

Phresh INC Cheer/Dance

Program 2019-2020

“We Got that Cheer Drip”

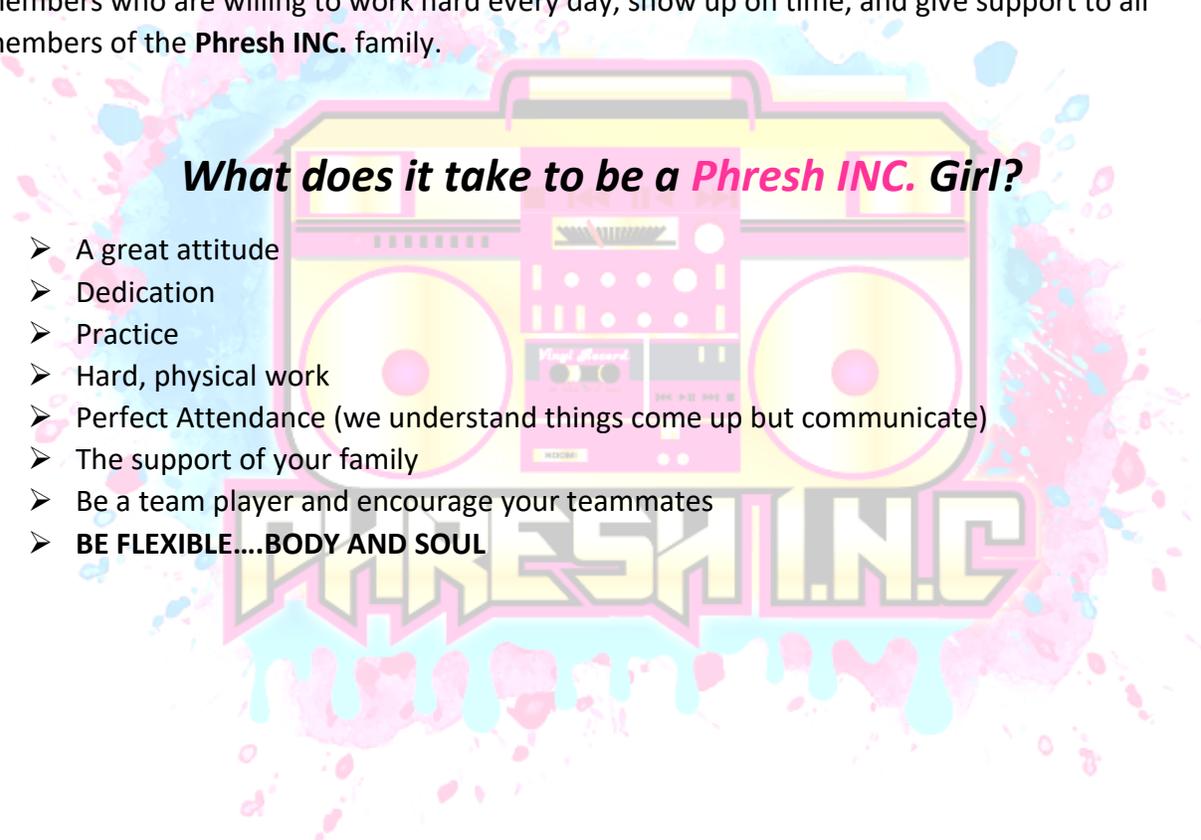
“Never underestimate the power of dreams and the influence of the human spirit. We are all the same greatness lives within each of us”

-Wilma Rudolph

PHRESH INC

As we prepare for our very 1st season. We the owners and staff are excited to bring back tradition with a new era flare. We didn't want to just leave our KIDS in the hands of anyone and we wanted to make sure our kids have nothing but the best in a fun, loving, positive, family filled environment. The complete dedication and participation of the cheerleaders and parents are vital to this growth of this organization. We need everyone's assistance in implementing the policies in this handbook to make **Phresh INC.** exceeds expectations.

Specifically, we always require all cheerleaders to give their best effort and adhere to all practice schedules and rules stated in this handbook. Every successful program depends on its members who are willing to work hard every day, show up on time, and give support to all members of the **Phresh INC.** family.



What does it take to be a *Phresh INC.* Girl?

- A great attitude
- Dedication
- Practice
- Hard, physical work
- Perfect Attendance (we understand things come up but communicate)
- The support of your family
- Be a team player and encourage your teammates
- **BE FLEXIBLE....BODY AND SOUL**

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Practice Wear: Practice wear will be available for purchase. Each team member is required to purchase practice attire and wear the correct practice attire to each practice. Each practice outfit consists of (TBD). If you are dressed incorrectly, you will condition/jump after practice (Must wear tennis shoes). Hair must be out of face and in a high ponytail with practice bow, No jewelry of any kind and Shorts/bikers must be appropriate length (Bikers are required under shorts)

Injury/Illness Policy: If you have a doctor's note for an injury or illness that will require you to miss any practices, performances, and/or competitions. When/if the coaches feel you are able to safely perform all the tumbling and stunting skills you previously did before your injury/illness in a routine with consistency, then you will be able to return.

Competition Wear: All members will be required to be fitted for competition uniforms which will be around (TBD) and a parent or guardian must be present at the uniform fitting to sign off on the order (unless you already have a uniform that still fits, exchanges are possible if sizes allow).

Competitions: We expect to attend a number of competitions throughout the season. Competitions will most likely begin (TBD) and go through (TBD). We will finalize our 2019-2020 competition schedule before (TBD). We will attend some competitions that may require a two-night stay in a hotel. All athletes are required to arrive at "**National Competitions**" two nights before they compete (as we will have a practice the night before the actual competition). All athletes will be expected to arrive on time and leave when released by the competition schedule set for each team. Please understand that competitions may take the whole day so do not plan other activities on a competition day.

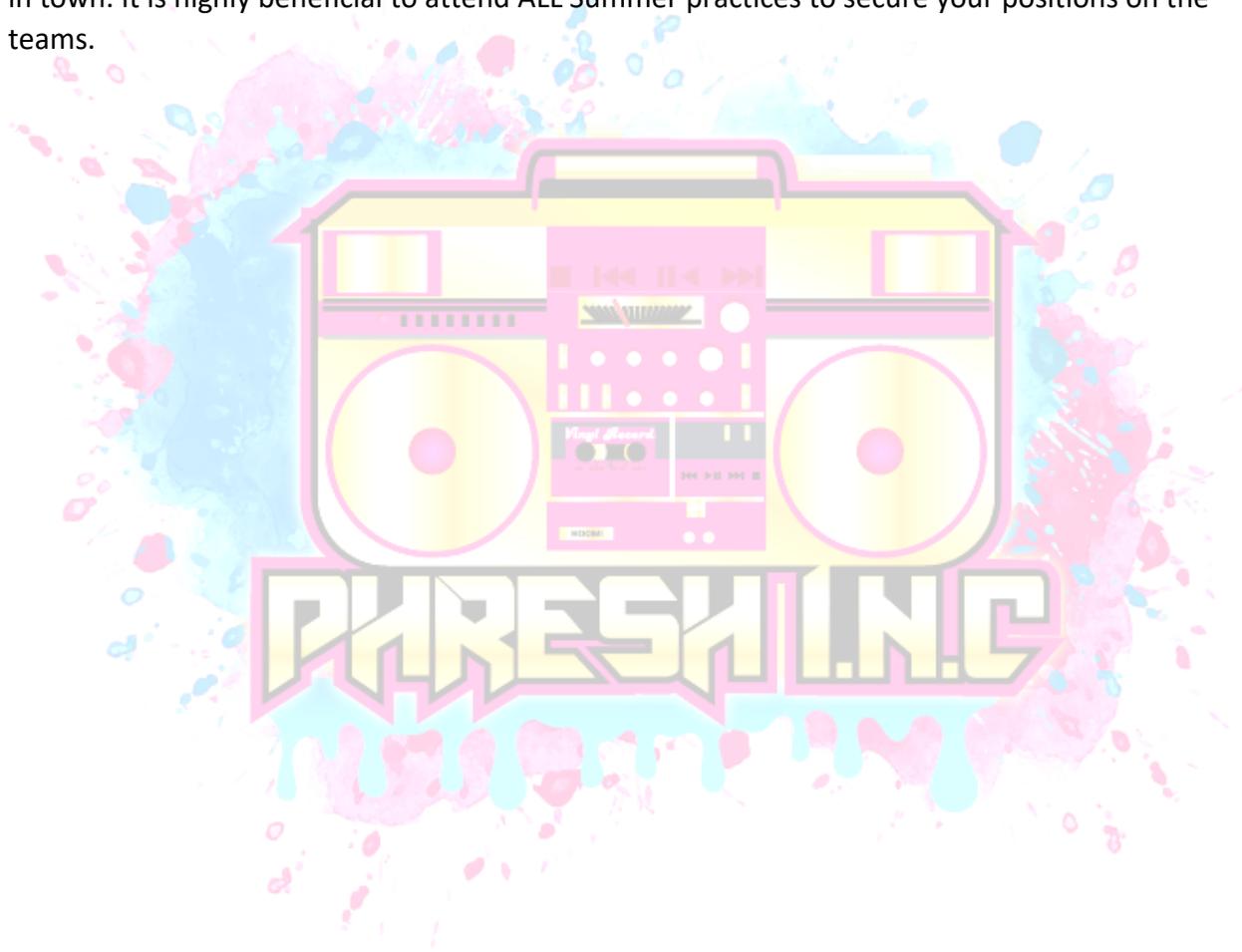
Hotel Accommodations: We will require our athletes to stay in the "Team Hotel" for out of town competitions. We will select "Team Hotels" when we release our competition schedule so that those that are going can make their reservations. This is a wonderful time for athletes and parents to get to know each other. Room Blocks may or may not be made however either way; each family will be responsible for securing their own lodging at out of town competitions. Teams may be required to meet at the "Team Hotel" any time though out the weekend of a National Competition at the coach's request. **Exception--some competition REQUIRE you to stay at a hotel offered through the competition company in order to compete at their event (all of this information will be sent out to you)—

Team Skills camps and Choreography camps: These camps are mandatory for each team member. All teams will have their choreography, choreography is mandatory for ALL athletes,

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and usually takes place over a 3-4 day period. We will release the choreography camp and skills camp dates for all teams ASAP.

Summer Practices: Summer practice attendance is required; however, we do allow for summer vacations. We ask that absence requests for vacations must be turned in one week in advance or at registration; if you already know which dates you will be gone for vacations. Please email ALL requests to phreshincelite@gmail.com . We do request that you attend practice if you are in town. It is highly beneficial to attend ALL Summer practices to secure your positions on the teams.



Code of Conduct of Acknowledgment

- I will not be involved in any matter of disrespect towards any members or PHRESH INC staff, parents or students. If I have a complaint I will go discuss this solely with the one of the coaches.
- Anyone threatening to quit or pull their child from a squad may be dismissed from the program immediately.
- I understand that all athletes are required to wear the appropriate practice attire to every practice.
- I understand that the coaches reserve the right to suspend any athlete's or parent's participation in activities at PHRESH or at PHRESH functions as disciplinary action.
- I understand the important of punctuality and will arrive at all practices and scheduled events on time. If you are late to practices/events you will condition/jump after practice.
- I will not participate in negative gossip or communications that adversely affect PHRESH INC, its athletes or staff, including posting any negative comments on social media (Facebook, Instagram, Twitter, etc.), websites or in chat rooms.
- I will maintain all skills that were performed at try-outs and try to improve my skills during the season.
- As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment.
- I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.
- I understand all athletes at PHRESH INC are expected to arrive at practices and competitions with a positive attitude and give their best effort in every endeavor.
- I will not use inappropriate language.
- I understand it is sometimes necessary for athletes to be moved from one team to another.
- I understand that the parent viewing area should be a positive atmosphere, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude while there.

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- I understand that my monthly billing statement is emailed to me as a courtesy. Whether I receive it or not, I am still obligated to make my payments on time.
- I understand this is an 8-MONTH commitment I am making. I will honor my commitment.
- I understand that if I quit or I am removed from the program, I will not be entitled to a refund of any kind. This includes all monies paid to PHRESH INC including prepaid expenses.
- Cheerleaders, parents, relatives and friends are not allowed to contact competition companies or their officials for any reason via email or phone. You may view their website for general information. Contact PHRESH INC if you have questions or comments relating to competition companies or their officials. This is a request of the competition companies in an effort to maintain efficiency.

I understand and agree to this “Code of Conduct” throughout the 2019-2020 season:

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

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PARENT/GUARDIAN CONSENT AND Athletes MEDICAL RELEASE FORM

Athlete's Name: _____

Date of Birth: _____ Gender: _____ Address: _____
City: _____

State: _____ Zip: _____

EMERGENCY INFORMATION

Parent/Guardian Name: _____ Home Phone: _____
Work Phone: _____ Parent/Guardian Name: _____
Home Phone: _____ Work Phone: _____

In an emergency, when parents cannot be reached, please contact:

Name: _____ Home Phone: _____ Work
Phone: _____ Name: _____ Home Phone: _____
Work Phone: _____ Allergies: _____

Other Medical Conditions: _____

Player's Physician: _____ Office Phone: _____

Medical and/or Hospital Insurance Company: _____
Phone: _____ Policy Holder: _____
Policy #: _____ Group #: _____

PLEASE COPY BOTH SIDES OF YOUR HEALTH INSURANCE CARD AND ATTACH TO THIS FORM

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PARENT/GUARDIAN CONSENT AND MEDICAL RELEASE

Recognizing the possibility of injury or illness, and in consideration for US Youth Cheerleading Association and members of US Youth Cheerleading Association accepting my son/daughter as a player in the cheer/dance programs and activities of US Youth Cheerleading Association and its members (the "Programs"), I consent to my son/daughter participating in the Programs. Further, I hereby release, discharge, and otherwise indemnify US Youth Cheerleading Association, its member organizations and sponsors, their employees, associated personnel, and volunteers, including the owner of fields and facilities utilized for the Programs, against any claim by or on behalf of my player son/daughter as a result of my son's/daughter's participation in the Programs and/or being transported to or from the Programs. I hereby authorize the transportation of my son/daughter to or from the Programs. My player son/daughter has received a physical examination by a licensed medical doctor and has been found physically capable of participating in the sport of Cheer/Dance. I have provided written notice, which is submitted in conjunction with this release and attached hereto, setting forth any specific issue, condition, or ailment, in addition to what is specified above, that my child has or that may impact my child's participation in the Programs. I give my consent to have an athletic trainer and/or licensed medical doctor or dentist provide my son/daughter with medical assistance and/or treatment and agree to be financially responsible for the reasonable cost of any such assistance and/or treatment.

Signature of Parent/Guardian

Date

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PHOTO RELEASE

I hereby grant Phresh INC Cheer/Dance Team and its authorized agents permission to use my child's likeness in photograph(s)/video in any and all of its publications and in any and all other media, whether known or unknown or hereafter existing, controlled by Phresh INC, in perpetuity, and for other use by the association. I will make no monetary or other claim against Phresh INC for the use of the photograph(s)/video.

Athlete's Name (Print Full Name) _____

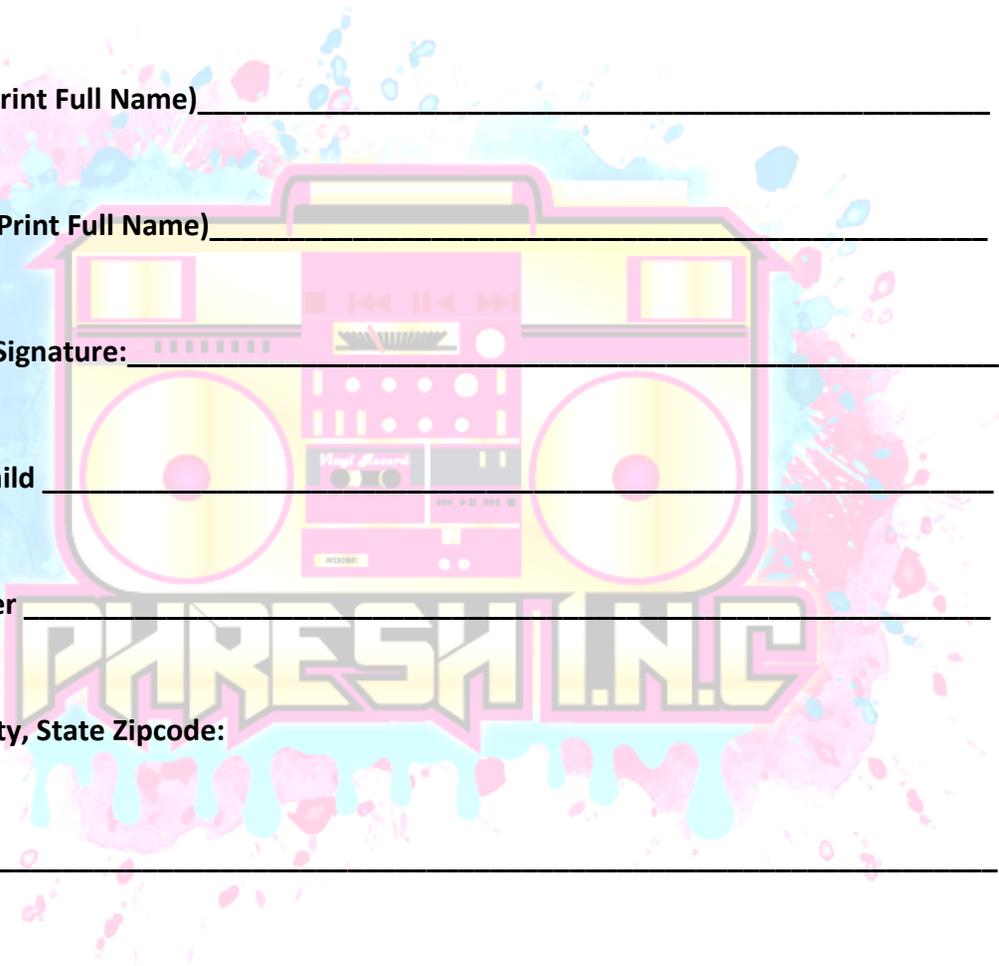
Parent Guardian (Print Full Name) _____

Parent/Guardian Signature: _____

Relationship to Child _____

Telephone Number _____

Street Address, City, State Zipcode: _____



PHRESH INC

PHRESH INC Registration

Please submit by the first day of practice. If you have questions, feel free to ask Lenora Wright or any of the coaches.

Personal Information: (Please print clearly)

Name: (First) _____ (Last) _____

Grade: _____ Age: _____ Date of Birth: _____

Cell Phone: _____ Home Phone: _____

Participant's Email: _____

Parent #1 Name: _____

Parent #1 Address: _____

City _____ Zip _____

Parent #1 Email Address: _____

Parent #1 Cell Phone: _____ Home _____

Parent #2 Name: _____

Parent #2 Address: _____

City _____ Zip _____

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Parent #2 Email Address:

Parent #2 Cell Phone: _____ Home _____

Cheer Experience:

- Cheer
- Tumbling/Gymnastics
- Dance

Number of Years: _____

Number of Years: _____

Number of Years: _____

Squad Interest:

- Fall Sideline
- Winter Sideline
- Competition Cheerleading

Financial Commitment:

See the attached estimated financial obligations.

Cheer Expectations:

See the attached PHRESH INC Expectations for specific attendance, behavior, and attitude expectations.

Agreement: I, _____ (Athlete name) and my parent/guardian have read, understand, and accept the requirements necessary to be a PHRESH Girl!

Athlete Signature _____

Parent Signature _____

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FINANCIAL OBLIGATIONS

The following cost expectations have been carefully put together based upon the local going rates and is an **estimate of costs** it could be more or less.

EXPENSES	AMOUNT	DUE DATE
Registration Fees	\$50	At the time of Registration
Practice Wear	\$70	
Monthly Fee	TBD	
Performance Uniform	\$200	
Warm Up Suit	\$125	
Hair Bow	\$45 for 3	
Shoes	\$30-\$60	
Poms	\$45	
Bag	\$25-60	
Choreography & Music	TBD	
Competition Fee	\$150	
Camp Fees	\$80	

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Depending on the skill level of your Athlete they may or may not attend travel competition or nationals if coaches feels as though they are not ready to compete at that level. If you have any questions regarding your account, please email phreshincelite@gmail.com

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

I have read and understand the financial commitment I am making for the

PHRESH INC team 2019-2020 season

Athlete Name _____

Parent Signature _____ Date _____

