



Athletes and Parents,

We would like to welcome you and thank you for your interest in PA Heat All-Stars! We are a competitive all-star cheerleading program that caters to girls and boys ages 4 & up from many different school districts in our area. Our program was established in 2003 and is owned and operated by Wendy Boyer, Heather Ott, & Crystal Boyer. We are thrilled to begin another great season with great staff and athletes.

PA HEAT is a competitive cheerleading program determined to safely teach athletes about competitive cheer, the value of teamwork, and the importance of family. We stand apart by being highly successful without sacrificing sportsmanship, character, or integrity. We uplift and empower our athletes by providing quality instructors and exceptional role models. Our mission is to provide a welcoming and positive atmosphere where athletes of all ages and abilities can enjoy their sport and achieve their personal best. Athletes will learn self-discipline, respect, communication and compromise, while training to be competitive in the sport.

**PA Heat has a fully trained & certified staff and is a member of the United States All Star Federation!**

In these unprecedented times, we look to provide some sort of normalcy and physical activity for the athletes. We will do our very best to follow guidelines and regulations to keep everyone safe. If anything changes during the course of our season, we will let everyone know ASAP. Unfortunately, we do not have some answers to certain things and will need to roll with what is happening around us. We promise to keep you as informed as possible.

Attached are the forms you will need to have completed for registration and information on tuition and other costs related to our program. Please do not hesitate to reach out with any questions or concerns.

GO HEAT!

Wendy, Heather, & Crystal

Location:

2965 E. High Street Pottstown, PA 19464

Phone: 484-824-3606

Email: [paheatcheer@gmail.com](mailto:paheatcheer@gmail.com)

Website: [www.paheatallstars.com](http://www.paheatallstars.com)

# PLACEMENT / EVALUATIONS

We have teams for all skill levels for those ages 4 & up. Previous cheerleading experience and tumbling skills are great, however they are not required. Athletes will be placed on a team based on their age and skill level. A positive attitude, dedication, and commitment to the program are all extremely important and expected as well, and will be considered in the evaluation.

PA Heat All Stars reserves the right to evaluate all cheerleaders on their previous years of participation. Attendance, attitude, conduct, and skills are just some of the areas that will be looked at. All present PA Heat All Stars athletes must attend evaluations to be considered for placement on a team. We will be evaluating each athlete to where they best fit and what team would benefit them the most. Team placements can vary year to year depending on team need and athlete capability.

Evaluations will be running differently this season due to the current pandemic. Once you are registered, items will be provided regarding team placements.

**\*If you have a certain level tumbling skill, it does not guarantee you a spot on that level team. We also may look to fill certain stunting positions aside from tumbling ability. \***

**HEAT All Stars**

# TUMBLING GUIDE

All skills should be done with excellent technique prior to advancement to the next level.

LEVEL 1	LEVEL 2	LEVEL 3
<i>Forward Roll Backward Roll Handstand Fwd Roll Cartwheel Roundoff Backbend/Bridge Backbend Kickover Back Walkover Front Walkover Valdez</i>	<i>Back Handspring BHS Stepout Back Walkover BHS Roundoff BHS Round off BHS Series BHS, T Jump, BHS Front Walkover Roundoff BHS</i>	<i>Back Handspring Series BHS Stepout BHS Roundoff BHS Back Tuck Roundoff Back Tuck Punch Front Aerial Jump BHS Elite Combinations to Tuck</i>
LEVEL 4	LEVEL 5	LEVEL 6
<i>Standing Tuck BHS Series Back Tuck Jump BHS Series Back Tuck Cartwheel Back Tuck Roundoff Layout Roundoff BHS Layout Front Walkover Thru to Layout Front Handspring Punch Front Elite Combinations to Layout</i>	<i>Jump Tuck 2 BHS to Layout Jump to BHS Layout Arabian Whip Thru to Layout Roundoff BHS Full Front Walk Over Step Out Full Punch Front Step Out Full Whip Thru to Full Front Handspring to Full</i>	<i>Standing Full BHS to Full BHS Whip Punch Full BHS Double Full Roundoff BHS Double Full Roundoff BHS Whip Punch Double Elite Combinations to Double</i>

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# PRACTICES / ATTENDANCE

Once selected for a team, it is your obligation to attend practices. When one member is absent it can keep a whole team from achieving their goals for that practice. The definition of a team is a number of people that are associated together in work or activity; a cooperatively functioning group. We cannot function cooperatively without your attendance and commitment. Please realize this before entering into this contract. During competition season, PA Heat All Stars reserves the right to schedule extra practices that are mandatory, if necessary. Athletes are expected to consistently attend practice physically and mentally. PA Heat reserves the right to make adjustments to teams during the season.

## Excused Absences Examples:

- Contagious illness, School function that affects grade, Family emergencies/Funerals, Vacation during summer with notice

## Unexcused Absences Examples:

- School dance, Traffic, Grounded, too much homework, feeling tired, Don't have a ride, birthday & family parties

## Vacations

- Vacations are not permitted during competition season, unless the gym is closed and/or the athlete has already cleared it with their coaches. No practice can be missed one week/two practices prior to any competition. Please notify Heather ASAP of any Vacations that you will be attending.

## PRACTICE RULES:

In order to get the most out of practice and have it run efficiently, the following rules have been established.

- Proper attire should be worn to each practice. This includes sneakers, hair back, shorts, Appropriate color Tshirt/tank. Clothing has to be fitted. It is very hard to work with children and spotting them with large, bulky clothing. If you are not prepared for practice, we will ask you to sit or make arrangements to get what you need. No zippers or metal on clothing.
- Jewelry is not allowed for safety purposes.
- Gum chewing, eating and soft drinks are not allowed during practice.
- Cell phones are not allowed during practice. They create a distraction and they are not needed during practice time. Please put them in your bag and leave them for the duration of practice. If it becomes an issue, coaches will use their discretion to monitor.
- Personal issues are to be left at the door before entering the gym.
- Athletes should not engage in rough-play at any time.
- Concentration is required at all times for athlete's safety and your teammate's safety.

We will have additional tumbling practices to the already twice a week practices for a few teams. Please be aware this may affect your child.

## COMPETITION:

We realize that attending competitions can become costly. It is for this reason that we choose our competitions to best fit the skills and abilities of our teams. As a PA Heat All Stars team member you are obligated to attend all competitions for your respective team(s). If you are unable to attend a competition, please do not sign up for the season. All Competitions are mandatory! It is the objective of PA Heat All Stars to have all competitions run efficiently. We strive to provide as much information as possible. WE ARE VERY PROUD OF OUR PROGRAM! We take this to heart and we ask the same of you. The manner in which we conduct ourselves at competitions is a direct reflection of PA Heat All Stars.

**\*\*All team members must be current with their tuition and fees to participate in competitions. No Exceptions.**

# CODE OF CONDUCT

## COMMUNICATION:

Have a positive attitude! We expect everyone in the PA HEAT ALL STARS FAMILY (our athletes and parents included) to be hardworking, dedicated, and fun to work with! We understand there will be bumps along the way and there certainly will be times throughout the year when people get "stressed out". Overall, we do our best to bolster a team environment that is positive and enjoyable for everyone involved.

Each athlete will conduct him/herself in such a manner as to be representative of the PA Heat All Stars organization. Each cheerleader will know and abide by the rules and expectations set before them in this information packet. They will uphold the level of excellence that we as a program have and continue to strive to achieve.

## PARENT & ATHLETE INSUBORDINATION IS UNACCEPTABLE!

The following actions can result in being removed from a Heat All Stars team at any time without refund.

- o Temper tantrums/outbursts
- o Profanity, lewd language
- o Showing disrespect to the coaches by talking back, eye rolling, etc.
- o Showing disrespect to a fellow program member or parent
- o Lack of participation or poor attitude
- o Smoking, drinking of alcoholic beverages, or use of drugs.
- o Challenging the authority of the coach or person in charge, by competitor or parent.
- o Abusive behavior, lying, stealing or any other negative form of behavior
- o Each member will follow all additional rules and guidelines given by the coach or person in charge.
- o Any negative behavior towards a Heat member or to another gym, via any medium (i.e. internet, Instagram, Facebook); will result in dismissal from team.
- o No inappropriate pictures or language to be used on the internet.

## Parent Practice Conduct

Parents/friends are asked to stay in the lobby and not come into training area during practices, unless invited by a coach. We want your child to get the most out of every practice. In order for this to happen, we need their full attention. If there are distractions, the whole team is affected and may also become a safety issue. We will at times have open practices for you to enjoy. This includes private lessons unless cleared otherwise. If a parent or anyone is observed speaking negatively about a team, coach, parent, or cheerleader, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the child will have to be removed from the team. We will not tolerate this type of conduct. If a parent verbally assaults or threatens a student, coach or parent, the family will be dismissed from the program.

## Parental Support

Your dedication and support is just as important to us as it is to your child! We encourage all parents to sit together and support our teams. Parents are also encouraged to show support by wearing PA Heat All Star colors & clothing to competitions. Showing respect for the coaching staff, other teams and hosting organizations is expected as you are there representing PA Heat All-Stars and your child. Also, no competition videos are to be posted during the season on social media without permission from the coaches!

Delinquent Accounts- These fees MUST be paid for your child to participate. ANY ACCOUNT THAT IS NOT PAID BY THE 10TH OF THE MONTH, WILL BE AUTOMATICALLY DEBITED USING THE CREDIT CARD AUTHORIZATION FORM ON FILE. A \$25 late fee will be charged. Athletes that have accounts that are past due will no longer be able to participate. If your account is delinquent, you will be unable to continue private lessons until you are caught up. If you bounce a check to PA HEAT there will be a \$35.00 fee to cover our costs. Money that you pay is accounted for and is paid out on behalf of your child.

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Printed Name

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Date

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Signature

# PROGRAM COSTS

## TUITION AND EXPECTED FEES:

**All previous balances must be paid in full in order to be placed on a team for the season. Please realize this is only an estimate and prices may vary.**

ALL-STAR MONTHLY FEE INCLUDES: All-Star Practices, Gymnastic & Cheer Coaches' Fees, Gym Rental, Insurance Fees. Tuition payments are due the month prior to the new month (example: Jan Tuition due in Dec) . One exception being June and July are paid in June. \$20 LATE FEES will be applied to your account after the 10<sup>th</sup> of each month. Tuition will be paid on a July through May schedule. Tuition must be paid by cash, check, or credit card. There will be a 3% fee added if paying by credit card. There is a \$20 monthly sibling discount. If you choose not to continue to participate, are injured, or are removed from a team, fees will NOT be refunded.

Level 1 (TINY): \$70.00 per month (3 Hours/week)

Level 1 Teams: \$90.00 per month (4 Hours/week)

Level 2 Teams: \$105.00 per month (4 Hours/week)

Level 3, 4, 5 Teams \$125.00 per month (5 Hours/week)

Sibling Discount: \$20.00 per month (off tuition of lower level sibling)

## UNIFORM FEES (all fees are approximate & subject to change)

- Uniform: Senior, Junior, Youth - \$375 / Tiny, Mini, Prep Uniform will be around \$200.
- \$25 -\$50 Hair Accessories - Different Teams vary. This will be sent out after teams are made.
- \$90 Sneakers, Tiny around \$50 - There is a variety of price points for sneakers. They will be sent out after teams are made.
- \$65 Warm-up (Optional)

OTHER EXPENSES: There are things that are not included in the tuition that you will also need to pay. There will be some fundraising opportunities available to help defray costs, but you are responsible for these items. This does not include travel.

- Registration Fee - \$35
- Gym Fee - \$150 -, Athlete Tshirt, Gym Supplies and necessities
- ANNUAL USASF Fee - \$30
- Choreography & Music Fee - \$175 (Tiny \$125)
- Regular Season Competition Fees - \$600 - Schedules have not been finalized by event producers. We will have a follow up email asap, including comp schedule, prices, and fee schedule.
- Sponsorship - \$100 All Athletes are required to get sponsorships adding to \$100. After \$100 paid to the gym, you can acquire more to use for your account.
- Nationals – Approximately \$150 (Not included in regular season comp fee)
- US Finals – Approximately \$5 -\$100 (Not included in regular season comp fee)

ADDITIONAL COMPETITIONS - MAY COME UP DURING THE SEASON. WE WILL HAVE A PARENT MEETING TO DISCUSS EACH TEAMS ADDITIONAL/LARGER COMPETITIONS. Additional fees may be required if teams advance to D2 Summit and Worlds.

Delinquent Accounts -These fees MUST be paid for your child to participate. ANY ACCOUNT THAT IS NOT PAID BY THE 10<sup>TH</sup> OF THE MONTH, WILL BE AUTOMATICALLY DEBITED USING THE CREDIT CARD AUTHORIZATION FORM ON FILE. Athletes that have accounts that are past due will no longer be able to participate.

Tuition and Competition Fees- Money that you pay is accounted for and is paid out on behalf of your child. We know that competitive cheerleading is expensive! We are constantly working towards an affordable system to help our customers balance out the cost of this awesome sport. A different fundraiser will be presented often. Your fundraising profits will be directly posted to your account if it is an individual fundraiser. This involves extra work outside of cheer. However, we have seen people pay for their whole year through fundraising! You are also more than welcome to get sponsorships for your costs after the team sponsorship is handed in.

\*Please note we have done what we could to be sure no prices were raised during this time. If any changes need to be adjusted due to our current pandemic, we will inform you ASAP.

# REGISTRATION INFORMATION

Athlete's Name \_\_\_\_\_

DOB \_\_\_\_\_ Age: \_\_\_\_\_

Medical Insurance Provider \_\_\_\_\_ Policy # \_\_\_\_\_

Any intolerance to medications, previous illness or injuries the staff should be aware of? \_\_\_\_\_

## ***Mother or Guardian Information***

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail Address (please print clearly): \_\_\_\_\_

## ***Father or Guardian Information***

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail Address (please print clearly): \_\_\_\_\_

I am interested in cross competing on multiple teams. *Cross competitors will be responsible for additional fees.*

Notes/Requests for organization:

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### Medical Liability

I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for such treatment. I also give permission for treatment of illness and/or injury that may be sustained while performing said duties until I am available. I acknowledge that the above participant must have his/her own Medical Insurance. I understand that cheerleading camps, competitions, practices, clinics and gymnastics equipment have an inherent danger in participation and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in PA Heat All-Stars Cheerleading at their own risk and will not hold employees and/or instructors liable for any injuries that may occur while participating in cheerleading. My signature indicates my acceptance of Code of Ethics on behalf of myself and any and all of my family members. Should I violate this Code or Rules in any way, my child may be subject to denial in participating with PA Heat. I have also discussed the Rules and Regulations with my child and we will do our best to follow them.

(Participant if 18 or older) Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Injured Transport

In case of an emergency and we the coaches of PA Heat are unsuccessful in reaching either yourself or the emergency contact person(s) you have supplied, 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.

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

\_\_\_\_\_ No, my child cannot be transported.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### Financial Agreement

I, \_\_\_\_\_ parent/legal guardian of \_\_\_\_\_

(Print name of parent/legal guardian) (Print name of athlete)

understand and agree the following:

- I understand and agree that tuition payments are due by the 1st of the prior month.
- I understand the Choreography Fee, Registration Fee, Practice Clothes, Uniform/Shoes/bow, Optional Warm-ups, Local Competition Fees, Nationals, & US Finals are all additional costs that are due on their exact due dates and not included in monthly dues.
- I understand that I am subject to a late fee charge of \$20.00 after the tenth of the designated month. Excessive tardiness in payments will be grounds for my child not competing, possible dismissal and being sent to a professional collections agency.
- I also understand and agree that as a parent signing the contract; I am solely responsible for the Tuition, Registration Fees, USASF Fee, Travel Fees, Uniform/Sneakers/Bow, Choreography/Music, Local Competition Fees, National Fees, & US Finals, Coaches fees. All fees are Non-refundable.
- I understand that a \$150 cancellation fee will be assessed if my child does not complete the entire season in effect after September 1st.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



2965 E. High Street Pottstown, PA 19464

**Credit Card Payment Authorization Form**

Sign and complete this form to authorize PA HEAT All-Stars to make a debit to your credit card listed below.

By signing this form you give us permission to debit your account for the amount indicated on or after the indicated date. This is permission for dues not paid in a timely manner as stated in our registration packet, and does not provide authorization for any additional unrelated debits or credits to your account.

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**Please complete the information below:**

I \_\_\_\_\_ authorize PA HEAT All-Stars to charge my credit card

(full name) account indicated below. This payment is for unpaid dues as outlined in the PA HEAT All-Stars registration packet.

Billing Address \_\_\_\_\_ Phone# \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Email \_\_\_\_\_

Account Type:  Visa  MasterCard  AMEX  Discover

Cardholder Name \_\_\_\_\_

Account Number \_\_\_\_\_

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

CVV2 (3 digit number on back of Visa/MC, 4 digits on front of AMEX) \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

I authorize the above named business to charge the credit card indicated in this authorization form according to the terms outlined above. This payment authorization is for the goods/services described above, for the amount indicated above only, and is valid for one time use only. I certify that I am an authorized user of this credit card and that I will not dispute the payment with my credit card company; so long as the transaction corresponds to the terms indicated in this form.