment is not made. Monthly amount due will not be prorated for gym closings, gym vacations, or personal vacations, sicknesses, or injuries.

Junior Prep: \$115

*** Your first Gym Fee is due 12/1 at the first practice of the season.**

- **JCAS FEE:** Each Family has their own JuST Cheer All Star Account. **The fees you pay go into your account to pay for your competition related expenses.** These fees will be spread over a **4-month payment schedule:** November 15, 2022, December 15, 2022, January 15, 2023, February 15, 2023, March 15, 2023. **All amounts are per ATHLETE. YOU MUST PAY YOUR ACCOUNT MONTHLY. If one month is missed, we will submit a warning to you via email. If two months are missed, your athlete will not be allowed to participate in team practices. If three months are missed, we will send your account balance to our collection's agency.**

****Athletes that are 2 months behind on JCAS Payments will NOT receive a uniform or warm up jacket and will compete in a black sports bra and black shorts. ****

***All accounts must be paid in FULL by March 15th.**

JCAS PREP ATHLETE

* This is a per athlete fee *

	JUNIOR PREP (Birth year 2006-2015)
Annual Registration Fee & Insurance	\$200
Competition Fees	\$400
Choreography & Music	\$350
Uniform Package	\$350
Total Fees	\$1,300

*Subject to change

Please note, that if you decide to leave JuST Cheer during the season, for any reason, there are No Refunds!

Uniform package includes:

- **Uniform Top & Bottom**
 - **Mesh Leotard**
 - **competition bow**
- **2 Mandatory Practice Wear T-Shirts**

ALL STAR PROGRAM FEES AND THE JCAS ACCOUNT

As stated on page 13, There are two fees required to maintain your position as a JuST Cheer All Stars member; To reiterate, this is your Gym Fee (Monthly Tuition) and your JCAS Account fee (monthly competition related expenses). You will receive a monthly statement of your JCAS balance. The fees are per cheerleader and are to be paid by cash, credit card or check made payable to JCAS. All questions related to billing, must be emailed directly to our receptionist justcheerdesk@gmail.com

Please carefully consider the financial commitment and only do so if you are willing to comply with all deadlines.

FUNDRAISING

The JuST Cheer Fundraising Board will schedule numerous fundraisers throughout the year to help raise money for the General Fund. ‘The General Fund’ is used for charitable purposes and gym improvements. We will be scheduling 2-3 Fundraising events for this cause and ask that each family participates. The General Fund will not be used as an individual athlete fundraiser.

The fundraising board will schedule other fundraisers throughout the year (i.e., Double Good Popcorn, Cheesecakes, Pies, Krispy Kreme, etc.). **We will also supply Sponsor letters, in addition to canning letters.** The money raised by these fundraisers belongs to the individual cheerleader and will be allocated to the account of the cheerleader responsible for raising them. The funds are used to pay for necessary expenses for the participant i.e., competition fees, registration, uniform costs etc., for the participant only. Any extra dollar amount raised passed the total amount due can be applied towards the following season, and/ or end of the year events. All fundraised credit will be applied to athlete accounts **1 month after the fundraiser took place.** The money that is earned from fundraising **cannot be refunded, used to purchase clothing, or transferred to cover Gym Fees.** **ALL FUNDRAISED MONEY MUST BE TURNED INTO THE FRONT DESK.** *All Fundraisers **MUST** be set up and handled by **JUST CHEER.** It is forbidden to set up personal or individual fundraisers using the JuST Cheer All Stars likeness or name. This will not be tolerated in any form and may be grounds for dismissal. **Fundraised money CANNOT be refunded for any reason.**

Financial Obligations

Please sign below to acknowledge that you have read and understand all rules.

All parents/guardians and athletes understand that:

1. They assume full responsibility for all costs incurred as a member of Just Cheer, including but not limited to: Account fees & registration, monthly tuition, apparel costs, competition, and travel expenses, and/or any other item(s) or services purchased or rendered including payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.
2. Monthly “GYM” (tuition) payments will be made on the 1st of every month.
3. Monthly “JCAS ACCOUNT” payments will be made on the 15th of every month from November to March.
4. An athlete will not receive a uniform if the JCAS account is 2 months behind.
5. Gym Tuition does not fluctuate based on the number or duration of practices in any month.
6. Tuition pays for training. It does not pay for the right to perform.
7. Vacations or time off will not be prorated.
8. All payment dues must be met.
9. A \$25.00 late fee will be assessed in the event that tuition payment is past due more than 14 days.
10. **The Just Cheer Credit Card form must be completed at time of registration.**
11. An athlete’s account must be in good standing to participate in practices, competitions, or special events.
12. **All FUNDS ARE COMPLETELY NON-REFUNDABLE.**

I have read and acknowledge the **financial obligations**:

Signature

Date

**JUST CHEER ALL-STAR
PREP PROGRAM COMMITMENT FORM**

Must be completed for each registered athlete, including siblings

Athletes Name: _____

Parent/Guardian Name: _____

Registration Agreement: Please initial in the box

I hereby agree to register my child with JuST Cheer All Stars for the 2022-2023 Season. Upon registering for the program, I allow said child to participate in all activities, events, practices, programs, competitions, travel, and other such matters associated with JuST Cheer All Stars for the 2022-2023 season. I understand all fees in association with JuST Cheer All Stars are non-refundable.

Parent or Guardian must initial each

Please read and initial the following important policies.

_____ I have read this packet in its entirety.

_____ I have read and agree with the financial plan for 2022-2023.

_____ I have read and agree with the attendance expectations and policy.

_____ I have read and will abide by all rules and regulations set forth by JuST Cheer, Inc.

_____ I understand that ALL fees are nonrefundable.

_____ I understand that ALL communication with coaches should be by email or calling the gym.

_____ I understand that I am not to use the JuST Cheer Logo or other JC related art, slogans, or team names without the express permission of the gym owners.

I have read and understand this packet in its entirety and will follow all standards and rules set forth by JuST Cheer, Inc., and JuST Cheer All Stars.

Parent/Guardian Signature: _____ Date _____

Athlete Signature: _____ Date _____

CREDIT CARD AUTHORIZATION CONTRACT

All families must provide us with a credit card and authorization to use it. You may choose to charge your gym fees, JCAS account fees, or both automatically each month. However, if you opt to pay by cash/check and we do not receive payment; your credit card will automatically be charged two weeks after the due date including the \$25 late fee. Gym fees (tuition) are due the first practice of each month, and JCAS account fees are due the 15th of each month.

Cheerleader Name: _____

Parents Name: _____

Address: _____

Initial Below:

_____ I would like my gym fees charged monthly.

_____ I understand if my payment is 14 days late, I will be charged a \$25 late fee.

_____ I would like my JCAS Account fees charged monthly.

_____ I understand if 3 monthly payments are missed, my JCAS balance will be sent to our collection's agency.

I authorize JuST Cheer to charge my: (check one)

Amex _____ Master Card _____ Visa _____ Discover _____

Credit Card Number: _____

Expiration Date: _____ Security Code: _____ Zip Code: _____

I understand that my signature on this contract will serve as my authorized signature on the credit card charge slip. I understand that should I not meet the payment deadlines for JuST Cheer, my credit card will be charged.

SIGNATURE OF CARD HOLDER

Date