

2024 - 2025
INSPIRE ATHLETICS
HANDBOOK



www.inspireathleticscheer.com



WELCOME

Thank you for your interest in Inspire Athletics Cheer. We offer a full range of programs, ensuring that every athlete can follow their own best path of progression.

This Handbook details the commitment and financial obligations required to participate in all- star cheerleading as part of our competitive program. If you have any questions about any information in this Handbook, or our program, please don't hesitate to contact us.

When you become a member of Inspire Athletics, you become part of our family. We thank you for the opportunity to contribute to the growth and development of your athlete.

We can't wait to have you join us for Season 8!

Prepare to be Inspired,
Kevin Burkett & John Warner
Gym Owners & Operators
Info@InspireAthleticsCheer.com
(919) 656-5753



OVERVIEW & EXPECTATIONS

Please review this handbook thoroughly and contact the office if you have any questions. Once you have reviewed this information, sign the accompanying paperwork and return to us on your athlete's designated tryout date.

Always use the 2024-2025 Program Handbook as your first resource if you have questions throughout the season.

As a program, we pride ourselves on not only the talent, but also on the class and dignity of our athletes, coaches and parents. All members and parents/guardians of the Inspire Athletics program are bound by the following policies, as well as our Code of Conduct, and are expected to meet these sets of principles and expectations on and off the mat.

Parents and athletes should be aware that All-Star Cheerleading is a large time and financial commitment. Members of our program are expected to make Inspire Athletics priority over any other extracurricular activities.

Our season lasts for 12 months. The final competition date depends upon the athlete's team. All-Star Prep teams typically have their last competition in April, and all other teams usually compete through May, due to invitation or bid-only events.

ATTENDANCE POLICY

**** If you cannot commit to the attendance policy, please do not tryout. ****

A master absence record will be kept throughout the year to record all absences and the nature of the absence. Absences will be reviewed on an individual basis. However, anything beyond 3 absences will be grounds for dismissal from the program.

Athletes are to attend practice if they are sick or hurt – they must sit on sidelines and/or wear a mask to prevent spreading germs. If the athlete has an injury that prevents active participation at practice, a written note from the doctor must be provided. In either case, it is important that the athlete be present for any changes that may affect him/her.

If an athlete takes an absence, they are required to notify a coach as soon as possible so that a substitute can fill their spot.

We understand that there will be times when cheerleaders cannot attend practice, whether it is a serious illness, funeral, school event, etc. We have allowed these 3 absences for this reason.

Coaches reserve the right to replace an athlete who misses practice the week before a competition. If a competition is missed for any reason above, the athlete will not receive any gifts (medals, jackets, etc.) and will not be placed on the bid team if a bid is won.

Absolutely NO ABSENCES ALLOWED:

- the week before competition
- on competition day(s)
- for mandatory camps or events
- the month of March/April for any teams attending post season events

Please submit all planned vacations and absences in writing at the beginning of the season. Unplanned absences must be submitted via email as soon as the absence is known. Vacations after July are expected to be scheduled so that they do not interfere with any Inspire activities.

Pre-Season Exceptions to the attendance policy:

- JUNE: Two (2) "June Only" absences allowed
- JULY: Two (2) "July Only" absences allowed
- AUGUST: Two (2) "August Only" absences allowed

Athletes that arrive to practice more than 5 minutes late or who leave practice early more than 5 minutes early will be considered "Tardy". 5 Tardies = 1 Absence.

*All teams will practice once a week during the months of June & July. Starting on August 3rd, ELITE teams will begin to meet twice a week for practices. *

BEHAVIOR & SOCIAL MEDIA

All athletes and parents are expected to promote friendship through support, encouragement and respect. As a representative of Inspire Athletics, showing respect for (and good sportsmanship towards) the coaching staff, other teams and hosting organizations is always expected.

Negativity, gossip, pettiness or hostility towards another athlete, staff member or parent will not be tolerated, and can be grounds for immediate dismissal. If a parent or anyone is observed speaking negatively about, verbally assaulting or threatening a team, coach, parent or athlete, he/she will be addressed and/or asked to leave immediately. If the behavior continues to be an issue, the athlete will be removed from the program and will not be allowed to return the following year.

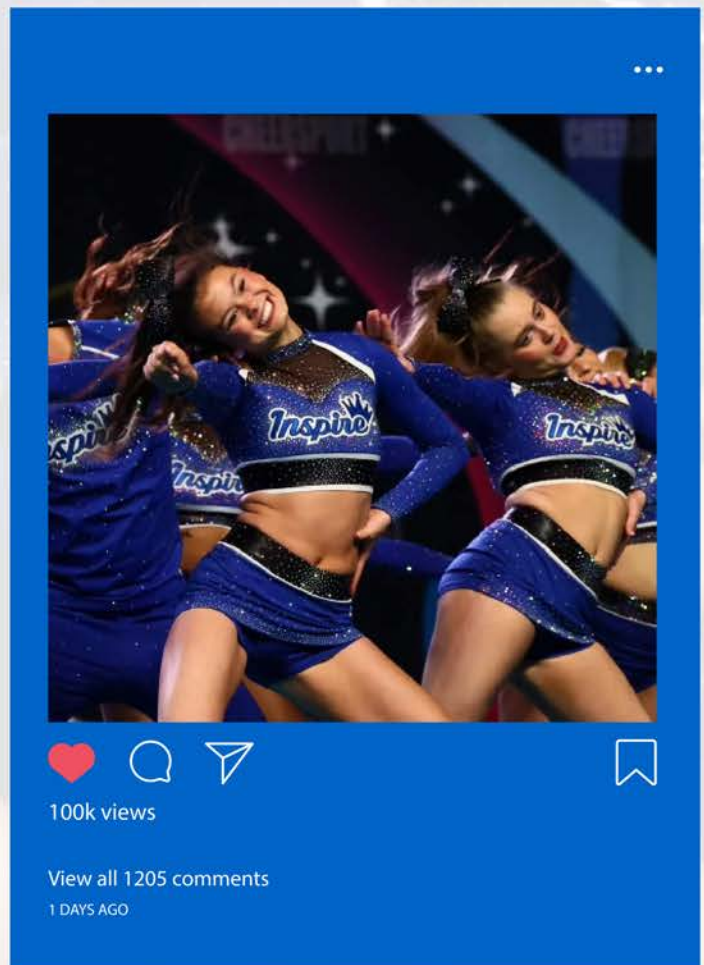
No athlete or parent may post inappropriate messages on a social media platform (Facebook – including team FB pages, Twitter, Instagram, Fierce Boards, group chats, etc.) about another program or individual, or Inspire staff.

Inappropriate message content can include, but is not limited to, sexual/nude photos, photos showing drug or alcohol use (actual or implied), or photos showing inappropriate or vulgar gestures or innuendo.

Any program member who posts inappropriate content on any social media platform will be dismissed from the program.

No bullying will be tolerated, either in person or on social media, texts or group chats. Any athlete who bullies will be dismissed from the program.

No team videos are allowed to be posted publicly on any social media platform (including YouTube) or any website without permission from the Gym Owner. All choreography, including dances, stunts, music, etc. should be highly protected.



COMMUNICATION

There is no excuse for being uninformed when the information has been provided. Athletes and parents are responsible for staying up-to-date with information about the program, schedule, events, etc.

It is mandatory for at least one parent to be part of the following 3 groups:

- the Inspire Facebook group
- Team app
- the parent GroupMe for your athlete's team

Any program information that is communicated should be assumed confidential to Inspire Athletics program members only unless explicitly stated otherwise. Athletes are strongly discouraged from contacting the coaches or other staff directly through text or other social media platforms for matters unrelated to absences, tardiness or injury.

COMPETITION BEHAVIOR & DRESS CODE

Athletes and parents are expected to exemplify good sportsmanship & behavior during competitions. All program members are required to show positive support for all athletes, coaches, fans and judges. No one may approach any event staff or judges, other team athletes, parents, supporters or coaching staff, and make negative or derogatory comments.

Athletes must arrive "mat-ready" to each competition. At no time may an athlete be partially in uniform (including unfinished or incomplete makeup or hair) at the venue. All jewelry must be removed. Competition shoes must be always worn. Slippers, boots, flip flops, etc. are not allowed to be worn while in uniform (to or from the venue, or inside). All non-uniform items such as sunglasses, phones, iPads and backpacks must be put away by team meet-up time and any braces/tape needed to perform must be applied.

Per USASF rules, uniforms with exposed midriffs are not allowed off the competition mat and must be covered. Only Inspire Athletics branded attire is allowed (jacket, t-shirt) to be worn over the uniform at the competition.

During competition months (October-May), athletes may not have any unnatural hair color (pinks, blues, greens, etc.) unless covered by a hair piece. Tattoos should be covered by the uniform or appropriately masked, and any body piercings should be removed for safety purposes.

If there are any questions or concerns that need attention, please use the following communication chain of command:

Team Mom > Team Coach > Gym Director > Gym Owner

DISCIPLINE

If any Program Expectations (including, but not limited to the Codes of Conduct) are compromised, the following actions will occur:

- 1st Violation – Meeting or phone call with the athlete and/or the parent defining the problem.
- 2nd Violation – The athlete may be removed from the team or program.

EVALUATIONS & TEAM PLACEMENT

This season we will be conducting a two week-long evaluation to ensure we set up each team for success. This will help us get an accurate representation of the athlete's overall skills and get to know the athlete personally as well.

Athlete placement is driven by the mastery, consistency, and technical expertise of all the skills in a level. One or two skills that are executed does not mean that the athlete is prepared to successfully compete within that level. We believe that skill perfection over progression creates more cohesive, successful teams and better athletes. Athlete position is also a large component of team placement – teams will be structured so that we can max out the scores in all the performed skills and execution. Additional athlete attributes such as attitude, leadership, drive and overall commitment are factored into the evaluation and team placement process.

Please remember that athletes are going through the evaluation process to become not just a member of a team, but most importantly, a member of the Inspire Athletics family.

Throughout the season, and when deemed in the best interest of the athlete, team, and/or program, Inspire Athletics retains the right to:

- Place its athletes on the team(s) it feels will best suit them and the program.
- Move, replace, add, suspend or dismiss an athlete for a period of time or indefinitely from the program based on criteria including but not limited to:
 - Attendance
 - Conduct
 - Skills
 - Finances
 - Parent conflicts
- Decide the roles and/or positions an athlete will have on their team.
- Request that an athlete or team take additional classes or camps to improve their skills.

Anyone threatening to quit or pull their athlete from a team will be dismissed from the program.

CROSSOVERS

Athletes may crossover to one additional team and are first and foremost a rostered member of their primary team. Athletes must attend ALL practices of both their primary and secondary team.

Crossover athletes will not pay any additional fees for monthly tuition, but are responsible for:

- All additional competition fees incurred for secondary team: \$900 (paid in 6 installments)
- Additional competition bow/scrunchie: \$15-30 (if a different design or center required)
- Additional Initial Fee: \$250 (for secondary team)
- Bid Event Fee: \$100-150 (Actual fee for secondary team bid will be determined at time of bid award.)

FINANCIAL POLICIES

A schedule of fees and payment due dates is listed in this handbook. Parents and/or the responsible adult party will be asked to sign an acknowledgement of Financial Policies for the 2024-2025 season and will be responsible for keeping his/her athlete account(s) current and in good standing.

When registering, **all** athletes must maintain a debit or credit card on file as part of their unique account information in the iClassPro software system. Payment of all tuition and program fees will be made via automatic bank draft ONLY through this system (unless previously approved by the Gym Owner).

Monthly tuition fees are due and will be drafted on the 1st of each month. Monthly fees are not prorated for any reason. All other fees are due and drafted on the exact due date as listed on the Schedule of Fees in this Hand- book. Invoices are available online. Any errors or concerns with invoices or payment must be directed to the Gym Owner.

Declined drafts will incur an immediate \$35.00 NSF fee. If payment is declined, alternate payment must be made in the form of cashier's check or cash within three (3) business days of NSF notice and must be submitted in person at the gym. A late fee of \$30 will be assessed for any payments made past three (3) calendar days of due date.

Failure to meet the deadline for payments, and lack of reasonable and fair communication regarding payment will result in the athlete's loss of services (sitting out of practice) and/or dismissal from the program. Coaches reserve the right to replace the athlete if this happens. No exceptions.

FINANCIAL POLICIES

IMPORTANT: If your account is delinquent by more than ten (10) calendar days, Inspire Athletics reserves the right to:

- Withhold services (e.g. private lessons, classes, etc.)
- Withhold uniforms, practice wear, bows, etc.
- Withhold Pro Shop in-house purchases or/or preorder purchases
- Withhold team and/or individual pictures

All travel reservations, accommodations and/or plans are the sole responsibility of the athlete and athlete's family, unless otherwise noted by Inspire Athletics. Inspire Athletics is not responsible for reimbursing travel expenses to athletes or individuals in the unforeseen cancelling of events, athlete's loss of skills, injury or athlete's removal from the program.

Some out-of-town competitions are "Stay-to-Play" and require that **all** travelers book a specific hotel through a designated travel agency. Athletes and parents will be notified of "Stay-to-Play" competitions in advance.

All competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is cancelled by Inspire Athletics, every effort will be made to replace it with a comparable event, if possible. In the event that the team does not have a postseason bid, owners will make the decision whether or not to add an additional competition. This may require further competition fees.

All program payments are NON-REFUNDABLE. Inspire Athletics reserves the right to turn over all delinquent accounts to a collection agency and the parent/ responsible party will be responsible for all additional costs incurred.

LOGOS & PROPRIETARY MERCHANDISE

Inspire Athletics, team names and its logo are considered proprietary, and may not be reprinted on any apparel or other items for distribution or sale. All items will be sold through our Pro Shop.

No Soliciting. The sale or distribution of any outside products is not allowed at our facility without explicit, written permission from the Gym Owner.



PRACTICES

Practices may be changed or added at any time during the season with proper notice. If a practice is cancelled, make-up practices may or may not be added at the discretion of the Gym Owner.

Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to our instructors and to the athlete during spotting.

Only coaches and athletes are allowed in the gym. Parents/guests must remain in the lobby area. Practices are closed to all parents/guests until the last 30 minutes of practice. However, due to safety concerns, lobby guests may NOT communicate at ANY TIME with athletes or coaches on the gym floor. Any type of communication or any attempt to communicate with anyone inside the gym via yelling, waving, whistling, clapping, etc. will be asked to leave the facility immediately. The coaches reserve the right to close practices at any time for any reason.

All athletes and parents are expected to respect the privilege of the use of our facility. No gum, food, candy or sodas are permitted in the gym area. Only water and Gatorade are allowed. Trash should be disposed of in the appropriate receptacles and bathrooms should be kept neat. Athlete cellphones must be turned off and put away during practice. Parents who need to reach an athlete in an emergency should contact the office for assistance.

Inspire Athletics assumes NO responsibility for any lost or damaged personal items that are brought into the facility.



PROGRAM WITHDRAWAL OR DISMISSAL

Should an athlete choose to leave the program at any time prior to the end of the season, a 30-day written notice is required.

In the event that an athlete withdraws from the program OR is dismissed, any fees that are due within the following 30 calendar days (of receipt of written withdrawal notification) will be drafted from your account on the 30th day. This includes (but is not limited to) any competition or miscellaneous fees, pre ordered merchandise, and/or monthly tuition charges.

In addition to these fees due, there will be a \$400 re-choreography fee drafted from your account for each athlete that leaves after Routine Skills Camp and/or Choreography Camp, and prior to the end of the season. (This fee is non-negotiable and is charged when the athlete leaves the program, regardless of if the athlete voluntarily withdrew or was dismissed.)

Athletes that choose to leave prior to the end of the season or are dismissed from the program will not be invited to try out for our program the following season. The Gym , Owner reserves the right to refuse program re-admittance after any length of time for anyone who was previously dismissed from the program.

Practices may be changed or added at any time during the season with proper notice. If a practice is cancelled, make-up practices may or may not be added at the discretion of the Gym Owner.

ROUTINE/SKILLS CAMP

All athletes are required to attend their team's Skills Camp and an additional team Choreography Camp. Both camps will be held on one or two full days over a weekend in the month of July and/or August. Some more advanced teams may have two-day camps.

During evaluations, all athletes MUST provide any dates in July or August that they will be out of town or unavailable. These dates will be used to assist with camp scheduling. Final dates will be announced within one week of The Team Reveal.



UNIFORMS

Uniforms are designed and produced exclusively for our program by Rebel Athletics. Date and time for uniform fittings will be announced after evaluations. Athletes are expected to keep all Inspire Athletics uniforms (including bow and centers), practice wear and warm-ups in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be assigned to the athlete.

2024-2025 COMPETITION SCHEDULE

**Projected schedule will be released a few weeks after tryouts. *

Date	Competition	Teams Attending

Other important Dates

Team Placement – Friday, May 24th

Routine Camps- TBD July, August, September (Announced after tryouts)

Gym Closings

Memorial Day- May 27th
Independence Day- July 1st - 7th
Labor Day – September 2nd
Thanksgiving- November 27th – 30th
Winter Break- December 19th – Jan 2nd
Spring Break- TBD

** Teams that have received bids to The Summit or Worlds WILL have mandatory practice in March/April. No absences for vacation/spring break allowed. **

ATHLETE CODE OF CONDUCT

Being a part of the Inspire Athletics Cheer family gives athletes a special opportunity to develop not only physical conditioning and athletic skill, but also teaches and reinforces the character traits needed for success in life. Therefore, as an Inspire athlete, I agree to abide by the following:

COMMITMENT

- I understand that my team is depending on me to fulfill my responsibilities as a team member. I will be committed to the program, my coaches, my teammates and myself, striving to reach both the team's goals and my personal goals.
- I will arrive at practice and competitions on time with a positive attitude, and I will work hard to achieve the goals set by my coaches. I realize that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner.
- I will maintain and/or improve the skills I performed at tryouts through hard work and dedication, understanding that such maintenance and improvements are required in order to be competitive within my level.
- I understand that team/position placements are about what is needed to be successful and not about any one element in the routine. I understand it is sometimes necessary for athletes to be moved from one position to another, dependent upon what is best for the overall success of the team, and I will abide by the decisions made by the coaches or Inspire Athletics staff.
- I understand that during practice, all team, position and routine decisions are left to the discretion of the coaches. If I have a concern or an opinion that conflicts with a decision, I will address it with the coach outside of practice, and at a mutually agreed upon time (but NOT before 24 hours has passed).
- I understand that the coaches may request to practice longer than the regularly scheduled time or add additional practices, classes, or competitions if deemed necessary.
- I understand that practice time is meant for the review, modification and perfection of the routine and team skills.
- I will maintain healthy behaviors, such as the proper nutritional and physical conditioning requirements for this sport.
- I will not participate in the illegal consumption of tobacco, alcohol or drugs. **I understand that doing so will result in the IMMEDIATE dismissal from Inspire Athletics. NO EXCEPTIONS.**

CONDUCT

- I will be honest.
- I will be an example of team spirit, encourage others and contribute to good morale.
- I will put the good of the team ahead of my personal gain. I will work well with teammates to achieve team goals.
- I will be committed and strive to excel. When faced with difficulty or challenges, I will persevere, give 100% effort and not give up in the face of setbacks.
- I will control anger and frustration and refrain from displays of temper, bad language or inappropriate behavior.
- I will accept losing and winning graciously. I will congratulate opponents, not sulk, or display other negative behaviors.
- I will accept responsibility for my actions on and off the mat. I will not make excuses or blame others.
- I will actively support teammates and others. I will listen, try to understand and be fair to others.
- I will treat others as I would want to be treated.
- I will refrain from gossiping or using any form of verbal confrontation. I will only speak positively about the program and/or coaches and not comment negatively or give an opinion openly regarding any Inspire athlete, practice or routines. This includes all social media, Facebook, Twitter, Instagram, etc.

2024-2025 SCHEDULE OF FEES

FULL-SEASON ALL STARS

Date	Charge	Amount
June		
6/1/24	Annual Registration	\$80
6/1/24	June Tuition	\$155
6/15/24	Gym Practice Wear	\$120
July		
7/1/24	Initial Fee (Routine Camp, Choreography, Music, Administration Fee)	\$350
7/1/24	July tuition	\$155
7/15/24	Competition fees 1/6	\$150
August		
8/1/24	Uniform (Cost might differ per team) (New Athletes Only)	\$550-\$650
8/1/24	Competition hairpiece (Bow, Scrunchie, Etc.)	\$30
8/1/24	August Tuition	\$155
8/15/24	Competition fees 2/6	\$150
8/15/24	Program Warm up	\$140
September		
9/1/24	September tuition	\$155
9/15/24	Competition fees 3/6	\$150
October		
10/1/24	October tuition	\$155
10/15/24	Competition fees 4/6	\$150
November		
11/1/24	November tuition	\$155
11/15/24	Competition fees 5/6	\$150
December		
12/1/24	December tuition	\$155
12/15/24	Competition fees 6/6	\$150
January		
1/1/25	January tuition	\$155
1/1/25	Coaches Fee	\$135
February		
2/1/25	February tuition	\$155
March		
3/1/25	March tuition	\$155
April		
4/1/25	April tuition	\$155
May		
5/1/25	May tuition	\$155

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

- Athlete's required annual USASF membership fee (\$49)
- Competition Make-Up (\$35-\$40)
- Athlete/family travel expenses to and from competitions
- Cheer shoes
- Individual & Team Pictures
- End of year banquet/party
- Optional gear such as a backpack, jacket, pro shop items, etc.
- Tumble classes or other specialty classes or clinics

Bid Events

Junior and Senior teams will be competing to earn a bid to The Summit in Orlando, FL. Youth teams will be competing to earn a bid to the Youth Summit in Tampa, FL. In the event that a bid is awarded, the following fees will be due:

- **Bid Event Fee: \$150-200**

The Bid Event Fee will be due within 30 days of receiving bid OR event registration deadline (whichever is first). The final amount will be determined by the event location and will be finalized by the Gym Owner within 48 hours of the team's bid receipt. This fee covers additional expenses such as improved choreography, added practices, coaches' travel, and athlete practice and/or spirit wear, etc.

- **Competition Fee: (Varies depending on Event)**

The competition fees and additional travel package fees will be paid directly to the event company.

Typically, a deposit of up to \$100 per person must be paid within 15 days of receiving a bid, with the balance due within 90 days.

2024-2025 SCHEDULE OF FEES

FULL-SEASON ALL STARS – CROSSOVER ATHLETES

*All information outlined below assumes 1 Primary Team and 1 Crossover Team – Please see Gym Owner for SOF if your athlete will be crossing over to more than 1 team

Date	Charge	Amount
June		
6/1/24	Annual Registration	\$80
6/1/24	June Tuition	\$155
6/15/24	Gym Practice Wear	\$120
July		
7/1/24	Initial Fee (Routine Camp, Choreography, Music, Administration Fee)	\$600
7/1/24	July tuition	\$155
7/15/24	Competition fees 1/6	\$300
August		
8/1/24	Uniform (Cost might differ per team) (New Athletes Only)	\$550-\$650
8/1/24	Competition hairpiece (Bow, Scrunchie, Etc.)	\$60
8/1/24	August Tuition	\$155
8/15/24	Competition fees 2/6	\$300
8/15/24	Program Warm up	\$140
September		
9/1/24	September tuition	\$155
9/15/24	Competition fees 3/6	\$300
October		
10/1/24	October tuition	\$155
10/15/24	Competition fees 4/6	\$300
November		
11/1/24	November tuition	\$155
11/15/24	Competition fees 5/6	\$300
December		
12/1/24	December tuition	\$155
12/15/24	Competition fees 6/6	\$300
January		
1/1/25	January tuition	\$155
1/1/25	Coaches Fee	\$135
February		
2/1/25	February tuition	\$155
March		
3/1/25	March tuition	\$155
April		
4/1/25	April tuition	\$155
May		
5/1/25	May tuition	\$155

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

- Athlete’s required annual USASF membership fee (\$49)
- Competition Make-Up (\$35-\$40)
- Athlete/family travel expenses to and from competitions
- Cheer shoes
- Individual & Team Pictures
- End of year banquet/party
- Optional gear such as a backpack, jacket, pro shop items, etc.
- Tumble classes or other specialty classes or clinics

Bid Events

Junior and Senior teams will be competing to earn a bid to The Summit in Orlando, FL. Youth teams will be competing to earn a bid to the Youth Summit in Tampa, FL. In the event that a bid is awarded, the following fees will be due:

- **Bid Event Fee: \$150-200 for 1st Team that receives bid and \$100-\$150 for 2nd Team that receives bid**

The Bid Event Fee will be due within 30 days of receiving bid OR event registration deadline (whichever is first). The final amount will be determined by the event location and will be finalized by the Gym Owner within 48 hours of the team’s bid receipt. This fee covers additional expenses such as improved choreography, added practices, coaches’ travel, and athlete practice and/or spirit wear, etc.

- **Competition Fee: (Varies by Event)**

The competition fees and additional travel package fees will be paid directly to the event company.

Typically, a deposit of up to \$100 per person must be paid within 15 days of receiving a bid, with the balance due within 90 days.

2024-2025 SCHEDULE OF FEES

ALL STAR PREP

Date	Charge	Amount
June		
6/1/24	Annual Registration	\$80
6/1/24	June Tuition	\$140
6/15/24	Gym Practice Wear	\$120
July		
7/1/24	Initial Fee (Routine Camp, Choreography, Music, Administration Fee)	\$275
7/1/24	July tuition	\$140
7/15/24	Competition fees 1/6	\$120
August		
8/1/24	Uniform (Cost might differ per team) (New Athletes Only)	\$550-\$650
8/1/24	Competition hairpiece (Bow, Scrunchie, Etc.)	\$30
8/1/24	August Tuition	\$140
8/15/24	Competition fees 2/6	\$120
8/15/24	Program Warm up	\$140
September		
9/1/24		
9/15/24	Competition fees 3/6	\$120
October		
10/1/24	October tuition	\$140
10/15/24	Competition fees 4/6	\$120
November		
11/1/24	November tuition	\$140
11/15/24	Competition fees 5/6	\$120
December		
12/1/24	December tuition	\$140
12/15/24	Competition fees 6/6	\$120
January		
1/1/25	January tuition	\$140
1/1/25	Coaches Fee	\$85
February		
2/1/25	February tuition	\$140
March		
3/1/25	March tuition	\$140
April		
4/1/25	April tuition	\$140
May		
5/1/25	May tuition	\$140

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

- Athlete's required annual USASF membership fee (\$49)
- Competition Make-Up (\$35-\$40)
- Athlete/family travel expenses to and from competitions
- Cheer shoes
- Individual & Team Pictures
- End of year banquet/party
- Optional gear such as a backpack, jacket, pro shop items, etc.
- Tumble classes or other specialty classes or clinics

Bid Events

Junior and Senior teams will be competing to earn a bid to The Summit in Orlando, FL. Youth teams will be competing to earn a bid to the Youth Summit in Tampa, FL. In the event that a bid is awarded, the following fees will be due:

- **Bid Event Fee: \$150**

The Bid Event Fee will be due within 30 days of receiving bid OR event registration deadline (whichever is first). The final amount will be determined by the event location and will be finalized by the Gym Owner.

- **Competition Fee: (Varies by Event)**

The competition fees and additional travel package fees will be paid directly to the event company.

Typically, a deposit of up to \$100 per person must be paid within 15 days of receiving a bid, with the balance due within 90 days.

2024-2025 SCHEDULE OF FEES TINY/MINI PREP

Date	Charge	Amount
June		
6/1/24	Annual Registration	\$80
6/1/24	June Tuition	\$120
6/15/24	Gym Practice Wear	\$100
July		
7/1/24	July Tuition	\$120
7/1/24	Initial Fee (Music, Routine Camp, Administration fee)	\$275
7/15/24	Competition fees 1/4	\$75
August		
8/1/24	August Tuition	\$120
8/1/24	Uniform/Bow	\$200
8/15/24	Competition fees 2/4	\$75
8/15/24	Program Warm up	\$140
September		
9/1/24	September tuition	\$120
9/15/24	Competition fees 3/4	\$75
October		
10/1/24	October tuition	\$120
10/15/24	Competition fees 4/4	\$75
November		
11/1/24	November tuition	\$120
December		
12/1/24	December tuition	\$120
January		
1/1/25	January tuition	\$120
February		
2/1/25	February tuition	\$120
March		
3/1/25	March tuition	\$120
April		
4/1/25	April tuition	\$120
May		
5/1/25	May tuition	\$120

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

- Athlete's required annual USASF membership fee (\$49)
- Competition Make-Up (\$35-\$40)
- Athlete/family travel expenses to and from competitions
- Cheer shoes
- Individual & Team Pictures
- End of year banquet/party
- Optional gear such as a backpack, jacket, pro shop items, etc.
- Tumble classes or other specialty classes or clinics

Bid Events

Junior and Senior teams will be competing to earn a bid to The Summit in Orlando, FL. Youth teams will be competing to earn a bid to the Youth Summit in Tampa, FL. In the event that a bid is awarded, the following fees will be due:

- **Bid Event Fee: \$150**

The Bid Event Fee will be due within 30 days of receiving bid OR event registration deadline (whichever is first). The final amount will be determined by the event location and will be finalized by the Gym Owner.

- **Competition Fee: (Varies by Event)**

The competition fees and additional travel package fees will be paid directly to the event company.

Typically, a deposit of up to \$100 per person must be paid within 15 days of receiving a bid, with the balance due within 90 days.

SKILLS BY LEVEL – TUMBLING

Level	Beginner	Intermediate	Advanced
1	Forward Roll Backward Roll Bridge Cartwheel Round Off	Bridge Kick Over Jump to Forward Roll Handstand Forward Roll Standing Back Walkover Front Walk Over	Back Walkover Series Specialty Series (connected beg/int/adv skills)
2	Standing BHS Jumps Pause BHS BHS pause BHS Round of BHS	BWO – BHS BHS Step out in RO BHS RO BHS Series Front Handspring *BWO – Back Walkover *RO – Round Off	BWO BHS to Specialty FWO BHS Series Specialty Series (connected beg/int/adv skills) *FWO – Front Walkover
3	Standing 2 BHS Jump to BHS RO Tuck RO BHS Tuck	Standing 3 BHS Jumps to BHS Jumps to 2 BHS FWO RO BHS Tuck Punch Front	Jumps to 3 BHS Jump BHS step out to RO BHS Tuck Punch Front pause RO BHS Tuck Specialty Series to Tuck
4	Standing Tuck Standing BHS Tuck Jump to BHS Tuck RO Layout	Jumps to BHS Tuck RO BHS Series Layout FWO to RO BHS Layout Punch front RO BHS Tuck	Punch Front or Whip to RO BHS Layout Jumps to BHS Series Tuck Specialty Series to Layout (connected beg/int/adv skills)
5	Jump Back Tuck BHS Series Whip RO BHS Full 2 BHS to Layout	Tuck BHS/BHS Series Tuck BHS – Whip/Tuck BHS Tuck BHS Series Layout FWO RO to Full RO Arabian	BHS Whip Tuck BHS Layout Jump BHS Series Layout PF step out RO Full RO Whip BHS Full
6	2 BHS to Full Specialty to Full	Jump BHS Series Full BHS Whip BHS Series Full BHS Whip to Full Punch Front step out to Full RO to Whip to Full	Standing Full 3 BHS to Double Full to Full Whip Punch Full RO BHS Double Specialty Series to Double (connected beg/int/adv skills)

SKILLS BY LEVEL – STUNTING

Level 1	Level 2	Level 3	Level 4	Level 5/6
<p>Thigh level stunts Elevators and cradles Extensions in pyramids</p>	<p>Extensions 1 leg stunts at chest level Straight basket tosses Extended 1 legs in pyramids</p>	<p>Extended 1 leg stunts 2 leg full downs Full ups to prep level assisted flips Single skill or twisting baskets Beginning release move</p>	<p>1 Leg full down 2 leg double down Full ups to extended Switch ups Kick full baskets Flipping pyramids</p>	<p>1 leg double down High tic tocs 1 ½ or double ups to extended Kick double baskets Elite pyramid skills</p>

2024 -2025 TRYOUT EVALUATION INFORMATION

	Age 3-11	Age 12-18	Additional Details
Open Tumbling	Wednesday, May 8 th 5:30-6:30	Wednesday, May 8 th 8:00-9:00	Athletes will meet coaching staff & tumble
Material Day	Thursday, May 9 th 6:00-8:30	Friday, May 10 th 6:00-9:00	Athletes will learn a tryout dance, tumble sequence, & Jump combination
Tumbling Evaluations Sunday, May 12th (Athletes will find out which tryout session to attend on their material day based off mastered skills)			
BACK WALK OVERS 12:00pm- UNTIL	BACK HANDSPRINGS 2:00pm – UNTIL	TUCKS 4:00pm- UNTIL	LAYOUTS AND MORE 6:00pm-UNTIL
Stunt Evaluations #1	Monday, May 13 th through Thursday, May 16 th		Athlete will receive email invitation with specific date & time assignment, based upon results of athlete's evaluations. Athlete's will be grouped according to executed level of skill.
Stunt Evaluations #2	Monday, May 20 th through Thursday, May 23 rd		Athlete will receive email invitation (Friday the 17 th) with specific date & time assignment, based upon results of athlete's 1 st stunt evaluation. Athletes will be grouped according to executed level of skill.
Team Placement	Friday, May 24 th		Team placement announcement- Placement cards through email.

Evaluation Attire

- Blue, light blue, black and/or white attire
- Tank tops, tees or sports bras
- Spandex-type shorts or Nike Pros
- Hair in high pony or half-up and half-down with bow of your choice
- Cheer shoes with white no-show socks

Evaluation Fee

- \$60 per athlete (Non-Refundable)
- Paid directly through website

Evaluation/Registration Paperwork

The following completed paperwork must be turned in to the front office no later than the first day of evaluations: (Pages 16-22)

- Athlete Skill Evaluation Form
- Copy of Birth Certificate
- Copy of Medical Insurance Card
- Headshot Photo attached to Athlete Evaluation Form (non-returnable)
- Athlete Roster Card
- Release of Liability & Assumption of Risk
- Photo Release
- Medical Authorization & Release
- Acknowledgement of Program Handbook

Team Reveal

Team placement cards will be distributed through email. We hope to have emails out to everyone no earlier than 5:00pm & no later than 8:00pm on this Friday. Once emails have been sent, ANY & ALL concerns must be tabled until the end of the weekend. Respectfully- Do not contact us or any of the Inspire staff members until AFTER the weekend.

Summer Practices

During the months of June and July, teams will practice regularly on weekdays in preparation for choreography camp.

*Please note that if an athlete is unable to fulfil his or her commitment, team assignments as presented at The Team Reveal event may be modified.

INSPIRE ATHLETICS CHEER PERSONAL EVALUATION CHECKLIST

All athletes must complete the tasks below and submit required documentation to the Inspire Athletics office in order to participate in evaluations. Thank you in advance for your cooperation!

- Athlete/Family Profile created through iClassPro
- Athlete/Family Account updated with credit card on file
- Evaluation registration completed & fee paid
- Completed Athlete Skill Evaluation Form*
- Copy of Birth Certificate*
- Copy of Medical Insurance Card*
- Headshot Photo attached to Athlete Evaluation Form (non-returnable) *
- Completed Athlete Roster Card*
- Signed Release of Liability & Assumption of Risk*
- Signed Photo Release*
- Signed Medical Authorization & Release*
- Signed Acknowledgement of Program Handbook*

ATHLETE SKILL EVALUATION FORM

Athlete First & Last Name

Birth Date

Age as of 12.31.24

Grade (2024-2025)

Primary contact number

Parent/Guardian Name

CIRCLE YOUR CURRENT SKILL LEVEL

Tumbling Skills 1 2 3 4 5/6

Stunting Skills 1 2 3 4 5/6

Are you interested in being a Crossover?

_____ YES _____ NO

What is your PREFERRED stunt position?

_____ FLYER _____ BASE _____ BACKSPOT

I am willing to cheer on any Inspire team regardless of level:

_____ YES _____ NO

If NO, please list levels you would be interested in and why:

Attach headshot of athlete
(Photo will not be returned)

Gym/Program name in 2023-2024

Team and Level in 2023-2024

Number of years in All Star Cheer

2024-2025 ATHLETE ROSTER CARD

Athlete First Name	Athlete Last Name
Street Address	City, State & Zip Code
Birthdate	Age as of 12.31.24
Athlete email if applicable	School Name and Grade 2024-2025
Parent/Guardian Name	Athlete phone number if applicable
Parent/Guardian phone number	Parent/Guardian email
Sibling athlete(s): _____	
T-shirt size _____	Shorts size _____
T-shirt size _____	Shorts size _____

SUMMER VACATION/KNOWN ABSENCE DATES:

Also needs to be logged into the Team App

June 2024: _____	July 2024: _____
August 2024: _____	Other: _____

2023-2024	Athlete Forms Received			Athlete Gear Delivered
TEAM PLACEMENT	USASF Annual Registration			Uniform & Bow
	Birth Certificate			Make-Up
	Medical Insurance Card			Practice Wear & Bow
	Release of Liability Form			
	Photo Release Form			
	Medical Authorization Form			
	Acknowledgement Program Handbook Form			

By providing your contact information, you consent to being contacted by Inspire Athletics Cheer, LLC and its representatives, coaches and staff. Inspire Athletics takes your privacy very seriously, and will never release, sell or distribute your information to a third-party without your prior written consent.

INSPIRE ATHLETICS CHEER

RELEASE OF LIABILITY & ASSUMPTION OF RISK

I, _____, hereby certify that I am the parent or legal guardian of _____ who is under the age of eighteen. As the parent or legal guardian and in consideration for the membership granted herein, I hereby, agree to release and hold Inspire Athletics Cheer, LLC, as well as its owners, agents, officers, directors, shareholders, instructors and employees (collectively referred to herein as "IAC"), harmless from any liability, claim, injury, damage, loss or cause of action which may result from participation in any way related to cheerleading, dance or gymnastics instruction and the use of the facility and its equipment. I agree to indemnify and hold harmless IAC from all Third-Party Claims against it relating to my child/athlete.

I understand there are inherent risks associated with the cheerleading, dance or gymnastics programs in which I propose to be Involved, including but not limited to sudden changes in blood pressure, irregularities of heartbeat, dizziness, fainting, strained muscles, sprains and broken bones. I have freely, knowingly and voluntarily undertaken these pro- grams and certify that my child is in good physical condition and is able to utilize IAC's equipment and facility. I have no knowledge of any condition, physical or mental, which would prevent or limit my athlete(s) from participating in these programs. I agree that IAC has no ability to independently investigate the health or physical condition of my athlete(s) as it relates to his/her/their ability to tolerate the proposed programs. I understand that IAC is relying upon my certification to them that I have obtained appropriate clearance for my athlete(s) to engage in such programs from competent medical professionals.

If I ever have reason to believe that my child is not in good physical condition, I will notify IAC in writing with my specific concerns and the timeframe for which any limitations shall need to be in place for my child/athlete. I will be sure to keep the current emergency contact information on file with IAC at all times.

I further release and agree to hold harmless the owner and operator of the real estate where such training will occur from any obvious defects in the premises, including but not limited to IAC, parking areas, common areas and walkways. I understand all terms of this agreement and have had the opportunity to ask questions before signing.

Parent/Legal Guardian Signature

Witness Signature

Date

Printed Witness Name and Phone Number

INSPIRE ATHLETICS CHEER PHOTO RELEASE

I hereby authorize Inspire Athletics Cheer, LLC, hereafter referred to as "IAC," to publish photographs taken of my minor child or children listed below for use in IAC print, online and video-based marketing materials, as well as other IAC publications.

I hereby release and hold harmless IAC from any reasonable expectations of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize IAC to use their likenesses.

I further acknowledge that participation is voluntary and that neither I, the minor child, nor minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or IAC publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release IAC, its contractors, its employees and any third parties involved in the creation or publication of IAC publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Name (Please Print)

Signature

Date

Address

City, State & Zip code

Relationship to athlete

Names and ages of minor children

Name: _____

Age: _____

Name: _____

Age: _____

Name: _____

Age: _____

INSPIRE ATHLETICS EMERGENCY MEDICAL AUTHORIZATION & RELEASE

EMERGENCY PROCEDURES

For minor injuries, Inspire Athletics Cheer (“IAC”) policy is to call the Emergency Contacts and/or Parent/Guardian listed on this Medical Authorization form, and follow their directions. In the rare case of a more serious injury, IAC policy is to first call 911, then call the Emergency Contact listed below.

MINOR INJURIES /MEDICATION

IAC will provide bandages for minor scrapes & cuts. IAC will NOT provide medications.

EMERGENCY TREATMENT PRE-AUTHORIZATION

I authorize IAC and its representatives to consent to medical treatment for my child. I also give IAC permission to administer the necessary emergency care to my child to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to IAC instruction, practices, or performances. I also assume responsibility for cost of treatment.

Parent/Legal Guardian Signature

Witness Signature

Printed Name

Athlete's Name

Date of Birth

List any allergies: _____

Current medications: _____

Current medical issues: _____

Other important instructions or information: _____

_____ Emergency Contact #1	_____ Emergency Contact #2
_____ Relationship to athlete	_____ Relationship to athlete
_____ Emergency Contact #1 Phone	_____ Emergency Contact #2 Phone

Health Insurance Company

Policy/Group Number

Policy Holder Name

Policy Holder Date of Birth

INSPIRE ATHLETICS CHEER

ACKNOWLEDGMENT OF PROGRAM HANDBOOK

I, _____ the parent/guardian of _____ ,
acknowledge I received a copy of the 2024-2025 Program Handbook.

I understand and agree to abide by all of the rules, regulations and policies set forth in this Handbook.

_____ (initial)

I further acknowledge that I have read, understand and agree to abide by all Financial Policies.

_____ (initial)

I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet the skill requirements.

_____ (initial)

Parent/Guardian Signature: _____

Date: _____

I, _____ , acknowledge I received a copy of the 2024-2024 Program Handbook.

I understand and agree to abide by all of the rules, regulations and policies set forth in this Handbook.

_____ (Athlete's initials)

I further acknowledge that I have read, understand and agree to abide by the Athlete Code of Conduct.

_____ (Athlete's initials)

I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee my right to perform and that I must meet the skill requirements.

_____ (Athlete's initials)

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____