

# **2022-2023**

## **FREEDOM ATHLETICS**

### **MIDSEASON CHEER HANDBOOK**

#### **WHAT IS MIDSEASON CHEER?**

Midseason teams offer less time and financial commitment, while still providing the training and expertise of a full season team. We offer midseason teams for someone just starting in cheer. Athletes will tryout and be placed on teams based on their current age and skill level. Evaluations are held in November and December with the season starting in January and finishing in May.

#### **MIDSEASON PARENT MEETING**

Zoom parent meeting November 6th at 7 pm.  
Link will be emailed to you later.

#### **MIDSEASON 2023 EVALUATIONS**

**Please fill out and turn in your agreement forms at your tryout.**

Birth Years 2016-2014 (AGES 6-8)

Monday, November 21st at 5:30 pm or Monday, December 5th at 5:30 pm  
(Please choose one date only to attend)

Birth Years 2013-2006 (AGES 9-16)

Monday, November 21st at 6:30 pm or Monday December 5th at 6:30 pm  
(Please choose one date only to attend)

Evaluation registration will open on November 1st. Please visit

[www.freedom-athletics.com](http://www.freedom-athletics.com) and create a profile. After creating a profile, sign up for the 2023 Midseason Evaluations.

Evaluation fee is \$25.

Teams will be created based on the athletes who participate in evaluations. Team levels and tiers will be set by coaches after the first month of practices to ensure all athletes and teams are set up for overall success. Everyone will make a team!

### **LATE MIDSEASON EVALUATIONS**

We will allow one final additional evaluation in January to fill any open spots. Date TBA

**Official team practices will begin the week of January 4th, 2023**

### **MIDSEASON PREP CLINICS**

Midseason Prep clinics are designed for anyone planning to join our midseason cheer program. Athletes will meet a coach, run through a mock evaluation, get familiar with our facility and work on skills. These clinics are optional but are strongly encouraged. You can register for these prep clinics in your customer portal under camps.

Cost is \$20

Saturday, November 5th 10:00am-11:00am

Friday, November 11th 6:30pm-7:30pm

(Athletes may attend one or both clinics)

### **DECEMBER OPEN PRACTICES**

Athletes who attend our November and December evaluations will have the option to attend open team practices during the second and third week in December. Levels and teams may not be assigned at this time but it's a great way for athletes to start working with some of their future teammates.

### **TEAM PRACTICES**

All teams will practice 1-2 days a week in January through May; usually one weekday and a Saturday.

### **2023 GYM CLOSURE DATES**

December 19th - January 3rd - Christmas Break

March 13th -17th - Spring Break

### **COMMUNICATION**

We use the band app, team Facebook pages, and email to communicate. Our band app and Facebook pages are for information ONLY. Comments are turned off so these platforms don't get congested and information gets lost.

In your band profile EVERY parent needs to go to make their info visible to Admins can receive SMS alerts. Set your display info under Settings. Members can change their info in (Band Profile). Ask to set it to (Admins & Co-Admins). All members will need to change their settings to share their phone numbers with the Admin.

## **COMPETITION DATES**

All competition fees include entry fees for athletes and coaches fees.

Competition Date	Competition Name	Competition Location
MARCH 25 or 26, 2023	Freedom Showcase	Rockledge High School
APRIL 1, 2023	Ultimate Championship	Ft. Pierce, FL
MAY 13-14, 2023	Grand Nationals	Orlando, FL

## **MIDSEASON PRICING**

### **DUE DECEMBER 5TH:**

SIGN UP FEE \$125.00 (non-refundable)

### **DUE ON THE 25TH OF EACH MONTH**

(MAY IS PRORATED AND DUE MAY 8TH)

MONTHLY TUITION FEE \$95.00 (JANUARY - APRIL, MAY \$47.50)

FREEDOM PRACTICE SHIRT - FREE

### **DUE JANUARY 10TH:**

NEW UNIFORM (if necessary) \$170.00 includes top, skirt, hotpants, socks, practice bow.

USED UNIFORM \$85.00 includes top, skirt, hotpants, socks, practice bow.

\*SHOES ARE NOT REQUIRED. YOU CAN WEAR WHATEVER SHOES YOUR YOUTH OR POP WARNER TEAM USED. THEY JUST NEED TO BE WHITE.

NEW BOW (required for everyone) \$25.00

COMPETITION LIPS \$50 (we will use the same color lipsense from last year)

### **DUE FEBRUARY 10TH**

CHOREOGRAPHY FEE \$80.00 & MUSIC FEE \$75.00

### **DUE MARCH 10TH**

COMPETITION FEES \$200.00

OPTION ITEMS (NOT REQUIRED)

SMALL FREEDOM BACKPACK \$130.00

LARGE FREEDOM BACKPACK \$140.00

FREEDOM JERSEY \$60.00

**FREEDOM ATHLETICS  
AGREEMENTS 2022-2023**

This agreement is made and entered into this \_\_\_\_\_ day of \_\_\_\_\_, 2022 between

**Freedom Athletics and \_\_\_\_\_ (“Responsible Party”).**

The Responsible Party, as parent/guardian of

\_\_\_\_\_  
 (“Athlete”) hereby agrees as follows:

1. I have read this entire Handbook & Agreements and understand the commitment, standards, and significant financial obligation involved with joining a team, and I agree to abide by the policies set forth therein. \_\_\_\_\_ (initials)
2. I understand that competitive cheerleading is a time consuming sport, and it is my intention for my athlete to remain at Freedom Athletics throughout the entire season. However, if I remove him/her for any reason, I understand and agree that All-star fees and tuition are **non-refundable**. \_\_\_\_\_ (initials)
3. I understand that I will be required to participate in mandatory fundraisers or pay the fee that is required to raise. \_\_\_\_\_ (initials)
4. I understand that if my athlete is benched or unable to compete and alternate will take their spot. I will be required to still pay the competition fee for the alternate to take my athlete’s spot. \_\_\_\_\_ (initials)
5. I agree to pay my tuition fees on the 25th of each month via a credit card (Cash payments must have approval from the owner Nancy McDowell). \_\_\_\_\_ (initials)
6. I understand that any tuition that is outstanding on the 5th of each month will be assessed a \$15 late fee and my athlete will not be able to practice until the tuition and late fee are paid. \_\_\_\_\_ (initials)
7. I understand that prolonged outstanding balances may result in my child moving into an alternate position until it is paid. \_\_\_\_\_ (initials)
8. I agree to abide by the Athlete Policies, Parent Code of Conduct and the Logo Use. I understand that failure to do so could result in the dismissal of my athlete from the Freedom Athletics All Star Program. \_\_\_\_\_ (initials)

\_\_\_\_\_  
Responsible Party - PLEASE PRINT

\_\_\_\_\_  
Responsible Party Signature

**FREEDOM ATHLETICS  
AGREEMENTS 2022-2023**

I, \_\_\_\_\_ AUTHORIZE FOR MY CREDIT CARD TO BE CHARGED MY MONTHLY TUITION FEES, LATE FEES OR ANY ADDITIONAL FEES (COMPETITION, UNIFORM FEES). I UNDERSTAND MY CREDIT CARD WILL BE CHARGED FROM JUNE 2022 -MAY 2023 (FULL SEASON) OR NOVEMBER /DECEMBER 2022-MAY 2023 (MIDSEASON). THERE MAY BE ADDITIONAL FEES DUE IN MAY FOR TEAMS THAT ADVANCE TO SPECIAL INVITE ONLY COMPETITIONS. MY CREDIT CARD WILL BE CHARGED THE LATE FEE OF \$15.00, PER ATHLETE FOR TUITION PAID AFTER THE 5TH.

I CERTIFY THAT THE INFORMATION IS CORRECT AND ACCURATE. I HEREBY AUTHORIZE FREEDOM ATHLETICS, INC TO COLLECT FEES THAT ARE DUE BY PROCESSING THE CARD BELOW ON THE 25TH OF EACH MONTH FOR THE 2022-2023 SEASON.

Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_

- MY CREDIT CARD IS ALREADY ON FILE IN MY CUSTOMER PORTAL
- I HAVE UPDATED ALL MY INFORMATION IN MY CUSTOMER PORTAL IN ICLASS PRO

**PLEASE PRINT CLEARLY**

CARD TYPE \_\_\_\_\_ CARDHOLDER'S NAME \_\_\_\_\_

CARD NUMER \_\_\_\_\_ CVV CODE \_\_\_\_\_

EXPIRATION DATE \_\_\_\_ / \_\_\_\_

BILLING ADDRESS TO CARD \_\_\_\_\_

\_\_\_\_\_

**FREEDOM ATHLETICS  
AGREEMENTS 2022-2023**

**PARENT CODE OF CONDUCT:** (Please read and initial each line)

Responsibilities of the parent, step parent, and/or guardian of athlete are as follows:

1. I / We understand that cheering at Freedom Athletics is a privilege. I/ We understand that Freedom Athletics **IS NOT PUBLIC** school, and they will discipline my athlete for not following the rules. \_\_\_\_\_(initials)\_\_\_\_\_(initials)
2. I / We agree to pick up our athlete ON TIME (or notify someone you are running late) practices, events, performances and competitions. \_\_\_\_\_(initials)\_\_\_\_\_(initials)
3. I / We will be responsible for getting our athlete to and from events and competitions. If I/ We are unable to attend the competition we will find another cheer parent to take our athlete AND share any **expenses such as hotel, food, gas,** etc.\_\_\_\_\_(initials)\_\_\_\_\_(initials)
4. I/ We agree to be responsible for our athlete activities or behavior during all Freedom events, community events, and competitions.\_\_\_\_\_(initials)\_\_\_\_\_(initials)
5. I/We agree as parents or guardians not to get drunk or act inappropriate at any Freedom events. \_\_\_\_\_(initials)\_\_\_\_\_(initials)
6. I / We agree to have access to the band app, team facebook pages and email. I / We understand this is Freedom's main form of communication with the parents.\_\_\_\_\_(initials)\_\_\_\_\_(initials)
7. I / We understand that Freedom Staff is solely responsible and retains full creative control of the placement of MY athlete(s) on a team and all competition routines elements (formations, positions in stunts, cheer and dance sequences).\_\_\_\_\_(initials)\_\_\_\_\_(initials)

**FREEDOM ATHLETICS  
AGREEMENTS 2022-2023**

8. I /We understand that if my athlete can not practice, perform or compete due to being benched, injury, sickness or family emergency, an alternative will be used to replace my athlete. I understand that tuition fees AND competition fees will be used for the alternate to replace my athlete at that specific event. If for some reason the athlete can not return due to injury we will address each case individually.

\_\_\_\_\_(initials)\_\_\_\_\_(initials)

9. I /We will not use cheer as a punishment. This only hurts the team and their success.\_\_\_\_\_(initials)\_\_\_\_\_(initials)

10. I / We will not speak about an athlete or any other athlete, our program, coaches or Freedom in a negative manner via social media. I/We will let the coaches coach and I will see the best in every team and athlete. I/ We understand Freedom has an open door policy to bring issues directly to the coach first, then the owner if necessary.

\_\_\_\_\_(initials)\_\_\_\_\_(initials)

11. I / We will monitor my athletes' social media accounts and all platforms.

\_\_\_\_\_(initials)\_\_\_\_\_(initials)

12. I / We understand there will be additional community service events that Freedom attends and performs at during the season. These events require all to participate.

\_\_\_\_\_(initials)\_\_\_\_\_(initials)

13. I / We have electronically signed all the waivers and policies in our I class pro customer profile. These include: Medical waiver, Photo release, Financial waiver.

\_\_\_\_\_(initials)\_\_\_\_\_(initials)

14. I / We understand the name "Freedom Athletics" and the "Freedom Logo" are property of Freedom Athletics, Inc. Permission is required from the owner before anyone can sell any products or services that involves, uses, or displays our name or logo. We want to be very careful about how our brand is presented. \_\_\_\_\_(initials)\_\_\_\_\_ (initials)
15. I / We will not bring our athlete to practice if they are showing signs of Coronavirus or have been exposed to someone who has it. \_\_\_\_\_(initials)\_\_\_\_\_ (initials)
16. I/ We understand that our athlete should not bring their cell phone to the gym, but if they do it will be turned off and placed in a cell phone basket. Not all athletes are allowed to have a phone or access to things on social media. I will communicate this with my athlete so they are aware. \_\_\_\_\_(initials)\_\_\_\_\_ (initials)

By signing this contract you acknowledge that you have **read and understand the terms and conditions of this agreement**, and will be held accountable for these rules. Violating any of these parent guidelines will result in immediate action that could lead to disqualify from our program.

Parent Signature(s) \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature(s) \_\_\_\_\_

Date \_\_\_\_\_

**FREEDOM ATHLETICS  
AGREEMENTS 2022-2023**

**ATHLETE AGREEMENT:** (Please read and initial each line)

1. I, \_\_\_\_\_(initial) understand that cheering at Freedom Athletics is a privilege. I understand that Freedom Athletics **IS NOT PUBLIC** school, and they will discipline my athlete for not following the rules.
2. I, \_\_\_\_\_(initial) agree to uphold the highest standards of moral conduct in and out of uniform. I will not participate in any negative actions or comments in regards to my Freedom teams or family.
3. I, \_\_\_\_\_(initial) understand that school is my number one priority. I will practice time management and communicate with my coaches and parents if I am struggling or need help.
4. I, \_\_\_\_\_(initial) understand that I must maintain a healthy and physically strong condition. I will be pushed, sore and encouraged to do my best.
5. I, \_\_\_\_\_(initial) understand that I will be terminated from the team if I am under the influence of alcohol or drugs.
6. I, \_\_\_\_\_(initial) understand I must communicate with my coaches **IMMEDIATELY of ANY injury.**
7. I, \_\_\_\_\_(initial) understand that I am a role model for future athletes at Freedom. My behavior outside of the gym is just as important as inside. I will not post ANYTHING on social media that is negative about Freedom, my team, coaches or myself. This included, but not limited to: pictures/ text/messages of any kind of Facebook/ Snap Chat/ Your "Private snap chat"/Twitter/ Instagram/ Tik Tok/Photos and any other social media platform. **ANYTHING NEGATIVE WILL BE DEALT WITH ACCORDINGLY,** So

remember if you LOVE Freedom and cheering you could lose it all even with “guilt by association”

8. I, \_\_\_\_\_(initial) understand that I must participate in team activities such as team bonding, and community events.
9. I, \_\_\_\_\_(initial) I will use my voice in a positive manner to ask for help, or give help to a teammate or myself.
10. I, \_\_\_\_\_(initial) understand how important sportsmanship and team unity is to Freedom.

By signing this contract you acknowledge that you have **read and understand the terms and conditions of this agreement**, and will be held accountable for these rules. Violating any of these athlete guidelines will result in immediate action that could lead to disqualify from our program.

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

**FREEDOM ATHLETICS  
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**GYM GUIDELINES**

1. For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor.
2. We will not allow parents, friends, grandparents, etc. on the floor at any time unless invited.
3. Please help us in this effort to provide the best service to our/your athletes.
4. Athletes are not permitted to compete, fill in or participate with any other All Star team while currently enrolled in a Freedom Athletics program. For more information go to [www.usasf.net](http://www.usasf.net)
5. We are honored to work with your athlete, and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege ANY parent or athlete who displays negative behavior is counter-productive to the overall success of the program and can be dismissed from the program at any time without warning. This includes social media platforms.

**Parent Signature** \_\_\_\_\_

**INFORMATION & SOCIAL MEDIA OUTLETS**

1. Band App - Please download the app. We use this for information purposes ONLY. NO comments will be allowed. When creating your account, please enable the text message feature. This way you will get a text message alert that an important post was made on the band.
2. Team FaceBook Pages - Each team will have a FB page again, for information purposes ONLY. No comments will be allowed.
3. Email - This is our main form of communication. You will get your invoices, payment receipts, and any other info via email. It is **YOUR** responsibility to make sure that we have your CURRENT email address so that you receive all pertinent information.

**Parent Signature** \_\_\_\_\_

**FREEDOM ATHLETICS  
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**SOCIAL MEDIA**

Freedom Athletics Inc

Instagram - freedom\_allstars   Facebook - @FreedomAthletics1   Snap Chat - freedomallstars

**ADDITIONAL TRAINING OPTIONS**

1. Tumbling Class Option - All Star athletes are encouraged to take an extra hour of tumbling per week to improve their tumbling skills. We offer SGT (small group tumbling classes). Any midseason cheerleader can take a SGT class for an additional fee that will be discounted to \$100 for a 6-week session ( regularly its \$150)
2. Please note that if you have an outstanding balance on your account, your athlete will not be allowed to take classes until their account is current. (This also includes siblings that are not all stars)

**DRESS CODE**

1. Practice Dress Code - Athletes must wear the correct practice clothes to practice. Cheer shoes must be worn at every practice.
2. Shorts are meant to be worn as shorts, and do not need to be pulled up excessively.
3. Hair should be pulled up and out of the face.
4. **NO JEWELRY** of any kind is allowed to be worn during practice. Neither Freedom Athletics or Staff is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen or causes injury.
5. New piercings are strongly discouraged during the season.

**Parent Signature** \_\_\_\_\_