



# NORTH STAR ALL STAR

## Parent/Participant Code of Conduct

- I will encourage good sportsmanship by demonstrating positive support for the cheerleading team, coaches and appointed board members at every practice, event and competition.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will support the coaches and staff working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the competition is for the team, no negative attitude will be shown towards any other participants.
- I will ask my child to treat other members, coaches, fans and cheerleaders with respect regardless of race, sex, creed or ability.
- I will help my child enjoy their North Star experience by doing whatever I can, such as being a respectful fan, providing transportation, helping on competition days and being responsible for my guests.
- I will make sure my child attends all practices and competitions.

### **Discipline policy for Parents/Participant:**

1. At any North Star event, practice or competition, any adult/participant who:
  - a. Verbally abuses
  - b. Attempts to intimidate:
  - c. Is flagrantly rude; or
  - d. Cannot control their language or actions with a coach, participant or any volunteer will be asked to leave the North Star event.
2. Any adult/participant that commits a second similar offense will be banned from North Star event for the remainder of the season and both child and parent removed from the North Star All-Star Cheerleading Team at once. No refunds and termination fee will apply.
3. Any adult/participant who physically assaults a coach or volunteer of North Star will be banned from the program and parent/participant removed immediately. No refund and Termination fee applies.
4. Any adult/participant that are in a physical altercation of any kind at any event or gym activity will be removed immediately. NO Refund and Termination fee applies.

*\*\*Note: The Term physical assault includes, but is not limited to: hitting, slapping, pushing spitting, kicking or striking in any way with any part of the body or any physical implement.*

- Parent/Participant understand that by breaking any of the codes of conduct above, may be suspended or dismissed from North Star for the season.
- I have read and understand all of the above. I agree to abide by the rules set forth.

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

## TEAM GUIDELINES

### ATTENDANCE EXPECTATIONS

All Star Competitive Cheerleading is a “select” Sport. It takes a full commitment from both the athlete and the family. Both Parents and the athlete must be aware of the attendance requirements. The ability of all athletes to attend all practices maximizes the team’s ability to reach its full potential. Cheerleading is more of a team sport than any other sport. We have no back-ups or second string athletes. When one athlete misses a practice, it affects three to four other athletes who cannot stunt and affects the entire team who cannot fully execute the pyramid. It is important for athletes to be fully committed to their teams.

### ALL PRACTICES ARE MANDATORY

Please understand that multiple absences will affect the athlete’s role in the routine through lost spots in formations and /or changed stunting roles. Recurring absences will result in an athlete being moved to a different team within our program or removed from the North Star program all together due to lack of commitment.

### SUMMER(July/August)

Summer is an important time for our athletes to progress and our teams to work stunt difficulty and technique. Only out of town vacations are excused during these months. Local Camps/clinics are not an excuse to miss your practice. Summer vacations should be submitted in writing no later than your FIRST TEAM PRACTICE on the Event Conflict/Vacation Form. Please remember we do shut down one week in July.

### SCHEDULED VACATIONS

Please have all scheduled vacations in writing on the **Event Conflict/Vacation form** as soon as possible. You will not be allowed to submit a form for vacation once the FINAL COMPETITION SCHEDULE is out. This is usually Oct/Nov at the latest. We all know if you have a planned vacation you should know by then. If it conflicts with a date of a competition, I have time to change it. If you submit a vacation after the final schedule and it conflicts with the 2 week prior to competition or missing a competition, that could be dismissal from a team.

During the **TWO week prior** to a North Star Event or Scheduled Competition there are NO absences allowed, which means no make ups for individuals (teams only). Missing a practice during these two weeks will automatically take you out of the upcoming competition. You have to attend that competition but not compete with your team. If you do not show up to the competition in full uniform and support your team, automatic dismissal from North Star Cheer program. Termination fee applies and no refunds.

**THERE ARE NO EXCUSED Absences from a competition or Event.** Every athlete is expected to attend every competition. If an athlete is ill on the day of competition, they will be expected to show up and do their best to compete. In the case of severe illness, the parents will be expected to stay in frequent communication with the coaches. If an athlete **NO SHOWS** a competition the athlete will be dismissed from the program immediately and will be charged the total termination fee.

The only way to excused from a scheduled competition, would be an unexpected incident such as death in the family, accident with injury or illness that will be noted by a doctor’s excusal with detailed information of illness that would keep them from performing.

ANY existing conflicts **MUST** be noted on the **EVENT CONFLICT/VACATION FORM** during registration. Any further conflicts will not be excused unless it effects for a school grade. Again, once you know about a school activity regarding a grade please submit on the form at the front desk.

If an athlete is sick, they attend practice. Athletes who are sick will not be required to participate, however they will need to be present at practices. The athlete will be excused with a doctor’s note removing them from practice. Athletes who are vomiting, running a fever or considered contagious stay home (without a doctor’s excuse it will be an absence).

## TEAM GUIDELINES

### 1. Purpose

1. It is the purpose of the All-Star Squad member to:
  - a. Learn and develop cheerleading skills to their full potential
  - b. Combine individuals skills and compete as a team and promote squad unity
  - c. Promote friendship between squads, squad members, and squads with whom we compete.
  - d. Set an example of good behavior at all times, in and out of practice to develop a sense of good Sportsmanship.
  - e. Participate in all squad functions and activities: practices, fundraising, parties, competitions, workshops, camp performances, parades, etc.
  - f. Get involved in bettering the community through various community activities.

### 2. Selection

There are several team members within the All Star Program. It is a privilege to participate on this team. Squad placement will be assigned by the coaching staff and may not be permanent. Age, attendance, position availability, skill level and ATTITUDE will determine an individual's placement on this squad. Upon participating in this program, one recognizes the fact that placement on a team is the coaches decision and is FINAL. Cheerleaders may compete with more than one team. Even if an individual competes with a team other than theirs, they still remain a member of their original team. Any concerns or questions should be directed to the coach(s) privately.

### 3. Requirements and Regulations

- a. Squad members are expected to give 110% commitment and dedication to their coach and squad.
- b. Members are expected to participate in all designated **mandatory** activities, unless prior approval has been granted. For example...**hockey game fundraiser, parades**
- c. Should internal conflict arise within a North Star Event, please bring the problem to the coach's attention. If conflict is not resolved with coach intervention, parents will be notified along with the Board of Directors for any resolution.
- d. If a member is dismissed from the squad or resign their position, the vacancy will be filled. It takes several months of intense practicing and proper instruction to learn the skills and safety techniques required to perform the duties of a squad member, therefore, individuals are expected to stay through the entire season. Alternates may be chosen in case of injury or dismissal.
- e. You are on a competitive team and you are expected to know the routine. Please be aware cheerleaders may be pulled from specific competitions and routines if they do not meet the standard for the team or that competition.
- f. Extra practices may be necessary on occasion to prepare for performance. Proper notification by the coach will be given as far in advance as possible.
- g. Squad members should keep school grades above average.
- h. All members will be expected to have all of their cheer equipment with them at all practices and performances. This includes the proper uniform and in full attire before practice starts.
- i. All cheerleaders will be held responsible for their own actions and choices at any North Star Event. Respect at all times should be given to each other, parents and coaches. Failure to comply may result in disciplinary actions. This is left to the coach's discretion. In the event a dismissal arises, the Board of Directors will make the ultimate decision.
- j. Constructive criticism/suggestions given in a polite manner are always welcomed. Complaining and or rudeness are not tolerated.
- k. The coach will schedule practices and attendance is mandatory. A team stretch will take place at the beginning of each practice. Cheerleaders must actively stretch, with no talking and push themselves to increase their flexibility.
- l. Cheerleaders are to arrive at least 10 minutes before practice: to organize, stretch, practice, etc. Consistent tardiness is grounds **for a full absence against the child's attendance**. The Board of Directors will make the final decision if dismissal is warranted.
- m. Extra tumbling instructions may be necessary to keep your child's skill level up to standard. Please talk to your coach.

## TEAM GUIDELINES

n. The following attendance policy is enforced:

1. **YOU MUST ATTEND THE LAST ...2 WEEKS of PRACTICES BEFORE ANY SCHEDULED COMPETITION.**
2. If you need to be excused from a practice, written prior notification is required, so your position will not be filled. Without notification, coaching staff will be hesitant to excuse the absence. Five absences are all you are allowed for one season, you are then dismissed from the team. If absence is due to illness, doctors note is necessary so that it may not be counted as an absence to you.
3. Teams must register for competition in advance. Cheer companies do not give refunds; therefore, no refunds will be given to individuals pulled from competitions due to attendance or discipline problems.
4. You are not allowed to miss one competition other than for medical reason or family emergency (ex - death in family).

### **4. Discipline and Consequences**

Misbehavior and disrespect will not be tolerated. Everyone that is in the ALL-Star Program is chosen because we have seen that you WANT to be an awesome athlete striving to accomplish his or her goals. If in anyway the staff feels an individual or parent is not contributing to this environment or is in fact, inhibiting the advancement of others (ex: training/conditioning, gym duty and community service are all consequences for not complying with the expected behavior) discipline actions or dismissal will take place. If a problem persists, parents will be notified to help resolve.

### **Automatic dismissal from the team will take place without warning if:**

1. there is behavior problems at competitions, practices or performances,
2. physical conflict, theft or outright disrespect to a coach,
3. Use of Alcohol; Vaping; tobacco or any illegal substance

We need positive impact at all times. All other issues will be addressed in a conference or written probation. NO refunds and Termination fee will apply.

Other than the above write up on behavior, a parent will be notified of such behavior. If this continues the next warning is that of being dismissed from the team. Please address any coach prior or after practices. Any parent at any time can speak with a board representative if any problems arise. We are here to be a positive part of you child's life. We encourage you to come to us with any concerns or questions. Let us know if we can help to lead them in the right direction. You can be assured of our discretion in any and all matters.

The staff does not foresee any of these problems, based on the Elite individuals selected to participate in this program. These guidelines are merely stated to set a standard of expectations and procedures for dealing with any difficulties.

### **Competitive Cheerleading Participation Rules**

1. Be kind. There is no room for personal conflicts. Do not bring them to practice.
2. Warming Up is not optional --- you must participate in order to cheer.
3. Wear Aerobic shoes with socks at all times.
4. Never build a stunt without a coach present
5. Squad members and potential squad members only at each practice.
6. No talking while being instructed from a coach.
7. Hair must be worn away from the face. No large plastic or metal hair decorations.
8. No jewelry (medical only). No long fingernails.
9. No gum, candy or soda during practice.
10. Wear clothing that is non restrictive and not too baggy.
11. In order to be counted as attending, you must participate in all facets of practice.

**I have read and understand the Team Guidelines and Practice Rules and will follow these rules at all times.**

\_\_\_\_\_/date

**Participate Signature (if over 18)**

\_\_\_\_\_/date

**Parent/Guardian Signature**

## NORTH STAR CHEERLEADING - SOCIAL MEDIA FORM

IF in Person/or on Social Media – LISTEN:

- Discover what others have to say
- Encourage them to get involved
- GIVE Positive feedback
- Don't be defensive (THINK First)
- If you learn to listen and respond in a positive form, you will take charge of the conversation and help the situation

REMEMBER on SOCIAL MEDIA:

- Everyone has an opinion
- If you don't agree with someone, be polite or don't answer at all. The more you feed into something the deeper it gets involved.
- If responding to someone's question, identify yourself and position within the organization or refer to a NS personnel and MAKE SURE it is positive!
- It is important to be accurate, current and complete
- If you make a mistake, be the first to admit it and move on
- You want to be yourself on social media but be respectful in doing so
- People judge by how you respond and post. Type clearly, Be professional at all times.
- Try to Avoid unnecessary arguments, ignore negative comments
- NORTH STAR is a Brand, everything you publish/post can reflect back to our organization.
- Share exciting things in your life or within the organization. Everyone loves to read positive news and it makes them think that things are great in your life.
- Make sure what you submit is something you want your name attached to.
  - Especially if your parents, children or family will read or see your post
  - Again, be positive and posting fun positive comments makes you feel important and people want to know more.
- COACHES are not allowed to interact with participants in the program on Social Media (unless family).
- USASF states that the coaches cannot be friends with NS participants on Social Media.

Please read and sign:

If I, as part of the North Star All Star Cheerleading use flagrant wording, inappropriate information and or belittle someone on social media or at any event with North Star you will be removed from the organization. Read your Team Guidelines and Parent/Participate Code of Conduct forms.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## NORTH STAR CHEERLEADING FINANCIAL AGREEMENT

REGISTRATION FEE (paid at registration and non-refundable) **\$85**(before discts)  
(includes \$50 mandatory Gym Fundraiser-which you can make back by selling tickets)

YOU are responsible to pay your child's USASF membership Fee of \$\_\_\_\_(not included)

- No longer included in Registration-we are not collecting this fee
- Must be Paid by August 31
- Must be paid or child cannot participate in group activities or competitions

CHOREOGRAPHER/Camp Fee's Due July 1<sup>st</sup> (SR. team only) tba(if any)

UNIFORM (DUE BY OCT 1) -no money /no order \$200 - 275

SNEAKERS (DUE BY NOV. 1) -responsible for your own order tbd

MONTHLY FEE'S (PENDING TEAM PLACEMENTS) **\$30 & up**

TERMINATION FEE **\$250**

- Payments are due the first of each month. If the payment is not paid by the 10<sup>th</sup> of the month a \$10 late fee will be added to your account each month for a negative balance shown.
- Checks returned from the bank for non-sufficient funds will be paid to North Star in cash plus the bank fee charged by the bank.
- Accounts 60 days past due – CHILD SITS and will not participate at practice until account is paid up in full (they have to attend or be marked as absent-which counts towards the only 5 absences allowed in one season)
- Accounts 90 days past due – Child will be removed from the team immediately and not allowed to return until the next season and account will be turned over to courts for payment in full including all late fees and court fees.

I understand as a parent/guardian it is my responsibility to pay the above expenses as indicated. Payment in full id due at the time my child quits, completes the season or is terminated by North Star. In addition to, any late fee's (that will be applied each month there is a balance due) until the account is paid off. I also understand that I am solely responsible for the above fees and deadlines. All fees are non-refundable by North Star Cheer.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Second Signature needed if parents are seperated/divorced, otherwise the person listed above is in agreement to pay expenses incurred for the season. Initial \_\_\_\_\_**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# **NORTH STAR ALL STARS-Cheerleading Permission Form**

\_\_\_\_\_ has indicated his/her desire to be a cheerleader for the North Star All Star  
(child's Name)

Cheerleading Team. There are certain responsibilities and obligations that he/she must assume in order to remain a member of the NSAS squad.

Please review the attached Cheerleader Rules and Regulations, in which these duties are outlined, before you sign this form below.

We believe that students gain a wide array of benefits from Cheerleading, and I truly hope that this experience will be rewarding one for you and your son/daughter.

\_\_\_\_\_ has my permission to participate as a member of the cheerleading squad for the North Star All Stars Cheerleading Team. I have read the Rules and Regulations governing all cheerleaders and I will assist in every way to see that they are enforced.

I understand that summer training/fundraising will include required attendance/participation along with mandatory camp. This is in addition to the regular practices.

While I expect the coaches to exercise reasonable precaution to avoid injury, I understand that the North Star All Stars assume no financial obligation for any injury that may occur.

I give my authorization to have my child video-taped or photographed during practices, competitions and North Star Functions/Fundraising Events. Photos may be used for advertising purposes or other NS events.

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

Telephone: \_\_\_\_\_

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

## **NORTH STAR ALL STAR CHEER - TERMINATION AGREEMENT** (Effective 7/22/20)

If a member/child **quits** or is **removed** from a team after choreography is arranged there will be a fee of \$250 along with current balance on the account, plus any competition fees that have been paid in advance for the current season. If child quits or is terminated before Chorography is paid for no Termination is charged, all other fees apply. All money is due within 30 days from the date of which the child quit/was terminated. The date will be determined from the last practice attended or the date terminated.

When a person or member is terminated from North Star, they will not be allowed at the gym, gym function's (private practices; banquet or any event) held by North Star All Star Cheer. When the said person is terminated or quits, they are not allowed back into the program until the new season begins, after June first of the following year.

There are, as always, no refunds applicable to any account in North Star All Star Cheer. If you have a credit remaining after the fees have been applied the funds now belong to North Star All Star Cheer to be distributed amongst the active members of North Star.

If you register at another all-star cheer gym, all contact and correspondence with North Star expire along with any pending fundraisers.

If fees/balances are not paid within 30 days of termination date, North Star All Star Cheer will take the account to court and you are responsible for all court fees incurred as well as your own balances due.

I understand and have read this agreement.

Print Name: \_\_\_\_\_

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

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



## CREDIT CARD FORM

- KEEP ON FILE FOR FUTURE USE
- KEEP ON FILE AND I AUTHORIZE MONTHLY PAYMENT WITHDRAWALS

I AUTHORIZE North Star All Stars to withdrawal payment from my credit card if I fail to make a payment by the 10<sup>th</sup> of each month during the season. There will be a 3% fee charged to the credit card payment at the time of all transactions.

Initial below:

I understand that if my card is declined for any reason, I will be notified immediately and other payment arrangements will be made along with the late fee's assessed.

I understand that if my card information changes before the payment is due, I will immediately notify North Star All Star to update.

PRINT CLEARLY PLEASE...and complete all lines

Child's Name: \_\_\_\_\_ Parents Name: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Card Type: Visa      MasterCard      Discover      American Express

Account Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp Date: \_\_\_\_\_, CVC# \_\_\_\_\_

Zip Code: \_\_\_\_\_ Text or Email for Receipt to: \_\_\_\_\_

Signature of Cardholder: \_\_\_\_\_ Date: \_\_\_\_\_

# NORTH STAR ALL STAR CHEER PROGRAM

## EVENT CONFLICT/VACATION FORM

**If you fail to give us a notice of vacation, then your child be marked as absent and if they miss a competition or 2 weeks of practice prior to a competition they will be dismissed until the new season begins again.**

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

Today's Date: \_\_\_\_\_

Date received at Front Desk \_\_\_\_\_

Conflicts with Currently Scheduled North Star Events (ex Chorog, competitions, practices etc)  
Please be specific with the dates and reasons:

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

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

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What Team is your child on? \_\_\_\_\_

Coach Name: \_\_\_\_\_

### **Vacation Absence Notification: (Complete prior to final competition Schedule)**

Dates Absent \_\_\_\_\_

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

Dates Absent \_\_\_\_\_

Date Return \_\_\_\_\_

Dates Absent \_\_\_\_\_

Date Return \_\_\_\_\_

Dates Absent \_\_\_\_\_

Date Return \_\_\_\_\_

**TOP THINGS PARENTS and MEMBERS SHOULD KNOW ABOUT OUR TEAM's:**

1. What to wear at practices:
  - a. PRACTICE Wear one night, 2<sup>nd</sup> Night Shorts and team T-Shirt
  - b. Shorts/leggings; tee shirts or crop tops; sneakers (until practice wear is available)
  - c. NO Baggy clothes with Pockets in them
  - d. NO Sweatshirts; NO pajama Pants and NO Jeans
2. Know what the Gym Offers:
  - a. Competitive or non-competitive teams
  - b. Summer Teams
  - c. Weekly Gymnastics Classes
  - d. Summer Courses and Camps
  - e. Private Lessons
3. What to put in your backpack for practice and competitions:
  - a. Water
  - b. Hair ties
  - c. Brush
  - d. Deodorant
  - e. Extra shorts (practice wear)
  - f. Shoes/socks
  - g. Snacks
4. Work well and collaborate with others
  - a. Team effort
  - b. Great parent support system
5. Know what is included and what is not included in the routine
  - a. Members will have to practice for jumps, stunts, and condition
  - b. Members should stretch outside of practice
  - c. Partner up to help get your skills perfected
6. Know what is included or not included in your fee's
  - a. Gymnastics, classes, and camps – not included
  - b. Extra practices – included
  - c. Uniforms – not included
7. Do it for the right reasons
  - a. Don't be pressured
  - b. Don't do it if your heart isn't in it. Hard work and long practices
8. Learn the basics
  - a. Motions, jumps, stunts because you never know when you will move to another team
9. Be prepared for any position
  - a. Things change and we must always do what is best for the team
  - b. It is not about any single member; it is about how the team will perform the best

## 10. HAVE FUN

- a. Make friends
- b. Hang out
- c. Help each other at every practice
- d. Encourage each other

## 11. BIDS (SUMMIT, THE ONE, THE FINALS, US FINALS.....) End of Year EVENTS:

- a. These costs are not included in your monthly fees. Be prepared for your team to move on.
- b. We will fundraise to help families raise money for the child's room expenses along with coaches' room and food Expenses.
- c. If your North Star account is not paid in full, all fundraising will go towards your current bill before your new expenses are covered.
- d. When Traveling with the Team, you will abide by all team rules. If you think they don't apply to you, then please don't waste our time or your team's time.
- e. These competitions are not VACATIONS and all that including any extra travel you want to do must wait until after the team competes
- f. There is no swimming prior to the competition day.
  - i. We cannot afford injuries, sunburns, or sick kids due to thinking of themselves and not the team.
- g. TEAM bonding means the entire team, these help the kids bond and have a relax atmosphere.
  - i. These are scheduled team dinners, fun in the coach's room and getting to know each other
  - ii. If you are SICK/INJURED, then stay in your own room
  - iii. We do these so it keeps the kids busy without getting into injuries in the pool and such.

12. DURING these events everyone needs to help each other. It is a lot of information and someone bringing or focusing on drama distracts parents and the KIDS. Why would we pay this much money and apply this much time just to distract the coaches and kids and then that brings down the moral. KEEP your negative comments and issues to yourself and approach the correct individuals once the event is over. The ATTENTION should be focused on the team and their well-being.

13. Please always be there to support your team and let them know they are important.

14. ONCE team practices start or the coaches are getting the kids ready to go onto the floor there is NO interaction with a parent. PARENT's, please stay away as we keep the kids focused on the routine, the music, the updates and being focused on themselves.

- a. Keep your comments until after they perform
- b. NO water bottles, say what you need to say before the coaches take them into Pre-Performance time.

15. This is a great way for a child to have great experiences and enjoy a bond with others with the same interests. Let's make this the best experience we can for these kids and everyone involved.

16. Parents do not enter practice, not even opening the doors. Whatever you have, can wait until coach comes out for a break or at the end of practice.

17. As we always have, we expect a great season, no drama, and staying focused on our teams best interests.