

PARENT PROMISE

I hereby pledge to provide positive support, care, and encouragement for my child participating in all-star cheerleading by following this Parents' Code of Conduct. Any parent guilty of improper conduct at a practice or competition will be suspended from the gym for a minimum of two weeks.

1. I promise to cheer for all children, not just my own.
2. I promise to celebrate the achievements of my child without comparing them to others.
3. I will strive to avoid gossip and do my best to speak positively about all athletes.
4. I promise to do my best to remember that I am not the coach and if I have a question I will ask before I create my own perception.
5. I promise not to use social media as an outlet to vent, compare, or get advice about my child's team.
6. I will praise my child for competing fairly and trying hard, and make my child feel like winner every time.
7. I promise to set a good example for my athlete. I understand that my athlete's individual success is also related to the team's success.
8. I make this promise to teach my child by example because the success of my child's team and my child's gym matters to me!

ANNIVERSARY/INSURANCE FEE

All students will be charged an annual insurance fee good for one calendar year. The fee will be charged at the time the athlete is placed on a team or prior to an athlete's first practice. The individual insurance rate is \$30.

PLACEMENT PROCESS

I agree to trust the placement process and that decisions are made with the best interest of each individual athlete in mind. I agree to not reach out to the coaches to discuss placement until at least three (3) after-placement practices have occurred.

ATTENDANCE POLICY 2022-23

This policy will take effect starting Monday, August 14. It applies to ALL full year athletes (Prep and All Star Elite) that practice 2x per week starting in August.

There is a total of **TWELVE HOURS** to use for absences from August 14th until the last competition your child participates in (this is different for every team). It remains that the team coaches are to be notified regarding absences and that the athlete has an appropriate fill in. Informing coaches about absences is to be done by personal text message, email, phone call, or in-person communication two weeks in advance of requested absence.

GROUPME/REMINDEUR IS NOT AN ACCEPTABLE WAY TO CONTACT YOUR TEAM COACHES; ABSENCES/TARDINESS WILL NOT BE VALIDATED THROUGH THIS TYPE OF COMMUNICATION.

Each coach is responsible for tracking the amount of time athletes have missed. There will be a binder available to keep track of the amount of hours your child has used. Below is a list of absences that require and do not require the use of 12 hours.

EXCUSED ABSENCES

(Does not require use of 12 hours)

- - Family Vacation if notifying coaches before – August 14, 2023
- - Bereavement -
- - Sudden Illness – **still expected to come to - practice unless contagious (determined by doctor's note/coach discretion)**

UNEXCUSED ABSENCES

(Requires use of 12 hours)

Vacations that coaches are not informed about before August 14, 2023

Birthday/Family Parties

School Sports – this includes coming late to practices. If your child is 30 minutes late, 30 minutes is taken away from their 12 hours. Additionally, if your child misses for school practices or games/meets, this, too, goes towards their 12 hours

There will be consequences for the individual who:

- Is caught lying about absences that do not require the use of the 12 hour policy to avoid the use of their hours
- Misses a practice the week of a competition
- Surpasses 12 hours and misses additional practice hours
- Does not find an appropriate fill in for their absence
- Does not inform the coach at least 2 weeks in advance for absences requiring the use of 12 hours

The consequences for the above actions could result in suspension from a competition, additional conditioning or practice time required, or removal from the team. Consequences will be based on the severity and frequency of the behaviors listed above. The well-being and success of the team will also be taken into account.

- - Scheduled Doctor's Appointments
- - School Activities that are not required for a grade
- - Studying for a test/Completing Homework

GENERAL ATTENDANCE POLICIES

Athletes must not miss the two (2) practices immediately preceding a competition for any reason or they may not be able to compete at the upcoming competition. If an athlete is returning after injury time-off, it is preferred that the athlete attend and participate in at least three (3) practices before competing. However, this time may be altered (extended or reduced) based on the severity of the injury and the role the athlete plays in the routine. Safety of all athletes is the number one factor in this decision and the decision of the coaches is final.

Vacations should be scheduled to coincide with the gym closings. If this is not possible, they should be scheduled so the athlete does not miss any competition and/or the two (2) practices immediately preceding a competition. Vacation should not be scheduled during choreography.

There will be certain times leading up to end of year where time off for vacation will be blocked. This is to ensure athletes are as prepared as possible for the prestigious events towards the end of our season. Specific blocked dates will be communicated each season.

No winter sport participation for Crossover athletes.

Parents, as always, we appreciate your commitment to our program. Thank you for all you have done to support Pride of Arkansas past and present! We are looking forward to an incredible season. For any questions regarding this policy, please contact your team coaches.

COMPETITIONS

Athletes make a commitment to the program and to their team when joining Pride of Arkansas. Part of that commitment is to attend every competition. This includes attending The All Star Worlds competition in Orlando, Florida at the end of April/beginning of May, if your child's team wins a bid to this prestigious event. **If your child does not attend this prestigious event after winning a bid, a \$500 athlete replacement fee will be assessed to your account. This is in addition to the \$500 quitter's fee assessed if quitting after choreography occurs (see**

Drop Procedures below). All Star Worlds bid winners must maintain current accounts, including having all All Star Worlds fees paid by due dates set forth by Pride of Arkansas to secure athlete's spot on the roster.

Competitions cannot be missed for school events, vacations or other preventable events. Vacations should be scheduled to coincide with the gym closings. If this is not possible, they should be scheduled so the athlete does not miss any competition and/or the two (2) practices immediately preceding a competition. Vacation should not be scheduled during choreography. Athletes should arrive at the assigned meet time ready to compete. All make-up and hair should be done at home unless otherwise instructed. Athletes should arrive in uniform and/or Pride of Arkansas warm ups. All jewelry should be removed.

Pride of Arkansas requires that athletes remain in uniform and sneakers for the duration of the competition. Athletes should not wear boots, flip flops or pajama/sweat pants at any time. Hair should remain in a scrunchie. Athletes should be dressed in full uniform for the awards ceremony. Senior athletes are to wear the program tank or warm-up jacket when not in warm-up area, performing or awards.

If at all possible, please stay for all Pride of Arkansas teams' performances. It is very important that our athletes encourage one another and that everyone feels that they belong to one family. Most competitions offer priority seating when a team performs. All Pride families may enter priority seating when any Pride team is performing.

Please never use the removal of your athlete from a competition or practice as a form of discipline. We believe in partnering with parents to act in the best interest of the child. However, missing a practice or competition is a punishment to the entire team. Every athlete on the floor affects the choreography and ability to execute the routine.

MAKEUP POLICY

Because of our strict student to teacher ratio, missed classes will not result in make-up classes, prorated tuition or refunds. No refunds for classes missed including scheduled holidays.

DROP PROCEDURE

PARENTS MUST NOTIFY THE GYM TO DROP A STUDENT FROM A CLASS OR TEAM. Only a written notice via email, regular postal mail or hand delivered to our office staff will be acceptable.

Please note: You are responsible for payment for your student's classes WHETHER OR NOT YOUR STUDENT ATTENDS CLASS until the time you notify the staff VIA WRITTEN NOTICE. Please do not rely on your student to verbally let us know that he/she will no longer be attending classes. Fees incurred to date of official drop notification are due.

Any member, who leaves the organization after choreography occurs and prior to season's end:

- Will be assessed a \$500 quitter's fee
- If athlete has already won a bid to All Star Worlds, an additional \$500 athlete replacement fee will be assessed (see Competitions above)
- Is responsible for fees due until official drop notification is received
- Forfeits all monies paid to JNM Entities LLC and/or Pride of Arkansas
- Forfeits any item ordered on behalf of the member prior to the official drop date. This includes, but is not limited to, uniforms, practice gear, or other pieces of "equipment" required to participate in the sport. The monies paid, and the item(s), is forfeited to Pride of Arkansas.
- No refunds will be given.

WHAT TO WEAR

Athletes should wear athletic shorts and t-shirt or tank top. NO chewing gum or dangling jewelry. Hair should be pulled neatly and securely away from the face so that it stays up for the entire workout. All students should wear cheer sneakers. These sneakers should be exclusively for the gym and should not be worn outside. Personal items should be left in cubby. Jewelry should not be worn during classes. **PLEASE LEAVE JEWELRY ARTICLES AT HOME.**

This facility's staff will not be responsible for ANY items that may be lost or stolen. Be sure your student's personal items are marked with their name.

ARRIVAL AND PICKUP

Athletes should arrive 5-10 minutes before (no earlier please) his/her scheduled time. Please pick up your child on time. Please inform us if you know you will be late picking up your child. Instruct your child to wait inside the building and you should escort them from the building to your car. During peak times the parking lot is crowded. Please take into consideration that our athletes may include young children. Please drive slowly and carefully. Do not take a chance on your child running to and from your car. No child should be left unsupervised for extended periods of time.

COPYRIGHT

There should be no private production and/or sale of items with Pride of Arkansas, team names, images associated with Pride of Arkansas such as, but not limited to, the Pride star, without the written consent of the owner, Jenna Montgomery. All Pride related items must be produced and purchased through the Pride Pro Shop. This is a program policy and violation is grounds for possible removal from the program.

WAIVER

Student: _____ Age: _____ Date of Birth: _____

Mailing Address: _____

Parent/Guardian: _____

Parent Cell: _____

Parent email for communication purposes: _____

Liability Waiver and Indemnity Agreement: The listed conditions of the participation of the student listed above in any of the programs conducted by JNM Entities LLC., conducting business at Pride of Arkansas Cheer and Dance Academy in Fayetteville, Arkansas, including but not limited to dancing, tumbling, cheerleading, and fitness, I agree to the following terms:

1. I waive any claim for bodily injury, personal injury or property damage against JNM Entities LLC. or Pride of Arkansas Cheer and Dance Academy, JNM Entities LLC., Jenna Montgomery, directors, contractors, staff, shareholders, agents and insurers and any owners or lessors of the premises and any equipment used, arising out of child's participation in any of the programs held by JNM Entities LLC., Jenna Montgomery or contractors at the Pride of Arkansas Cheer and Dance Academy located at 915 N College Ave, Fayetteville, AR.
2. I understand that this waiver extends to injuries incurred by any member of my family, including my child identified above, myself or any other family member.
3. This agreement shall remain in effect as long as and whenever my child participates in any activity at or with JNM Entities LLC., or contracted employees by The Pride of Arkansas Cheer and Dance Academy.
4. If this agreement is not effective to waive liability on behalf of our child, ourselves or any other family member, we further agree to indemnify JNM Entities LLC. or The Pride of Arkansas Cheer and Dance Academy for their liability including all costs, fees, and expenses incurred in connection with such liability.
5. The Pride of Arkansas Cheer and Dance Academy is allowed to photograph my child and photos may be used on website, social media, and any other promotional materials.

Authorization of Medical Care: In case of illness or injury, if I cannot be reached, I authorize any desired medical care of my child at the discretion of the attending physician. I accept responsibility for all associated expenses.

Acceptance of Rules and Policies: I have read and understand all above rules and policies put in place by JNM Entities LLC. conducting business at The Pride of Arkansas Cheer and Dance Academy, and agree to abide by them through the course of me and my family's involvement with this program.

Parent/Guardian Signature: _____ Date: _____

Emergency Contact: _____ Phone: _____

Relationship to Student: _____

FINANCIAL COMMITMENT

Full Year Cheer Teams

2023-2024	Tuition	Placement	Insurance Fee	Practice Gear	Choreography	Uniform	Music	Total
May		\$30						\$30
June	\$190		\$30	\$65	\$150			\$435
July	\$190				\$150	\$215		\$555
August	\$265					\$215		\$480
September	\$265						\$85	\$350
October	\$265							\$265
November	\$265							\$265
December	\$265							\$265
January	\$265							\$265
February	\$265							\$265
March	\$265							\$265
April*	\$265							\$265
Total	\$2,765	\$30	\$30	\$65	\$300	\$430	\$85	\$3,705

* April tuition charged to teams that get a bid to All-Star World

Tuition includes monthly dues, competition registration fees, coaches fees

Practice Gear branded sports bra, tank top. Parents purchase black Nike shorts

Same uniform as prior year. Uniform cost due only for altheltes needing new uniform for 2023-2024 season. Includes scrunchie.

Silver and Black smokey eye required & red lip. Athletes choose make up brand

All-Star World Registration Dues Not Included. ~\$500 Paid in March/April

I understand, and agree to abide by:

1. All payments, including tuition and team fees, are due the 1st of the month. A 10-day grace period is granted before a \$20.00 late fee is assessed. On the 11th of the month, the late fee is assessed.
2. Fundraising credits are posted to accounts upon receipt. Fees are due as described above regardless of an account awaiting a fundraising credit. Fundraising credits can carry over to future months/seasons but cannot be converted to cash.
3. On the 21st of the month, the credit card on file is charged for the entire amount owed, including the recently assessed late fee. If the card does not work, or there isn't a current Credit Card Authorization Form on file, email notification will be sent. An updated Credit Card Authorization Form is required to avoid an athlete being asked to sit out of practice.
4. **Once account is past due by the 11th of the following month or if a large balance is accrued, the athlete will be asked to attend practice but not participate until a payment, agreeable to Pride of Arkansas, is received.** Communication will occur between Pride of Arkansas and the athlete's guardian of record if athlete is in jeopardy of sitting. Athletes may be asked to leave the program if accrued balance becomes untenable. Private lessons will be discontinued. Extenuating circumstances

requiring a payment arrangement, can be made with the account manager at thepofacheeranddance@gmail.com and must be honored in order for the athlete to remain on the active roster. Payment plan amounts are to be high enough to pay down the balance.

5. **All Star Worlds bid winners must maintain current accounts, including having all fees paid by due dates set forth by Pride of Arkansas to secure athlete's spot on the roster.**
6. If an athlete sustains an injury that does not allow them to participate, they are to continue to come to practice. Payment continues unless other arrangements are made with the account manager. I am responsible for payment whether or not my student attends classes until I notify this facility in writing (thepofacheeranddance@gmail.com) to drop my student from class(es). Drop Procedure above, including \$500 quitter's fee and \$500 athlete replacement fee (if applicable), applies unless extenuating circumstances are agreed upon by Pride of Arkansas.
7. Any extraordinary fees not outlined in the pricing grids are due within 30 days of being posted to the portal accounts.
8. Autopay account credit card is charged between the 1st and 5th of the month unless alternate arrangements are made with the account manager prior to 1st

10. I represent and warrant that if I am purchasing something or paying for a service from this facility or from other merchants through this facility that (i) any credit card or bank account draft (ACH Draft) information I supply is true and complete, (ii) charges incurred by me will be honored by my credit card company or financial institution, and

(iii) I will pay the charges incurred by me at the posted prices, including any applicable taxes, fees, and penalties.

11. Should I dispute a charge through my financial institution this will constitute a breach of contract possibly resulting in, but not limited to, penalties, additional fees, collection, legal action, and/or termination of any and/or all current and future services.

PRIVATE LESSONS/CANCELLATION POLICY

Accounts must be in good standing in order to schedule private lessons.

Lessons canceled without 24-hour notice are subject to a cancellation fee of 50% of the canceled lesson.

ATHLETE NAME: _____

PARENT SIGNATURE: _____

