

Athlete's First & Last Name: _____

As a Charlotte Allstar Athlete & Parent...

Parent and Athlete Initials



- _____

I, as an athlete/parent will do my part to ensure that I will attend practice, on time, and have full participation.
- _____

I know if I miss more than 6 practices in the Summer, CAC reserves the right to pull me for a re-evaluation and possibly change the team I am on.
- _____

In order to miss a mandatory Summer / Fall event (Camp Purple, Choreography, Skills Camp, etc.) those dates need to be turned in, in May, on your Vacation Request Calendar.
- _____

I know that CAC supports me participating in Fall Sports as long as I communicate any conflict 2 weeks in advance.
- _____

I cannot be tardy more than 4 times and cannot miss more than 3 times during August-November **with my CAC Coach's PRIOR approval.**
- _____

After Thanksgiving, we enter Nationals season, I may not miss or be late to any practices. Athletes that have 2 unexcused absences / 3 unexcused tardies may be removed from their team without a refund.
- _____

If your athlete is not maintaining skills from their evaluations, coaches will meet with athlete and parent(s) to discuss plans for improvement or roster changes.
- _____

CAC reserves the right to change rosters to keep teams on a competitive level.
- _____

If I am sick or injured I will still be at 100% of the practices and competitions unless I have a fever over 100° and have communicated with my coach before hand.
- _____

Any injury that has athletes sitting out of practices or events will need to be medically cleared by a doctor before returning.
- _____

I know I may only cheer during basketball or participate in a winter/spring sport if CAC is the priority, which means I may NOT be late or miss practice due to cheering during basketball unless you have your CAC Coach's permission.
- _____

All athletes are expected to attend all competitions, including End of Season Events.
- _____

Please note: CAC recognizes that different schools follow different calendars from private school to public school, county to county, and even NC Schools to SC Schools. With that information you still must follow your team calendar when it comes to practices, competition, Spring Break, etc.
- _____

CAC recognizes that athletes may also need to participate in a school related band concert or chorus concert as part of their grade. Please do your best to communicate with your coach as soon as the concert is planned. We also recommend forwarding the email from your athlete's school to the communication coach to help ensure an excused absence.
- _____

Using my athlete's competitive cheerleading team practice as a punishment at home (this includes failing grades, school issues, etc), should be the very last resort after speaking with my coach. This results in punishment for the whole team, not just my athlete.
- _____

I know that my coach reserves the right to pull my athlete from competition if we miss or are late to a practice two weeks prior to competition and my coach reserves the right to alter the rosters to create a competitive routine.
- _____

I will not schedule / participate in Birthday party celebrations, family events, etc. on practice days if they conflict with my practice time.

_____ Charlotte Allstars is trying to create a positive, pleasant learning environment for all athletes and I will support CAC in this endeavor. I will respect and support the decisions made by the coaching staff. I know our coaches have years of experience and will make the best decisions for the entire team/program.

_____ As a Charlotte Allstar I will support my gym 100%. With that, I will not take classes or privates at any other allstar program's facility.

_____ I understand that any repeat or varied offense of expectations on this contract will result in these consequences:

Strike 1: Phone call to parent

Strike 2: Sit out of practice and/or competition (without a refund of any kind) / Warning of offense

Strike 3: Meeting with athlete, parent, head coach, and owners to discuss the athlete's future at CAC.

**Charlotte Allstars reserves the right to skip directly to Strike 2 or 3 should we deem the offense severe enough.

CAC Environment & Athlete Expectations / Athlete Initials Only

_____ All communication on social networking sites such as Facebook, Instagram, Snapchat, Tic Tok and X, etc. must be positive and represent our values as a program.

_____ I will treat all individuals (teammates, coaches, staff, parents, gymnasts, competitors, Competition Event Staff, Guest Coaches, etc.) with the utmost respect at all times.

_____ I will communicate directly with coaches and always treat all individuals with the utmost respect.

_____ I know in order to be an athlete at Charlotte Allstars there is absolutely NO Vaping, smoking, drinking of alcoholic beverages or use of drugs. No offensive or abusive language in person or online.

_____ I know there is no food or drinks allowed in the gym other than water.

_____ I know that challenging or undermining the authority of the coach or any person in charge will result in automatic dismissal from the team.

_____ Bullying, gossiping, or negative talk about other teammates, other Charlotte Allstar members, our staff, parents, or other programs is forbidden and will result in automatic dismissal.

_____ I will follow all Gym Dress Code rules listed below:

- ★ ONLY Charlotte Allstar Clothing may be worn at CAC practices, privates and/or classes (this may include event shirts that have Charlotte Allstar Cheerleading listed on them,) and follow set Practice Wear calendar.
- ★ Sports bras may NOT be worn alone without a shirt or tank top over it. Shirt and tank top arm holes may not be cut so that you can see your entire sports bra and skin through the side of your shirt. This is for girls and guys alike.
- ★ Everyone needs to wear spandex shorts under their shorts. If you wear spandex shorts alone, they must be at an appropriate length that they cover the entire bottom and do not end up looking like bloomers.
- ★ Fingernails are to be kept short (even if they are acrylic, SNS, etc!) and NO JEWELRY allowed.

_____ I understand that any repeat or varied offense of Athletes expectations will result in the consequences listed above.

CAC Environment / Parent Initials Only

_____ I know that CAC Coaches will communicate directly through their Bi-Weekly email, as well as BAND. I understand if I cannot read, reply, or keep up with my Bi – Weekly email, CAC may not be the gym for me. This also stands for reading Team Specific Band App & CAC Full Year Band App.

_____ I understand that as a parent I should communicate potential attendance conflicts with my athlete's coach via email as soon as they arise and understand that once the calendars are published, the practice dates are firm. The coaches expect all team members to attend all scheduled practices.

_____ I understand that CAC recommends waiting 24 hours before contacting any CAC employee about a complaint I have, to ensure the clearest communication possible.

_____ I will communicate with coaches first during office hours & I know that Coaches will only discuss concerns regarding my athlete.

_____ I will maintain open communication with Staff at CAC no matter how small the question or concern is. If I have grievances, I will only address these with the coach, gym directors, or owners – never with another parent or my own athlete.

_____ I understand it is my responsibly to update my contact information in Jackrabbit so I do not miss any emails from CAGC.

_____ Under no circumstance will I enter the practice area at the Charlotte Allstar gym, the practice area, warm – up or any restricted area set forth by the competition.

_____ I will be courteous and considerate to all teams, athletes, staff, and other allstar programs by demonstrating good sportsmanship at all times.

_____ I know if I behave in a manner in or out of the gym that we view as inappropriate I may be asked to leave CAC.

_____ If I/my athlete decide to quit CAC for any reason, I will talk directly to my coaches or CAC Owners before making a final decision.

_____ Parent Viewing Rooms will be open on Specific Dates. I will respect this rule and only be present on those dates.

_____ Parent gossip in the parent viewing room will not be tolerated. Therefore, I know that being able to observe my child at practice in the parent viewing area is a privilege not a right, and I will respect that privilege, or risk having that privilege taken away from me.

Parent Initials Only: Financial Agreement

_____ I understand it is my responsibility to stay in communication with Murielle Miller about my account and to keep my balance at zero in order for my athlete to participate in practice and to continue at CAC.

_____ I authorize Charlotte Allstar Gymnastics & Cheerleading to charge my credit card on file for my athlete’s tuition and expenses as relayed to me at the start of the season, my joining the gym, or what was emailed to me.

_____ I, as a parent agree to pay a \$30 replacement fee on behalf of my child for losing/forgetting her bow for/at a competition.

_____ I understand that a 30 day drop notice is also required if I choose to pull my athlete from CAC.

_____ In the event that I withdraw my child from participation for any reason, I will not receive a refund for payments already made to Charlotte Allstar Gymnastics and Cheerleading, LLC.

- No Refunds on uniforms, shoes, practice wear, etc: Charlotte Allstars pays all uniform costs upfront when ordering. If your athlete leaves CAC for any reason after we have ordered their items, there will be no refunds given back to you. If your athlete quits and has already received their uniform, shoes, practice wear, etc. it cannot be returned for a refund.

By signing this form and initialing the statements above, my athlete and I are agreeing to all of the expectations, and payment plans listed in this form.

Parent Signature: _____ Date: _____