



Lightning Elite Cheer

Registration Form: Please fill out all fields.

Athlete Name:

First _____ Last _____

Age: _____ Birth Date: ____/____/____ School Grade on 9/1/23: _____

Address: _____

Home Phone: _____ Cell Phone: _____

CELL PHONE NUMBER TO BE INCULDED IN TEXT GROUP: _____

E-Mail Addresses (include all that apply): _____ Athlete

School Name: _____

Parent Full Names:

Mother _____

Father _____

Address if different from athlete's address: _____

_____ City _____ STATE _____ ZIP _____

Mother _____ Father _____ Home Phone _____

Address: _____

Mother Wk phone: _____ ext. _____ Father Wk phone _____ ext. _____

Lightning Elite Cheer *does not provide individual insurance coverage for athletes.*

I have medical insurance coverage for the above registered athlete:

Yes _____ No _____

I, the undersigned parent or legal guardian of the above cheerleader, do hereby consent and agree that the above named may participate in the **Lightning Elite Cheer** and that occasionally images and video of my athlete may be used on the website and social media for promotions and recruitment.

Parent or Legal Guardian _____ Date _____ Notes
about your athlete (ALLERGIES, ETC.):

Lighting Elite Cheer is competitive co-ed cheerleading. We provide the cutting-edge experience our athletes crave. Our focus is Athleticism Teamwork and Leadership.

Call & Text: 208-596-7786 lightningelitecheer@hotmail.com www.lightningelitecheer.com

Athlete Name _____



Lightning Elite Cheer Waiver and Release Form

I fully understand that Lightning Elite Cheer coaches, organizers, agents, and staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the Lightning Elite Cheer coaches, organizers, agents, and staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the Lightning Elite Cheer staff to call a doctor and to seek medical help, including transportation by a Lightning Elite Cheer staff member and or its representatives, whether paid or volunteer, to any health care facility if necessary.

Parent or Guardian

Signature _____ Date _____

We, the coaches, organizers, agents, and staff of Lightning Elite Cheer recognize our obligation to make our athletes and their parents aware of the risks and hazards associated with the sport of cheerleading, gymnastics, tumbling, and dance. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. **Cheerleading, Gymnastics, Tumbling, and Dance can be dangerous and can lead to injury. Parents should make their children aware of the possibility of injury and encourage their children to follow the safety rules and the coaches' instructions.**

Lightning Elite Cheer and its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of tumbling, dance or cheerleading instruction (including stunting), or open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by Lightning Elite Cheer. I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against Lightning Elite Cheer and/or its representative whether paid or volunteer.

I also affirm that I now have and will continue to provide prudent hospitalization, health, and accident insurance coverage which I consider adequate for both my child's protection and my own protection. I also understand that it is the parent's responsibility to warn the child about the dangers of cheerleading, gymnastics, tumbling, dance, and injury. **The parent should warn the child according to what the parent feels is appropriate. Lightning Elite Cheer will only warn the child through "Safety Messages" and our teaching style and progressions.**

Parent or Guardian

Signature _____ Date _____

Athlete's

Signature _____ Date _____

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LIGHTNING ELITE CHEER PARENT & FAMILY CODE OF CONDUCT POLICY

Parent Accountability:

Our culture is predicated on **POSITIVITY** and we hold our parents accountable the same as we do our athletes.

We WILL NOT tolerate the following actions from parents or family members:

- Gossip or rumors in and around the program, especially around a perceived slight or "unfairness". Our program operates at the height of professionalism and care for athletes. No athlete is ever treated unfairly by our coaches or the director. If you believe your athlete was treated unfairly, it is quite possible that you do not have all the facts around the situation.
- Negativity towards other parents, athletes, coaches or staff.
- Any violations of our communication policy stated below.
- Lack of payment
- Inappropriate behavior at events / competitions, you as the parent are an extension of Lightning Elite Cheer, therefore representing the program just as the athlete does.

We fully understand that competitive cheer is just that... competitive and that sometimes emotions can run high on all sides of the spectrum. We also understand that we as coaches / staff and parents are held accountable for our actions especially in front of our athletes and we will not tolerate instances of the actions above or below. I will handle each situation on a case by case basis and operate on a **2 Infraction policy**. First infraction will be a warning and the second will terminate the relationship / agreement of Lightning Elite Cheer with the parent / athlete. Even so, the Director has the authority to terminate membership for any reason.

Parent-Coach Relationship:

Both parenting and coaching are extremely difficult roles especially in competitive cheerleading. By establishing an understanding of each role, we are better able to accept the actions of each other and provide a greater benefit to our children athletes. Parents, when your child becomes involved in our program, you have the right to understand what expectations will be placed on your child. This begins with clear communications from the Director.

Communications to expect from the Director:

- Team requirements (uniform/practice time changes/events/competition dates and times/tuition due dates)
- Competition/practice schedule and updates
- Injuries, Extra practices

Communications the Director expects from athletes/parents:

- Any concerns are expressed **DIRECTLY** to the Director Cindy Barnhart.
- Advanced notification of any schedule conflicts.
- Advanced notification of any illness or injury – when possible.
- It is the goal of everyone that each cheerleader will experience many rewarding moments in these growing years. It is important to understand that there may be times when things do not go the way you and/or your child wish. When this occurs, discussion with the Cindy is encouraged. It is the first and most integral step to understanding and resolution.

Concerns are to be expressed at the appropriate time, that IS NOT:

- During a practice
- During a team meeting
- During an Event/Competition (**EVER**) These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolution.
- In front of the athlete

Appropriate times are:

- We operate on a 24 hour cool down period, if you have an issue give it 24 hours before you contact the coach or director.
- After a practice is complete and in private.



- Scheduling a sit-down meeting with the Director.
- The days following a competition or event (**NEVER DURING**)

Appropriate Concerns to Discuss with Coaches:

- Ways to help your child improve.
- Concerns about your child's behavior.
- Coaches are professionals. They make decisions based on what they believe to be in the best interest for the squad, the athlete, and for all the cheerleaders involved. Certain things can be and should be discussed with your child's Coach. Other concerns must be left to the discretion of the Coach.

Inappropriate Concerns to Discuss with Coaches/Director:

- Team placement (There are many considerations when the Director builds a team.)
- Team Strategy and Stunts
- Music Selection
- Other athletes (except if there is a concern about bullying)

WE ARE THEIR ROLE MODELS!

The critical factor in determining whether your athlete has a positive experience is the quality of their adult leaders, their parents and coaches.

What can a parent or coach do if the discussion did not provide a satisfactory resolution:

- Call and discuss the situation with **the Director**, Cindy Barnhart, if you only spoke with a coach.
- The appropriate next step then can be determined.

10 expectations of Good Sportsmanship:

- Taunting, trash talk, and intimidating behaviors have no place in our program.
- Attending competitions / events does not give you the right to abuse coaches, judges, athletes and other spectators.
- Treat others as you want to be treated.
- Be a positive role model
- Control your emotions at practices and competitions/events
- Whether we win or lose, we will uphold a high level of sportsmanship to the other teams and programs.
- Respect your child's coaches. Communicate with them in a positive way.
- Sportsmanship begins with you as a parent.
- Your child is always watching
- Always look for that moment to lift someone up

Director's Commitment to your Athlete: I live and work in the Moscow/Pullman area and as such, hold myself to a high standard of quality in Lightning and in my 'real' full-time job, as well as my commitment to my family, community, and state. It is an honor and a joy to work with your athlete/s and get to know the wonderful families of Lightning Elite. I have been a "coach" or director my entire life, and I can say with confidence, I have your athlete's best interests in mind in every decision I make.

I _____, have read and understand the Parent & Family Code of Conduct Policy.

Signature: _____ Date: _____
Witness: _____ Date: _____



2023

Lightning Elite Cheer

Information Packet

We Practice. Compete. Repeat.

We are Elite!

LightningEliteCheer@hotmail.com

www.lightningelitecheer.com

208-596-7786 (Text is Best)

Overview

Lightning Elite Cheer creates teams for athletes ages 7 and up. The athletes will learn stunts, tumbling, dance, and choreography consistent with the rules implemented by the United States All Star Federation (USASF) through Varsity. A routine will be constructed with these skills and the athletes will perform this routine at competitions between January and February.

Team Placement

All athletes will be placed on a team. The placement of your child is at the discretion of the LEC coaching staff. The athletes are placed where they can progress and be successful, but also still have a fun learning and growing experience, all the while making new friends and most importantly, learning athleticism, teamwork, and leadership. Each team has unique needs and the director places athletes on teams with literally hundreds of considerations in mind. The age of athletes is relevant in competitions as well as practice. Tumbling is only 1/5 of competition cheer. If an athlete has high level tumbling, it does not necessarily mean that the athlete will be placed on a "higher" team. Also, if an athlete doesn't have high level tumbling, that does not necessarily mean they will be placed on a "lower" team. The Director has 100% discretion and control over team placement.

Lightning Elite Cheer follows Varsity competitive cheerleading rules and safety guidelines.

There are limits as to how many athletes can compete in each category at different competitions. Every possible opportunity to compete will be given to your athlete based on skill, showmanship, maturity, slot availability, and other factors. All Athletes will compete as part of a Show Routine including the Pom Show Routines. Some athletes may participate in some EXTRA categories at some of the competitions. The coaches and director have to make the final decisions since there are limits for each category and strategy in our plan to compete on the highest level, score maximum points (AKA Grand Champion Title potential), and represent Lightning Elite Cheer appropriately, while providing the best possible experience for our athletes.

Practice Dress Code

A dress code may be implemented to create pride and uniformity between each team and each athlete on those teams. Currently there is no official dress code.

Athletes will be required to have appropriate practice attire for every practice.

Regardless of gender, all athletes are required to keep their hair out of their face, nails a safe length and no jewelry.

Cheer shoes MUST be carried into the gym and worn at all practices. No one will be allowed to practice in socks or barefoot.

Tuition Payment Options (two options)

Tuition is subject to change at any time. Currently, tuition is \$100 per month for 6 months. (Sept through Feb) plus \$80 music fee due Oct. 1 and \$100 competition fee due Nov. 1. (Total is \$780)

1. **Pay in full** by Sept. 15th and save \$10! Pay \$770 instead of \$780 (Do not pay in full via Paypal. No refund after Nov. 15 although if athlete withdraws because of injury or family move, refund is possible but not the music and comp fees.)
2. **Pay \$100** per month due on the first practice of the month PLUS
 - \$80 Music Fee Due October 1
 - \$100 Competition Fee Due November 1

TIP- Please don't pay via Paypal unless you select the option for friend or family. If you don't, they subtract an arbitrary percentage that they keep. (it is not a tax)

Uniforms/Apparel

Competition shoes, bows, backpack, and a team jacket are required and are anticipated to be no more than \$150 total (excludes \$150 uniform). This expense is not included in your monthly payment. These items will need to be purchased on your own. The uniform is \$150 (possibly a little more or less due to shipping) and will be due early October so we can have uniforms in time for the first competition.

Expectations, Guidelines and Rules (Also see Parent and Family Code of Conduct)

We do not have a rule book. Our members comport themselves in a safe, respectful, kind, and thoughtful manner toward each other and the coaching staff. We are prompt. Always on-time to practices. All absences need to be explained (e.g. sick, out of town, etc.) for the sake of safety. We need to always know where everyone is during practice times. We are fair and communicative as a group and as individuals. Since we are about competitive cheerleading, an athlete may get moved to a different position for recurring absences or injury, or if another athlete can showcase the skill more accurately. In the case of injury, a doctor's note may be required to resume practice and possibly an additional, more comprehensive liability release may need to be signed by the parent/guardian.

We arrange formations based on skill, choreography retention, execution, and technique as well as overall

visual appeal including height, and any number of other factors. We use our athletes to their best advantage and work to have them showing their best skills at all times. Some athletes are fantastic dancers while others are fantastic tumblers, while still others have fantastic jumps, showmanship, and/or technique. We encourage practicing at home every day. We are a competitive team that places our members for competition for the benefit of the team.

If a member is frequently absent, they may be pulled from a stunt group and moved to a different position. When even one member of a stunt group is absent, none of the stunt group can practice the stunt, so attendance is of extreme importance.

No tattoos that show in uniform until 18yrs., however everything is up to the final judgment of the Director based on experience with competition judges. No dangerous piercings while in uniform (competition doesn't allow them); piercings of all kinds must be removed before competition, even earrings. And of course, while in uniform (and hopefully always!), no cussing or unbecoming behavior, no illegal drug or alcohol use of any kind.

Competitions

Dates on the Website - www.lightningelitecheer.com

****Plan any vacations, trips, or events around these dates so that your athlete can be present for every practice and competition. ****

Other Information

Facebook: Lightning Elite Cheer Athlete's Page

This is a platform that allows the director and coaches and others to communicate with LEC. Please 'friend' me (Cindy Nelson Barnhart) so I may add you to this exclusive, secret, invitation only group.

Inclement Weather *We Always Hold Cheer.* Even if there is a school closure. Usually by afternoon, roads have been cleared and it is appropriate to hold cheer as usual. We live in North Idaho. Weather is something we all experience a lot.

In the unusual event the gym is closed due to inclement weather (road closure or horrible air quality) this information will be communicated **via text**, social media and www.lightningelitecheer.com. There may be days when the road to the practice barn cannot be cleared of snow and there are large drifts. Be prepared to drop off your athlete at the big house, or **park at the top and walk** with your athlete from the big house to the barn and back up again after practice. Athletes should wear boots, snow pants, and coats. Wear your practice clothing underneath. Plan ahead to allow yourself the additional time required.

On days when athletes need to wear snow/ski clothing and boots to practice, we will end 5 mins early so they can get dressed again to trek back up to the big house. A hot cocoa is always appreciated by your athlete once home to celebrate our/your commitment to our "practice as usual" mindset.