

**COURAGE CHEER AND DANCE UNITED HANDBOOK/
CONTRACT AGREEMENT 2020-2021
134 Jonathan Drive, Liberty Hill, TX
78642 512-289-4616**

Courage Cheer and Dance United is a small gym in a small town with a community atmosphere. Owners, Lauren and Justin Johnson are two high school sweethearts who met doing cheer and gymnastics in Round Rock TX. After Justin completed his Nursing degree and Lauren completed her Dance education degree, they decided to settle down in Liberty Hill and open up a cheer and tumbling facility. We started in an old church sanctuary teaching daycare tumbling classes and tumbling private lessons. Then moved to our first facility which used to be an old mechanics shop. Within three years we had out grown that facility and had to start the process of building our own facility. Courage now has one of the nicest training facilities in Texas. We are just 10 minutes North of Leander and 15 minutes west of Georgetown. We serve the Liberty Hill, Leander, Cedar Park, Bertram, Burnet, Marble Falls, Llano, Lampasas, and Georgetown areas.

What we do:

We train competitive cheer and dance athletes to be the best they can be. We also teach a number of recreational cheer, dance, tumbling, and parkour classes. Our competitive dance and cheer teams are Nationally ranked and have won many awards both in state and out of state. Our instructors are focused on positive coaching and progression through perfection. Our goal is not only to progress our athletes through their high school career but on to college as well.

What we believe:

Our philosophy of self-motivation and goal setting is what make our teams so successful. We have all our competitive athletes build goals based on our “Goal Club” program of Drive, Passion, Stability, Toughness, Positive Attitude, Realism, Focus, Effort, Persistence, and Competitiveness. Our recreational programs are empowered by positive reinforcement of always trying and giving effort in everything they do.

Courage Cheer SKILL LEVEL REQUIREMENTS BY AGE AND DIVISION

In accordance with USASF rules teams are divided into teams by age and skill level:

Age Breakdown (as of May 31st, 2019):

Show: Ages 3-5 (potty trained)

Tiny: Ages 5-6 Years Old

Mini: Ages 5-8 Years Old

Youth: Ages 5-11 Years Old

Junior: Ages 6-15 Years Old

Senior: Ages 13-18 Years Old

*These age groups may be subject to change according to USASF updates.

Athletes are evaluated by their skills in tumbling, stunting, and jumps! Cory will evaluate students and placement will be based on student’s skills for teams to score for highest ranges on the score sheet at competitions!

SKILL LEVEL REQUIREMENTS

Levels	Tumbling	Jumps	Stunts
Show-team	No Skills Required	No Skills Required	No Skills required
Prep 1	Minimal Skills Required	Minimal Skills Required	Minimal Skills Required
1	Standing: forward roll, back walkover, front walkover Running: cartwheel back walkover, round off	Three different jumps	Flyers: demonstrate front and back flexibility and various body positions Bases: no requirements
2	Standing: back walkover back handspring Running: back handspring step out round off back handspring, front walkover round off back handspring OR round off two back handsprings	Triple whip jump combination	Flyers: demonstrate front and back flexibility and various body positions Bases: hold prep level one-legged stunts and two-legged extended stunts
3	Standing: three back handsprings, toe touch back handspring Running: front walkover round off back handspring back tuck OR a round off back handspring back tuck	Triple whip jump combination with at least level Legs	Flyers: demonstrate front and back flexibility and various body positions, perform extended one-legged stunts Bases: hold extended one-legged stunts
4	Standing: back tuck, toe touch back handspring back tuck, two back handsprings to layout Running: specialty pass through to layout (i.e. front walkover, punch front or whip through to layout) OR a round off back handspring layout	Quadruple whip jump combination with above level legs	Flyers: demonstrate front and back flexibility and various body positions, extended one-legged stunts, single twisting dismount from one-legged stunts, double twisting dismount from two-legged stunts Bases: switch up to one-legged stunts and full up to two legged stunts

Tentative Competition Schedule 2020-2021

Date	Company	City	Team	Place
10/18/20	Show-Offs	Liberty Hill TX	ALL TEAMS	2-4 PM
11/7/20	Cheer Power	Galveston TX		
11/14/20	NCA Classic	Houston TX		
12/13/20	United Events	San Marcos TX		
1/17/21	Cheer Star	San Antonio TX		
1/23/21	Redline	San Antonio TX		
2/6-7/21	Cheer Power	San Antonio TX		
2/26-28/21	NCA Nationals	Dallas TX		
3/27/21	Redline	Houston TX		
4/17-18/21	Cheer America	Austin TX		
5/1-2/21	The Open	Orlando FL		
5/15/21	EOY Show Offs	Liberty Hill, TX	All Teams	2-4pm

Choreography CAMP: Tentative dates 10-19 August 2021. This will most likely included weekends. **MANDATORY ATTENDANCE**

Extra Practices Days/ Times depend on how many teams we have.

September

Sat. Sept. 12, 2020

Sat. Sept. 26, 2020

October

Sat. Oct. 10, 2020

Sat. Oct. 24, 2020

January

Sat. Jan. 16, 2021

February

Sat. Feb. 20, 2021(BEGINNING OF NCA HELL WEEK)

Sun. Feb. 21, 2021

Mon-Thurs. Feb. 22-25, 2021 (NCA HELL WEEK) (PRACTICES MAY GO UP TO 9:00 or 9:30 PM)

April

Sat. April 24, 2021

Courage Cheer Tuition and Fees

Being a competitive cheerleader, as we all know, is **not cheap**. We, at **Courage Cheer** want to do our best to make it as affordable as possible and we have made every effort to maintain a reasonable fee schedule with flexible paying options. We have done numerous of comparisons and Courage Cheer remains one of the most cost-effective programs. A Courage member must encounter the cost listed in this packet to participate.

All 2019 Team Registration forms are still valid.

Payment Policy

I understand I can choose to keep a current credit card on file with "CCDU," and that I am required to complete a credit card authorization form if I wish to do so. If my credit card on file expires or I wish to place a different credit card on file it is my responsibility to do so before the 7th day of the month. All charges at "CCDU" are billed on or about the 1st day of each month and become due immediately. Customers have until the 7th day of each month to pay the balance due on their account by way of cash, check, etc. All amounts remaining due after the 7th day of the month will be charged to the credit card on file for the account. LATE

LATE PAYMENTS: All tuition is charged on the 1st of the month. You have until the 7th to pay via cash, check, charge, or auto pay. All charges not paid by the 15th will be considered late and charged a \$10 late fee. All charges not paid within 30 days will acquire a \$30 late fee. Every additional month that is late will acquire another \$50 late fee until paid in full. If not paid within 6 months the account will be sent to collections and a collections fee will be added to your account. I understand that I must give written notice on or before the 1st day of the month, one month before dropping any class/activity at "CCDU" along with my \$450 contract cancellation payment. Furthermore, I understand that if I do not provide "CCDU" this notice in writing, I am responsible for the competition fees. I understand "CCDU" does not refund tuition for any reason. All customers must pay a \$45.00 annual registration fee to participate in any activities at "CCDU." This annual registration fee will be automatically billed to the customer's account in the same month the next year if they are currently enrolled in any activities at "CCDU" at that time. All Star cheer members must pay a \$35.00 USASF member fee and provide a copy of the athlete's birth certificate due by the end of August as regulated by USASF. I understand that I must give written notice a minimum of two weeks before cancelling a performance with "CCDU" along with my \$100 performance cancellation payment. Otherwise there will be a \$200 charge on the account for missing a performance. There will be a \$10 charge for Elite athletes and a \$5 charge for Prep athletes that miss a practice within 2 weeks of a competition/performance.

NOTE: Failure turn in CCDU Credit Card Authorization Form will result student to not participate for the 2020-2021 Season.

Practice Attendance

Once chosen for a team, it is your obligation to attend ALL practices. When a team member is absent, it can really keep a whole team from achieving their goal to becoming national champions. The definition of team is a number of people that work together and function as a group. We cannot function without your attendance and commitment. If for any reason there is a need to miss a practice you must submit the Absence Request Form (**available at front office**) at least 2 weeks in advance and it will either be approved or denied by Cory Bohannon; if we think that someone is being dishonest with an absence request. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. No absences are permitted the week of an event. The greater the team's attendance, the less extra practices will be needed. You must attend all practices, even when you are not feeling 100%. If you are ill enough to go see a doctor then you will be excused but a doctor's note must be provided. Students will be removed from our program for failing to follow this rule. During the competition season, CCDU reserves the right to schedule extra practices if necessary. No cost will go to the athletes. It is **MANDATORY** for a CCDU member to attend practice. Athletes may have no more than **2 absences a school semester**. If this occurs, removal from the squad will be necessary. Roll call will be recorded at every practice.

NOTE: Any student(s) that leaves on vacation or will be out for an entire month must pay half tuition in order to hold their spot. All scheduled fees will have to continue to be paid on time.

EXCUSED – Cory will determine excuses!

Family event – Death or Wedding
School Cheerleading
Contagious illness

UNEXCUSED

Family Celebrations / Relatives coming out of town
Birthday or Birthday parties / Concerts Charity
Functions
Injury or Non-contagious illness
Homework / School Activities (See Cory if it's really important)

Holiday Dates

The following dates are available for holidays and vacations throughout the 2020-2021 Season.
Thanksgiving: November 25-29, 2020 (Wed-Sunday)
Christmas/New Years: December 23 2020, Jan 3rd 2021 (Wed-Sunday) Open Practices welcomed
Spring Break: March 15-19, 2021 (Mon-Fry) Open Practices Welcomed

Monthly Tuition

All-Star, Prep, and Show Team

Registration Fee - \$80 annual includes (USASF Insurance FEES) Due at Registration

Tuition will be charged on the 1st of every month, and is due on the 7th of every month

All Star Elite (4 hrs a week, schedule a 45min tumble class) \$279/month

Prep Teams- (4 hrs a week, schedule a 45 min class for 39\$) 189/month

- Payments may be paid by check, credit card on the parent portal or cash.
- Checks must be made out to Courage Cheer. A \$35 fee will be applied to any transaction that is returned.
- NO REFUNDS or PARTIAL MONTHLY CREDITS if you choose not to be a part of Courage Cheer or are removed from the squad.

Practice Wear / Warm-ups

CCDU Students receive practice wear in their tuition for the 2020-2021 Season. CCDU will have the order forms to order the pieces required. The practice wear changes every year and will be ordered in JUNE. Estimated time for each order usually takes 3-6 weeks to arrive. During the 2020-2021 Season, if a student is no longer a part of CCDU and PRACTICE WEAR, has been paid and ordered but not distributed, the items above will be property of CCDU and no refunds will be issued!

Uniforms

PARENTS will purchase All-Star uniforms from Courage Cheer in accordance with the USASF rules for 2020-2021. Fittings will take place during June. Parents are required to attend the uniform fitting to sign a confirmation of your athlete's order. **Courage Cheer will not be responsible for uniforms that do not fit upon arrival.** It will be your responsibility.

Student Drop Procedure:

- If a parent wishes to withdraw student from the program for whatever reason; parent will be responsible for all unpaid fees charged to your CCDU account;
- Student that have been withdrawn or asked to leave during competition season (October - May) for whatever reason will pay remainder of unpaid balance of competition fees.
- Students that have been withdrawn or asked to leave (by rule and regulations of CCDU 2020-2021 Handbook) will be charged choreography fee (hours) for time spent to reorganized team and re-choreograph routine and court fees.

US Classic - The Summit - The One- Worlds

US Classic, The Summit, The One and Worlds are the most prestigious competitions in the cheer sport. A win in this competition means that a team is the best of the best. It's high on the list of aspirations for most all-star cheerleaders. In the event that CCDU receives any of these bids; it would be determined by staff if we attend. **A \$50 fee will be charged to each student as coaches' fees** in participation for each competition that students attend (i.e. US Classic, The Summit, The One, Worlds). If you have any additional questions, please see Cory.

FINANCIAL OBLIGATION

All-Star cheerleading requires a substantial financial commitment from each family. The following cost expectations have been put together based upon years of experience. We offer fundraisers that you can take advantage of to help offset these costs. **We cannot extend due dates due to fundraisers taking place; fees will have to be paid on the date provided on your invoice.** Please carefully consider the financial commitment you are making. If you have further questions about financial obligations, please contact Cory. We want to work with you to make these financial obligations work for you and your budget.

*** Included in tuition: Practice Wear, Music, Choreography, Comp fees.**

Elite

May FREE (2020-2021 Season)

June \$279.00

July \$279.00

August \$279.00

September \$279.00

October \$279.00

November \$279.00

December \$279.00

January \$279.00

February \$279.00

March \$279.00

April \$279.00

May \$279.00

Yearly Registration Fee \$45.00 Due At Registration

USASF member fee \$35.00 Due At Registration

Sub total \$3428.00

Prep

May FREE (2020-2021 season)

June \$189.00

July \$189.00

August \$189.00

September \$189.00

October \$189.00

November \$189.00

December \$189.00

January \$189.00

February \$189.00

March \$189.00

April \$189.00

May \$189.00

Yearly Registration Fee \$45.00 Due At Registration

USASF member fee \$35.00 Due At Registration

Sub total \$2348.00

❖ *We also offer multiple sibling discounts for enrolling and we will customize your bundle to reflect said discounts.*

Not included in the tuition:

- * Regional and National T-Shirts: \$50.00 (2 Shirts)/ Jersey - \$65.00
- * Elite Uniform- Price Pending
- * 25\$ Coach Fee: This is a 1 time fee that is due at registration
- * 35\$ USASF Fee: Due at registration
- * 45\$ Registration Fee: Due at registration
- * Backpack- Price Pending and **Optional.**

*Please note that the above expenses do not include travel and lodging to out of town competitions. Most of our out of town competitions will require us to book rooms through a housing company. CCDU will reserve a block of rooms through the housing company and each cheerleader will have to stay in a room booked through the housing company. We will have to submit a listing of all our cheerleaders and where they are staying in order to verify they have booked through the housing company. This is a competition company requirement and we do not receive any financial gain from this process. All competition housing rules must be abided by to compete.

Competition Rules

It is our objective of **Courage Cheer** to have all competitions run efficiently. We strive to provide as much information of our upcoming competition by sending memos, emails and text to the athletes and parents! **Cheer!!!** Below is a list of rules required at every competition:

EACH MEMBER MUST ARRIVE AT THE COMPETITION **AT THE TIME SPECIFIED** (THAT INCLUDES BEING FULLY DRESSED WITH THE UNIFORM AND MAKE-UP ALREADY PUT ON.) **YOU MUST REPORT TO A COACH OR STAFF MEMBER ONCE YOU HAVE ARRIVED. ALL PARENTS NEED TO BE RESPONSIVE AND HAVE FULL COMMUNICATION WITH THEIR TEAM MOM, AND DOWNLOAD THE BAND APP.**

HAIR SHOULD BE WORN ACCORDING TO THE STANDARDS BY COURAGE

JEWELRY IS NOT ALLOWED

NO FOOD OR SOFT DRINKS DURING OUR PRACTICE AT THE COMPETITION WARM UP AREA

NO GLITTER ON THE UNIFORM

WHITE NO-SHOW SOCKS MUST BE WORN AND NOT SHOWN OVER THE SHOES

ATHLETES WILL BE IN FULL UNIFORM DURING THE AWARD CEREMONIES

ATHLETES MUST WEAR THEIR REGIONAL OR NATIONAL T-SHIRT DURING EVERY COMPETITION

INSUBORDINATION IS VERY MUCH UNACCEPTABLE! The following actions can be a result in being removed from the squad. Not only does the rule apply to the athletes, it applies to the **PARENTS** as well.

1. TEMPER, TANTRUMS, ETC.
2. PROFANITY.
3. SHOWING DIRESPECT TOWARDS THE COACHES (EYE ROLLING, TALKING BACK, ETC.)
4. SHOWING DISRESPECT TOWARDS A TEAM MEMBER.
5. LACK OF PARTICIPATION OR POOR ATTITUDE.
6. EXCESSIVE TALKING.
7. MISSING A REGIONAL OR NATIONAL COMEPTITION.
8. DISRESPECTIN THE COURAGE UNIFORM!

FOR THE PARENTS

INSUBORDINATION WILL NO BE TOLERATED

1. NO INAPPROPRIATE BEHAVIOR / NO VERBAL ATTACKS TOWARDS ANY COACH OR OWNER, NOR ON SOCIAL MEDIA
2. PARENTS ARE NOT ALLOWED IN THE WARM UP AREA
3. PARENTS ARE NOT ALLOWED TO TALK TO THE JUDGES
4. UNSPORTSMANLIKE BEHAVIOR OR DISRESPECT TO ANOTHER TEAM ISINAPPROPRIATE

***IMPORTANT NOTE TO ALL PARENTS: When entering CCDU gym, competitions, or any CCDU event; please make sure ALL NEGATIVITY is left at the door. We will NOT tolerate this sort of behavior!**

Negativity can be contagious, and our students reflect from us.

**Be POSITIVE, Be LOUD, Be PROUD!
We are ONE GYM, ONE TEAM, ONE FAMILY!**

Rules and Regulations

Check Boxes

- I will always wear practice wear on the day it was assigned for practice.
- I will always wear my shoes during class.
- I will always wear my hair up and away from my face/during practice and will wear my hair as assign to each team by the office and Cory for competitions!
- I will not wear jewelry at practice or at competitions CCDU will not be responsible for lost jewelry.
- I will not wear colored lipstick or nail polish while in uniform or wear white socks
- I will turn off cell phones during practice unless Cory asks students to contact parents to pick them up for early release from class.
- I will not chew gum during practice or have food or any soft drinks on gym floor - not allowed!
- I will always respect my team, parents and staff with respect in a way that I would like to be respected.
- I will always call the office or Cory if I will be late because of school activities/ or for any other factor.
- I will not keep my child from practice or competition as a form of punishment!
- I will to the best of my ability to strive to learn skills to better myself for my team and coach. Talking is not part of CCDU program.
- I will maintain good sportsmanship while representing CCDU at competitions and other CCDU activities/remember you are representing CCDU at all times.
- I will not use foul language in practice, at events, or at any time while representing CCDU or in CCDU attire.
- I understand that if a parent even suggests removal of their child in any manner - Cory will remove and replace the athlete from that team/ no refunds will apply.
- I understand that no parent or student is to approach, text or call another parent/or coach about any conflict or situation of another team member/ I will address my situation with Coach Cory .
- No athlete will use social media of to address any situation or criticize a member or competition official in a negative manner - this will be immediate removal of that student.
- No Parent will contact any competition official with comments or questions that we are attending for any reason/Cory will address any questions set by parents!
- I understand that parents should not collect or request money for anything without approval from Cory. Excessive team gifts or get-togethers may add more financial pressure for participants. CCDU teams may organize occasional parties, gifts and/or goodie bags ONLY with approval from CCDU management. Team Moms organize goodie bags for competitions!
- Fundraisers are to be approved by Cory / individual fundraiser are approved but under no circumstance are parents allowed use our logo unless approved by Cory!
- I understand that team moms are one factor that Cory uses to communicate with parents and Team Moms are not to be address in a negative way - if a parent cannot understand the communication please address Cory. Emails are another form of communicating with parents!
- I understand that I will purchase Regional & National t-shirts according to USASF rules to wear t-shirts over uniform while students are not performing!
- I understand that parent viewing room should be a POSITIVE PLACE, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude or keep comments to myself. I understand that the parent viewing room should be used for parent activities for CCDU. I will respect others and use it for the sole purpose of viewing my child. PLEASE KEEP IT CLEAN!
- I also understand that videos taken during competitions shall remain in possession of the filmmaker and not downloaded on to YouTube or FB or any other kind of social media - it is important to safe guard our choreography and music!
- I will not at any venue will discard or vandalize any trophy or medal given at the competition that I am attending! I understand it's unsportsmanlike to do so!
- I understand that tuition and dates for fees should be paid by that date!
- I understand that I am making a year-round commitment and will honor that commitment. If I fail to honor this commitment, I understand that I may be asked to resign my position at CCDU indefinitely.
- I understand that if I quit or removed from the program/class or become injured at any point during the season, I will not get any form of refund.
- In the event that CCDU will receives a summit bid it would be determined by staff if we attend.

(Please Return Original)

**COURAGE CHEER HANDBOOK CONTRACT
AGREEMENT 2020-2021**

By signing below, you have stated that you have read and understand all rules and regulations and financial obligations listed throughout this handbook. Please keep this handbook for your reference.

I HAVE READ AND UNDERSTAND THE RULES AND REGULATIONS AND FINANCIAL OBLIGATION LISTED IN THE COURAGE CHEER 2020-2021 HANDBOOK CONTRACT AGREEMENT REFERENCED THROUGHOUT. I WILL ABIDE BY THE GUIDLINES OR RESULT IN THE REMOVAL FROM THE PROGRAM WITH NO REFUND! I AM AWARE THAT I AM COMMITTING TO ALL EXPENSE OBLIGATIONS AND FAILURE TO COMPLY WILL RESULT IN LEGAL ACTION.

Student Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Courage Communications

We at **Courage Cheer** feel that communications with the staff, athletes, and parents is very important in maintaining a great relationship. We want to hear from you. We understand that it is sometimes hard to contact any of the coaches before or after practice. All staff and coach cell phone numbers will be provided to each parent or you can send a message to us by email at couragecheer.com.

Our office manager can assist you with any financial issues or general information. It's your responsibility to keep up with any specific team information.

Hope we have many great years together with COURAGE CHEER!!!!

Cory

COURAGE CHEER ATHLETE ABSENCE REQUEST FORM

Courage Cheer Athletes must have official approval from Cory in order to miss any team practice.
Please fill out and submit form at least 2 weeks prior to absence date.

Athletes Name: _____ Team: _____

Email: _____ Phone: _____

Absence Request Date(s): _____

Reason: _____

Cory will get back to you within a week via email. If your request is denied, the athlete must be in class. Failure to do so will result in removal of the athlete from the program.

I have read and understand Courage Cheer's athlete practice and absence policy:

ATHLETE SIGNATURE: _____ Date: _____

PARENT SIGNATURE: _____ Date: _____

FOR OFFICE USE ONLY:

APPROVED: _____

NOT APPROVED: _____

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Cory Bohannon- General Manager