

Spirit Express

All-Star Agreement

All-Star Responsibility

You will get out of this squad what you are willing to put into it. It is your responsibility to be the best you can be and do all that is asked of you. In order to succeed as a team, all members must be doing their part. The following things are expected of you as an all-star at Spirit Express.

- Promptness in class and required competition attendance. You may only miss practice if there is an ABSOLUTE emergency or sickness. **All practices and competitions are required by ALL team members. If you miss 3 or more practices, you will lose your spot in the routine! ABSOLUTELY NOBODY MISSES 2 WEEKS PRIOR TO ANY COMPETITION! DOING SO WILL RESULT IN LOSING YOUR SPOT IN THE ROUTINE FOR THAT COMPETITION!**
- You must take responsibility for your own training. Set personal and team goals and work hard to be the best you can be and add the most to the squad as you possibly can. You are expected to AT LEAST maintain and/or improve the skills demonstrated at squad placements.
- All-stars can be very hard work. You are expected to come to practice with a positive attitude and a willingness to learn. If athletes do not display positive attitudes during Spirit Express practices/competitions, we reserve the right to ask them to leave and can remove them from the team with no money reimbursement.
- Be a great team member by encouraging others to do their best. Together Everyone Achieves More!
- At competitions **you must display the highest level of sportsmanship and individual self-pride.** Please make sure you are wearing a cover-up/jacket when waiting at a competition venue and always carry yourself in a positive manner. **USASF Rules state that you must be in uniform (not pajamas, boots, etc...) when you arrive at a competition venue. Doing so could result in deductions for our gym at that competition.**
- I will not be involved in any matter of disrespect towards any members of the Spirit Express staff, parents, or students.
- I understand that all athletes are required to wear the appropriate practice attire to every practice and hair must be in a ponytail and out of the face. This is for the athlete's safety!
- I will not participate in negative gossip or communications that adversely affect Spirit Express. This includes but is not limited to Facebook, Twitter, Instagram, Chat Rooms, or other websites.
- **I will not post any Spirit Express music, choreography, routines, stunts, etc...on social media.**
- I will maintain and/or improve the skills I performed at tryouts through hard work and dedication.
- I understand it is sometimes necessary for athletes to be moved from one team to another.
- I understand all athletes at Spirit Express are expected to arrive at practices and competitions on time with a positive attitude and give their best effort in every endeavor.

All-Star Signature

Parent Signature

**READ BEFORE
YOU SIGN!**

Spirit Express

Parent Agreement

Parent Responsibility

Parent involvement is critical if the all-star is to be successful. Parents need to understand that each all-star will work at and reach potential at his/her own pace. Parents must be consistent in bringing your child to practice, as many of them are too young to bring themselves. **When one person misses practice, the whole team is hurt. This year if your child misses 3 or more practices or 2 weeks prior to any competition, they will lose their spot in the routine for that competition! They will still be a part of the routine, but they will have different responsibilities!** The following list is our expectations from parents of all all-star cheerleaders.

- Bring the athlete to practice. If an ABSOLUTE emergency occurs, please call ahead of time and let us know so we don't wonder or worry about where your athlete is and we can plan practice accordingly.
- **All competitions are required! You can not pick and choose the competitions you attend.** Please see the competition schedule and mark your calendars TODAY. If any changes occur, you will be notified immediately.
- I will not design, purchase, distribute or sell any clothing, bows or other items without prior written consent from Missy or Josh. This includes team t-shirts and spirit items. **YOU CAN NOT USE THE SPIRIT EXPRESS LOGO WITHOUT PERMISSION FROM JOSH AND MISSY!**
- Be an encouragement to your athlete. We do not recommend coaching or disciplining your child for anything related to cheerleading (that is what we are here to do.)
- Do not use all-stars as a punishment. (Ex: Didn't finish homework so must miss practice.) That is unfair to the team and this is a team sport!
- Trust our coaching staff to do our very best, not only to make your child the best cheerleader they can be, but also to promote a positive, safe learning environment.
- **There are a lot of expenses when dealing with competitive cheerleading. As a parent, you need to understand the monetary commitment . If you need assistance with payment, please plan ahead and make an effort to be a part of our fundraisers. In short, what you raise is yours to use for fees, uniform costs, tuition, etc... All fees are non-refundable, including money raised by fundraisers.**
- I will not be involved in any matter of disrespect towards any members of the Spirit Express staff, parents, or students.
- I will not participate in negative gossip or communications that adversely affect Spirit Express. This includes but is not limited to Facebook, Twitter, Instagram, Chat Rooms, or other websites.
- I will not post any Spirit Express music, choreography, routines, stunts, etc... on any social media.
- 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.
- Cheerleaders, parents, relatives and friends are never allowed to contact competition companies or their officials for any reason.

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