

# **Ignite Cheer Academy**

**2019-2020 Parent/Athlete Informational Packet and Contract**



**All Star CheerABILITIES**

## **Welcome to the Ignite Cheer Academy: All Star Cheerleading Program**

This handbook provides all rules, expectations and guidelines for the 2019-2020 season. After thoroughly reading through the handbook please make sure you sign and return the highlighted sheets to express your commitment to the program.

### **A. Overview of Program**

Ignite Cheer Academy is a competitive cheerleading program in Walpole, MA. The program specializes in training cheerleaders to become the best athletes that they possibly can be. The Ignite Cheer Academy program is highly competitive and there is a commitment to excellence to each of our athletes. We believe every athlete we work with is a valued member of our program. We are dedicated to bettering each child's individual skill levels as well as teaching our athletes various life lessons that can be used outside of the cheerleading world.

### **B. General Expectations**

The sport of cheerleading requires a total commitment from cheerleaders as well as their families. This is a serious team sport and parental support of the program is vital to our success. The best help we can receive as coaches is support and reinforcing our expectations with your athlete. Gossip, negativity, or being disrespectful at our events of any kind will not be accepted or tolerated. Practices are closed practices, which is done to ensure the safety and concentration of our athletes. Our coaching staff will also not favor or individually promote any one athlete. This sport is once again a team effort and the way we will achieve success is by a full team effort from all cheerleaders and their families.

Becoming a member of the 2019-2020 cheerleading program expresses that you have read all of the expectations and policies laid out in this packet and you and your family are agreeing to follow and support them.

### **C. Attendance**

Ignite Cheer Academy athletes have earned the right to perform through their hard work and dedication. Any team member who jeopardizes the performance and safety of others becomes a problem for the entire team. Attendance is necessary to ensuring this safety.

Our program will have a focus on skill development, strength and conditioning, team involvement, and community engagement during the season. It is imperative to work on strength and conditioning in cheerleading, as it is the sport with the most injuries. We will work on injury prevention, strength, power, mobility, flexibility, and endurance to keep the athletes safe.

Practices during the season are 100% mandatory. If you become ill and are non-contagious it is strongly recommended that you still attend practice and watch to observe any changes in the routine. Athletes or a family member must notify the program via email or phone call if an athlete does need to miss a practice. Failure to notify the program will result in positions being replaced and/or changed or possibly removal from the team. Sending a message with a teammate or contacting after practice has already taken place are not acceptable forms of communication.

Tardiness will not be tolerated and an athlete or family member must notify the program if they are going to be late for any reason. Consistent tardiness may also result in the athlete's position being replaced and/or changed.

As we approach and are in our competition phase during the season additional practices may be added to our schedule. No practices can be missed the week of competitions. Missing a practice the week of competition will result in immediate removal from a team. These practices are mandatory.

Missing practice does not only impact the athlete, but the entire team and coaching staff. We expect 110% from each athlete in the program and abusing our attendance policy may result in removal from a team.

We understand that there are circumstances that become unavoidable, but please remember this is a team sport that you have chosen to participate in and every athlete is crucial to the success of the team. An excused absence will be made by the owner/coach and only include serious illness (doctor's note must be presented at the next practice), death in the family, or other issue discussed and prior approved by the owner. Unexcused absences will not be tolerated (examples: birthday parties, concerts, dances, jobs, appointments, etc.)

We will work around high school fall cheerleading practices and competitions. All high school cheerleaders must submit a high school schedule at the beginning of the season. We can also work with youth competitions but may not be able to accommodate all practices. Submit a competition and practice schedule for youth programs and we will do our best to work with the schedule but can not promise time off for practices, only competitions. This must be submitted before ICA teams are announced. We unfortunately cannot accommodate winter competitive seasons as this is our busiest time of year. We are willing to send you with a copy of your schedule signed by owner or coach for you to submit to your high school or youth coach at the beginning of your season so they can hopefully work with your all star schedule. We cannot accommodate any additional practices your high school or youth teams add on to the schedule after your hours are submitted to ICA.

*Injury:* In the unfortunate circumstance of an injury inside or outside of related ICA events, a written doctor's note must be provided for the injury and for release back to play. This is so we know of the athletes' limitations and can work with the injury properly. Athletes who are injured may have another athlete temporarily fill their spot, if the athlete is then cleared, it is the gym and coaches decision for when an athlete will be put back in their spot depending on when they are cleared and what the pressure, safety, and time constraints are to return to their position. This is for the best interest of the athlete and team as a whole.

Competitions are 100% mandatory. Failure to attend a competition will result in removal from the team.

#### **D. Communication**

The following communication standards have been set to ensure effective communication to all our athletes and families.

How to contact Ignite Cheer Academy Staff:

- E-mail is the preferred method of communication. Emails will be returned within 24 hours. E-mail will be used as the primary form of communication throughout the season to update families and athletes about all important updates and information regarding the season. (Including schedules, events, fundraising options, competition information, banquets, paperwork items, etc.)
- E-mail for the 2019-2020 season is [ignitecheeracademy@gmail.com](mailto:ignitecheeracademy@gmail.com)
- Ignite Cheer Academy has a Facebook page, which is strongly recommended to follow. Various updates and the sharing of pictures, videos and positive encouragements will be used on this platform to stay connected to our families in a more casual way. However, Facebook is not a form of communicating with the staff about any issue, concern or question.
- Facebook for the 2019-2020 season is Ignite Cheer Academy
- Our Instagram name is [ignitecheeracademy](https://www.instagram.com/ignitecheeracademy)
- Calling or texting a coach should not be a method of communication unless otherwise specified or if there is an emergency.
- In cases of emergency please call the following number: 781-686-2995

It is the responsibility of the athlete and families to stay updated throughout the season. Please make sure to check emails daily to stay informed and updated. We are more than happy to address and listen to any questions or concerns you have throughout the season but simply ask that you follow the stated guidelines to ensure there are no communication issues.

A team mom/dad will be assigned to each team on a volunteer basis. This parent will assist with communication for fundraisers, events, team bonding, competition meeting points, collecting some paperwork, and other information between owners, coaches, and parents.

## **E. Schedule**

### Tryouts

Tryouts are not required for CheerABILITIES. We will have one inclusive team.

Skills which may be implemented into routine.

Round off= RO

Back walkover= BWO

Front walkover= FWO

Back handspring= BHS

Level 1:

-Jumps: 2 connected jumps, flexibility, body control

-Standing tumbling: forward roll, handstand forward roll, backward roll to plank, back bend kick over, back walkover, front limber, front walkover

-Running tumbling: R cartwheel, L cartwheel, round off, cartwheel back walkover, front walkover cartwheel

-Stunting: flyers= flexibility, body control, performance, body positions; bases= form, confidence, strength, power

Level 2:

-Jumps: 2 connected jumps, flexibility, body control

-Standing tumbling: back walkover, front walkover, BHS, BHS step out

-Running tumbling: round off BHS, round off series BHS, FWO RO BHS, rebound half turn RO BHS

-Stunting: flyers= flexibility, body control, performance, body positions; bases= form, confidence, strength, power

### Skill Classes

ICA offers skill classes throughout the season for athletes. These are not included in tuition unless noted otherwise. Outside designated skill classes, attending other classes and/or private lessons are also great and highly encouraged. However, they cannot take the place for or be substituted for our practice sessions. While classes and privates help each individual our classes/practices ensure we are working together on various aspects of cheerleading as a whole team.

### Fundraising

Athletes and parents may choose to fundraise for their tuition. All fundraisers must be cleared by Ignite Cheer Academy prior to publication of the event.

### Practices

All practices are **MANDATORY**. The owner/coaches together reserve the right to move a team placement if there is a lack of commitment to the team and unexcused absences. Extra practices can be scheduled at

any time during the season if the coaches feel a team is not prepared for a certain upcoming event and these additional practices are also mandatory.

### Competitions

All Star CheerABILITIES teams will attend approximately 6 local, one day competitions, 1-2 showcases, and opportunity to earn a bid to Worlds in Florida! All travel expenses are the family of the athlete's responsibility. The gym/monthly tuition does not cover travel expenses. An additional competition may be added to the season if qualification occurs. This is additional and not included in monthly tuition.

The competitions that are qualified for determines the length of our season and athletes are required to participate until the season is completed.

## **F. Expenses**

Monthly tuition: \$100/month October-April

Uniform: Approximately \$120. Exact pricing will be determined.

Monthly tuition includes competition fee, coach's fees, USASF fee, practice hours, music fee, registration fee, choreography, coach's hourly rate, coach's competition rate, guest coach's rate, administrators rate, equipment upgrades, insurance, facility rental, and \$5 off all open gyms. Monthly tuition is standard for all months regardless of scheduled vacation time, weather related events, and unforeseen circumstances. Uniform fee includes the competition bow and competition uniform. A used uniform and merchandise sale will take place after the season for members interested in buying and selling used articles.

Crossovers: Does not apply to CheerABILITIES.

Sneakers are not included in gym expenses. All athletes must own Nfinity brand white sneakers but are not required to repurchase every season. Additional clothing for purchase in the gym and hairpieces are also not included in gym expenses.

Please understand that fees may change from year to year. If you have any personal question or concerns about paying for this season please contact me.

Payment Method: Cash, Checks (Challenge Fitness), Venmo (challengefitnessusa), Credit Card

The Ignite Cheer Academy financial policy states there are no refunds for tuition, fees, and all other related transactions at ICA. Uniforms/gear will not be given to athletes if there is an outstanding balance at ICA. All payments are due the first of every month. There is a late fee of \$25 for all late payments. All athletes must be current with their balances to participate in competitions.

Since we offer competitive pricing, if the athlete is switching from another All Star ABILITIES program, we will match a lower pricing. For quality coaching purposes, our coaches are paid above average local coaching salaries.

### Sibling Discount:

First child= full price

Second child= 15% off (If siblings in different categories- elite, prep, novice, ABILITIES, the 15% is off the lowest monthly tuition)

Third Child= 30% off (same rules apply)

## **G. Competitions**

The following guidelines have been created to ensure our athletes have smooth, stress free and successful competition days.

At least 24-48 hours before a competition an email will be sent out to all athletes and families detailing instructions regarding the upcoming competition. This includes transportation, attire, hair and makeup, venue details and any other pertinent details for the event. It is recommended that athletes pack their items for competition the night before. This will allow them more time to get ready and prepare themselves the day of competition. Please reference the following competition packing list in order to prepare. Coaches are not responsible for providing any of the necessary items and/or finding items if they are lost. Athletes must arrive to competition in full uniform, sneakers, and hair/bow/makeup done.

- uniform
- warm ups
- sneakers
- white, no show socks
- braces (if needed)
- makeup
- hair products (hair spray, combs/brushes, bobby pins, hair elastics, clips, hair pieces etc.)
- bow
- snacks
- water

Please also note that coaches are not responsible for any lost, misplaced or stolen items. While we certainly will help in any way we can to find an item we recommend not leaving electronics, money or any valuables in your bags while we are at competition and not with our belongings. All valuables and bags must be left with parents at competitions.

All athletes must be in full uniform (uniform, hair and bow with cheer shoes) at each awards ceremony. A coach will ask an athlete to leave the awards area and change if they are not in this expected or specified full uniform at the time of awards. Please note this could mean an athlete misses awards due to their negligence of this expectation. It is also required that athletes wear only Ignite Cheer Academy colored (red, orange, yellow, black, white) gear to competitions.

It is requested that at competitions families and spectators all sit together. This ensures team camaraderie and creates a point of contact for our athletes when they are done competing. We would love for all family members and spectators to wear Ignite Cheer Academy apparel or follow our color theme to show support to our athletes.

A meeting point will be posted on our Facebook page at each competition.

#### **H. Attitude/Team Work/Social Media**

All athletes are expected to be respectful, kind, and encouraging to all other athletes. This includes athletes inside and outside of our program. Members of our program are required to have a positive attitude, be kind to one another, and offer helpful words and actions. We have a **STRICT** no bullying policy.

Social Media: We will not tolerate any social media negativity in posts or interactions. This is including all athletes, families, coaches, and staff members. No posts of underage drinking or drugs of any kind will be tolerated. Positive posts for new skills, congratulating teams, and gym support are all acceptable forms of social media posts.

For any athlete or parent that breaks this code, they will be given one warning before being removed from the program if changes do not occur. If you are removed from the program, there will be no refunds of any amount. We hold respect and kindness to a high level at our facility to ensure positive growth for our athletes and program.

ICA owner must first clear any use of Ignite Cheer Academy name or logo on any clothing or items.

## **I. Expectations**

### Team Expectations

- Attend all practices on time.
- Excused absences are for extreme illnesses or deaths in the family only. Concerts, birthday parties, vacations outside of allotted vacation time, doctor/dentist appointments all count as unexcused absences. The gym must be contacted as soon as possible for absences so we can plan accordingly.
- 3 Strike Rule- Unexcused missed practices count as one strike, after 3 strikes there will be an absence fee of \$25 per missed practice.
- For all accounts of talking back/hazing/drama/bullying there will be given one warning and the next instance they will be removed from the team. We have a no tolerance bullying policy.
- Males and Females are encouraged to tryout.
- Must be in good academic standing for the entire season.
- There is a no drug and no alcohol strict policy. Being caught with any substance will result in a loss of placement on the team.
- Competition attire- Must stay in uniform, sneakers, hair and makeup for the entire competition and awards. Bags must stay with parents at competitions once we leave for warm up.
- Practice attire- Athletes must be covered appropriately and wear cheerleading sneakers at all times. Hair must be up while in the gym and no jewelry may be worn in the facility or at competitions. Nails must be cut to prevent injury to self and other athletes; no fake nails during the season.
- Actions that can result from immediate removal from the team with no refunds include but are not limited to: inappropriate pictures/language on social media; negative attitude toward ICA members/coaches/owners or other teams; stealing, lying, inappropriate behavior; disrespect to owners, coaches, team members; lack of participation; poor attitude.
- All athletes must attend competitions with a parent/guardian/chaperone. When staying at hotels related to competition, all athletes must have at least one adult in the room at all times.
- Athletes are responsible for keeping track of items at practices. All items must be kept in cubbies and off the floor. Please label your child's clothing on the tag so we can identify clothing/water bottles left behind at practices. We will have a lost and found bin that will have unclaimed items donated at the end of every month. We will post a picture of all left over items a couple days before the end of the month for you to claim. Please try and remember all belongings at the end of practices/open gyms. A good way to do this is to keep all items in a bag/backpack and when jackets are taken off, also put those in the bag once they are off.
- Should an athlete quit for any reason, they will not be refunded any amounts paid and their spot will be filled with an athlete from another team. There is a \$100 fee for athletes that quit from a team once the first practice has begun. This is because we place our athletes on teams and in certain spots to meet the needs of the team as a whole. When a member leaves, the team is at a loss and needs to fill the void and teach the routine/position to another athlete which takes time away from practices and athletes committed to the team.
- Music and videos of routines can **NOT** be shared or uploaded on any forms of social media until after the last competition.
- Owners and coaches have the right to make an athlete an alternate at any point through the season. Athletes put in the alternate position must pay tuition.
- Contact the owner, Samantha McChesney, directly about any issues and we will resolve them! Please feel comfortable coming to me about ANYTHING. I am here to talk. I want all of the athletes to love the sport and their team.

Cell (for emergencies): 781-686-2995

Email- [ignitecheeracademy@gmail.com](mailto:ignitecheeracademy@gmail.com)

Instagram- ignitecheeracademy

Facebook- Ignite Cheer Academy

These rules are to ensure a high level of teamwork, injury prevention, and a successful season.

### Gym Expectations

1. Keep the gym clean at all times by picking up after yourself.
2. No gum/food/drinks on mats.
3. Only athletes are allowed on the mat/gym, all other family members and friends must wait in the waiting room.
4. Pick up items from lost and found before the end of the each month.
5. Push trash in proper bins.
6. When parking, do **NOT** block any other businesses or traffic flow. Violators will be towed at car owner's expense.

### **J. Time Commitments and Scheduled Vacations**

Athletes will attend two 1 hour practices per week. Starting December or January (depending on the current state of the team) an additional 1-2 hour practice may be added during the week. Additional practices that may be added throughout the season are also mandatory.

### Scheduled Vacations

During scheduled vacations we will still have optional classes, open gyms, private lessons, and practices. We are flexible with athletes who take a summer vacation, but ask that you still make every effort to be at all practices during that time period. If you have a summer vacation planned outside of our Independence Day break, please give dates to the coach or email the owner at the start of the season. During the summer months there are no practices on Fridays, Saturdays, or Sundays, so use those as you can for vacations. In season practices November-April are mandatory.

October 14, 2019: Columbus Day

October 31, 2019: Halloween

November 11, 2019: Veterans Day

November 27, 2019- December 1: Thanksgiving

December 20, 2019- January 3, 2020: Christmas/New Years Break

January 20, 2020- Martin Luther King Jr. Day

February 17, 2020: Presidents Day

April 10-12, 2020- Easter Break

May 25, 2020- Memorial Day

June 27- July 7, 2020: Independence Day Break

September 7, 2020- Labor Day

### **L. USASF Athlete Membership Details**

#### **Who**

- Required for all athletes **competing or performing** for a US based All Star Cheer or Dance Program, including athletes on Novice, Prep Teams, Show or Exhibition Teams (including Parent Teams).

#### **Benefits of Athlete Membership**

- Eligible to participate in SANCTIONED events hosted by USASF Member Event Producers
- Athlete Identification: All athletes identified with a membership number and verification of date of birth



- \$50,000 Excess Accident Medical Insurance  
*NOTE: Coverage only applies to: USASF Sanctioned Competitions/On-site Practices & Supervised Practices/Instruction in Member Programs*
- \$2 Million Catastrophic Accident Insurance  
*NOTE: Coverage only applies to: USASF Sanctioned Competitions/On-site Practices & Supervised Practices/Instruction in Member Programs*
- Eligible to participate in USASF Athlete Leadership Program
- Eligible to apply for USASF Scholarships
- Eligible to participate in The Cheerleading Worlds or The Dance Worlds
- Annual Magazine: Digital All Star Yearbook presented by Inside Cheerleading Magazine

## **Fees, Membership Term & Activation of Benefits**

- The Athlete Membership fee is \$30 per membership term
- Membership is valid for one competitive season
- Membership term begins June 1 - May 31
- Membership is activated once the athlete membership fee has been paid to the USASF
- Membership can be paid anytime during the membership term, however, membership fees are never prorated for delayed or late-season registration
- Athlete eligibility and the associated membership benefits begin once the membership is activated
- Eligibility and access to benefits are not retroactive
- Athlete Membership Fees, once paid to the USASF, are NON-refundable and NON-transferable. This means the funds may not be applied to a different athlete. Once the membership has been paid for a specific athlete, the membership belongs to that athlete only and may not be transferred to anyone else.

## **Requirements**

- **Accept Terms & Conditions of Membership:** Athlete members are bound by the terms and conditions of membership outlined in our Professional Responsibility Code.
- **Proof of Age:** An image of the original birth certificate or other government issued identification that includes the correct date of birth is required to be uploaded in the athlete profile. This can be done by the program owner or individual parent.  
*Note: The uploaded image will be reviewed and the date of birth will be verified and confirmed by USASF staff. For your protection, the image will be removed from our system files. Confirmation of date of birth can take several months during the registration period.*
- **Proof of Identity:** A current photo will need to be uploaded by parent or program owner.
- **Provide True and Correct Information:** Any athlete found to have provided an incorrect birth date and/or supporting documentation that has been falsified or altered in any manner, may be subject to disciplinary action, including but not limited to restriction of membership and eligibility.

## **Other Important Details**

### **Athlete Membership:**

- Belongs to the athlete regardless of who registers the athlete and pays for membership
- Allows participation in USASF Member Event Producer SANCTIONED Events
- Is a way to identify the athletes in All Star Cheer and Dance
- Is a way to verify age of participating athletes
- Is a way to legitimize All Star Cheer and Dance in the sports world
- Provides excess insurance coverage while training in a USASF Program Member Facility and/or at a USASF Sanctioned Event
- Does not prohibit an athlete from leaving the program that initially registered the athlete and joining a second program during the same membership term (Exception: Participation in Cheerleading Worlds, see below)

## **Athlete Membership and Worlds Participation**

- Any athlete who has taken the floor with a team, in any level, from his/her Primary Program during the Worlds competition season (November 1 – May 1) will have to have a USASF Program Release Waiver signed by the owner of that Primary Program before that athlete is eligible to compete with another Program (Secondary Program) at the current season's The Cheerleading Worlds or The Dance Worlds. The USASF Gym Release Waiver is located on the [www.USASF.net](http://www.USASF.net) website.

### **Renewing / Returning Members - Sign Into Your Profile**

- [Sign in to your profile](#)
- If you participated in All Star cheer and/or dance last season. You already have a profile created and do not need to create a new profile.
- If you do not know your User Name and Email associated with your profile, [request assistance](#) to recover this information.

### **New Members**

- If the athlete has never participated in All Star Cheer or Dance before, they will join as a new member.
- Parents or guardians of minor athletes will join on behalf of the athlete and manage the athlete or multiple athlete profiles.
- Membership is managed through a profile in our member management system. Once created, the athlete will use the same profile for each subsequent membership year.
- Follow this link to [Join Now](#)

### **MEMBERSHIP REQUIREMENTS**

The USASF is focused on athletes first. We credential coaches, certify safety judges, sanction events and maintain safety guidelines; all to provide the safest possible environment for cheer and dance athletes to train and compete.

A comprehensive and streamlined Athlete Membership program supports the key programs of the USASF and our focus on athlete safety, including:

- Confirming qualified coaches through credentialing and posting passing results of youth sport standard background checks.
- Ensuring that competitions meet best safety practices through event sanctioning.
- Administering safety guidelines that protect athletes at every age and ability level.
- Providing accident and catastrophic insurance coverage at USASF Sanctioned Events and in member gyms.
- Promoting a positive image for All Star.

The annual Athlete Membership fee is \$30 for all athletes.

**\*\*Information is copied from USASF website. To follow links, please go to [usasf.net](http://usasf.net)**

### **L. Contract and Parent/Athlete Informational Packet Agreement**

Please print this the entire document, keep parts A through K, then sign and return the Agreement page. Your signatures express that you have read all of the expectations and policies laid out in this packet and you and your family are agreeing to follow and support them. You are agreeing to abide by all rules and statements in the packet. You have full access to all USASF policies, which are printed out in a binder in the gym. You may ask to read these as any time. You are abiding to the information and rules within this USASF handbook. Athletes are no allowed to participate in any classes, practices, or competitions until this form has been signed and handed in to Ignite Cheer Academy.

The packet is to be kept for your reference this season.

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Athlete Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date Contract Completed and Signed: \_\_\_\_\_

**Registration Form**

Athletes Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Age of Athlete as of August 31, 2019 \_\_\_\_\_

Home Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Contact email address (add multiple if you'd like): \_\_\_\_\_

Mother's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Father's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Allergies: \_\_\_\_\_

Medication: \_\_\_\_\_

Any other medical conditions we should be aware of? \_\_\_\_\_

Intolerance to medications? \_\_\_\_\_

Previous Injuries staff should be aware of? \_\_\_\_\_

### **EMERGENCY INFORMATION**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone # \_\_\_\_\_

### **MEDICAL INFORMATION**

Medical Insurance Provider \_\_\_\_\_

Policy # \_\_\_\_\_

### **TRANSPORT FOR INJURY**

In case of an emergency and we the coaches/owners of Ignite Cheer Academy are unsuccessful in reaching either emergency contact person(s) written in form, we would like to have your permission as the Parent/Guardian to have the right to transport your child to the closest hospital. If this would happen, we will continue to try to reach you, but we want to take all precautions necessary to keep your child safe under the best of our abilities.

\_\_\_\_\_ You may transport my child. Yes, please transport my child

\_\_\_\_\_ You may NOT transport my child.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Check one of the following:

\_\_\_\_\_ I am interested in cross competing on multiple teams. *\*\*Crossover athletes are responsible for additional fees.*

\_\_\_\_\_ I am not interested in cross competing on multiple teams.

How did you hear about us: \_\_\_\_\_

**Financial Obligation Policy and Credit Card Authorization Form**

Cheerleader Name: \_\_\_\_\_

Team: \_\_\_\_\_

Circle One:      Visa              MasterCard      Discover      AMEX

Card Holders Name as it appears on the card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Security Code (3 digit code on back of card):

Billing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

I, \_\_\_\_\_, authorize \_\_\_\_\_ to charge my credit card above for  
agreed upon purchases. I understand my information will be saved to file for transactions on my account.

I am agreeing to one of the following (please check one):

\_\_\_\_\_ Charge all payments- tuition, uniform, open gym, classes, etc

\_\_\_\_\_ Charge tuition payments only

\_\_\_\_\_ I will be paying with cash, check, Venmo, or credit card in the gym on or before the first of every  
month.

Authorized Printed Name: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

**\*\*Please note all payments are through Challenge Fitness. Ignite Cheer Academy is a subset of  
Challenge Fitness.**

**WAIVER**

**Challenge Fitness and Ignite Cheer Academy Waiver of Liability and Information Form**

Samantha McChesney- Owner and Head Trainer/Coach  
(Please Print Clearly)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (    ) \_\_\_\_\_ Cell (    ) \_\_\_\_\_

Email \_\_\_\_\_ Birthday \_\_\_\_\_

Injuries, Allergies, or Preexisting Medical Conditions \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_

Phone Number (    ) \_\_\_\_\_

## **Waiver & Release of Liability, Assumption of Risk, and Indemnity Agreement**

I agree that I will not hold responsible and release Challenge Fitness and Ignite Cheer Academy for any injuries or damage that I may incur during my participation in this class. I agree that Challenge Fitness/Ignite Cheer Academy will not be responsible for the injuries or damage of any adult, minor, or spectator that chooses to participate in or watch this class and its instruction. I agree that I will hold blameless any Challenge Fitness/Ignite Cheer Academy students, instructors, owner, for any injuries, personal damage, or property damage that may incur during my participation in instructional classes. I understand that exercise can result in minor injuries, serious injuries, and possibly death. I understand and agree that Challenge Fitness/Ignite Cheer Academy may use any pictures or videos that are taken. I hereby waive the right I may have to inspect them and understand there is no compensation to any participant or spectator.

In consideration for participation in competitions and/or other events that Ignite Cheer Academy and/or any of their respective subsidiaries, affiliates, successors and/or assigns, sponsors, administers, manages, provides instruction for or is otherwise involved with in any manner, directly or indirectly, at any time during the my time as a member of Ignite Cheer Academy and the use of the property, facilities, services and instruction of Challenge Fitness/Ignite Cheer Academy, today, and on all future days (the "Additional Services") (the competitions and the additional services are collectively referred to herein as the "Activities"), the participant, his or her parent or guardian, and all of their heirs, assigns and personal representatives (collectively the "Participant"), hereby agree to the following:

1. The Participant understands that as in all athletic endeavors there are risks in and around the activities including, but not limited to, injury, sickness, and in some cases death. The Participant agrees to assume any and all risks arising out of or related to the Activities, including, without limitation, the risks of physical injury, emotional injury, sickness, death, property damage, falls, collisions with people or stationary objects, the unavailability of emergency medical care, and/or the negligence and/or deliberate act of another person.
2. The Participant authorizes Challenge Fitness/Ignite Cheer Academy to transport or authorize transportation of the Participant to a medical facility and/or hospital and for Ignite Cheer Academy to authorize emergency medical treatment to the Participant.
3. The Participant hereby releases and forever discharges Challenge Fitness/Ignite Cheer Academy, all of their officers, directors, owners, agents, members, contractors, employees, and other representatives and the owners, lessees, managers and licensees of the facility and/or property in which the Activities are held, and all of their heirs, personal representatives, successors and assigns, as the case may be (all of the foregoing are collectively the "Released Parties"), from any and all acts of active or passive negligence on the part of Ignite Cheer Academy and/or any of the other Released Parties, and any and all liabilities, claims, causes of action, suits, controversies, judgments, demands, injuries, sickness, damages (including consequential damages), costs, expenses, attorneys' fees, and any other legal, equitable or administrative actions or proceedings whatsoever, known or unknown, accrued, arising out of or related to this Competition General Release, Indemnification, Publicity Release, and Medical Permission (this "Agreement"), the Participant and/or the Participant's involvement in the Activities, including without limitation, those base on death, physical injury, emotional injury, property damage, libel, slander and/or invasion of privacy.
4. The Participant hereby agrees to indemnify, defend and hold Challenge Fitness/Ignite Cheer Academy and all of the other Released Parties, jointly and severally, harmless from any and all liabilities, claims, causes of action, suits, controversies, judgments, demands, injuries, sickness, damages (including consequential damages), costs, expenses, attorneys' fees, and any other legal, equitable or administrative actions or proceedings whatsoever, arising out of or related to this Agreement, the Participant and/or the Participants' involvement in the Activities, including but not limited to, any challenge by the Participant to this Agreement or any provision thereof, and any suit, action or proceeding brought by the Participant and/or any other third party.
5. The Participant hereby agrees that this Agreement shall apply, without limitation, to any other risks encountered by the Participant before, during, or after the Activities, whether or not the Participant knows or expects them to exist at the time of signing this Agreement, including but not limited to driving to or from the Activities, being present in any facility at which the Activities are held, slips, falls, stairs, exits, entrances, fire and/or any other occurrence or event, known or unknown.
6. This Agreement shall be enforced and interpreted under the laws of the State of Massachusetts. Should any clause or any part of any clause be determined to be illegal or unenforceable by a court, administrative body or arbitrator of competent jurisdiction, such clause shall be amended to the smallest degree necessary to render such clause valid and enforceable and the remainder of this Agreement shall not be affected. When Participant's parent

or guardian, if Participant is a minor, signs the Agreement, the term "Participant" as used throughout this Agreement will be deemed to include, without limitation: (1) the Participant; and (2) the Participant's parent or guardian; and (3) all of their respective heirs, assigns, and personal representatives. This Agreement shall be a specialty, that is, subject to a twelve (12) year statute of limitations.

7. The Participant hereby grants to the Challenge Fitness/Ignite Cheer Academy, and those acting with the authority or permissions of the Challenge Fitness/Ignite Cheer Academy, the unrestricted right to copyright and use, re-use, publish, and republish photographic portraits, pictures and video of the Participant or in which the Participant may be included in connection with any of the Activities, in whole or in part, separately or in conjunction with other photographs or video, in any medium now or hereafter known, and for any purpose whatsoever, including (but not by way of limitation) illustration, art, promotion, advertising and/or trade, and to use the Participant's name in connection therewith. The Participant hereby further expressly releases and waives any demand, action, claim, license, royalty and any other right to any form of payment the Participant may have based on claims of the Participant as to the rights of privacy, publicity, notoriety and/or any other rights arising out of or relating to any use by Challenge Fitness/Ignite Cheer Academy, and those acting with the authority or permission of Challenge Fitness/Ignite Cheer Academy, of the Participant's name, likeness, and/or appearance. THE PARTICIPANT ACKNOWLEDGES AND AGREES THAT THIS AGREEMENT IS A GENERAL RELEASE, INDEMNIFICATION, MEDICAL PERMISSION, AND PUBLICITY RELEASE AND APPLIES WITHOUT EXCEPTION TO ALL ACTIVITIES (AS DEFINED ABOVE) THAT THE PARTICIPANT COMPETES IN, ATTENDS, OR IS OTHERWISE INVOLVED WITH IN ANY MANNER, DIRECTLY OR INDIRECTLY, AT ANY TIME DURING THE CALENDAR YEAR SEPTEMBER 1, 2019 TO AUGUST 31, 2020.

Participants Signature\_\_\_\_\_

Parents/Guardian Signature under 18\_\_\_\_\_

Date and Time\_\_\_\_\_

**PAR-Q MEDICAL FORM**

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# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT  
or GUARDIAN (for participants under the age of majority) \_\_\_\_\_

WITNESS \_\_\_\_\_

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**

## Challenge Fitness and Ignite Cheer Academy

## Pre-Participation Screening

NAME: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Day/Month/Year

**Assess your health status by marking all *true* statements.**

## History

You have had:

\_\_\_\_\_ a heart attack                      \_\_\_\_\_ heart surgery

\_\_\_\_\_ cardiac catheterization      \_\_\_\_\_ coronary angioplasty (PTCA)

\_\_\_\_\_ pacemaker/implantable cardiac \_\_\_\_\_ heart valve disease  
Defibrillator/rhythm disturbance

\_\_\_\_\_ heart failure                      \_\_\_\_\_ heart transplantation

\_\_\_\_\_ congenital heart disease

## Symptoms

\_\_\_\_\_ You experience chest discomfort with exertion

\_\_\_\_\_ You experience unreasonable breathlessness

\_\_\_\_\_ You experience dizziness, fainting, or blackouts

\_\_\_\_\_ You take heart medications

## Other health issues

           You have diabetes

\_\_\_\_\_ You have asthma or other lung disease

\_\_\_\_\_ You have burning or cramping sensation in your lower legs when walking short distances

\_\_\_\_\_ You have musculoskeletal problems that limit your physical activity

\_\_\_\_\_ You have concerns about the safety of exercise

\_\_\_\_\_ You take prescription medications

## Cardiovascular risk factors

- \_\_\_\_\_ You smoke, or quit smoking within the previous 6 months
- \_\_\_\_\_ Your blood pressure is > 140/90 mm Hg
- \_\_\_\_\_ You take blood pressure medication
- \_\_\_\_\_ Your blood cholesterol level is > 200 mg/dL
- \_\_\_\_\_ You have a close blood relative who had a heart attack or heart surgery before age 55 (father or brother) or age 65 (mother or sister)
- \_\_\_\_\_ You are physically inactive (i.e., you get < 30 minutes of physical activity on at least 3 days per week)
- \_\_\_\_\_ None of the above

Modified From: ACSM's Guidelines for Exercise Testing and Prescription (8<sup>th</sup> edition). LWW: Baltimore, MD.