

2021/2022 ALL-STAR CHEER HANDBOOK



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BUILDING CHAMPIONS FROM THE INSIDE OUT

WELCOME TO CDC!

It is our absolute pleasure to warmly welcome you into our family at Champions Dance and Cheerleading - the home of perseverance, empowerment, and positive Champion mindsets! We are very excited for our second season and look forward to growing our CDC community of encouragement, where athletes of all abilities can be challenged, and are driven to become confident **Champions**.

While All-Star Cheerleading and Dance has grown quickly in Canada, each gym runs their programs differently. At Champions Dance and Cheerleading, our focus is to build a community of athletes who are not only proud of themselves but proud of their peers' accomplishments. We lead by example of positive reinforcement. We believe in kindness, being humble, and empowerment with our focus always on the safe and strong development of our athletes in this amazing sport.

With CDC, athletes will gain life lessons that they will take with them far beyond their years in cheerleading and dance. Athletes achieve success by gaining confidence, developing healthy habits, and building life-long friendships. Our focus is on developing a strong work ethic and mindset and understanding that a team is only as successful as how they work together to achieve a common goal. CHAMPIONS are made here!

MISSION

To provide both professional and recreational athletic instruction in an inclusive environment where we empower athletes to grow, establish friendships, and achieve their goals with positive and uplifting encouragement. We focus on building the necessary skills to develop healthy bodies, minds, and habits in every athlete that walks through our doors. Our goal is for every child to leave feeling like a champion.

WHY CDC?

Champions Dance and Cheerleading is not just a gym or a studio; we are a family. A family that symbolizes self empowerment, communal support and allows everyone, even non-athletic individuals, to take part in the positive movement. Starting this season, we will be hosting an annual motivational seminar with a guest speaker on-site to kick off our season!

This season we are starting a new initiative that involves giving back to the community. Through our "Community Champions" initiative we will keep the positive momentum moving in our building and allow us to connect with the community. At CDC, we take pride in our Athlete Mentorship Program, which aims to create close relationships in a supportive environment through partnering older athletes with younger athletes in the gym each season. Our comprehensive Junior Coaching program aims to support and educate our qualified athletes to become more involved in training, share their love of the sport, and to become leaders both in and outside of the gym.



The Champion Standard

Champions Dance and Cheerleading is a place where kids of all ages and abilities learn to dance, cheer, and perform. We pride ourselves in demonstrating our key values throughout our family and is the driving force behind every interaction at CDC. These core values not only help them become better athletes, but also better members of their community.

Safety comes first.

We are committed to providing a **safe** and **positive** environment for our athletes.

Through proper progressions and excellent training, we develop our athletes to become well rounded in all aspects of their training

Hard work is the foundation for success.

Through hard work and goal setting, we challenge each athlete to push themselves to new heights. *Constantly raising the bar.*

We value teaching athletes how to goal set both for themselves and in a team environment. Supporting others to achieve their goals is important when building relationships both inside and outside of the gym.

Positivity and passion.

We are a community that believes in the power of positivity. Celebrating the achievements of all athletes is the cornerstone for encouraging confidence in every participant.

Through these values we strive to make every athlete feel like the Champion we know they can be. We are committed to providing a safe and positive environment in which all students can feel empowered, challenged, and are driven to become confident **Champions**.



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Programs

CURRENT PROGRAMING – OKOTOKS LOCATION

<p><u>Tumbling Privates & Semi Privates</u> Book online at championsdanceandcheer.com or email us! See below.</p>	<p><u>Tumbling Classes</u> Fall Session mandatory for all competitive cheerleading athletes under the age of 19.</p>	<p><u>Competitive Cheer*</u> Initial placement sessions held on August 18, 2021. If you cannot make it to the placements date, please email us and we can schedule a private for you! See below.</p>	<p><u>Recreational Classes</u> Registration will open in August. Session oriented classes will be offered in two separate sessions, Fall and Spring.</p>	<p><u>Camps</u> Will be updated frequently. Book online at championsdanceandcheer.com or send us an email.</p>	<p><u>Competitive Dance**</u> Team placement sessions will be held in August (Dates TBD). Training will begin in September.</p>
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Questions?

Call or email us!

admin@championsdanceandcheer.com

*Age requirements for competitive programs (age as of January 1, 2022):

DIVISION	BIRTH YEARS	AGE
U6 Novice (Formerly Tiny)	2015-2018	4-6 yrs
U8 (Formerly Mini)	2013-2017	5-8 yrs
U12 (Formerly Youth)	2009-2014	8-12 yrs
U17 (Formerly Junior)	2004-2012	10-17 yrs
U19 (Formerly Senior)	2002-2008	14-19 yrs
Open 14+	Born in 2008 or earlier	14+

The age ranges have changed for the 2021-2022 Season. Please register for team placements based on the age your child will be ON January 1, 2022. If your child fits in more than one range, please register in the younger grouping.

**Please look to our Circus Aerials & Dance Handbook for further guidance.

Competitive Cheerleading

PLACEMENTS

Champions Dance and Cheerleading has a team for everyone! Your training can start with us - from the brand-new beginner to the elite athlete! Our teams are designed to be successful at every level. We believe in the benefits of leveling athletes correctly and have seen great success, and improved athlete confidence, by following this philosophy.

Placement sessions will be held at Champions Dance and Cheerleading Okotoks for Mini through Open teams. The placement registration fee is \$5 for returning athletes and \$10 for athletes new to CDC. Participants must follow age guidelines as of **January 1, 2022**.

August 18 4:15-5:15 PM - Ages 5-12 Level 1

- Eligible for U6, U8, U12

August 18 5:15-6:15 PM - Ages 10-17 Level 2.0/ Level 3

- Eligible for U12, U17, U19/Open 14+

There are also other factors that must be considered when assigning athletes to teams. We look for athletes who are well rounded in all areas for their level, as well as each athlete's coachability. We strive to be a supportive and community-driven team. We must also look at the top to base ratio. Age, position, and maturity are also taken into consideration. Attendance history, leadership skills, a positive attitude, and performance ability are other important factors in assigning athletes to teams. Age cut off for All-Star is January 1, 2022.

If you are unable to attend any of these team placement dates, please contact the gym at admin@championsdanceandcheer.com to set up an individual placement **prior** to September 1, 2021. Team placement emails will take place after placements on August 18.

Please Note: All level 1-3 athletes are required to take an additional tumbling class from September Mid May for their coach recommended level. See the tumbling class schedule on page 10. The tumbling skills listed below are examples of starting points for team selection at each level. Athletes with skill mastery will have a priority to make a team of the indicated level. Athletes that are new to tumbling will be placed on a Level 1 team. **Athletes that are on a non-tumble team are still required to take tumbling.**

Level 1	Level 2	Level 3
Forward rolls Backward Rolls Cartwheel Round Off (RO) Front Walkover Back Walkover (BWO) Back Walkover Switch	Standing Back Handspring (BHS) RO BHS BWO BHS Multiple BHS	Jump BHS Standing Multiple BHS Front Tuck RO Back Tuck RO BHS Back Tuck BHS Step-out

This is only a quick reference and not a full list of skills performed at each level. This list should help determine your athletes' level for tryouts, if you have any questions please let us know and we can help determine a level for your athlete(s)!

PLACEMENTS CONT.

Team placements start on August 18! Please see our website – ChampionsDanceandCheer.com to sign up!

HOW TO REGISTER FOR PLACEMENTS:

ONLINE Registration at

<https://dancestudio-pro.com/online/championsdanceandcheer> OR
EMAIL at admin@championsdanceandcheer.com

*Every athlete that registers will be placed on a team. No experience necessary, your training can start with us! **If an athlete can not attend tryouts or is interested in joining after the placement date, please send an email to admin@championsdanceandcheer.com and we would be happy to set up a private try out for their placement.

HOW COMPETITIVE TEAMS ARE BUILT

STEP 1 Becoming a member of Champions Dance and Cheerleading is easy. To be placed on one of our competitive cheerleading teams from beginner to advanced, simply attend one of the placement sessions. Attend your age-appropriate team placement slot on August 18. The second round of placements will be held in late August. Do not worry, team placements are fun, and everyone makes a team! No experience is required!

What to bring:

- Waiver
- Shorts (no leggings), tank top, and athletic indoor shoes
- Positive, willing-to-learn attitude
- Hair up, no jewelry
- Water bottle
- Tryout fee: \$10 cash per athlete
○ Reduced fee of \$5 for returning athletes

STEP 2 Our CDC Team Reveal night will be in person this year! It will be filled with lot of fun and team bonding!

STEP 3 Register for your team(s) and the recommended tumbling class.

Online Registration: Go to our website www.ChampionsDanceandCheer.com and click the "Register" button. The link below will take you to our online registration portal.

<https://dancestudio-pro.com/online/championsdanceandcheer>

Over the Phone Registration: 403-969-1918

Register In-person: Check our CDC Calgary office hours and we will be happy to assist you!

STEP 4 Attend orientation via Zoom on **Sunday, August 16, 2020, at 12 pm** in the comfort of your own homes! Orientation will take place following placements

The orientation will feature:

- Our CDC 101 manual
- Review of training expectations
- A guest speaker
- Introduction to your coaches
- Virtual shopping at our CDC Pro Shop

• Owners and coaches will be around to answer any questions you may have **If you cannot make it to orientation please let us know asap so we can schedule a make up date with you.*

You are now registered and ready for the season!

2021/2022 Schedule

Team	Skills Camp	Choreography	Practice Schedule Sept-May	Mandatory Orientation	Mandatory Tumbling
U6 Novice Starbursts	None	Starts Week of Sept. 9	1 hr/ twice a week	None – Welcome to come to the other meeting	Yes
U8 Level 1 Monsters	Aug. 23-25 3 hrs 4:15-7:15pm	Starts Week of Sept. 9	2 hrs/twice a week	TBD	Yes
U12 Level 1 Rage	Aug. 23-25 3 hrs 4:15-7:15pm	Starts Week of Sept. 9	2 hrs/twice a week	TBD	Yes
U17 Level 2.0 Powerhouse	Aug. 23-25 3 hrs 4:15-7:15pm	Starts Week of Sept. 9	2 hrs/ twice a week	TBD	Yes
Level 3 Nightmare Open 14+	Aug. 23-25 3 hrs 4:15-7:15pm	Starts Week of Sept. 9	2 hrs/ twice a week	TBD	Yes

We accept late registrations. Email us for further inquiries.

“Who’s House? Our house!”

Attendance at all practices, performances, and competitions is essential to the success of both individual athletes and teams at all levels.



BUILDING CHAMPIONS FROM THE INSIDE OUT

Competition Schedule



Because we are currently uncertain about what events will be able to run, we have included the “per athlete fee” below the competition schedule. As we confirm that events are running, the fees associated with each event will be posted to athletes’ accounts. We will give families at least 30 days’ notice via email before charging these fees. Please account for these fees in your budgeting.

The following page is a list of competitions each team will be attending. Dates, locations, and competition selection may change. We always give families as much notice as possible if there are changes. Please note that all competitions are **MANDATORY** for all athletes. Having even one person missing jeopardizes the team’s chance for a successful performance.

	Imagine Jan. 29-30, 2022 Lethbridge	Rise Up Feb. 4-5, 2022 Stony Plain	True North Feb. 24 - 27, 2022 Edmonton	Warman Cheer Classic Mar. 5 - 7, 2021 Warman, Sask.	Stampede City Showdown Mar. 19, 2022 Calgary	All Star Cheer Extravaganza Apr 8-9, 2022, Edmonton
U6 Level 1	X				X	
U8 Level 1	X	X	X		X	X
U12 Level 1	X	X	X		X	X
U17 Level 2	X		X	X	X	X
Open 14+ Level 3	X		X	X	X	X

All-star teams will perform in the Champions Corner showcase on December 5th, 2021, and compete in 5 local competitions. While a recreation team or our U6 Novice team will perform at 2 local competitions this year! All competition events will be confirmed in September.

NEW THIS YEAR: The teams participating in Rise up and Warman Cheer Classic competitions will be confirmed in September.

Competition cost per athlete (approximate and subject to change)

- Imagine - \$55
- Rise Up - \$45
- True North - \$55-75 depending on level
- Warman - \$50
- Stampede City - \$40
- All-Star Extravaganza - \$55



All-Star Team Fees

Team Level/Name	Training Aug	Training Sept. - May	Fees*	Total Program Fees and Tuition
U6 Novice (4-6) Starbursts	Not Required	Wednesday 4:15-5:15pm	\$70/month	\$560 + GST
U8 Level 1 Monsters	\$80 Skills Camp	Wednesday/Thursday 4:15-6:15pm	\$145/month \$55/month tumbling	\$1600 + GST
U12 Level 1 Rage	\$100 Skills Camp	Wednesday/Thursday 4:15-6:15pm	\$145/month \$55/month tumbling	\$1600 + GST
U17 Level 2.0 Powerhouse	\$100 Skills Camp	Wednesday 7:00-9:00pm Thursday 6:15-8:15pm	\$145/month \$55/month tumbling	\$1600 + GST
Open 14+ Level 3 Nightmare	\$100 Skills Camp	2 hours twice a week	TBD	TBD
Crossovers	No additional fee	Crossover athletes are required to attend all practices for both of their teams (up to 8 hours per week) Plus 1 weekly tumbling class	30% Discount for the Second Team	-

**2021/2022 Price reduction from \$165-\$175 for Allstar is the result of the removal of comp fees. This step was taken to reflect the uncertainty of competition scheduling and pricing. Those costs will be charged separately as further details become available.*

Fees Include:

- All coaching hours and choreography
- Mandatory tumbling tuition for levels 1-3
- Summer practices and August skills camp
- Winter Showcase
- Professionally edited competition music
- Competition Hair Accessory
- Insurance
- Cheer Canada and Alberta Cheerleading Association memberships and associated registration fees

Not included in fees:

- Practice wear (Shorts and sports bra)
- Uniform (If needed)
- Competition makeup
- Team jackets
- White lace-up cheer shoes
- Travel expenses
- Spectator Admission to competitions/showcases
- Competition Entry Fees
- GST

ALL-STAR TEAM FEES CONT.

Crossover athletes: Athletes can be crossovers. This means they can compete on two teams. There is a reduction in fees for the second team you cross onto. Any athlete competing on more than one team will receive a 30% discount on the less expensive Cheer team's monthly tuition(s) and a 30% discount on the Dance team 's monthly tuition (no discount on registration or uniform fee).

- Crossovers are only required to purchase ONE uniform, unless crossing from Senior to Open or Cheer to Dance.
- All uniform styles will be the same from U8-U19

Family Discount: CDC offers a discount to families with two or more children participating on All-Star Teams. A 10% discount will be applied to the second athlete's monthly team tuition.

Payment Method: We accept credit card and bank drafts as a method of payment for "payment plan". Credit cards and bank account information must be entered in the registration system and billed according to the schedule outlined in this handbook. Automatic payments must be set up BEFORE participation can occur. If parents are splitting payments, there will be a \$50 service fee to process between two accounts.

We do not accept cheques or cash for tuition payments.

Uniforms and Team Jackets: The 2021-2022 season is our third year of a 3-year uniform cycle. New uniforms will be ordered for new All-Star athletes. Returning athletes will not need to purchase new uniforms. Jackets will be the same as last season therefore if you already have a jacket that fits you do not need to purchase a new one!

Tumbling

CLASSES AND SCHEDULES

FALL SESSION RUNS SEPTEMBER 8TH UNTIL DECEMBER 17TH, 2021

WINTER SESSION BEGINS JANUARY 3RD, 2022 UNTIL APRIL 29TH, 2022

Fall Schedule	Day/Time
Tumble like a CHAMP A	Wednesday 5:15-6:00
Tumble like a CHAMP B	Wednesday 6:15-7:00
Tumble like a CHAMP C	Wednesday 6:15-7:00
Tumble like a CHAMP D	Wednesday 6:15-7:00
Tumbling Privates and Semi-Privates**	

TUMBLING CONT.

Mandatory Tumbling Requirement for All-Star

All CDC All-Star athletes are required to take tumbling for both the Fall (September - December) and Winter (January-April) sessions. Athletes will be placed in the appropriate tumbling class based on skill level.



PRICING

Tumbling Pricing	Tumble like a CHAMP (A-D)	Tumbling Privates (1-hour session)	Tumbling Semi-Privates (1-hour session, up to 4 athletes)
Total	\$200/session or \$55/month	\$50 per session*	\$80 per session*

Tumble like a CHAMP classes and private or semi-private sessions are open to both CDC athletes as well as Non-CDC members. CDC All-Star athletes will have their tumbling fees included in their monthly tuition.

Tumbling Classes

Classes run September through April. Please note that while families are billed on a monthly basis, when you register for a class, you are committing to the entire session (Sept-Dec or Jan-Apr) including the fees. Classes run once per week for 45 minutes. Cheer athletes in the all-star and prep programs pay monthly. Those not in one of these cheer programs will pay the full fall or winter session fee (Sept-Dec or Jan-Apr) at registration. We create a tumbling schedule based on when each team practices.

* Payment is due at time of registration and can be paid by cash, debit or credit card. No-shows will be subject to a \$25+ tax fee that must be paid prior to attending another private or semi-private session.

** Book your tumbling private and semi-private sessions by emailing us at support@championsdanceandcheer.com. Tumbling private and semi-private sessions are open to athletes of all ages, including non-CDC members.

MULTI-BOOKING SPECIAL

Book and pay for **TEN** semi-privates at once and receive \$100 off the total cost (\$10 off each semi-private session).

Book and pay for **TEN** privates at once and receive \$50 off the total cost (\$5 off each private session).

Recreational

CLASSES

Please email us if you are interested in any of these classes!

Champions Dance and Cheerleading offers recreational and introductory classes for those who wish to begin with a non-competitive introduction to our programs.

Recreational Cheerleading - All ages - An introduction to the cheerleading basics including motions, jumps, and beginner stunting. Class showcase during their session’s recital.

Intro to Acro - All ages - An introduction to beginner acrobatics which combines dance and gymnastic elements. Class showcase during their session’s recital.

Circus Aerials - All ages - An introduction to beginner aerial arts including silks, lyra, trapeze, and dance. Dance, technique, strength, and fitness are combined to create a beautiful acrobatic dance performed on an apparatus that is suspended in the air. Class showcase during their session’s recital.

Our recreational classes will run in two cycles:

FALL SESSION - September – January

WINTER SESSION - February – June

SCHEDULE

Fall Schedule	Day/Time
Recreational Cheer	Time TBD
Intro to Acro	Time TBD
Circus Aerials	Time TBD

PRICING

Recreational Pricing	Recreational Cheer	Intro to Acro	Circus Aerials
Total	\$275 per session	\$275 per session	\$300 per session

Payment is due at the time of registration for Recreational classes and can be paid by cash, debit, or credit card.

*All classes need a minimum of 5 participants to run.

Refunds – All-Star/Prep Teams

1. If withdrawing before the first team practice, a refund of fees paid less a \$100 administration fee will be given.
2. There are no refunds on “All-Star” after the third practice. If withdrawing from the program before the end of the third practice, a refund of fees paid in the initial payment minus a \$200 administration charge will be given.
3. If withdrawing from the program after the third practice, no refund will be given on fees already paid. Additional fees and charges as per the payment schedule will cease 30 days after notice has been given in writing.
4. All intentions to withdraw from the program must be done **in writing** to:
admin@championsdanceandcheer.com
5. Refunds will not be given for missed practices, camps, competitions. No make-up classes.
6. If a government shutdown is enforced upon us all practices will take place virtually. There will be no refunds for missed classes.
7. There are no refunds on uniforms, clothing, or shoes.
8. There are no refunds on travel and or competition fees. We will be working on policies with appropriate organizations for COVID related travel and competition refunds. What ever we can get back from travel supplies and competitions will be passed on to athletes.

Refunds – Rec Classes/Teams and Tumbling

1. Should you choose to withdraw from our rec classes CDC will retain all costs for time used. See below for specifics relating to when you withdraw.
 - 1.1. Greater than 30 days prior to the start of the class: Fee refunded minus a 30% cancellation fee
 - 1.2. 15-30 days prior to start of class: Fee refunded minus a 40% cancellation fee
 - 1.3. Less than 15 days to start of class/camp: Fee refunded minus a 50% cancellation fee
 - 1.4. After the first class: no refund
2. Should you choose to withdraw from tumbling, there will be no refund for the current months' classes. If you paid in full, you will be refunded for the unused months.
 - 2.1 Any athletes on All-Star Teams in tumbling will fall under the All-Star refund policy.
3. All intentions to withdraw from the program must be done **in writing** to:
admin@championsdanceandcheer.com
4. There are no refunds on uniforms, costumes, clothing, or shoes.
5. There are no refunds on showcase fees

Important Information

Schedule changes and modifications

All CDC schedules are subject to change without extended prior notice. Every effort is made to notify the team if changes must be made. Please check for **email updates** as well as updates to the **team band** page and notices posted in the gym. We do everything we can to stick to the original schedule but in the event of a schedule change, all athletes are expected to attend practice, events, and competitions at their scheduled time. Please note that due to COVID-19 some events may not take place and travel may be restricted.

Make- up classes

In the event an athlete misses a class due to no fault of CDC, there will be no make-up class. In the event where CDC is responsible for a missed or canceled class, a make-up will be scheduled. If a government shutdown is enforced upon us all practices will take place virtually.

Parents' Association & Fundraising

Champions Dance and Cheerleading is fortunate to have an amazing parent association (Champions Parents Association) that offers numerous fundraising opportunities each season. Fundraising is entirely optional, and the net proceeds of your fundraising are deposited into your personal account at Champions Dance and Cheerleading to offset the costs of tuition, travel, and any other expenses you choose. Potential fundraisers that may be offered include but are not limited to, chocolates, pizza, poinsettia, beef jerky, popcorn, and coffee. Please note that credits earned from fundraising are not available for use until the parent association has completed their accounting on the fundraiser and transferred the funds to CDC. This transfer of funds can take up to 6 weeks to process. For more information about Champions Parents Association please visit our website.

Viewing Area Rules

Viewing is suspended due to COVID-19. Only participants will be permitted inside the gym until further notice.

Once viewing resumes, the following will take effect:

1. Viewing is generally allowed during summer scheduling, tumbling, and recreational classes. However, we strongly recommend that parents/family/friends view minimally for each athlete to maintain focus and develop listening and self-management skills.
 1. All-Star and Prep (Excluding Tiny Novice) practices will be closed for viewing after the August skills bootcamp.
 2. Please see "Important Dates "on page 15 for the full list of our viewing weeks. These weeks are open for anyone to attend and are encouraged for you to see your athletes progress and passion!
 3. If there is a special visitor, friend, or event, please let us know as we will try our best to accommodate viewing for one off instances. Please submit a viewing request in writing to tatjana@championsdanceandcheer.com.
- 2.. Parents/family/friends/spectators are not allowed to address athletes during practices. This can interfere with the safety of your athlete, as well as the safety of all other athletes on the floor.
3. Only athletes and coaches are permitted on the gym floors and equipment.
4. Conversation in the viewing area must be kept quiet to avoid distractions.
5. Spectators not adhering to these guidelines may be asked to leave the gym.

From time to time, CDC, at its sole discretion, may temporarily restrict viewing.



Subsidizing Costs

Parents' Association & Fundraising

Champions Dance and Cheerleading is fortunate to have an amazing parent association (Champions Dance and Cheerleading Parents Association) that offers numerous fundraising opportunities each season.

Fundraising is entirely optional, and the net proceeds of your fundraising are deposited into your personal account at CDC to offset the costs of tuition, travel, and any other expenses you choose. Potential fundraisers that may be offered include but are not limited to chocolate, bacon, beef jerky, Kernels popcorn, pizza, and Cuppers Coffee. Please note that credits earned from fundraising are not available for use until the parent association has completed their accounting on the fundraiser and transferred the funds to CDC. This transfer of funds can take up to 6 weeks to process.

To become a member of CDCPA or for more information, you can contact them via email at CDCPA@championsdanceandcheer.com.

Scholarships

Champions Dance and Cheerleading want to ensure that every child is given the opportunity to succeed in this amazing sport! These scholarships reward applicants for good grades, community participation, fellowship, and athletic achievement, who are passionate about pursuing the sport of cheerleading. Thanks to our amazing sponsors, CDC has the opportunity to offer a limited number of scholarships to athletes in need of extra financial support outside of the parent association fundraising. Scholarships will be given to athletes with the greatest need and those with exemplary applications. As there are limited scholarships available, please contact us right away to gain the information needed to apply. Please contact Tatjana at support@championsdanceandcheerleading.com if you would like to apply for one of the available scholarships.

Outside Funding

Outside funding is available for qualifying families through programs like Kidsport or Jumpstart. If you require outside assistance to help pay for your fees, please let us know right away so that we can find something to fit your needs! Be sure to register and apply early so that funds are received prior to the fee due date(s). See our payment policy for more information.

<http://www.kidsportcanada.ca/alberta/apply-for-assistance/>
<http://jumpstart.canadiantire.ca/en.html#apply>

Important Dates – All-Star and Prep

Please note that due to COVID-19 some events/dates may not take place or are subject to change. We will do our best to keep our families informed if/when changes may happen.

Summer Session at CDC

Events TBD

TBD Sleepover/Movie nights

August 23, 2021, to August 25, 2021 Skills Camp

Fall Session at CDC

Events TBD

Wednesday, September 8, 2021 Fall training begins

Wednesday, September 8, 2021 U8 and Prep Choreography Begins

Wednesday, September 8, 2021 Routine Choreography (U12 to Open)

Monday, November 1, 2021 to Sunday, November 7, 2021 Parent/Guardian Appreciation

December 5, 2021 All-Star and Prep Cheer Showcase

Winter Session at CDC

Events TBD

Imagine Cheer in Lethbridge **Saturday, January 29, 2022 to Sunday, January 30, 2022**

Saturday, February 12, 2022 Club Photo Day

Rise Up in Stony Plain **Friday, February 4, 2022 to Saturday, February 5, 2022**

EXTRA PRACTICE Thursday, February 23, 2022

True North Cheer Competition in Edmonton **Friday, February 24, 2022 to Sunday, February 27, 2022**

Warman Cheer Classic in Warman, Saskatchewan **Friday, March 5, 2022 to Sunday, March 7, 2022**

U17 to Open Teams only

Stampede City Showdown in Calgary **Saturday, March 19, 2022**

All-Star Cheer Extravaganza in Edmonton **Friday, April 8, 2022- Saturday, April 9, 2022**

Thursday, April 14, 2022 to Friday, April 22, 2022 NO PRACTICE

Thursday, April 28, 2022 Final day of training

Mid May 2022 A Night of Champions year end banquet

Viewing Weeks

Viewing is temporarily suspended due to COVID-19. Only participants will be permitted inside the gym until further notice.

July 1, 2021 - August 27, 2021

Wednesday, October 13, 2021 - Thursday, October 14, 2021

Wednesday, December 8, 2021 - Thursday, December 9, 2021

Wednesday, January 5, 2021 - Thursday, January 6, 2021

Wednesday, April 27, 2021 - Thursday, April 28, 2021

Gym Closures

No regular practices will be held on the following dates:

September 3 - 6 – Labor Day Weekend

October 8 - 11 – Thanksgiving

November 11 – Remembrance Day

December 17 to January 2 – Winter Break

February 19-22 – Family Week Break

April 14-22 – Spring Break

May - Closed for break, private lessons still available

**Extra practices may be scheduled for some PD days. Dates and times TBD when needed.*

CDC Policies

A. Attendance

All-Star cheerleading requires teamwork and dedication from all team members to ensure the success and most importantly the safety of our athletes. Missing one athlete at practice means 3-4 others cannot practice properly that day. This holds back our teams as well as leads to frustration from those who are not able to effectively participate. If every athlete were allowed to miss one practice, we could have as many as 20 practices without full team attendance. Coaches cannot do their job if they are unable to work with the entire team at every practice. When one person misses practice, their entire stunt group is unable to stunt and practicing pyramids is not possible. Practices are mandatory for all cheerleaders. Athletes who miss a practice or practices leading up to a competition may be pulled from the routine for that competition at the coaches' discretion and may not be returned to the same position for subsequent competitions.

Most athletes have outstanding attendance. Unfortunately, a small percentage of athletes can have a detrimental effect on their team due to missing an unacceptable number of practices. Due to this, CDC has a strict attendance policy. Families should have a serious discussion if this is something you can commit to.

Any athlete missing practice **MUST** call the gym to notify coaches of the absence at least 2 hours before practice so coaches can plan accordingly.

Injuries & Illness

If an athlete has an injury that prevents them from practicing, they must still attend their team practices (sitting out on the side and/or doing what they can) to keep up with the routine and learn choreography. If an injury keeps the athlete from participating in practice, CDC may need a doctor's note clearing you to return before you may be allowed to participate again. Athletes who miss a practice or practices due to injury may be pulled from the routine for the next competition and may not be returned to the same position for any subsequent competitions. If you are ill (contagious, vomiting, high fever, etc.) then you need to stay home; otherwise, we ask that you come to practice and do what you can. If an athlete is ill (contagious, coughing, fever, throwing up, etc.) the team's coach(es) must be notified and the athlete must stay home.

Time Management, Vacations and Appointments

Please manage your school time, as it is your first priority. It is important to us that all CDC athletes perform well in school while keeping their commitment to their CDC team. While school is the number one priority, homework and studying are not valid excuses for absences.

We require that our athletes make their CDC team their first non-school priority. If there is a conflict, it needs to be communicated immediately to the coach(es), in order to come up with a solution. If you predict ongoing conflicts, please do not join a competitive cheerleading team.

Regular Doctor/Dentist Appointments

Regular doctor and dentist appointments must not conflict with practice and competition times. Please book on non-practice days/times.

Family Vacations during the Competition Season

We respectfully request that our CDC families do not take holidays during our competitive months of December through mid-April, apart from Christmas break, Spring Break and non-practice weekends. Absences may result in an athlete being placed in new positions, choreography, or stunts and may result in the athlete being removed from the routine for a competition or competitions. Teams will run practices in the most effective way possible when an athlete is missing, putting the team's needs and safety before the absent athlete's needs. If you plan to take a vacation during the season, we urge you to speak with your coach(es) before booking.

Routine & Level Changes

Throughout the season coaches will make changes to routines for a variety of reasons including safety, judging, skill level, upgrading and more. Athletes should expect this and be prepared for the possibility of their roles within a routine to change. Coaches and management also reserve the right to change a team's competitive division during the season. This includes moving a team up or down a level.

B. Dress Code

1. Uniforms are to be worn only at competition and showcase before competition season.
2. Any lost or damaged uniform pieces must be replaced at the parent's expense.
3. Athletes are permitted to wear crop tops/sports bras and shorts only. No loose tank tops, jeans, pants, leggings, long sleeves, or sweaters are permitted.
4. All athletes must wear white, indoor, lace up cheer shoes to all practices and competitions. No outdoor shoes, colored shoes, or velcro is permitted.
5. All athletes must be in proper dress code for all practices.
6. All athletes must be in CDC team wear (or all black) for choreography practices, (dates TBA).

C. Gym Rules

1. Athletes must wait for their practice to begin before entering the training area. New: Due to current restrictions, athletes may not enter the gym more than 5 minutes prior to their class/practice and must leave immediately after.
2. No use of equipment is permitted unless under the supervision of their coach. The use of the foam pit is prohibited due to current COVID-19 regulations.
3. Only certified coaches or Jr. coaches may spot tumbling.
4. No food, or beverages are to be consumed on the gym floor or training area and this includes chewing gum, snacks, candy, and water. No food in the gym whatsoever due to COVID-19
5. Any athlete drinking Gatorade or Powerade must also bring a water bottle in order to remain hydrated during practice. No pop is allowed in the gym. All water bottles must be labelled with athletes' name due to COVID-19.
6. Hair must be tied back and away from the eyes
7. Absolutely NO jewelry may be worn to practices, especially piercings.
8. No parent or sibling is allowed on the gym floor or training area. Parents need to have control of siblings in lobby areas. Lobby currently closed due to COVID-19
9. All injuries must be reported to your coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer related.
10. Cheerleaders must always wear appropriate clothing and clean indoor cheerleading shoes in the gym. Cheer shoes are to be worn ONLY INSIDE. Athletes should come changed as recommended by AHS.

11. The Coach is in charge and has the authority to refuse or expel anyone from the gym.
12. Horseplay is not tolerated.
13. Open Gym is for ages 7 and up.
14. All equipment must be returned to its original place by the user.
15. Any skill which is unfamiliar to a person must not be performed without supervision by a certified coach.
16. No dress shoes, boots or dirty shoes are allowed on the gym floor.
17. Smoking, e-cigarettes, vaping, drugs or alcohol are strictly prohibited. Any athlete contravening this may be immediately removed from their team and the gym. Anyone appearing to be “under the influence” will be immediately dismissed from the gym.
18. Abusive behaviour, lying, bullying, or any negative form of behaviour is grounds for dismissal.
19. No shouting, swearing, or rude language.
20. When and if required, the Coach will implement the emergency policy and procedures.
21. No loose objects or equipment allowed on trampoline (balls, hoops, etc.).
22. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
- 23. CDC has a nut allergy alert in effect. Nut products are not allowed in the gym under any circumstances.**
24. Any negative behaviour towards CDC or to any other gym or team via any medium (Facebook, Twitter, Instagram, SnapChat, TikTok, other chat boards, or any other forms of social media) may result in dismissal from the program. In addition, athletes shall not post any compromising photos of themselves, other athletes, or coaches on any internet sites or social media.
25. Inability or refusal to follow these and other coach directives and/or rules may result in immediate expulsion from the gym.

D. Conduct Expectations

1. Challenging the authority of the coach or person in charge, by any athlete or parent may be grounds for dismissal of both parent and athlete(s).
2. All parents/guardians/athletes will respect the coach’s judgment and decisions under all circumstances. Challenging the coaching ability of any CDC staff member is grounds for dismissal.
3. Speaking poorly about any coach, athlete, CDC, etc. under any circumstance is grounds for dismissal of both parent and athlete(s).
4. Parents swearing at or belittling coaches will be removed from the gym and athletes will be removed from the program.
5. Athletes will follow hair and makeup guidelines for all performances and competitions. 6. When traveling, athletes must always maintain the highest standard of behavior. No smoking, vaping, drinking of alcoholic beverages or use of drugs. This warrants IMMEDIATE dismissal from the program. Athletes will be sent home at parents’ expense.
7. Directors and coaches have the right to excuse an athlete at any time for unacceptable behavior including (but not limited to): unsportsmanlike conduct towards teammates and other teams, smoking, bullying, drug use, breach of policies etc.
8. No member (athlete or parent) will post any negative comments directly related to CDC, its members, staff, or coaches on any chat board, blog or any other media. Nor shall any member post negative comments regarding any other team/club.
9. Athletes and Parents shall not post routines before the competition or other event has occurred. 10. No members shall post pictures of any member while in uniform or in practice gear that would reflect poorly upon the program, or the individual.
11. Any gifts or sponsorship items containing the CDC logo, gym name, or team names must have express written consent from the gym.
12. All valuables should be kept at home. CDC assumes no responsibility for lost or stolen articles. 13. Athletes and Parents will not be involved in any matter of disrespect toward any members of the CDC staff, parents, athletes or any other club/program.
14. All parents and athletes will conduct themselves with respect and integrity, displaying positive sportsmanship at all times in the gym, at competitions, and/or any other cheer related function. 15. The coaches reserve the right to suspend any athlete’s or parent’s participation in activities at the CDC gym or functions as disciplinary action.
16. The designing, purchase, distributing or selling of any clothing, bows or other items without prior written consent from the owners of Champions Dance and Cheerleading is not permitted. This includes team t-shirts and spirit items. This does not include snacks, cakes, cookies or consumable goodie bags.

17. Anyone threatening to quit or pull their athlete from a team may be dismissed from the program immediately.
18. The parent viewing area should have a positive atmosphere, and spectators may be prohibited from using the parent viewing area if they cannot maintain a positive attitude while there.
19. Holding or threatening to hold any athlete from practice or competition as a form of punishment is not permitted.
20. Posting any Champions Dance and Cheerleading music, choreography, routines, stunts, etc. on any website is not permitted until after the first competition.
21. All practices and competitions are mandatory to attend and all athletes must follow the correct procedure for absences.
22. All CDC athletes are expected to arrive at practices and competitions on time with a positive attitude and give their best effort in every endeavor.
23. All athletes will maintain and/or improve the skills performed at tryouts through hard work and dedication.
24. No use of inappropriate language is permitted under any circumstance.

E. Parental Obligation

1. Parents are responsible for discussing these rules and ensuring their athlete is always following them.
2. Parents need to ensure their athlete is in attendance and on time to all practices, competitions, and events.
3. Parents will communicate with coaches if the athlete is going to be late or absent.
4. Parents must fulfill all financial commitments. Athletes will be sat out of practice if fees are not up to date.
5. Parents are responsible for ensuring that CDC has up to date contact information
6. Parents will abide by the viewing area rules.
7. A \$25 surcharge will be assigned to any bank withdrawal that is returned. \$25 fee will be applied to accounts if credit cards on file are not able to be processed.
8. Overdue fee procedure:
 - 8.1 Upon missing a payment, we will try to contact you. In this contact, we will attempt to either A) set up a payment plan for missed payments, or B) collect the missed payment from you.
 - 8.2 Should we not be able to make contact with you we will attempt again on the 5th day after the missed payment. If we still can not reach you at this point, your athlete will be sitting at practices. We will attempt again to contact you on the 20th day, at this point your athlete will be removed from routine elements.
 - 8.3 Upon making contact and setting out an agreed upon payment schedule, you must adhere to the payment plan. Failure to do so will result in your athlete sitting out of practices.
 - 8.4 If 3 separate payments are missed, and we can not reach you before the start of practice, your child will be sat until payment is received or a payment plan is set up.
 - 8.5 After your 4th missed payment, we will collect 3 months worth of payments to ensure that there are no further missed payments. Payments will be applied to your account at the start of each billing period; therefore, the refund policy will not be affected.
 - 8.6 Please note that we are sensitive to extraneous circumstances and will be happy to help arrange payment plans on a case by case basis to help our CDC families and athletes.

F. Travel Policy

1. Out of province
 1. CDC Athletes are encouraged to travel together as a team for all out of Province competitions. The club will take a bus to Warman and will fly to any major competitions including the Cheerleading World Championships or Nationals (if attending). There will be the option for families to travel on the bus with the club. These travel costs are not included in the annual fees.
2. In Province
 1. Athletes/families are responsible for all travel within Alberta (Imagine, Rise Up, True North, Stampede City, and All-Star Cheer Extravaganza) These travel costs are not included in the annual fees.

Frequently Asked Questions

Q: Can I be on a competitive team if I have no cheer or tumbling experience?

A: Yes! If we do not have more athletes at team selections than we have positions for, all athletes will be placed on an all-star team. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, another recommendation may be made.

Q: If I do not make the team, I want in the spring can I move up later?

A: If an athlete achieves new skills during the summer, and there is a space, and a need on a higher level team, we will consider moving the athlete up. Conversely, athletes may also be moved down a level if they cannot perform and maintain the necessary skills for their level.

Q: Why is there summer training for all-star teams?

A: Taking the entire summer off can have a negative impact on an athlete's skills and progression, especially at the higher levels. Tumbling skills that are not practiced on a regular basis are often "lost" and skill level regresses. Summer is also an important time to build new skills and bond with your team. Summer training is only once a week with a few weeks off at the beginning of the summer. Summer practices are mandatory for all all-star athletes.

Q: Can I still be on a team if I am not able to come to any spring/summer practices?

A: Summer training is important as it is a time to build skills and bond as a team. We understand that families will take vacations during the summer, but we expect athletes to be at practices when they are in town. We are also running mandatory team skills camps. If you cannot attend summer practices (July-August) and/or your team training camp at the end of August, you must notify us at placements.

Q: Can I be on more than one team?

A: Definitely! This is called being a "crossover" and requires special permission from coaches. If you would like to be a crossover, please speak with coaches at tryouts. This can be an excellent way to increase your skill level since crossovers train for twice the amount of time. Please consider practice days and times.

Q: How can I apply for funding?

A: Outside funding is available for qualifying families through programs like Kidsport or Jumpstart. If you require outside assistance to help pay for your fees, we highly recommend choosing the rec or prep program. Please register and apply early so that funds are received prior to the fee due date(s). See our payment policy for more information.

<http://www.kidsportcanada.ca/alberta/apply-for-assistance/>

<http://jumpstart.canadiantire.ca/en.html#apply>

JOIN OUR FAMILY OF **CHAMPIONS!**

www.championsdanceandcheer.com
e: admin@championsdanceandcheer.com

APPENDIX 1 – WAIVERS AND FORMS

RELEASE/WAIVER

TRYOUT INFORMATION

PARTICIPANT INFORMATION

Name Date of Birth (MM/DD/YYYY) Age as of Dec. 31, 2020 _____ Full

Email Address Phone Number(s) _____ Current

Level (New Athletes please put N/A) Level Trying out for

Please list any medical conditions or recent injuries that may affect your tryout performance

EMERGENCY CONTACTS

Name Relationship Cell Phone Other Phone _____ Full

Name Relationship Cell Phone Other Phone _____ Full

ADDITIONAL INFORMATION

If eligible, I would like to be placed on more than one competitive team. Any athlete competing on more than one team will receive a 30% discount on the less expensive Cheer team's/teams' monthly tuition(s) and 30% discount on the Dance team's annual tuition (excluding registration and uniform fee). See Page 9 for details.

I have fully read and agree to all Champions Dance and Cheerleading Limited's Policies in the CDC Cheer Handbook. This includes the understanding of the mandatory requirement to be at all practices, camps, and competitions. I understand that I will be required to adhere to any future Champions Dance and Cheerleading Limited Policies that are issued.

I have completed and signed the Champions Dance and Cheerleading Limited Waiver. I am including the \$10 tryout fee.

Athlete Signature Athlete Name Date

Parent/Guardian Signature Print Name Date

Release and Waiver of Liability and Indemnity Agreement

PARTICIPANT INFORMATION

Name Parent/Guardian Full name _____ Full

Address City
Province Postal Code _____

Birthdate Health Card Number Home Phone Cell Phone

Email

Signing this document means I understand it entirely (not just this bold portion) and agree to its contents. My signature means, in part, that I understand participation in a class or program of Champions Dance and Cheerleading Limited can be risky and dangerous and may result in serious injury or death to me or my child, but that I will not sue or bring any action against Champions Dance and Cheerleading Limited., or anyone associated with Champions Dance and Cheerleading Limited.

In consideration of the services (such services including without limitation dance/cheerleading instructional services and all activities related thereto, herein referred to as the "Program") provided to me by Champions Dance and Cheerleading Limited., their agents, owners, officers, principals, representatives, activity holders, volunteers, participants, employees and all other person or entities acting in any capacity on their behalf (hereinafter collectively referred to as "CDC")

I, the participant/guardian, hereby release, discharge and agree as follows:

1. Assumption of Risk. I fully understand and acknowledge that there are significant risks and dangers associated with participation in the Program and the use of the Facility (as hereinafter defined) which could result in physical or emotional injury, paralysis, death or damage to myself, to properties or to third parties. These risks and dangers may be caused by my action, inaction or negligence or the action, inaction or negligence of others. I acknowledge that such risks may include risks that are not known or that are not reasonably foreseeable at this time.
2. Indemnity. I expressly accept and assume all such risks and responsibility for any losses and/or damages following any injury arising as a result of or in connection with my participation in the Program or use of the Facility however caused and whether caused in whole or in part by the negligent act or omission of CDC. I acknowledge that participation in the Program and attendance at the Facility is purely voluntary and I elect to participate despite the risks. I agree to indemnify, hold harmless and defend Champions Dance and Cheerleading Limited. from any and all claims arising out of or in consequence of my / the Participant's participation in Activities. This indemnification includes but is not limited to legal fees.
3. Waiver. I hereby waive, release and discharge and agree to indemnify and hold harmless CDC from any and all claims, liability, demands or causes of action, which are in any way connected with or relating to my participation in the Program or use of the Facility, including any such claims that allege negligent acts or omission.
4. Medical Authorization. I certify that I have no medical or physical condition that would interfere with my safety while participating in or preclude me from participating in the Program and/or the using of the Facility, or else I assume and bear the costs of all risks that may be created, directly or indirectly, by any such conditions.
5. Emergency Transport. I authorize and agree to pay any expense incurred for emergency transport or treatment for the Participant.
6. Authorization for Photo/Video Use & use of contact info. I authorize Champions Dance and Cheerleading Limited. to use photographs, video recordings or any other likeness of myself / the Participant in its promotional or sales materials, advertisements, web site, Facebook, and I hereby waive any right to compensation or any claim of ownership thereto. If the Participant is active on a Champions Dance and Cheerleading Limited. team, I also authorize Champions Dance and Cheerleading Limited. to

release my contact information to the parent’s association for purposes of providing fundraising & related information to me.

- 7. I agree to abide by the rules involved in participation in the Program or the use of the Facility. I have read, understand and agree to the Champions Dance and Cheerleading Athlete & Parent Code of Conduct. I understand that the Athlete & Parent Code of Conduct are designed for the safety and protection of the participant and I agree to inform my child/the participant of the risks of the activities and the importance of abiding by the Athlete & Parent Code of Conduct.
- 8. Fees. I understand that I will be responsible for all fees, membership, tuition, and other expenses while my child is enrolled at Champions Dance and Cheerleading Limited. I furthermore understand that I will be responsible for the collection, court cost and any legal fees due to lack of payment. I am obligated to pay the remainder of the month along with the next month after dismissal or quitting Champions Dance and Cheerleading Limited. I furthermore authorize Champions Dance and Cheerleading Limited. to charge any such fee after the appropriate deadline to my credit card on file. I also understand that all monthly fees will be drafted on the first of the month and all other fees charges as stated in the financial obligations.
- 9. I agree and acknowledge that for purposes of this release and indemnity agreement Facility shall mean any facility or space being occupied by Champions Dance and Cheerleading.
- 10. In consideration of permission, granted now or in the future by Champions Dance and Cheerleading to participate in the program. I agree and acknowledge that:
 - 10.1. (My Child) has met all the prerequisites required for participation in The Program and will abide by its rules and regulations.
 - 10.2. Participation in The Event has risks and hazards including risks associated with the novel coronavirus and COVID-19. As a participant, my Child may suffer property damage, personal injury, and even death. I freely and voluntarily assume all the risks and hazards of participation, including any legal risks. This means that I am giving up my right to sue the City for any reason, including The City’s negligence, if my Child suffers any damage, injury, loss or death by participating in the Event.
 - 3. I waive any claim I may have against The City arising from my Child’s participation in The Event, however it is caused, and I agree to indemnify and hold harmless The City from all claims arising from my Child’s participation in The Event.

By signing this document, I acknowledge and fully understand that if anyone is hurt or property is damaged during my participation in the Program or use of the Facilities, I may be found by a court of law to have waived my right to maintain a lawsuit against CDC on the basis of any claim from which I have released them herein.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND IT’S CONTENT AND I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND INDEMNITY AGREEMENT AND A CONTRACT AND THAT I AM SIGNING IT OF MY OWN FREE WILL.

Signature of Participant or Parent/Guardian (if participant is a minor) Date

Relationship to Minor (if applicable)

MEDICAL RELEASE

I, on my own behalf, or on behalf of Minor, acknowledge and agree that participation results in the possibility of physical illness or injury. In the event of such illness or injury, I authorize Champions Dance and Cheerleading Limited to obtain necessary medical treatment for me, or Minor and hereby, on my own behalf or on behalf of Minor, release and hold harmless Releases in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of myself, or Minor for any illness or injury that may be sustained. I represent that any medication that I am, or that Minor is allergic or medications that I am, or Minor is currently taking are listed below. I agree that I, or Minor shall bring medications where necessary and shall consume the prescribed dosage for such medications.

_ Medications (if any)

_ Allergies (if any)

_ I acknowledge that the participant suffers from the following conditions

I, on my own behalf or on behalf of Minor, hereby warrant that I have read this Liability Release and Waiver in its entirety and fully understand its contents. I, on my own behalf or on behalf of Minor, am aware that this Liability Release Champions Dance and Cheerleading from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I, on my own behalf or on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Participant or Parent/Guardian (if participant is a minor) Date

Relationship to Minor (if applicable)