# **GEORGIA ALL STARS**

# 2024-2025 INFO PACKET



# YEAR 34 "Pride of the South!"

## WHO WE ARE

Georgia All Stars continues to be a leader in All Star Cheer instruction. Established in 1990, we are proud to announce our 34th Anniversary this year! We have instructed kids all over the country and continue to push the boundaries in the industry. We pride ourselves in being trend setters and family oriented with quality, competitive instruction. It is our mission that each cheerleader will develop socially through practice and competition, physically through hard work, and psychologically through increased emotional maturity, and discipline. This requires a perfect balance of academic preparation in school, time management, and skill preparation in the gym. We continue to provide a big industry name with a small family feel. We pride ourselves on being a family environment and teaching our kids respect, humility, punctuality, good sportsmanship, dedication, commitment, and core values.



## COMMITMENT

Commitment starts with the parent and follows through to the athlete. It is a known privilege to be a Georgia All Star Cheerleader. The success of your team will depend on each individual/parent's commitment and dedication to the team. This program is not about the individual. We will not tolerate "individual" attitudes. We believe that the member on the back row is just as important as the member on the front. The first tumbling pass is just as needed as the last. It takes a TEAM to win. The team will always come first in making selections and decisions. Athletes with excessive absences or lack of commitment will be removed.

# **TEAM PRACTICE**

Athletes will have 2/3 team practices per week. Typically 2 weekdays and one Sunday. Sunday Practices begin in September. Additional practices will be added at the coach's discretion during the heavy competition season, November through February. Typically there will be additional practices during the week and weekend before a competition. You are allowed to miss 4 summer practices prior to August 5th in addition to the Calendar Holidays given. It is important to have each athlete at summer practices to allow the kids to bond, the coaches to formulate stunt groups, finalize the routines, and for the teams to progress in skill and prepare for the upcoming season. Vacation forms are located in the back of this packet and at the front desk. All vacations MUST have the appropriate form and approval to be excused. Vacation forms turned in less

than 2 weeks in advance will not be approved. Vacation requests after August 5th will NOT be approved. Vacation dates will not be approved if two weeks before a scheduled competition. Vacation requests via phone or text will not be approved. If you cannot attend a practice it must be personally pre-approved by your coach. If you will be late, out sick, etc; you must contact your coach. If you are sick, but not contagious, you will be required to come watch or mark practice so you are aware of any changes made to the routine. The coach will decide participation level at practice if an athlete is sick. If you are continually late, missing numerous practices, or injured longterm, you may be dismissed from the team. If you are absent during the week of a competition, you may be replaced with an alternate crossover athlete. Homework is not an excused absence. Studying for a test is not an excused absence. Concerts, Birthdays, Anniversaries, School Breaks, Field Trips, and Family trips are not excused absences. School trips that are not documented for a grade are not excused absences. Outside sports conflicts are not excused absences.

If you are receiving a <u>grade</u> on a school activity you must fill out the absentee form, located in the back of this packet. Absences due to graded events will be approved. The coaches will do everything in their power to work around graded conflicts by moving practice, but it is not promised. Make-up practices may be called so that the team may practice as a whole. If you are on a varsity cheer team it is important that you bring a copy of your scheduled practices, events, and coach's information to your All Star Coach. They will attempt to work around any conflicts the best they can. We can not guarantee that every conflict will be solved. We will not work around sideline cheer conflicts, middle/JV, basketball cheer, or other outside sports. Please take note of this policy before trying out for winter or spring sports. All Star cheer is a very timely commitment and should be your <u>first</u>

## priority. TEAM PLACEMENT

Athletes will be placed on a team at the discretion of the coaching staff based on their ability and what is needed on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to "land" a skill, but to execute it while landing it repeatedly over and over. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child's skills do not mirror that of his or her peers on the team. A child may be dismissed or placed in an alternate position if the skills are not where he or she can be used on a team in the gym. A child may be moved to a different team during the season depending on what is needed by that team (ie. base, fly, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We will exhaust every possibility before deleting a team. If you have a question about what level your child should be, please go to our skills chart for tumbling requirements. If you are unsure of what stunting level your child may be, please speak with a coach.



## Allstar Tumbling Level Assessments

	Level	Adv	anced	Eli	te
Level 1 Standing	Forward Roll Handstand Straddle Roll Backbend Kick Pushup To Over Backbend Standing Backbend Backward Roll Front Limber/Back (BWR) Limber	Backwalkover (BWO) BWO - BWR - BWO Back Extension Roll		Back Walkover Serie: Back Walkover Switc Back Extension Roll - Valdez	h Leg
Level 1 Running	Cartwheel (CW) Cartwheel - Backward Roll Handstand Forward Roll	Cartwheel - BWO/BW Round Off (RO) Front Walkover (FWO Handstand Forward F	)/FWO Series	Cartwheel - BWO Se FWO - Cartwheel/Ro FWO - CW - BWO/BV FWO - CW - BWO Sw Handstand Forward F BWO/BWO Series	und Off VO Series vitch Leg
Level 2 Standing	Back Handspring (BHS) Back Handspring Step Out	Back Walkover - BHS Back Walkover - BHS BHS Step-Out - Back Valdez - BWO - BHS	S Step Out	BWO - BHS Step Ou BWO Switch Leg - BI BHS Step Out - BWO Valdez - BHS/BHS St Back Extension Roll -	HS - BHS ep Out
Level 2 Running	Cartwheel - BHS Round Off (RO) - BHS	Round Off (RO) - BHS CW - BHS Step Out Front Handspring (FH FWO - FHS		Series Front Handspr Bounder/Flyspring CW - BHS Series RO - BHS Series FW Series CW - BHS Step Out - Series	) - RO - BHS/BHS
Level 3 Standing	BHS/BHS Step Out - BHS/BHS Step Out Advanced Jump - BHS/BHS Step Out BHS/BHS Series - Advanced Jump	BWO - BHS Series BHS - BHS - BHS Or Advanced Jump - BH		BHS/BHS Series - Ac BHS/BHS Series Advanced Jump - BH BHS BHS Step Out - BHS BHS Step Out - BHS BHS Step Out - BWC BWO - BHS - Advance Series	S - Advanced Jump Series B - BHS Series
Level 3 Running	Round Off - Tuck Aerial	Punch Front (PF) Round Off - BHS Series - Tuck		FWO - Aerial Bounder/Flyspring - / Round Off - BHS - Tu RO - BHS Step Out - Tuck FWO - RO - To - Tuc Bounder/Flyspring - F Front Handspring (FH	ick 1/2 Turn - RO - To - k RO - To - Tuck
Level 4 Standing	Onodi Backward Roll - Tuck	BHS Series - Tuck Back Tuck BWO - Tuck	Back Extension Roll - Tuck Valdez - Tuck	BHS/BHS Step Out - Advanced Jump - BH Advanced Jump - BH	IS Series - Tuck
Level 4 Running	Cartwheel - Tuck FWO - CW - Tuck Round Off - Layout Round Off - Onodi Front Aerial Front Aerial - RO - To -Tuck Front Handspring - PF	PF - PF PF Step Out - Aerial Round Off - BHS Series - Layout Round Off - Onodi- To Tuck PF Step Out - RO - To - Tuck Aerial - Back Tuck/Layout/Layout Step Out FWO - Aerial – Tuck RO - To - Whip/Tuck - To - Tuck	Front Aerial - RO - To - Whip - To - Tuck FWO - RO - To - Whip/Tuck - To - Tuck PF Step Out – RO - To - Whip/Tuck – To - Uck FHS - PF Step Out – RO - To - Tuck	FHS - PF step out - RO - To - Whip/Tuck-Tuck RO - BHS - Layout/Layout Step Out/X-Out/Switch Leg RO - Onodi - To - Layout FWO - RO - To - Layout Front Aerial - RO - To - Whip - Layout PF Step Out - RO - To - Layout	RO - To - Whip/Tuck - To - Layout FWO - RO - To - Whip/Tuck - To - Layout PF Step Out - RO To - Whip/Tuck - To - Layout FHS - PF Step Out - RO - To - Layout FHS - PF step out RO-To-Whip/Tuck To-Layout
Level 5 Standing	Tuck - BHS - Tuck Tuck - BHS Series - Tuck BHS/BHS Series - Tuck - Tuck	Advanced Jump - Front/Back Tuck BHS Series - Whip/Tuck - BHS - Tuck BHS - Whip/Tuck - BHS - Tuck	Advanced Jump - BHS Series - Whip - BHS - Tuck Advanced Jump - BHS Series - Whip - Tuck BHS Series - Layout BHS Series - Whip - Tuck	BHS - Whip - Tuck BHS - Layout Advanced Jump - BHS/BHS Series - Layout Advanced Jump - BHS - Whip - Tuck BHS - Whip/Tuck - To - Layout	BHS/BHS Series - Whip - To - Layout/Layout Ste Out Advanced Jump - BHS/BHS Series - Whip - To - Layout
Level 5 Running	Barani RO - Half RO - Full	FHS - Barani RO - BHS series - Ful Round Off - Arabian Side Aerial/Front Aeri Barani - To - Layout		Front Full RO - BHS - Full FWO - RO - To -Full Barani - To - Full PF Step Out - RO - To - Full FHS - PF Step Out - RO - To - Full RO - To - Whip - To - Full	FHS - Front Full PF Step Out - RO - To - Whip - To - Fu FHS - PF Step Out RO - To - Whip - To - Full RO - Arabian/Half Step Out - To - Layout/Full

<b>D</b>	

## Level 6 Allstar Tumbling Level Assessments

Level

Advanced

Elite

Level 6 Standing	Advanced Jump Back Tuck	BHS Series - Full Advanced Jump - BHS Series - Full BHS - Whip - BHS Series - Full BHS Series - Whip - Full BHS - Whip - To - Full	BHS - Full Advanced Jump - BHS - Full Standing Full Advanced Jump - Full BHS - Whip - Full Advanced Jump - BHS - Whip - Full BHS Series - Double Full Advanced Jump - BHS Series - Double Full BHS - Whip - BHS Series - Double Full BHS Series - Whip - Double Full BHS - Whip - Double Full Advanced Jump - BHS/BHS Series - Whip - Double Full BHS Series - Full/Double Full BHS Series - Full/Double Full - Whip - Full/Double Full
Level 6 Running	Cartwheel - Full RO - Full RO - BHS/BHS Series - Full FWO - To - Full Side Aerial/Front Aerial - Full RO - To - Onodi - To - Full Front Full	RO - BHS - Kick Full/Full Step Out PF Step Out - To - Full RO - Whip - Full RO - To - Whip - To - Full 1.5 Twisting Front Layout	RO - Arabian/Half Step Out - RO - To - Full FHS - Front Full RO - BHS - FO - To - Full RO - BHS - Full - To - Full RO - To - Full - To - Full RO - To - 1.5 Step Out - To - Full 1.5 Twisting Front Layout - To - Full/Double Full RO - Double Full RO - To - Double Full FWO - To - Double Full PF Step Out - To - Double Full RO - To - Whip - To - Double Full RO - To - Whip - To - Double Full RO - To - Full - To - Double Full RO - To - Full - To - Double Full RO - To - Full - To - Double Full RO - To - Full - To - Double Full RO - To - Full - To - Double Full RO - To - Full - To - Whip - Double Full RO - To - Full - To - Whip - Double Full PF Step Out - RO - To - Whip - To - Double Full RO - To - Double Full - Whip - Double Full PF Step Out - RO - Arabian - RO - To - Whip - Double Full

## **EXPECTATIONS**

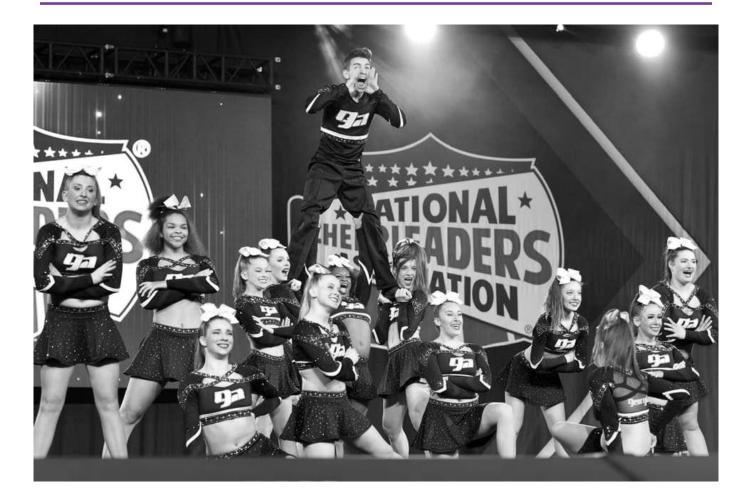
Your coaches and team reps are here to work with you. You are expected to show respect and be courteous to your coaches and teammates at all times. When asked a question at a practice, students are to reply in a respectful manner to coaches. No negative or inappropriate comments are to be made on any social forum websites such as Snapchat, Tik Tok, Twitter, Instagram, Facebook, GroupMe, etc. about any member of the GA teams/staff, competitions or other fellow gyms. Do not post any pictures of yourself or others, in a GA uniform or attire acting in a negative manner that would discredit the gym's branding.

Cell phones are NOT allowed during practice or competition warm-ups/awards. Cell phones must be turned in at the beginning of practice to the cell phone basket. Anyone with continued behavioral problems will be removed from the gym and all monies will be forfeited. Parents are expected to hold to these same standards. Athletes can be removed due to parents' actions. There is no place for negativity or drama in our facility. If you guit a team at any time during the season or are asked to leave a team, 100% of all monies given to the gym will be forfeited. Any outstanding or posted bills up to the date of dismissal will be collected and are the responsibility of the student, parent, and/or guardian. Any outstanding balances not collected will be turned over to a collection agency. Once registered through USASF and placed on a rostered team, the gym has the right to not release the athlete ID number from the program until the completion of the calendar season.

# **UNIFORM/ATTIRE**

Practice wear, uniforms, practice bows, and warmups will be ordered for the athletes at the start of the season. Once it arrives, athletes will be expected to wear the designated clothing items to their assigned practice blocks each week. These items also will be used during the season and at competitions to show unity, team shirts may be added for larger competitions during the year at an average cost of \$25. Practice wear does not include shoes, uniform, warmup, competition bow, or backpack. Those are billed separately. <u>Athletes are required to supply their own solid black</u> <u>sports bra, solid black shorts or Nike pros.</u>





# COMPETITIONS

Athletes are required to attend all competitions. It is the discretion of the coaches to choose competitions they see as a best fit for each of the teams. There is a possibility that a competition may be added or cancelled during the season. If an athlete misses practice the week of a competition, an alternate crossover may be used. If an athlete misses a competition for any reason, he/she may be dismissed from the team. The Owner will keep you informed of all competition updates/changes. We have secured mandatory hotel blocks for all travel competitions. It is MANDATORY for all team members to stay in the assigned team hotel with an adult guardian and must arrive at the hotels on Friday during a designated time. Typically the arrival time is prior to 10pm. Travel must be planned on Friday. Teams will have practice the Thursday night before a competition. DO NOT PLAN TRAVEL ON THURSDAY. You may not return home until Monday or Sunday if stated in the competition itinerary. Transportation is up to each family's discretion. Hotel links will be provided by the Owner. Your team may travel for one or more of the competitions listed. Please note that when traveling, you are there for the purpose of competition and not vacation. Be respectful of others at all times.

## **FEES**

Once selected for a team, an acceptance/ commitment fee of \$125 will be paid to reserve your placement, and a \$65 Registration/Insurance is due. Registration/ Insurance Fees are Annual and cover our Insurance Calendar year from May-April. Registration/Insurance fee is only paid once yearly whether it is for All Star, School Team, or Class Enrollment. Once enrolled, everyone should familiarize themselves with the website and parent portal. Families are required to create an account. Please contact the front office if you have forgotten your login/password. Please DO NOT create a new/duplicate login/password. If any issues arise, please contact lorenzo@gaallstars.net. Please make sure to keep your email, address, and phone number current with the parent portal. Also, our accounting system is set up on auto-pay. Your credit card will be billed on the 1st of the month for monthly gym fees. Fees are late on the 5th of each month. Competition Fees are billed on the 15th of the month. Non-auto-pays MUST be pre-approved by the Owner.

Athletes will be dismissed from the program if fees become delinquent. Athletes may not try out the following year if he/she owes a remaining balance. Any and all past due fees will be turned over to collections at the end of the competitive season. Any returned checks or late payments will be assessed a charge of \$25 per occurrence.

## ALLSTAR ELITE BREAKDOWN OF FEES

(DOES NOT REFLECT NON TRAVEL TEAMS)

#### Due at Parent Meeting

\$65 Insurance/Registration Fee\$125 Commitment Fee\$150 Practice Wear

#### June \$165 June Tuition

\$275 Competition Fee \$350 Deposit for NEW Uniform/Warm Ups

#### July

\$165 Tuition \$275 Competition Fee \$350 Balance for NEW Uniform/Warm Ups

## August

\$165 Tuition\$275 Competition Fee\$30 Competition Bow\$50 Music Fee

#### <u>September - February</u> \$165 Tuition \$275 Competition Fee \$120 Backpack (new athletes or repurchase)

March \$165 Tuition Only

### <u>April</u> \$165 Tuition Only

Tuition covers monthly athlete training and facility use. Competition fees cover competition registrations, choreography fees/edits, coaches certification, and coaches lodging/travel/expenses. Teams selected for The Varsity Summit will require extra fees. Estimated fees are \$450 plus travel.

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## NON-TRAVEL PREP TEAMS BREAKDOWN OF FEES

<u>Due at Parent Meeting</u> \$65 Insurance/Registration Fee \$125 Commitment Fee \$150 Practice Wear

### <u>June</u>

\$110 June Tuition\$175 Competition Fee\$300 Deposit for NEW Uniform/Warm Ups

## <u>July</u>

\$110 Tuition\$175 Competition Fee\$300 Balance for NEW Uniform/Warm Ups

<u>August</u> \$110 Tuition \$175 Competition Fee \$30 Competition Bow \$50 Music Fee

#### September - February

\$110 Tuition \$175 Competition Fee \$120 Backpack (new athletes or repurchase)

#### March \$110 Tuition Only

<u>April</u> \$110 Tuition Only

Tuition covers monthly athlete training and facility use. Competition fees cover competition registrations, choreography fees/edits, coaches certification, and coaches lodging/travel/expenses.

## **FEES**

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## WORLDS TEAM BREAKDOWN OF FEES

Due at Parent Meeting \$65 Insurance/Registration Fee \$125 Commitment Fee \$150 Practice Wear

<u>June</u> \$165 June Tuition \$300 Competition Fee \$300 Deposit for NEW Uniform/Warm Ups

<u>July</u> \$165 Tuition \$300 Competition Fee \$300 Balance for NEW Uniform/Warm Ups

<u>August</u> \$165 Tuition \$300 Competition Fee \$30 Competition Bow \$50 Music Fee

<u>September - February</u> \$165 Tuition \$300 Competition Fee \$120 Backpack (new athletes or repurchase)

March \$165 Tuition Only

<u>April</u> \$165 Tuition Only

Tuition covers monthly athlete training and facility use. Competition fees cover competition registrations, choreography fees/edits, coaches certification, and coaches lodging/travel/expenses. Teams selected for Worlds will require extra fees.

# **GEORGIA ALL-STARS CALENDAR 2024-2025**

May 14	New to Georgia All-Stars Parent Meeting		
May 16	WORLDS Team Parent Meeting (Mandatory)		
May 17-19	Season 34 Team Evaluations		
	(Tiny, Mini, Youth Teams under 12)		
May 20-24	Season 34 WORLDS Team Evaluations		
May 22-24	Season 34 Team Evaluations		
	(JR & SR Teams)		
May 27	GYM CLOSED (Reopen Tues. 5/28)		
May 29 or 30	Parent Meetings-(Mandatory attend one)		
June 3	Practices start (Monday)		
June 27-29	Stunt Camp (MANDATORY)		
June 30-July 7	Summer Break GYM CLOSED		
July 8	Gym Reopens (MONDAY)		
July 13 -20	Choreography Camp (MANDATORY)		
Aug. 30 - Sept. 2	Labor Day - GYM CLOSED (Reopen Tues. 9/3)		
Sept. 8	Sunday Practices Start		
Oct. 12 - 15	GYM CLOSED (Reopen Weds. 10/16)		
Nov. 27 - 30	GYM CLOSED (Reopen Sunday, 12/1)		
Dec. 20 - Jan 1	GYM CLOSED (Reopen Sunday, 1/5)		
Dec. 28 & 29	Winter Workouts		
Jan. 2	WORLDS Team First Day Back (MANDATORY)		

Jan. 5	Gym Reopens
Jan. 12	MANDATORY Saturday Practice (travel teams)
Jan. 20	GYM CLOSED
Feb. 17	GYM CLOSED
April 6-12	GYM CLOSED (Reopen Monday, 4/14)

\*Clear your schedule for the week BEFORE every competition. There will be extra mandatory practices added those weeks. Possibly even Saturday before. No absences will be approved. NO EXCEPTIONS!!!

DO NOT plan travel the Thursday before a competition. Coaches will schedule practice.

## **ABSENT REQUEST FORM**

Please list up to <u>4</u> absences that will affect your team practices. Explain your reason for the absence such as vacation, custody agreement, school grade event, etc. All absences must be pre-approved by the coaches. You are allowed 4 total absences prior to August 5th. Dates after August 5th will not be accepted.

GA has built in days in July and during the fall/winter when the gym will be closed for the holidays. If possible, please try to take your vacations during this time, so that it does not affect the practices of your child's team. Practice attendance is important if we want to produce winning teams. <u>WE DO NOT FOLLOW YOUR SCHOOL HOLIDAY</u> <u>CALENDAR</u>. Please plan accordingly. Athletes will be removed if absences become excessive.

Athlete's Name:		
Team:		
Date:	Reason:	
Initial Below:		
Parent	Coach	
Date Received:		

## GEORGIA ALLSTARS FINANCIAL AGREEMENT DUE AT INFORMATIONAL MEETING

I, \_\_\_\_\_

Parent/Guardian of

(Print name of parent/legal guardian)

(Print name of team member)

understand and agree to the following financial agreement:

•\_\_\_\_\_I understand and agree that fee/tuition payments are due on the 1st of the month and Competition Fees are due on the 15th of the month.

• \_\_\_\_\_I understand the Acceptance Fee, Registration/Insurance fee, Practice Wear Fees are all non refundable.

• \_\_\_\_\_I understand that I am subject to a late fee charge of \$25.00 after the 5th of the month. Excessive tardiness in payments will be grounds for dismissal and my account balance will be sent to a professional collection agency in Fulton County. Signee is responsible for any court and legal fees applied. Any legal collection proceedings will be filed in Fulton County.

• \_\_\_\_\_I also understand and agree that as a parent/guardian signing the contract; I am solely responsible for Monthly Tuition on the 1st, Competition Fees, Insurance/ Registration fees, USASF Fees, as well as any additional fees if applicable such as uniform, warmup, bows, t-shirts, makeup, etc. All fees/monies once paid are Non-refundable and i have read/received a copy of the parent handbook/contract available to me and online.

• \_\_\_\_\_I understand that the all star season begins with tryouts in May, and ends with the last tuition for the month of April and/or USASF Worlds/Varsity D2 Summit. If I choose to leave or am dismissed from the program prior to the end date in April/May, I am subject to any fees or balances charged/owed to my account prior my leaving or dismissal date.

<u>I understand the above rules and stipulations and agree to authorize LSW LLC dab</u> <u>Georgia All Star Cheerleading to charge the credit card and/or bank check card that I</u> <u>have provided to them via autopay.</u>

Parent/Guardian Signature

Date:

WWW.GAALLSTARS.NET

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# **Athlete Information Form**

Shirt Size: YS YM YL AS AM AL AXL

Athlete Name:	Age:	Birthdate:
Email:	Cell Phone: _	
Do you have any previous cheerleading experience:	YES	NO
If so, where or which team/level:		
TRAVEL or NON-TRAVEL (Please circle one)		
(The following information is subjective and	does NOT g	juarantee team placement)
CIRCLE AGE PREFERENCE: TINY4-7yrs MIN	I 7-9yrs YTH	8-12yrs JR 9-15yrs SR 13-19yrs
PARENT INFORMATION:		
Parent 1:	Home Ph	one:
Email:	Cell Phone:	
Parent 2:	Home Ph	one:
Email:	Cell Phon	e:
Mailing Adress:		
City: St	ate:	Zip:
Emergency Contact:		
Phone: Relation	onship:	
Do you have any previous or current medical condition	ons/injuries:	YES NO
Please explain:		
Please list any existing allergies:		