

Wake Forest All-Star Cheerleading

2019-2020

Program Handbook



Intro

The Wake Forest All-Star cheerleading program operates out of Young's Gymnastics & Cheerleading, Inc. Young's Gym was established in the town of Wake Forest in 1994 and has been instructing the youth of Wake Forest and surrounding areas in the disciplines of gymnastics and cheerleading for over 25 years. The program is the oldest and most stable in the area with a reputation of being competitive, well organized and known for its high standards and small, family atmosphere.

We are glad that you are considering being a part of our family at WFAS! Our mission is to build self-confident, self-disciplined, team oriented, loyal athletes and families. At WFAS we value sportsmanship, dedication, integrity, and development of the cheerleader both on and off the floor.

In this handbook you will find information on the tryout process, financial obligations, athlete and parent policies, and important dates. ***Please read this handbook in its entirety prior to tryouts!***



WFAS Team Tryouts (Full Season)

The WFAS cheerleading program is a small D2 program of 125 athletes or less each season as governed by the United States All-Star Federation (USASF). Teams are created based on athletes' ages and skill levels. An athlete's age for a competition season is based on that athlete's age as of August 31st for the new season.

The age grid for teams is determined by the USASF. Age is determined as to what your age is on August 31, 2019:

Cheer Division	Age	# on Squad	Levels
Tiny Novice	4-6 years old	10	Level 1
Mini	6-8 years old	5-30	Levels 1,2
Youth	11yrs & younger	5-30	Levels 1,2,3,4
Junior	14yrs & younger	5-30	Levels 1,2,3,4
Senior	11yrs-18yrs	5-30	Levels 1,2,3,4 & 5
Junior Prep	8-14 years old	5-30	1.1, 2.1,3.1

Divisions are split into small and large teams. Small teams consist of 5-20 athletes and large teams can have up to 30 athletes. At WFAS we typically strive to have small teams unless circumstances dictate otherwise at tryouts.

*****There are tumbling requirements at WFAS for all full season athletes that will compete in the Youth, Junior, or Senior divisions of a competitive season. This means that athletes whose competition age for a season is 9yrs or older must have a minimum of a standing back handspring and roundoff back handspring unspotted on the floor. Without these minimum tumbling skills an athlete will NOT be placed on a full season WFAS team! In addition, an athlete MUST maintain these minimum skills throughout the entire season or risk being removed from the competition routine!**



Team Placements (Full Season)

There may be athletes on any given team that tumble at a different level than their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, age, mentality, dedication, attitude and work ethic are huge factors as well. Some girls will be stronger tumblers than others. Some will contribute more with stunts than others. We choose our teams based on the positions that we need to fill (Bases, flyers, tumblers, etc.) Every athlete is placed on a team for a reason - Please trust the coaches and staff. Our decisions are made on what is best for the **ENTIRE** team, program and the individual athlete as well!

Each season we will need some athletes to compete on more than one team. These athletes, referred to in the industry as “crossovers,” are picked solely at the discretion of the coaching staff for the specific teams needed. If an athlete is asked to be a crossover to another team and she accepts the crossover position, her primary team will always be considered her age appropriate team unless otherwise decided by the coaching staff. It is a privilege for an athlete to be a crossover; therefore, if an athlete is not fulfilling her duties on her primary team she may need to be removed from her crossover team.

We try to have as few crossovers as possible. Ideally, we would have none because having crossovers creates scheduling conflicts for practices in the gym and at competitions. However, it is typically not possible in any season to not have some crossover athletes.

Crossovers do incur additional fees so parents should be aware of the extra costs before committing their athlete to a crossover position!



Team Crossovers

What is a crossover?

A crossover is an athlete that is chosen to compete on a 2nd team because they are qualified and can fill a specific role that the 2nd team needs (i.e. base, back spot, flier).

Please read this page in its entirety before you decide that your athlete would like to be CONSIDERED as a crossover.

- Crossovers will pay a stunt clinic fee, choreography fee, competition fees & team specific hairbows and/or apparel for BOTH teams. There is NO extra tuition for the 2nd team.
- Crossovers will be chosen to fill a need (i.e. base, back spot, flier). They will NOT be chosen just because they want to do 2 teams.
- If your athlete is NOT chosen as a crossover it does not mean that they are not good or did something wrong. It simply means that we did not need them on a 2nd team.
- Crossovers & parents need to understand that they will be expected to give 100% effort to each team even if those practices are back to back.
- We cannot guarantee that practices will not overlap or be back to back. The crossovers will be given at least a 5-minute break before they need to report to their 2nd team. Depending on what it is going on it would be at the coach's discretion to give a longer break. The crossover and parents must trust the judgement of the coaches in this area.
- Crossovers and parents need to be aware that there will be difficult practices and that it is OK for your athlete to be pushed. I promise it will only make them stronger! 😊
- Crossovers WILL NOT be treated differently on either team just because they do 2 teams. You are making a choice to be considered as a crossover.

Please check one of the below:

_____ I DO want my athlete to be CONSIDERED as a crossover AND I am aware that choosing this option DOES NOT mean that she will be a crossover.

_____ I DO NOT want my athlete to be CONSIDERED as a crossover.

Parent Signature: _____

If you have any questions, please e-mail Shannon at shannon@youngsgym.com



It's **CHEER** Season!

Coming in May 2019!

Tryouts for the 2019-2020 season of the Wake Forest All-Star cheerleading program!

The WFAS cheerleading program is proud to announce tryout dates for our upcoming season. Please save the dates and information about tryouts on this flyer and visit our website for more detailed information about our All-Star cheerleading program:
www.wfascheer.com

Thursday, May 16th

Mini (ages 6-8) **4:30-6:00**
Youth (ages 9-11) **5:00-7:00**
Junior & Senior (ages 12-18) **6:30-8:30**

Friday, May 17th

Mini (ages 6-8) **4:30-6:00**
Youth (ages 9-11) **5:00-7:00**
Junior & Senior (ages 12-18) **6:30-8:30**

Saturday, May 18th

(Groups will be announced on Friday)

Group 1	9:00-11:30
Group 2	11:00-1:00
Group 3	1:00-2:30
Group 4	2:30-4:00

Registration Fee: \$75 per athlete or \$100 per family

If you cannot be at the designated tryout time please email Shannon Young - shannon@youngsgym.com - to set up an alternate tryout time.

Athletes **MUST** meet the minimum and/or maximum age in any division on or before August 31, 2019.

You will try out with the age you will be on August 31, 2019.

All Youth, Junior & Senior athletes that tryout **MUST** have a minimum of a back handspring and roundoff back handspring to be eligible for placement on a WFAS full season team!

Mandatory Parent meetings will be held on Tuesday, May 21st and Thursday, May 23rd. Specific times for parent meetings will be posted after tryouts.



www.wfascheer.com



Youngs Gym
1213 SOUTH MAIN STREET
WAKE FOREST, NC 27587
919-554-0606

WFAS Tryout Checklist

Please bring the following documents with you to tryouts:

- Copy of Birth Certificate (New Athletes Only)
- Photo of Athlete
- Crossover form (p.5)
- WFAS Athlete Information filled out (p.22)
- WFAS “Policies, Payments, & Terms” Signed (p.23)
- WFAS “Parent Payment Information” filled out (p.24)
- WFAS “Family Code of Conduct” Signed (p. 25-26)
- Acknowledgement of WFAS Program Handbook Signed (p. 27)



WFAS Prep Team-Tundra Wolves (Half Season)

The WFAS prep team, the Tundra Wolves, was created to allow athletes and parents the opportunity to experience all-star cheerleading in a shorter and less costly season. There are NO requirements, evaluations, or tryouts to be placed on this team. We do set the ages for this team at 8yrs to 14yrs. Registration for this team typically occurs in September of each season. Just like full season athletes, competition age is based on age as of August 31st of the competition season. The team is filled on a first come basis and the maximum positions allowed each season is determined by the coaching staff. The athletes on this team do count towards our maximum allowed limit of 125 so the size of the prep team may be adjusted based on the total number of full season athletes for that year.

Athletes who participate on this team will experience all-star cheerleading competitions just like the athletes on the full season teams. However, since this team starts over from scratch each season, it is not recommended that athletes participate on this team for more than 2 seasons. Athletes are not prohibited from cheering on Tundra Wolves for more than 2 seasons, but the repetitiveness of starting over each season could likely become boring. Hopefully over the course of one or two seasons on this team, an athlete will have decided to move up to the full season program or that all-star cheerleading is not a sport that they wish to further pursue.

It should also be noted that tumbling skills and progressions may not be as focused on this team as they are in a specific tumbling class. All aspects of competitive cheerleading must be taught to this team from the beginning each year in a short amount of time! Elements learned include stunting, pyramids, jumps, dance, motions, and tumbling. Team tumbling practice may sometimes need to be replaced with competition routine practice if it is deemed imperative by the coaching staff. The objective is to have the team prepared for competition. Therefore, if an athlete is certain that her goal is to one day make a WFAS full season team and she does not have the required tumbling skills, she should consider taking a tumbling class and/or private tumbling lessons instead of participating on Tundra Wolves or in addition to cheering on Tundra.

WFAS Prep Team Important Dates		
Monday, August 12, 2019	Online Registration Opens!	9:30am
Thursday, August 29, 2019	Mandatory Parent Meeting	6:00-7:00pm
Sunday, September 8, 2019	Uniform Fitting	3:00pm
Friday, September 13, 2019	Practice Starts	4:30-5:30
Friday, September 27-Sunday, September 29	Choreography - MANDATORY	Friday 4:30-8:30 Saturday 1:30-5:30 Sunday 5:30-7:30

WFAS Prep Team Practice, Competition, & Exhibition Dates

Weekly Practice Times (3 Hours Per Week)	
Friday	Sunday
4:30-5:30 Team Practice	5:30-7:30 Team Practice

Competition & Exhibition Schedule		
Competition	Date	Price
Exhibition Young's Gym, Wake Forest		Young's Gym
Universal Spirit Greensboro, NC	Saturday, December 14, 2019	\$70
All-Star Challenge Raleigh, NC	Saturday, February 1 & 2, 2020	\$100
Sweetheart Classic Chapel Hill, NC	Saturday, February 22, 2020	\$65
Universal Spirit Charlotte, NC (UNC Charlotte)	Sunday, March 15, 2020	\$70



WFAS Prep Team 2019-2020 Cost Breakdown (Half Season)

Registration Fee	\$75 per athlete or \$100 per family
USASF Membership Fee	\$35 (Subject to increase for 2019-2020)
Monthly Tuition	\$125 Sept. 2019-March 2020
Practice Wear	\$35 (2 t-shirts)
Hairbow	\$40
Uniform	\$130 subject to increase
Shoes (Order your own)	Nfinity Evolution or other (Teamcheer.com)
Choreography/Music/Dance	\$150
Coaches Travel Fee	\$50
Team Parties x 2	\$40 (\$20 Christmas-\$20 End of Year Banquet)
Competition Fees	\$305 (4 payments of \$76.25)

Please note that transportation, lodging, and parent admission fees are not included in these amounts. These arrangements must be made and paid for by each individual and separate from the Wake Forest All-Stars Program.

Monthly Payment Breakdown	1 st of the month	15 th of the month
August	USASF Fee, Practice wear, Hairbow & ½ uniform	
September	1 st Tuition \$125	15 th ½ uniform, Choreography fee \$150
October	1 st Tuition \$125	15 th Competition fee, Coaches travel fee \$50
November	1 st Tuition \$125	15 th Competition fee, Team Parties \$40
December	1 st Tuition \$125	Competition fee
January	1 st Tuition \$125	Competition fee
February	1 st Tuition \$125	
March	Tuition \$125	

Tiny Novice (Wolf Cubs)

This team will be for ages 4-6 years old as of August 31, 2019. We will need at least 6 athletes to register for this team to go forward with it for the season.

Listed below are more details about the Tiny Exhibition Team:

- Registration for this team will be online starting Monday, July 22 at 9:30am
- MANDATORY Parent meeting Tuesday, August 27, 2019
- Practices will start September 3, 2019
- **2 Hours practice each week: Tuesday 4:30-5:30 & Friday 4:30-5:30**
- \$75 Annual Registration fee to Young's Gym
- \$35 USASF Athlete Registration fee (subject to change)
- \$110/month tuition
- \$135 Choreography/Music fee
- \$50 Coaches travel fee
- Each athlete will be required to purchase 2 t-shirts, competition outfit, and a hairbow
- Each athlete will be required to purchase cheerleading shoes (www.teamcheer.com)
- \$40 Team parties (Christmas party & End of year banquet)
- Competition fees

The Tiny Novice team (Wolf Cubs) will compete at 4 competitions. Event dates and fees will be available when that information is released. The first competition will be in December. All competitions are MANDATORY!

This team will follow all other policies and procedures stated in this handbook.

Annual Registration Fee	\$75
USASF Registration Fee	\$35 subject to change
Monthly tuition	\$110/month
Choreography/Music Fee	\$135
Coaches Travel Fee	\$50
Practice T-shirts (2)	\$35
Competition Outfit	\$125
Hairbows (2)	\$40
Team Parties (Christmas party & end of season)	\$40
Universal Spirit Greensboro, NC	Saturday, December 14, 2019
All-Star Challenge Raleigh, NC	Saturday, February 1 & 2, 2020
Sweetheart Classic Chapel Hill, NC	Saturday, February 22, 2020
Universal Spirit Charlotte, NC	Sunday, March 15, 2020

WFAS Special Needs Team

The WFAS cheerleading program is proud to offer a special needs cheerleading team as part of its program. This team, named Wonder Wolves, typically has from 10-14 athletes and competes at 3 or 4 of our more local competitions. The team has 2 coaches and buddy athletes from our full season teams that assist on the competition floor. Athletes receive a practice t-shirt and a competition uniform at no cost. The team is funded each season by generous donations and volunteer coaching staff. The team typically practices on Sundays from 1:00-2:30.

Important Wonder Wolves Dates for 2019-2020 Season:

Online Registration Begins	Thursday, August 15, 2019	9:30am
Parent Meeting	Thursday, August 22, 2019	6:00pm @ Young's Gym
Practice Starts	Sunday, September 8, 2019	1:00-2:30pm
1 st Competition	Universal Spirit Greensboro, NC	Saturday, December 14, 2019
2 nd Competition	All-Star Challenge Raleigh, NC	Saturday, February 1 & 2, 2020
3 rd Competition	Sweetheart Classic Chapel Hill, NC	Saturday, February 22, 2020
4 th Competition	Universal Spirit Charlotte, NC	Sunday, March 15, 2020

For more information about Wonder Wolves please email the WFAS program director:

Shannon@youngsgym.com



WFAS Summer Practice Schedule 2019 (Full Season) June-August

Team	Tuesday	Thursday
Wolf Pups	4:30-5:30	4:30-5:30
Red Wolves	4:30-6:00	5:30-7:00
Timber Wolves	5:30-7:00	4:30-6:00
Black Wolves	6:30-8:00	6:30-8:00
Gray Wolves	7:00-8:30	7:00-8:30
Alpha Wolves	8:00-9:30	8:00-9:30

WFAS Regular Season Practice Schedule 2019-2020 (All Teams)

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Wolf Cubs		4:30-5:30			4:30-5:30	
Wolf Pups		4:30-6:00		4:30-6:00		
Red Wolves		5:15-7:15				2:30-4:30
Timber Wolves				5:15-7:15		4:30-6:30
Black Wolves		6:15-8:15		6:15-8:15		
Gray Wolves			7:30-9:30			3:30-5:30
Alpha Wolves		7:30-9:30		7:30-9:30		
Pups & Red						1:00-2:15
Timber & Gray					5:15-6:30	
Black & Alpha						2:15-3:30
Wonder Wolves						1:00-2:30
Tundra Wolves					4:30-5:30	5:30-7:30

WFAS Summer Camps 2019

Flyer Camps (\$120) (Flyer camps are open to anyone that wants experience in learning how to fly)

June 17-20	1:00-3:00
June 24-27	1:00-3:00
July 15-18	1:00-3:00
July 29-August	1:00-3:00
August 19-22	1:00-3:00

Tumble Open Gym (\$20)

Friday, June 7	6:00-8:00
Friday, June 28	6:00-8:00
Friday, July 19	6:00-8:00
Friday, August 9	6:00-8:00
Friday, August 23	6:00-8:00



Tumble Camps (\$90)

June 11-13	Levels 1-3	1:00-3:00
July 9-11	Levels 4-5	1:00-3:00
July 30-August 1	Levels 1-3	10:00-12:00
August 13-15	All Levels	1:00-3:00

WFAS Choreography & Stunt Clinic Schedule (Full Season)

2019 Summer Choreography Camp		
Team	Dates	Time
Gray Wolves	July 12-14, 2019	TBA
Black Wolves	July 26-28, 2019	TBA
Timber Wolves	July 26-28, 2019	TBA
Red Wolves	August 2-4, 2019	TBA
Wolf Pups	August 16-18, 2019	TBA
Alpha Wolves	August 16-18, 2019	TBA

2019 Summer Stunt Clinics		
Team	Dates	Time
Wolf Pups	Friday, June 21	4:30-6:00
	Saturday, June 22	12:30-2:00
Red Wolves	Friday, June 21	5:00-7:30
	Saturday, June 22	9:30-12:00
Timber Wolves	Saturday, June 22	1:30-4:00
	Sunday, June 23	9:30-12:00
Black Wolves	Friday, June 21	6:00-9:00
	Saturday, June 22	9:00-12:00
Gray Wolves	Saturday, June 22	3:30-6:30
	Sunday, June 23	12:30-3:30
Alpha Wolves	Saturday, June 22	12:30-3:30
	Sunday, June 23	9:00-12:00

Choreography camps are **MANDATORY** and last ALL weekend! Team bonding events will be planned for each team. While these weekends are very long and exhausting, there is much reward and satisfaction when learning and absorbing an entire routine in a weekend. This achievement, when combined with the fun team bonding, makes for an enjoyable and memorable occasion for all the athletes and coaches involved.

WFAS Absence Policy

Participating on a WFAS team is a commitment from the 1st day of practice in June through the end of the season in April or May of the following year. All-Star cheerleading is the ultimate team sport in that each member on a team has a specific role and a competitive routine requires every member working together to make it successful. This means that even one team member being absent from a practice can substantially affect the progression of the routine.

With all of that said, however, WFAS coaches and staff understand that there are times when an absence is necessary or warranted, but absences must be kept to a minimum during a season or a team's chance of success is GREATLY diminished.

Below you will find the WFAS absence policy that we are implementing for the 2019-2020 season. There is one policy for the summer and another for the regular season because we understand that absences in the summer are more common.

Summer 2019

Each athlete will be allowed a maximum of 4 absences during the months of June-August. After 4 absences, you will be charged \$25 per absence. If you know at the outset of the season that your athlete will miss more than 4 practices in the summer, then you MUST let us know and the WFAS coaches will NOT place your athlete in a stunt group during the summer months.

Regular Season 2019-2020

During the regular season of September-April, each athlete will be allowed a maximum of 6 absences. After 6 absences, you will be charged \$25 per absence.

That's a total of 10 absences over the course of an entire season. That is a lot for any competitive sport. In all honesty, if you feel that your athlete will be missing that many practices over the course of the season then participating on a WFAS team may not be a good idea. That is how critical attendance is for the success of a team and the entire program.

We understand that some absences will be unavoidable such as sickness or a family emergency. However, those types of absences should be considered when you do your planning at the start of the competitive season!

We are not trying to profit from excessive absences by charging a fine. It's merely a consequence of a violation of a policy that we can enforce. Larger gyms with many teams and multiple locations have the luxury of easily replacing athletes who have excessive absences. Miss too many practices and you simply lose your spot. As a small gym with limited athletes that is just not feasible. Removing an athlete from a spot on a team with no other comparable athlete to replace her can be even more detrimental to the team than the absences so, most likely, WFAS coaches would not be able to remove an athlete without making the situation worse.

WFAS Tuition Prices (Full Season)

Team	Summer 2019 Tuition (2 practices per week)	Regular Season Tuition 2019-2020 (2 practices & 1 tumble class)
Minis	\$115	\$140
Youth	\$125	\$155
Junior	\$125	\$155
Senior	\$125	\$155



WFAS 2019-2020 Cost Breakdown (Full Season)

Registration Fee	\$75 per athlete or \$100 per family
USASF Membership Fee	\$35 (Subject to increase for 2019-2020)
Practice Wear	\$100 (2 t-shirts, \$30 & practice outfit, \$70)
Hairbows x 2 (Practice & Competition)	\$50
Uniform	\$435
Warm Up	\$90
Stunt Clinic	Mini \$70, Youth \$80, Junior & Senior \$90
Choreography/Music/Dance	\$225 (Mini) \$275 (Youth, Junior & Senior)
Coaches Travel Fee	\$180
Make Up	\$40-\$50
Shoes (Order your own)	Nfinity Flyte in Black
Team Parties x 2	\$45 (\$20 Christmas-\$25 End of Year Banquet)
Monthly Tuition	Summer \$115/125 Regular season \$140/\$155
Competition Fees	\$893 Crossover \$739

Please note that transportation, lodging, and parent admission fees are not included in these amounts. These arrangements must be made and paid for by each individual and separate from the Wake Forest All-Stars Program.



WFAS Fee Schedule 2019-2020 (Full Season)

May 2019		
Registration Fee	\$75	
Practice Wear	\$100	
½ Uniform	\$217.50	
Stunt Clinic	\$70 Mini, \$80 Youth, \$90 Junior & Senior	
USASF Member Fee	\$35 (subject to change)	
June 1st		
Tuition	\$115 (Mini)	\$125 (Youth, Junior & Seniors)
June 15th		
½ Choreography	\$112.50 (Mini)	\$137.50 (Youth, Junior & Senior)
½ Uniform	\$217.50	
Hairbows	\$50	
July 1st		
Tuition	\$115 (Mini)	\$125 (Youth, Junior & Senior)
July 15th		
½ Choreography	\$112.50 (Mini)	\$137.50 (Youth, Junior & Senior)
Makeup	\$40-\$50	
Warmup	\$90	
August 1st		
Tuition	\$115 (Mini)	\$125 (Youth, Junior & Senior)
August 15th		
Coaches Travel Fee	\$180	
Competition Fees	\$178.60	\$147.80 Crossovers
September 1st		
Tuition	\$140 Minis	\$155 All Others
September 15th		
Competition Fees	\$178.60	\$147.80 Crossovers
Team Parties	\$45	
October 1st		
Tuition	\$140 Minis	\$155 All Others
October 15th		
Competition Fees	\$178.60	\$147.80 Crossovers
November 1st		
Tuition	\$140 Minis	\$155 All Others
November 15th		
Competition Fees	\$178.60	\$147.80 Crossovers
December 1st		
Tuition	\$140 Minis	\$155 All Others
Competition Fee Bal.	\$178.60	\$147.80 Crossovers
Jan-April		
Tuition 1 st of each mo.	\$140 Minis	\$155 All Others
May		
	Partial tuition for D2 Summit practices	TBA

WFAS 2019-2020 Competition Schedule (Full Season)

Competition	Date	Price	
			X-Over
Showcase	November 3, 2019	All event pricing has not been released for the 2019-2020 season. We will update ASAP!	
CHEERSPORT (Raleigh)	Sunday, November 10, 2019	\$70	\$70
UCA (Greensboro)	Saturday, November 23, 2019	\$57	\$35
Cheer Ltd (Raleigh)	Sunday, December 8, 2019	\$75	\$65
Universal Spirit (Greensboro)	Saturday, December 14, 2019	\$70	\$70
Spirit of Hope Nationals (Charlotte)	Saturday, January 18, 2020 Sunday, January 19, 2020	\$149	\$149
All Star Challenge (Raleigh)	Saturday, Feb 1, 2020 Sunday, Feb 2, 2020	\$142	\$95
Coastal (Norfolk, VA)	Sunday, February 9, 2020	\$65	\$65
Universal Spirit (UNC-Charlotte)	Sunday, March 15, 2020	\$70	\$70
Spirit Xpress (Jacksonville)	Saturday, March 21, 2020	\$45	\$25
All Star Challenge (Baltimore)	Saturday, April 4, 2020 Sunday, April 5, 2020	\$150	\$95
US Finals Virginia Beach, VA	May 2020	TBA	
D2 Summit Orlando, FL	May 2020	\$650+ Plus Travel Fees	

WFAS 2019-2020 Post Season Events (Full Season)

US Finals is an invitation only National competition. Teams placing 1st, 2nd, and 3rd at a qualifier event will be invited to attend. Teams receiving a GOLD BID to the US Finals WILL attend the event.

The D2 Summit is an invitation only National competition. Teams are awarded bids to this event at the regional competitions throughout the regular season. Any WFAS team that receives a bid to the D2 Summit will attend. A bid invitation to this event is the highest achievement a D2 gym can reach during the regular season. There are 3 levels of bids: 1) Wild Card 2) At Large 3) Paid

No team is guaranteed to compete more than one day no matter which bid you receive. You must score high enough in each round to advance to the next round.



WFAS Athlete Information

Cheerleader Name: _____

Address: _____

City: _____ Zip: _____

School: _____ Grade: _____

Birth Date: _____ Home Phone #: _____

Medical Conditions/Allergies: _____

Cheerleader Cell Phone: _____ Email: _____

Mom Name: _____ Cell: _____

Mom Email: _____

Dad Name: _____ Cell: _____

Dad Email: _____

Emergency Contact (Other than Parent) _____

Emergency Contact Phone: _____

Health Insurance Carrier: _____

Policy #: _____ Group #: _____

WFAS Athlete Sizing Information

Please circle a size for T-Shirt below						
T-Shirt	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L

WFAS Policies, Payments, & Terms

(Please initial and sign below)

- I understand that a valid credit card is required to be kept on file. At the end of the month, any unsettled balances will be charged to the card on file unless other arrangements have been made and accepted by management.
- I understand that monthly payments are auto-drafted on the 1st and 15th of each month.
- **I understand that No refunds or credits will be given to any account for which an athlete quits during the season.**
- I understand there is a \$30 Returned check fee.
- I understand there is a \$250 re-choreography fee for an athlete leaving the program after choreography has been completed. This fee is non-negotiable and is charged when the athlete leaves the program regardless if the athlete quits or was dismissed.
- I understand that an athlete who quits during a season is NOT allowed to tryout the next season.
- I understand that WFAS management reserves the right to remove any athlete or family from the WFAS program at any time for any reason deemed by management to be detrimental to the program.
- I understand that social media posts by athletes or parents deemed inappropriate and unacceptable by WFAS management are considered grounds for immediate removal from the WFAS program.
- I understand that my athlete's skills must stay consistent all season to keep her position on a team.
- I understand that my athlete's attitude and ability to get along with coaches and teammates is a determining factor in keeping her position on a team.
- I understand that if a parent or anyone is observed speaking negatively about a team, coach, parent, or athlete, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the athlete will be removed from the team and the family dismissed from the program.
- If my child chooses to miss a competition due to something other than an illness, injury or family emergency and the team receives a bid to an end of season event, the athlete that competes on the floor with the team may be the one who competes at the end of season event with the team.

Parent Signature: _____ Date: _____

WFAS Parent Payment Information

Name as it appears on credit card: _____

Billing Address: _____

Credit Card #: _____ Exp. Date: _____

Signature: _____ Date: _____

Cheerleader's Name: _____

Financial Commitment

I have read and fully understand my financial commitment to The Wake Forest All-Star program outlined in this packet. I understand that my commitment is for the 2019-2020 All-Star competitive season. I understand that I am giving my credit/debit card information and that information may be used if I do not meet payment deadlines to the Wake Forest All-Star program. I understand that I will forfeit any monies paid if I choose to leave or am asked to leave the program. I understand that I am entering this program of my own free will.

Parent Signature: _____ Date: _____

For Office Use Only

May Dep.	Aug. 15 th	Nov. 15 th	Feb. 15 th
June 1 st	Sept. 1 st	Dec. 1 st	March 1 st
June 15 th	Sept. 15 th	Dec. 15 th	March 15 th
July 1 st	Oct. 1 st	Jan. 1 st	April 1 st
July 15 th	Oct. 15 th	Jan. 15 th	April 15 th
Aug. 1 st	Nov. 1 st	Feb. 1 st	

WFAS Family Code of Conduct

- If you ever have a problem with anything, please do not hesitate to contact the gym, your coach, the All-Star Director, or the owner. We are here for YOU.
- If you have any questions or concerns that need immediate attention, please contact the head coach first followed by the All-Star director next if necessary.
- Attendance at practices is critical. If you are going to be absent, you MUST contact the head coach or office manager before practice! DO NOT send notification with another parent or cheerleader!
- Excessive absences may result in removal from a team.
- Participation in the WFAS program takes precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER!
- Social Media responsibility... Any negative, inappropriate, vulgar or insensitive conduct on social media by parents or athletes will result in dismissal from the WFAS program.
- If an athlete is absent from a competition without telling the All-star director prior to that day, she will immediately be dismissed from the program.
- Do not leave ANY personal items in the hallways, lobby, or on the competition floors. Any valuables should be left at home or with a parent. The gym is NOT responsible for lost or stolen items.
- No profanity or abusive language.
- You must arrive at all practices, competitions or any scheduled event on time.
- NO GOSSIP.
- Only cheerleaders and coaches are allowed in the gym.
- Do not yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. This is extremely distracting to all involved.
- The coaches reserve the right to close practices at ANY time for ANY reason. In this event, the team mom will remain at practices.
- It is the parents' responsibility to know what is going on with their athlete's team. Check emails and the website regularly.
- Athletes should be able to handle school work and All-Star practices. Homework is NOT an acceptable excuse for missing practice.
- Parents, relatives, friends, and cheerleaders are never allowed to speak with competition officials for any reason.
- Parents are never allowed to represent Wake Forest All-Stars under any circumstances concerning accommodations, competitions, or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the All-Star director.
- Athletes must be present for mandatory practices. If absent, for any reason, the week of a competition and/or a mandatory practice, the athlete will be replaced in the routine for that competition.
- Athletes are expected to have a positive attitude during practice and to respectfully address their coaches and teammates when there is a problem.

- Athletes MUST understand that team/position placements are about what is needed to be successful and not about one element in the routine. Athletes MUST understand it is sometimes necessary to be moved from one position to another dependent upon what is best for the overall success of the team.
- Athletes MUST understand that all team, position, and routine decisions are left to the discretion of the coaches. If an athlete has a concern or opinion that conflicts with a coaches' decision, the athlete can address it with the coach outside of practice time at a mutually agreed upon time.
- No cell phones allowed in the gym during practice.
- It is the athlete's responsibility to wear the appropriate attire to each practice. Not having on the specified practice clothes may result in conditioning for the individual or the whole team.
- Athletes MUST be wearing appropriate cheer shoes to be able to participate in practice.
- Feel free to talk to your coach about anything; just remember to do it at an appropriate time. Approaching a coach in the middle of a practice would not be an appropriate time.
- Do not text coaches or staff on their private cell phones unless given permission to do so.
- WFAS coaches and staff will NOT engage in any social media discussions or texts over issues.
- Emails to the WFAS program director are an acceptable way to communicate concerns. Phone calls to the program director and old-fashioned face to face meetings are also still acceptable!

By signing below, I agree that I have completely read and understand all the codes of conduct listed above for the WFAS cheerleading program. I agree to follow all the rules set forth by the WFAS coaching and management staff. If I fail to do so in anyway, I understand that I and my family risk being removed from the WFAS program. I also understand that I or my family may be dismissed from the WFAS cheerleading program for any violations of the rules listed above or any reason that the WFAS staff or management deem detrimental to the success of the program.

Parent's Signature _____

Date _____

Athlete's Signature _____

Date _____

ACKNOWLEDGEMENT OF WFAS PROGRAM HANDBOOK

Parent/Guardian Acknowledgement

I, the parent/guardian of _____, acknowledge I received a copy of the 2019-2020 WFAS Program Handbook.

I understand and agree to abide by all 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 all skill requirements.

_____ (initial)

Parent/Guardian Signature: _____

Date: ____ / ____ / ____

Athlete Acknowledgement

I _____ acknowledge I received a copy of the 2019-2020 Program Handbook.

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

_____ (initials)

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

_____ (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.

_____ (initials)

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: ____ / ____ / ____

