



2022 - 2023

**LIMITED TRAVEL TINY NOVICE
CHEER INFORMATION PACKET**

OAE INFORMATION

This handbook was created to not only give information but to help answer any questions you may have at any point in the season. We want to provide team members and their families with all of the information and expectations involved with our program. Some information is subject to change throughout the year. If you find that you still have questions after reading through this packet please do not hesitate to ask any of our staff members.

OUR COMMITMENT TO YOU

Welcome to Ohio Adrenaline Elite (OAE). The staff at OAE will do their very best for you at all times! We are a fully credentialed USASF Competitive Cheerleading Gym. We are nationally certified in safety of tumbling, stunts and jumps in the sport of cheerleading. We also have staff members that are state certified in CPR and First Aid. We will require a medical liability waiver to be completed by the parent/family and team member to be kept on file every year. We at OAE have liability insurance but will not cover medical expenses or supplemental medical expenses that may occur. Every athlete must have their own insurance coverage to participate in our program and should assume that injuries and medical expenses may occur. But our goal at OAE is to create a safe and knowledgeable environment for all of our athletes. We will do our very best to keep your kids safe.

303 East Main Street, Lexington, Ohio 44904.

Web: www.oaecheer.com Phone: (419) 884-7733 Email: info@OhioAdrenalineElite.com

Facebook: www.facebook.com/OhioAdrenalineElite Instagram: [@OhioAdrenalineElite](https://www.instagram.com/OhioAdrenalineElite)

PLEASE TAKE A MOMENT TO READ THROUGH THE ENTIRE PACKET

After you have read and understand the tryout packet, please fill out the following pages and return them to the registration desk:

1. Financial Commitment Form
2. Statement of Commitment
3. Member Information Form
4. Medical Waiver of Liability

Please be prepared to turn in all of the above listed forms along with a photocopy of your cheerleader's birth certificate, and insurance card.

Any questions may be addressed to info@OhioAdrenalineElite.com.

PLACING AND MOVING ATHLETES

When creating our teams, we will be basing our decisions off of age, maturity, skill level, experience, stunting ability and tumbling ability. All categories such as jumps, motions, facials, showmanship, dance, knowledge, etc. will be part of the evaluation process. Our staff will place the athletes on the team or teams they feel would be best for the entire team. We want to create the best combinations of teams from the start. The more time they can work together the better they will be. We do hold the right to move anyone to a team where we feel they will be the biggest attribute. If a child loses or obtains a skill(s) at an accelerated rate, then actions will be talked through and taken to get them on the appropriate team where they feel comfortable but will still be challenged. We ask that you trust the judgment of the coaches and understand that we have placed each athlete on the team that is best suitable for them and the team as a whole.

ATHLETE COMMITMENT

Every cheerleader must be prepared to fulfill a 6-month commitment. This will be made up of weekly practices, tumbling, competitions, summer appearances, fundraisers, at least one large national competition and a possible end of the year showcase/open house. **You must be able to participate in all events not only to help us but also to help yourself.**

We take all the time that our teams are together seriously and we expect you to do the same. Weekly practices are **mandatory**. Practices are the backbone of our competition season. We expect 100% commitment from everyone! Extra practices will be the Friday or Saturday before **EVERY** competition (See competition schedule for dates).

If we feel that a team member's skills are not progressing after their designated practice time, they may be asked to take extra classes or private lessons at an additional cost. He or she will be encouraged to do this until the required skill has progressed. Attending classes/clinics outside of OAE **must** have a coach's prior approval. Failure to obtain approval will result in immediate dismissal.

RESPONSIBILITIES

It is the parents/guardians' responsibility to provide supervision and care for their respective athletes at all competitions.

It is the parent/guardians' responsibility to provide food and accommodation for themselves and their respective athletes when necessary for competitions

OHIO ADRENALINE ELITE ATTENDANCE POLICY

All athletes are expected to attend and observe practice unless hospitalized or running a fever. This includes those with an injury or a note excusing them from practice from their physician.

After 3 unexcused absences, coaches reserve the right to remove an athlete from the program.

Excused absence includes: Hospitalization, **serious** illness or injury to athlete or family member resulting in hospitalization, death in the family, scheduled school field trips, programs, or ceremonies dealing in academics only. (Meaning this activity is for a GRADE) Absence Request Forms are available online and must be submitted at least 2 weeks prior to planned absence, if approved by coaches, this absence will be granted as an excused absence.

Unexcused absences include: School cheer or other recreational sports/activities, non-life-threatening illness (athlete required to observe and learn any changes if too ill to participate), transportation issues, concerts, vacations, or homework.

*Attending practices, the week of a competition is **MANDATORY**, including any extra practice times that may be added. (“Week of competition” is defined as; Sunday before the event, up to the competition date.) If an athlete misses a practice during a “competition week”, the coaches reserve the right to remove said athlete from the routine for that competition.

Injury- If an athlete is injured and cannot participate, she/he is required to attend practices and competitions as long as she/he is an active member on a team roster. Prior approval from a coach will be necessary to skip practices or a competition.

TARDINESS AND PREPAREDNESS

All athletes should be at all practices 15 minutes before your scheduled floor time. This means hair done, cheer shoes on, no gum, no eating, and jewelry out and ready to go. Cell phones need to be stored away. You are expected to be 100% ready to be on the floor at the start of your practice. If an athlete is late, conditioning will be implemented.

ABSENCE REQUESTS

Absence Requests are located within the My Account section of the iClass Pro app. Requests must be submitted for any absence including school events, family vacations, etc. **Absences the week of a competition are automatically deemed unexcused unless for a graded school event.** Coaches reserve the right to validate graded events with the athlete’s school, and the right to approve or deny any absence request.

PARTICIPATION IN OTHER EVENTS/ACTIVITIES

We encourage all of our members to be active in their schools and communities. While saying this we ask that All Star Cheerleading be your ***first*** priority. You must be willing to compromise and communicate with all parties involved about your schedules. **Commitment Approval Forms** will need to be signed by any outside coaches, mentors, advisors, etc. This form will have all practices, competitions, and mandatory dates for the 2022-2023 OAE season. Attending classes/clinics outside of OAE **must** have a coach’s prior approval. Failure to obtain approval will result in immediate dismissal.

TEAM PRACTICE SCHEDULES

Summer practices are a vital part of the season. During summer practices stunt groups are formed and formations in the routines are created. Please let your coach know right away of any vacations that you have planned. Please understand that it is impossible for OAE to plan our practice schedule around each and every athlete's personal schedule. Days and times are set and will not be changed for any reason, so please plan accordingly if a scheduling conflict arises. Homework, family events, or minor illnesses ARE NOT ACCEPTABLE EXCUSES TO MISS PRACTICE.

We will also have extra mandatory practices scheduled throughout the season prior to competitions. These practices will occur the **Friday *or* Saturday before a competition**. These practices are 100% mandatory. They will consist of a competition-style warm up, and 1 to 2 full outs. These practices will be scheduled for 1 to 1 ½ hours, but most times will be released early. We understand our athletes have personal lives, but a simple quick practice before a big competition can put minds at ease, and instill confidence going into a competition!

PRACTICE ATTIRE

All team members will be required to wear the designated practice wear or all black to each practice. Cheer shoes are required at every practice. Hair must be completely pulled back at all practices. NO jewelry should be worn at any time; this includes any item on the wrist or ankles.

PIERCINGS

Piercings are illegal at all of our competitions. If you feel it necessary to put a new hole in your body, please have it done as soon as possible so that it heals before our first competition. If you have any that cannot be removed yet you will have to properly cover them for ALL practices and events where you will be representing OAE. Piercings can be ripped out during tumbling and stunting.

CELL PHONES

NO CELL PHONES ARE ALLOWED OUT DURING TEAM PRACTICE!

You may keep your cell phone in your bag, either turned off or on silent. If you have to keep a phone on you for emergency reasons please let your coach know and we can make arrangements for you. Cell phones need to be left untouched during your team's entire practice!

GOVERNING BODY MEMBERSHIP

- Each athlete must have a valid membership in order to be eligible to compete.
- More information will be provided regarding which governing body we are going to use this season. We will be either using AAU or WASF and please keep in mind that you will be responsible for any membership fees.

TRAVEL

- **All teams will travel.**
- Some teams may travel more than others; this will be left to the coach's discretion.
- Each cheerleader must have a chaperone at every competition. It is not your coach, Team Representative or OAE staff's responsibility to be your child's chaperone.
- OAE works hard to keep competition prices as low as possible, and to limit out of state competitions to a minimum, keeping the *majority* of our competitions based in Ohio.

We want all parents & cheerleaders to be aware that when we travel to any competition, the primary purpose of our trip is to **compete**. While we hope each family will enjoy our trips, they are not intended to be a "family vacation". No family will be allowed to miss practice the week **before** a competition.

At competitions, our athletes, parents, friends, and family are always representing our program. Please do not take this lightly: Anyone caught misrepresenting our program will be reprimanded. I.e. Stealing, bad mouthing other teams or any other unsportsmanlike conduct, altercations, foul language, etc.

WEATHER CANCELLATIONS

If the weather becomes unsafe to attend practice the coaches will make a decision to cancel practice and close the gym for practices. All weather-related cancellations will be posted on the Ohio Adrenaline Elite public Facebook, our Parents and Athletes page, Instagram, iClass Pro app notification, and a Text update will be sent out.

If Lexington schools are closed due to weather, Ohio Adrenaline Elite will generally close for recreational classes. If we feel that the roads and weather are okay, we may still hold All-Star practice. A mass text update will be sent out to all teams after we have discussed road conditions.

Competitions during the Winter months are almost **never** canceled. If inclement weather is forecasted, we will allow extra time for our families to safely drive to and from the competition venue, by either canceling a practice before the competition or after.

PROGRAM COMMUNICATION

PUBLIC FACEBOOK

The OAE Facebook page is updated frequently, with schedules, weather closings, and reminders. This is a great way to stay in the loop with changes, the latest events, fundraising, and activities at the gym.

We ask that every parent and athlete “like” the page to ensure that everybody stays up-to-date on what’s happening!

OHIO ADRENALINE ELITE PARENTS AND ATHLETES FACEBOOK

Each parent (and athlete if they have Facebook), will be added to our private Parents and Athletes page which will have more in-depth updates and information throughout the season. If you are not a member, please request to join!

TEXT UPDATES

OAE uses Remind 101 to send out mass text message updates to all parents and athletes who are subscribed. This is a free service, which a user can opt-out of at any time.

Each team will have their own code to sign up for team-specific text updates as well!

Team codes are listed in your Team Communication sheet handed out at the 22-23 season parent meeting!

INSTAGRAM - @OHIOADRENALINEELITE

The OAE Instagram is also updated frequently, with schedules, weather closings, and reminders. This is a great way to stay in the loop with changes, the latest events, fundraising, activities at the gym, and fun pictures and videos from competitions!

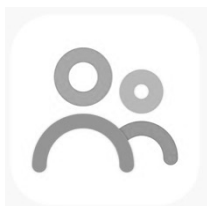
We ask that every parent and athlete “follow” the page to ensure that everybody stays up-to-date on what’s happening!

WEBSITE – WWW.OAECHEER.COM

Please visit our website for calendars, updates, convenient links to log into your Parent Portal, and our Members Only section with plenty of resources such as USASF Electronic Communication Policy and USASF Action Plan to Address Bullying, 2022-2023 Handbook, etc. for our season!

iCLASS PRO

Ohio Adrenaline Elite uses iClass Pro, which is a parent portal that can be used to check athlete progress, keep track of your athlete’s account and billing, reserve your athlete’s spot in classes, and will be used for sending out reminder emails and updates! Links to the parent portal can be found on our website under “Parent Portal” on the home page of www.oaecheer.com. Parents and athletes can also download a free iClass Pro app to keep track of weekly schedules, as well as class and practice check-in scanning processes!



To download the iClass Pro app, search “iClass Pro” and download the icp app. To log in, search “ohioadrenalineelite” with no spaces, and then log in with your email and password used for the Parent Portal online! You can use this app to register and check in for classes, as well as see announcements.

OHIO ADRENALINE ELITE 2022-2023 PROGRAM RULES

1. OAE has a ZERO tolerance policy for violence. Any athlete/parent involved in a physical altercation with another athlete, parent, coach, or staff will be asked to leave immediately.
2. No one is allowed to post OAE music, choreography, or routines on any websites, unless given permission from an OAE staff member. This includes, but is not limited to Facebook, YouTube, Instagram, Twitter, Snapchat, Tik Tok, etc.
3. Never post any negative comments about OAE, coaches, or teammates on any websites or social media.
4. No profanity or abusive language will be tolerated at any time.
5. It is your responsibility to wear the appropriate practice wear to every practice.
6. Please do not take valuables to the gym; we are not responsible for unattended or lost items.
7. Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags must be stored on Floor B, on the hooks provided. NO items are to be left in the gym lobby and cell phones must be turned off or on silent when practice starts.
8. Please keep in mind the gym is not a childcare service. We want our All-Stars to use the gym as much as possible, but no child should be dropped off at the gym unsupervised or without being in a scheduled lesson.
9. You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
10. Attending classes/clinics outside of OAE **must** have a coach's prior approval. Failure to obtain approval will result in immediate dismissal.
11. Practices may be changed or added at any time during the season.
12. Only athletes and coaches are allowed in the gym or on equipment.
13. No one is allowed to yell onto the floor or try to make contact through the parent viewing area during practices, tumbling, or fitness classes. This is extremely distracting and dangerous to all involved. This will result in closed practices or classes with no viewing for the parents.
14. The coaches reserve the right to close practice viewing at ANY time for ANY reason.
15. During practice, all team and routine decisions are left to the discretion of the coaches.
16. The dismissal or addition of a team member is solely the coach's decision.
17. Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice is **not** an appropriate time.
18. Withholding a child from practice or a competition should never be used as a form of punishment.
19. Threatening to quit or pull your child from a team will not be tolerated and will result in immediate dismissal.
20. Threatening to abstain from a competition will result in immediate dismissal from the program.
21. Failure to attend a competition for any reason other than an extenuating circumstance deemed appropriate by an OAE official. (i.e Immediate family member funeral, etc.) will result in immediate dismissal

22. Each athlete must have a valid membership in order to be eligible to compete.
23. Only cheerleaders and coaches are permitted to enter the warm up areas at competitions. Parents who enter warm up areas are subject to a fine from our governing body USASF.
24. It is the parent's responsibility to know what is going on with your team. Check your emails, texts, and the OAE Parents and Athletes Facebook page frequently.
25. Athletes should be able to handle schoolwork and All-Star practices; homework is not an acceptable excuse for missing practice.
26. Each team will be assigned teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assigned teams.
27. Parents, relatives, friends and cheerleaders are **NEVER** allowed to speak with competition officials or judges for any reason.
28. Parents are never allowed to represent OAE under any circumstances concerning accommodations, competitions or any other situation.
29. All OAE cheerleaders and OAE family and friends will show good sportsmanship at all times.
30. There will be no arguing or questioning of the coaching staff's decisions at competitions.
31. If a problem arises between you and a teammate or another parent, an Incident Report Form must be filled out by the party involved, and the problem will be addressed with all parties involved at a meeting with your coach.
32. The Ohio Adrenaline Elite logo cannot be used on any apparel, accessories, etc. due to copyright. Failure to obtain written copyright release will result in a fine for using the logo.
33. Ohio Adrenaline Elite may change, add or subtract any rule at any time.
34. All photos/videos taken by parents, guardians, or guests at a competition are prohibited if not taken from a hands free device.

GOOD SPORTSMANSHIP, POLITE MANNERS, AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES.

OHIO ADRENALINE ELITE PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.

INVOICING AND EXPENSES

ALL-INCLUSIVE PRICING

In order to make our season expenses easier to budget, OAE adds up the total cost of the season (minus uniform), and divides it equally across your season.

INCLUDED EXPENSES:

- Monthly tuition
- Unlimited weekly classes
- Discounted or free camps and/or clinics
- Music fee
- Program insurance fee (Individual fee not included)
- Competition bow/scrunchie/cuff
- Competition fees

EXPENSES NOT INCLUDED

- Athlete registration - TBD
- Black competition shoes (Practice shoes may be any color or brand)
- Uniform - \$150 (Uniform is used for 2 seasons)
- Competition Entry for parents and additional supporters
- Transportation/Travel Accommodations and Expenses
- Extra or Special Apparel, Concessions or additional offerings provided by the attended competitions or vendors

UNLIMITED CLASSES

Every all-star athlete receives unlimited monthly tumbling, fitness, stretch & flex, and jumps classes, included in their monthly tuition. Athletes are required to pre-register for classes (discounted to \$0 in your account!), as spaces are limited to maintain safe coach-athlete ratios. All athletes are required to check-in at the beginning of the class. Attending classes/clinics outside of OAE **must** have a coach's prior approval. Failure to obtain approval will result in immediate dismissal.

- In the event of a no-show to a pre-registered class, the card/bank account on file will be charged for the class at the \$15/Hour non-member rate. Remember: spots are limited so that takes an opening away from a non-all-star member.
- In the event of a past due balance all attended tumbling and fitness classes will be applied to the account at the \$15/Hour non-member rate.

SIBLING DISCOUNT*

For families with multiple athletes in our program, a discount will be applied for the 2nd child on the season total.

PERSONAL FUNDRAISERS

OAE has many fundraising opportunities throughout the season. We encourage each and every one of you to take advantage of this any chance that you get! We understand that competitive cheerleading is a large financial commitment and want to make it as easy as possible for all of our athletes.

You will have the opportunity to fundraise to help cover expenses. There will be a number of fundraisers held throughout the year. Every member is 100% responsible for their participation in these fundraisers. These fundraisers benefit you not us! We want to make it easier on all of you to be a member of the team. The money you raise will be credited directly to your account and will cover any expenses that are open beginning with tuition.

PROGRAM FUNDRAISERS

OAE does not take any percentage of individual fundraisers, we are able to allow fundraiser participants to keep their total profit because of our yearly program fundraisers and our fundraising at Mid-Ohio Sports Car Course.

Program fundraisers will happen periodically throughout the season!

During race season in the Summer months, we volunteer to work as a fundraiser that benefits the gym! This is used to keep costs down for our athletes and parents, as well as upgrading and maintaining equipment as needed!

Due to the fact that every member benefits from these fundraisers, **participation is mandatory in program fundraisers**. Members may buy out of a program fundraiser for \$100 if they choose.

More information on personal and program fundraisers will be released at a later date.

UNIFORM AGREEMENT

- All parents/athletes are responsible for the care of the OAE uniform
- Any alterations to the uniform must be discussed with the coach(es) for approval. Any unapproved alterations or damages to the uniform will result in an additional uniform charge for replacement
- If an athlete is unable to complete the season by choice or removal, OAE reserves the right to purchase uniform for 50% of the cost.

Parent initials _____ Date _____

FINANCIAL AGREEMENT

- I understand that Ohio Adrenaline Elite is a 6-month financial commitment, and agree to participate for the entire season.
- I agree to a seasonal fee of \$720.
- NSF checks or E-checks will be charged \$35.00 fee and personal checks will no longer be accepted for my athlete's account this season.
- I understand that a \$25.00 late fee will be assessed on the 5th of each month if balance remains on the account at that time, and the card/bank account will be drafted for the full amount.
- I understand that any declined credit card transactions will be attempted three times, in the event the card is still declined a \$35.00 fee will be assessed, in addition to any necessary late fees.
- Any balances left unpaid after the 5th of each month will result in my athlete being benched and having to sit out of practices, please note that the child must still attend the practice, for viewing only.
- In the event of a no-show to a pre-registered class, the card/bank account on file will be charged for the class at the \$15/Hour non-member rate. In the event of a past due balance all attended tumbling and fitness classes will be applied to the account at the \$15/Hour non-member rate.
- Any balances left unpaid after 30 days will be charged a financial fee of \$25.00 and result in removal from the program.
- In the event that I choose to quit and terminate this contract before the end of the 2022-2023 season, I acknowledge that I must give 30 days written notice.
- If I choose to quit or am removed from the program, I acknowledge that I will be required to pay a \$350 re-choreography fee, along with remaining fees for the season.
- If I choose to quit or am removed from the program, I acknowledge that I will be required to pay ALL remaining fees for the 2022-2023 season, and all applicable financial fees will be assessed per the standard agreement. Membership fees are due in full upon termination of contract.
- I understand that Ohio Adrenaline Elite has a **NO REFUND** policy.
- Any money fundraised under the Ohio Adrenaline Elite name, EIN number, or booster club is forfeited at the dismissal or voluntary removal of athlete.
- Any fundraisers that are done under an athlete whose account balance is not current, all money raised will first be applied to the outstanding balance, starting with monthly tuition.
- Any payments made to an athlete's account with an outstanding balance will first be applied to monthly tuition.

Parent initials _____ Date _____

PLEASE TURN THIS PAGE IN WITH YOUR PAPERWORK

OAE 2022-2023 STATEMENT OF COMMITMENT

Financial Commitment

- I have read and fully understand my financial commitment to OAE outlined in this information packet's Financial Agreement section. I understand that my commitment is for the 2022-2023 All-Star competitive season. I understand that I will forfeit any monies paid or fundraised if I choose to leave a team or am asked to leave the program. If I choose to quit or am removed from the program, I acknowledge that I will be required to pay ALL remaining fees for the 2022-2023 season, and all applicable financial and re-choreography fees will be assessed per the standard agreement. Membership fees are due in full upon termination of contract. I understand that I am entering into this contract of my own free will. If I choose to quit or am removed from the program, I acknowledge that I will be required to pay a \$350 re-choreography fee, along with remaining fees for the season.

Parent Signature _____ Date _____

Current Employer: _____ Last 4 of SSN: _____

Policies and Expectations Commitment

I have read and fully understand all codes, rules, and expectations in the information packet. I understand that I am entering into this All-Star program of my own free will. I understand what is expected of me as a parent and an All-Star cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as an OAE All-Star parent and cheerleader.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____

PLEASE TURN THIS PAGE IN WITH YOUR PAPERWORK

OAE 2022-2023 MEMBER INFORMATION

Athlete's Name _____

Address _____

City _____ State _____ Zip Code _____

Athletes Cell _____ E-Mail _____

Date of Birth: ____/____/____

Please list any medical information, allergies, injuries, etc.:

Primary Guardian's Name

Last: _____ First: _____

Home/Work Phone: _____ Cell Phone: _____

Address: _____

City _____ State _____ Zip Code _____

Secondary Guardian's Name

Last: _____ First: _____

Home/Work Phone: _____ Cell Phone: _____

Address: _____

City _____ State _____ Zip Code _____

Additional Emergency Contact (Name and number other than Parent)

Name: _____ Phone: _____

Insurance Carrier: _____ Policy #: _____

Carrier's Phone: _____ Group #: _____

Referred by Adrenaline athlete: _____

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OAE MEDICAL WAIVER

Athlete's Name: _____

Parent/Guardian Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

I, the undersigned Parent/Guardian do hereby give consent for my son/daughter to participate in the training and activities provided by the Ohio Adrenaline Elite program. I am fully aware of the nature of the activities involved and the possibility of injuries and/or death, which may arise from such activities. In case of illness, injury and or death that may arise directly or indirectly as a result of participation and/or travel to or from the activity or training (i.e. clinic, camp, out of town activities or events), I do hereby grant my permission to the Ohio Adrenaline Elite program to seek immediate treatment for my child should he/she be injured. I hereby release the Ohio Adrenaline Elite program, including its officers, shareholders, agents, owners, coaches and employees from any liability to the above-named participant, or any person claiming through him/her, arising from injury to the person or property of the above-named participant. This release includes any claims of negligence, and it is intended to be as broad as permissible under Ohio law.

In the event of any activities that are locally or nationally televised, I give the Ohio Adrenaline Elite program the right and permission to film, photograph, or videotape my son/daughter for any reproductions associated or in any way connected with said televised events, in particular, for use in any promotional purpose.

Parent/ Guardian Signature

Print Name

Date

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