



# FORGOTTEN COAST

A T H L E T I C S

CHEERLEADING  GYMNASTICS  TUMBLING

## 2023-2024 COMPETITION CHEER PACKET

FORGOTTEN COAST ATHLETICS  
305 3<sup>RD</sup> ST  
PORT ST JOE, FL 32456  
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[info@forgottencoastathletics.com](mailto:info@forgottencoastathletics.com)  
850-889-8765

# WELCOME TO FCA

## ALL-STAR CHEERLEADING

### TEAM PLACEMENTS FOR 2023-2024

### JUNE 3, 2023

Athletes will be given the opportunity to demonstrate any skills they may have based on USASF Cheer Guidelines. They will be judged on tumbling, jumps, body control, strength, flexibility, maturity, and coachability.

**First Month Tuition Due at Team Placement.** You must set up a GOMOTION Account.

Team Placement times:

10:00 – 12:00 ET

Birth Year: 2004-2018

**PLEASE BRING YOUR BIRTH CERTIFICATE.** This is mandatory to compete.

Team Placements Will Be Announced though email on Sunday, June 4<sup>th</sup>.

\$50.00 Try-Out Fee- Must Register on GOMOTION

# OPEN AGE DIVISIONS

CURRENT OPEN AGE DIVISIONS ARE AS FOLLOWS:

<b>Tiny All-Star</b>	<b>Birth Year 2016 - 2018</b>
<b>Mini All-Star</b>	<b>Birth Year 2014 - 2018</b>
<b>Youth All-Star</b>	<b>Birth Year 2011 - 2018</b>
<b>Junior All-Star</b>	<b>Birth Year 2007 - 2017</b>
<b>Senior All-Star</b>	<b>Birth Year June 1, 2004 - 2011</b>

As an All-Star gym, we are required to follow these guidelines, however, OPEN rules can change at any time. These guidelines will help us build our teams and gym not only for this season, but for years to come. Team placements are up to the discretion of the coaches and management.

# PRACTICES

**ALL ELITE TEAMS WILL HAVE TEAM PRACTICE TWO TIMES PER WEEK (2 HRS EACH)**

**ALL PREP TEAMS WILL HAVE TEAM PRACTICE ONE TIME PER WEEK (2 HRS)**

Practices may be added or extended once competition season starts to ensure the teams are ready to compete at the highest level. This is up to the discretion of the coaches and will be communicated as best as possible. **Initial**

Athletes should plan to arrive at least 10 minutes early and be ready to go at the start of practice. Athletes should be in practice clothing, with shoes on, and hair up. **Initial**

Videotaping at FCA is prohibited. Any recorded footage of routines or portions of routines is forbidden to be posted on any social media. There will be private groups made for videos to be shared with family members.

Cheerleading is a unique and demanding sport that requires coaches to be working closely with the athletes and therefore little time is available between practices and classes. If you have questions or want to speak to a coach, please email the gym to set up a meeting time with management.

**“Black-Out Week” is the week prior to a Competition. Practice can be added that week. All Practices during “Black-Out Week” MUST be attended – NO EXCEPTIONS **Initial****

# CHOREOGRAPHY CAMP

Choreography camp is a required event. The dates are mandatory as the entire team needs to be at practice during the choreography camp dates. Choreography camp practices will be 4-5 hours long.

ELITE FULL TRAVEL TEAMS (MINI, YOUTH, JUNIOR, SENIOR)

**ELITE CHOREOGRAPHY CAMP IS AUGUST 26 & 27**

PREP LIMITED TRAVEL TEAMS (MINI, YOUTH, JUNIOR)

**PREP CHOREOGRAPHY CAMP IS SEPTEMBER 23 & 24**

## ATTENDANCE AND DISCIPLINE

Athletes that join a competition cheer team are on a team. All practices are **REQUIRED**. All competitions are **NOT OPTIONAL**. If you must miss a practice, notifying the coach prior to practice is **MANDATORY**. **Initial**

Discipline for unexcused absences may result in the following:

Sit out practice

Sit out competition

Removal from Competition Team. If an athlete is removed from a Competition Team, the remainder of that year's monthly payments are still due each month.

Discipline is at the Discretion of the Athlete's Coach. **Initial**

"Black-Out Week" - If you miss a practice, **YOU WILL NOT COMPETE!** **Initial**

(This week starts at coaches' discretion)

# FCA LOGO

Using the FCA logo without written permission from Forgotten Coast Athletics is ILLEGAL. Apparel is available for purchase at the FCA Pro-Shop. If there are specific items that you would like to see offered for sale, ask FCA Management.

## 2022-2023 FCA COMPETITION CHEERLEADING SCHEDULE

June 3, 2023	All-Star Team Placements
June 5, 2023	Uniform Sizing
July 1– 9, 2023	FCA Closed for 4 <sup>th</sup> of July Holiday
July 20-23, 2023	FCA Closed for Coaches Conference in Dallas
August 26 and 27, 2023	Elite Full-Travel Choreography Camp
September 4, 2023	FCA Closed for Labor Day
September 23 & 24, 2023	Prep Limited-Travel Choreography Camp
October 16 and 17, 2023	FCA Closed for Fall Break
November 20- 24 2023	FCA Closed for Thanksgiving
Dec 20, 2023 – Jan 3, 2024	FCA Closed for Christmas and New Years
January 15, 2024	FCA Closed for MLK Day
February 19, 2024	FCA Closed for President’s Day
March 29, 2024	FCA Closed for Good Friday and Easter
April 29, 2024	Last Day of All-Star Season
May ??, 2024	FCA Banquet

# COMPETITION SCHEDULE

## ELITE FULL-TRAVEL TEAMS (MINI, YOUTH, JUNIOR, SENIOR)

The Cheer Tour	Tampa, FL	December 10, 2023
Deep South Beach Blast	Biloxi, MS	January 13, 2024
The Glow Tour	Biloxi, MS	Feb 16-18, 2024
Deep South Destin Beach Nationals	Destin, FL	March 2-3, 2024
Deep South Gulf Coast Classic	Mobile, AL	March 16, 2024
Deep South Beach Nationals	Orange Beach, AL	April 5-7, 2024

## PREP LIMITED-TRAVEL TEAMS (MINI, YOUTH, JUNIOR)

Deep South Beach Blast	Biloxi, MS	January 13, 2024
Deep South Destin Beach Nationals	Destin, FL	March 2, 2024
Deep South Gulf Coast Classic	Mobile, AL	March 16, 2024

There will also be a Show Case December 7, 2023 @ FCA

# POST-SEASON COMPETITION SCHEDULE

(By Bid Invite Only. Not Guaranteed\*\*)

All-Star Worlds Championships

Orlando, FL

April 18-21, 2024

**\*\*ONLY ELITE FULL TRAVEL TEAMS (TINY, MINI, YOUTH, JUNIOR, SENIOR)**

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# **FCA COMPETITION CHEERLEADING FINANCIAL COMMITMENT 2022-2023**

**All-star Competitive Cheerleading Requires a Financial Commitment, and it is Very Important You Read and Understand All Obligations.**

**Forgotten Coast Athletics Wants to do our Best to Make this as Affordable as Possible.**

**\* Monthly Payments are Due the 1st of the Month. If Payment is Not Received by the 5th, a late charge of \$15 Will Be Added to the Cheerleader's Account**

**\*All Cheerleaders **MUST** be enrolled in our Auto-Draft Program (GOMOTION)**

**\* All Members Must Provide a Void Check and Auto Debit Authorization Form In Addition to the Registration Form at Team Placements(GOMOTION SYSTEM)**

**\*Monthly Payment Commitment is from June Through April. (11 months)**

**\*First Month Payments Due at Try-Outs June 3, 2023**

**\*All Declined Auto-Draft Payments Will Have A \$35 Charge Added to the Cheerleader's Account**

**\* All Monthly Payments Must be Current Before an Athlete May Compete, Practice, Or Participate in Private Lessons.**

**\*Private Lessons are Available with the Coaches. All Private Lesson Payments will be Paid to FCA. Private Lessons are \$25 Per Half-Hour or \$40 Per Full Hour Lesson.**

**\*Holidays and the School Calendar are Factored into the Monthly Payment Calculations. No Refunds or Makeup Practices Will Be Offered, However, Additional Practices Can Be Added at Any Time at the Discretion of the Coaches and Management.**

## MONTHLY FINANCIAL COMMITMENT (11 Months)

PREP LIMITED TRAVEL TEAMS (TINY/MINI/YTH/JR) **\$125/Month or Paid in Full \$1,250**

ELITE FULL TRAVEL TEAMS (MINI/YTH/JR/SR) **\$195/Month or Paid in Full \$1,950**

**Monthly Payment Includes:** Registration Fee, Chorography Camp, Music, 2 Cheer Practices/wk (Only 1/wk for Prep Teams) and Coaches Competition Fees.

**Monthly Payment DOES NOT Include (And Is Not Limited To):** **Competitions Fees**, USASF Membership Fee, Post-Season Bid Registration Fees, Uniform, Shoes, Optional FCA Apparel, Private Lessons, Personal Competition Travel Expenses, or Family Member Competition Admission Fees.

### Total Commitment Per Week

PREP LIMITED TRAVEL TEAMS (TINY/MINI/YTH/JR) – 2 Hours

ELITE FULL TRAVEL TEAMS (MINI/YTH/JR/SR) – 4 Hours

**Monthly Tumbling is \$60.00 per month or Paid in Full \$600**

## Additional Fees (Required)

### All Athletes will need New Uniforms

Prep Athlete Competition Fees	\$250
Elite Athlete Competition Fees	\$760
Uniform, Bodysuit and Bow	\$725
FCA Custom V/RO High Top Cheer Shoes	\$125

#### Auto-Debit Schedule for **Additional Fees:**

June 5, 2023 –	(Elite Athlete) \$362.50 Uniform
	(Prep Athlete) \$362.50 Uniform
	(All Athletes) \$125.00 Shoes
July 1, 2023 –	(Elite Athlete) \$362.50 Uniform
	(Prep Athletes) \$362.50 Uniform
Sept 1, 2023 –	(Elite Athlete) \$380.00 Competition Fees
	(Prep Athlete) \$125.00 Competition Fees
October 1, 2023 –	(Elite Athlete) \$380.00 Competition Fees
	(Prep Athlete) \$125.00 Competition Fees

# CHEERLEADING REGISTRATION FORM

Athlete's Full Legal Name: \_\_\_\_\_

Athlete's Address: \_\_\_\_\_

Athlete's DOB: \_\_\_\_\_

Athlete's Cell Phone (if available): \_\_\_\_\_

Parent Guardian Name: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Other Emergency Contact Name: \_\_\_\_\_

Other Emergency Contact Phone: \_\_\_\_\_

## AUTO DEBIT AUTHORIZATION FORM

Direct Payment via ACH is the transfer of funds from a consumer account for the purpose of making a payment.

I (We) authorize **Forgotten Coast Athletics** to electronically debit my (our) account as follows:

Select One:

Checking

Savings

At the depository financial institution named below (“DEPOSITORY”). I (we) agree that ACH transactions I (we) authorize comply with all applicable laws.

Depository Name \_\_\_\_\_

Routing Number \_\_\_\_\_

Account Number \_\_\_\_\_

Amount of Monthly Debit\*: \_\_\_\_\_

\*Dates: July 1, 2023, August 1, 2023, September 1, 2023, October 1, 2023, November 1, 2023, December 1, 2023, January 1, 2024, February 1, 2024, March 1, 2024, April 1, 2024 **(10 Payments)**

Additional Fees Debit Dates:

June 5, 2023 – 50% Uniform \_\_\_\_\_

June 5, 2023 – Shoes \_\_\_\_\_

July 1, 2023 – 50% Uniform \_\_\_\_\_

Sept 1, 2023 – 50% Competition Fees \_\_\_\_\_

Oct 1, 2023 – 50% Competition Fees \_\_\_\_\_

Name(s) \_\_\_\_\_

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

Date \_\_\_\_\_

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# **RULES AND REGULATIONS CONTRACT**

## **Policy to address Bullying**

Bullying of any kind is unacceptable at Forgotten Coast Athletics (FCA) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. FCA is committed to providing a safe, caring and friendly environment for all athletes. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach or owner, Stephanie Petersen.

## **Communication Policy**

At competitions coaches are there to coach. Any issues that arise during a competition will be addressed promptly during the week following the competition. Parents should never approach a coach with an issue at competitions.

Please contact the owner, Stephanie Petersen, and a meeting will be scheduled to deal with the issue. Any verbal communications at the gym should be held in private and coaches will only discuss concerns regarding your athlete.

If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email Stephanie. We will set up a meeting with you, your athlete, Stephanie, and the athlete's coach. FCA keeps an open-door policy with communication and will attempt to help each parent and athlete understand every decision in which they are involved.

It is inappropriate for an athlete or parent to approach other FCA members or parents about a problem they have with an FCA coach, a coaching decision, or a disagreement with an administrative decision. This leads to unnecessary drama and may result in immediate dismissal from the team.

We strongly encourage parents to have their athletes speak with the coaches directly:

1. Routine element questions
2. Individual skill preparedness
3. Group skill preparedness
4. Injury
5. Illness

During practices, coaches are needed to coach and instruct the team. Parents should never approach a coach during class or practice. Any issues that arise during a class or practice will be discussed at the end of practice. If an issue is urgent, please notify Stephanie immediately.

While in the gym, verbal communication regarding other athletes, parents, classes, etc., should be held in private. A meeting can be scheduled with the athlete's coach and Stephanie.

We have a strict policy in place stating that Coaches are not available to discuss:

1. Information regarding other FCA athletes and/or parents.
2. FCA Coaches who do not coach their athlete.
3. Decisions made by the Administrative Staff.
4. Issues that involve any type of comparison of their athlete with another athlete in the program

**Athletes are expected to:**

- Treat fellow teammates, coaches, staff, and parent with respect at all times.
- Not participate in gossip.
- Show good sportsmanship at ALL times.
- Not bully. This includes all forms such as electronic, verbal, physical, mental, social media based, monetary, etc.
- Not use profanity and/or abusive language.
- Not consume alcoholic beverages, use any illegal drug, and/or engage in illegal behaviors.
- Accept both constructive criticisms along with praise for a job well done.

**Quitting Policy: Your Account will be charged \$500.00 for QUITTING on top of the monthly tuition.**

Due to the best interest of the other athletes, any athlete that is dismissed from a team or voluntarily decides to quit after the completion of choreography camp will be responsible for the remaining months of outstanding payments as detailed in the “Monthly Financial Obligation” Section.                      INITIAL Please consider the time and the requirements it takes to be an all-star cheerleader BEFORE enrolling in the program.

We have familiarized ourselves with the contents of this “Rules and Regulations Contract”. We acknowledge, understand, accept, and agree to comply with the program guidelines. We understand this document cannot cover every situation that could arise during the season, but is a guide to the goals, rules and responsibilities as a member of Forgotten Coast Athletics. We understand that this signed Contract will be maintained and in force for the entire 2023-2024 season.

Athlete Name: \_\_\_\_\_  
Athlete Signature: \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_  
Date: \_\_\_\_\_