



**2017-2018  
TEAM AND MEMBERSHIP  
PACKET**

**Program Overview**

Welcome to the Fire & Ice Elite Competition Cheer program! We look forward to training, teaching and having fun with all of our students. FIE is committed to creating a positive, safe and fun learning environment for all those reaching for their dreams. Competition is part of us, however we hope our continued passion for performing, cheerful attitudes and general love of life, will live on in our students, and push them for greatness, BEYOND THE MAT!

Fire and Ice Elite is a Recreational and All star competitive cheer program, established in 2012. FIE started with just one team of 15. We have flourished since, creating multiple teams, an additional location, many talented students, and an even bigger drive for success. At FIE, we strive to be the best we can be as a team. We however, want to achieve more than winning competitions. Coaches implement and teach not only cheerleading and dance skills, but also how to be leaders. Fire & Ice Elite is a learning environment where your child will also build self-confidence to become the cheerLEADER they are expected to be. Coach Heather and staff expects all athletes to be kind, determined, honest, caring, have goals, have a desire to be a cheerleader, and of course to be a team player. We all have a common goal, so being a team player is key to being on a competitive cheerleading team. Sportsmanship, humility, and kindness runs through all of our students, and is more important than any trophy we could ever win. Not only is this a competition cheer squad – it is a family for all involved. There is a lot of work to be put in by the cheerleader, as well as their parent(s)/guardian. Please before committing be sure your cheerleader and YOU are mentally, physically and emotionally ready to be a part of this program. This requires a lot of work from your cheerleader and you. And even though we accept cheerleaders as young as 3 years old, please use discretion. If you don't think they are ready, then they probably are not. This is an intense program on all levels and requires a financial commitment, as well.

Please know that all rules and regulations have been set in order to ensure the best learning and winning opportunity for our teams. This program requires a year-long commitment from the cheerleaders AND parents and excellent attendance is expected.

## Registration and Evaluations

Potential cheerleaders must all go through an evaluation process for team placement. Everyone makes the squad, but this is to determine which team to place the student based on skill level. **Cheerleaders ages 3-19 (as of August 31, 2017) are eligible to participate.** Team(s) may be composed of all different ages and entered into competitions using the average age of the group. \*\*\*Depending on skill, we could possibly have a 6-year old and 14-year old on the same team.

All cheerleaders will be notified about team placement via email and/or private facebook group within 1 week of evaluations.

Every student must pay a yearly registration fee. The fee for 2017-2018 competition year includes your child's first team shirt, and 2 days of evaluation clinic, which is 3 hours of training and team placement. Evaluations are an important process, it needs to be attended. However, If you CANNOT make the evaluation date, we can evaluate your child at another time. At their first practice, or a time designated by staff. This is only case by case basis.

### **\$75 yearly registration fee**

#### **Includes:**

Yearly registration, 2 day evaluation clinic (1.5 hours each day), team t-shirt.

*Due Upon registering up for team*

### **Evaluations Date: May, TBA**

### **Add Private FB page, Fire and Ice Cheer 2017-2018**

## Class and Term Fees

Changes will only be made out of complete necessity and changes will be kept to a minimum.

Practice times will change once we enter Cheer term 2. Practice days will change from 1 day a week to 3 days per week. Team practices will be 2 days per week, with 1 day of tumbling. The times and exact dates/days will be announced at evaluations. Term 1 is the only term with 1 day per week of practice.

**Team practices will be open to cheerleaders and coaching staff only. Parents, siblings, family and friends will not be allowed in the practice room.** This format is for the safety of the team(s) and will yield the best results from our cheerleaders due to fewer distractions. We appreciate your cooperation in advance. There is a set of practice rules with your cheerleaders code of conduct.

We will be taking time off for holidays. There will be no practice the following date(s):

- Labor Day
- 1 week Thanksgiving Break
- 2 weeks Christmas Break
- 1 week Spring Break
- Presidents Day (both)
- Any other additional conflicting National Holiday

## Class and Tees Fees

Term fees is your cost of tuition. Tuition covers the cost of your team practice time and tumbling time. Cheer Term is easier for us to know where we are in the year since practices change slightly from terms. Other than the month of December, we have 5 cheer terms per the season year. Exact practices and times will be announced at evaluations.

### **\$125 per month**

**Term 1 June/July:** 1.5 hour per week practice June/July, 3 day Cheer Camp

**Term 2 August/September:** 5 hours per week practice

**Term 3 October-November:** 5 hours week

**December:** 4 hours per week (\$100 month)

**Term 4 January/February:** 3-5 hours per week

**Term 5 March/April:** 3-5 hours per week

Term Fees are **Due the 5th of each month or every other month**, depending on your payment preference. Once we begin Cheer Term 1, parents will have the option for auto-pay, as well as access to making monthly payments in person. Your payment options now, are still card, cash, or check.

### **Additional Fees and Discounts**

\$10 late fee (any payment after due date)

\$5 fee for unexcused practice

- *10% discount on term fees for additional sibling(s)*

Judges could choose your child to be a “crossover”.

Crossovers are students competing on more than one squad. Those that have been chosen to be a crossover will have an additional financial responsibilities for competitive fees and additional tuition, at a discounted rate. Should your child be chosen as a crossover, you do not have to have to accept the position.

**Crossovers pay about half for 2nd team.**

**For instance: \$125 monthly for 1 team, or \$200 monthly for 2 teams.**

### **Prep Team (ages 5-16) and Tiny's Team (ages 3-5):**

Prep Squad and tiny teams information available at May evaluations. These teams are about half the practice time and half the cost. Great for those wanting the experience without as much time or financial commitment.

## Attendance Expectations

**Participation in this program requires that you commit to the entire cheer season (June 2017 through May 2018).** ALL practices are mandatory. Family emergencies and contagious illness are the only “excused” absences we can allow. A competition program of this nature is much different than a standard activity; if students are missing, it affects EVERYONE’S practice time. Once we start choreographing routines, it is very difficult for us to hold practice when squad members are missing. Please keep this in mind – our program requires students to have excellent attendance records. In extreme circumstances, cheerleaders may have to be removed from routines if their poor attendance is preventing the rest of the squad from performing to the best of their ability. As far as extra-curricular activities, you are to put Fire & Ice practice first.

If you know that you have other endeavors that will conflict with cheer practice, or any competition during the season, then Fire & Ice may not be for you. **Practice and competition participation is mandatory – tardiness and absences are not acceptable.**

Cheer Term 1 is summer tumbling and technique class and cheer camp. Cheer camp is MANDATORY for all cheerleaders. Summer class is also mandatory however, we understand how busy our summers are. For all team members, but if you have a vacation during class, we understand! Cheer term 1 is the only term with flexibility for absences.

Communicating with your coach will be key for a successful year. Any absences must be made aware to the coach before hand. Please always be sure to let us know of illnesses, family emergencies, etc. immediately. Remember what is excused practice and not excused.

## Communication

The best and easiest form of communication is through our Fire & Ice private group on Facebook. We are aware that not every parent has a Facebook, so any information posted on Facebook will also be sent in an email or discussed at a bi-monthly parent meeting. Your child will occasionally be sent home with an informational note if something comes up between meetings. Coach Heather and staff are always willing and ready to take phone calls/texts/personal Facebook messages/personal emails, etc. Please do your best to do so within regular business hours. We also have a texting app, called “Remind” that everyone can receive updates using a code. This code will also be posted at evaluations.

Monthly info sheets and specifics will be distributed at parent meetings or sent home with students. We will have monthly or bi-monthly parent meetings to go over program and upcoming events. There will be other additional meetings and parent time for more learning opportunity. **This is not just a drop-off program.** Yes, we do have closed practices, but please, be sure you check in with coaches occasionally to see if there is any new information you may be missing or your child is forgetting to tell you. If there are any issues, questions, comments, please talk with Coach Heather or staff members. All issues will be dealt with in a timely manner at the appropriate time. Do not hesitate to bring a concern to the coach should there be one. All final say and decisions are determined by Head Coach and Director, Heather Foss.

**\*\*It is very important for you to provide FIE with a functional email address at the time of registration so that we can send you periodic updates, meeting notes, etc.**

## Uniform Package

Every new cheerleader is required to purchase a new uniform package.

### Required Uniform Package:

Top, Skort, 2 bows, shoes, team warm-ups, practice wear (top and shorts) and competition make up kit.

**Total Cost: \$800**

Uniform package for the season is \$800 and may be paid in three installments.

Installment 1:	\$200	**due June 20th, 2017
Installment 2:	\$400	**due August 20th, 2017
Installment 3:	\$200	**due September 20th, 2017

There are other team items available for purchase that are not mandatory but are available for purchase including; personalized team bag, shirts, practice bows, fan apparel pom-poms and practice wear. There may be additional items throughout the year you may be required to purchase in pertaining to "required uniform", which could be practice wear, team sweatshirts, team t-shirts, or additional cosmetic items. Cheerleaders may join the team up until September 1st, so any missed payment dates must be paid upon registering.

Fire and Ice Elite changes styles every 4 years. So your initial cost for uniform is not what you would be paying for the next season. Once you purchase your initial uniform, the year to follow will not be as hefty of a price for your uniform package. Other than if sizing was an issue, a cheerleader can wear her uniform for the 4 year style duration of the uniform. Each year however, there will always be certain new required team uniform items.

## Competition and Team Fees

Competition and team fees covers the cost of things like music, choreography, coaches competition fees, team fees, individual competition fees, and yearly USASF fee. This does NOT include any additional camps, extra chosen competitions, events or potential offers to compete at another competition. **The last uniform payment is due the same day as your 1st competition payment. Be mindful of the payment dates.** Remember all of these things can be fundraised for or you can reach out for sponsors!

**Total Cost \$800**

Competition fees for the season are \$800 and may be paid in three installments.

Installment 1:	\$400	**due September 20th, 2017
Installment 2:	\$200	**due November 20th, 2017
Installment 3:	\$200	** due January 20th, 2018

**\*\*There will be absolutely NO REFUNDS FOR COMPETITION FEES.** Competition fees are paid in advance by Fire and Ice Elite. We are unable to get refunds for these fees; therefore, we are unable to refund those fees to you. This applies to all situations – illness, injury or withdrawal from the team. No refunds will be given.

## Competition and Performance Expectations

Cheerleaders will participate in 8-10 competitions starting in December/January and continuing through April/May. The squad will also participate in local events and hold local performances when possible. A majority of the competitions we participate in are in the Southern/Northern California region, Nevada, and require travel. Local competitions will be attended at the discretion of Fire and Ice Elite. Specific dates will not be available til a later time. **Competitions are mandatory for all cheerleaders.** No student may skip competition due to school sporting events or other outside activities. Competition dates are always subject to change. There may be times when circuits cancel or change dates for a competition with short notice. It is our hope that changes to the competition schedule will be scarce, but please be prepared in the event a competition is cancelled or moved. Should a circuit cancel a competition, we will make up the competition by choosing another date or circuit.

In addition to cheerleader competition fees, please keep in mind that spectator fees also apply and vary by competition. This may also include admission into a major theme park (ranging from \$10-100 per person). You are responsible for payment of all spectator and admission fees on your own.

Competition scheduling is TBA. We will not know, dates, times and/or competition locations until later in the season. We do anticipate participating in 1-2 competitions per month between December and April/May 2017. Some competitions will require overnight stay. You are responsible for any and all travel costs. Fundraising monies in your child's "fundraising account" with Fire and Ice Elite may be used for hotel/travel, etc. for the cost of your CHEERLEADER only.

An itinerary will be distributed before each competition. Itineraries include a timeline of the day, essential information and travel directions.

We will request parent volunteers to provide bottled water and snack bags for each team at each competition. Coaches may also designate parent assistants to lend a hand with coordinating cheerleaders while at competitions.

**\*\*We expect ALL CHEERLEADERS to participate in ALL COMPETITIONS.** Missing a member of the team makes it very difficult to perform as we've practiced. **If your cheerleader is out for illness/injury (or other circumstances), competition fee(s) refunds WILL NOT be issued.** Cheerleader are subject to removal of the team for missing a competition.

All team members are expected to be on their best behavior while attending competitions. The same is expected of parents and other friends, family members and cheer supporters. Competitions often give more points for good sportsmanship and team spirit. We are there to enjoy our time, and make it as encouraging as possible for all those around us. We as a cheer family are to lead by example. Our Code of Conduct is to be followed when representing Fire and Ice at all events.

We will occasionally participate in local events such as the Christmas Parade, Bakersfield College sporting events, Bakersfield Condor's and other opportunities that may arise for the Fire & Ice team(s).

## Leaving the Program

You will learn very quickly that competitive cheerleading is a very difficult and time consuming sport. Some team members and/or parents may find that this program is not for them – whether it is because their child is not quite ready, the expense is too great or the time commitment too large. This is perfectly okay! If you decide that your child needs to leave the program, there are no refunds. Competition Cheer is not for everyone. Please keep an eye on the limits of your child. If you see that they are struggling, lack motivation or just aren't interested, it is best to withdraw from the program by September.

If you choose to leave the team, you must do so no later than ***September 1st***. We will be heavy into our routine in September and once this process has begun, it is very difficult for Coaches to move the process along if team members are dropping. It is also unfair to cheerleaders, who are working toward their goal if we must stop our process/progress for changes in team numbers, etc.

Should you decide to leave the team after September 1st , you will still be financially obligated to the team until the season ends.

In addition, no refunds will be given for term fees or uniforms and any fundraising monies will remain with the program. Leaving the team puts a large stress and strain on all team members and the Coach and is unfair to everyone involved once the routine has started.

That being said, if rules, and code of conducts are not followed by parents and/or cheerleaders, it is up to the discretion of the Head Coach and Director to remove your cheerleader from the squad, with no possibility of return.

Should you choose to leave Fire & Ice in the middle of the season prior to competitions, not only are you still financially obligated for the season, Fire and Ice uniforms are to stay with the program until the end of the season. This ensures that any replacement cheerleaders have a uniform. Although uniforms are purchased by you, all uniforms are property of Fire & Ice until the season is complete.

**\*\*Code of Conduct remains in effect even if you choose to leave the team prior to the end of the season.\*\* Negative comments in person, or on any social media outlet toward the program, any coaches or staff members, cheerleaders or parents are not acceptable.**

# Fundraising

All FIE team specific fundraisers will be overseen and approved by Fire and Ice Staff, but parent participation is vital and required. Fundraisers really help offset the cost of uniforms and competition and team fees. Most fundraisers will need 2-4 parents to volunteer to help take care of details, etc. It is the goal for parents and volunteers to share these responsibilities – not for the same parents to be “in charge” each time. Fundraisers are optional, but all interested cheerleaders/parents will need to participate in each fundraiser – not just those who have volunteered to help with details.

There will be a form/sign-in that will be signed by both the volunteer/coach collecting money and the parent turning in the money. This way you can be confident knowing that the amount you've turned in is the amount that will be reflected on your cheerleader's fundraising account. Fundraising accounts are maintained by Fire and Ice Elite. Periodic updates will be given or you may contact Coach Heather Foss at any time with questions or inquiries regarding your cheerleader's fundraising account. Not all staff have access to fundraising account information, so please contact Coach Heather if you have questions or concerns.

In addition to individual cheerleader fundraising accounts, Fire & Ice has a “general fund” account. The general fund help will cover items such as additional team music, additional competition expenses and/or miscellaneous program expenses should there be any extra.

- ❖ Fundraising monies may be used for the purchase of uniforms, competition fees, and out-of-town competition expenses (gasoline, food and hotel for the cheerleader).
- ❖ Fundraising monies must all be turned in by designated date.
- ❖ All fundraising dates and events are subject to change.
- ❖ Any extra money raised will be put into the general cheer account for small program expenses.
- ❖ If your child does not raise enough funds to cover the cost of their uniform, competition fees, etc., the family is responsible for covering the remaining balance of what is needed for those costs.
- ❖ Any fundraising monies remaining in your child's “fundraising account” after the season is complete will be held to go toward the next competition season. If you and your child do not return the following season, all fundraising monies will go into the “general fund”.
- ❖ Cheerleaders may receive sponsors at any time to help their costs. Although we are NOT a 501(c)3, we can still accept sponsors with the possibility of a tax write off for the company sponsoring.

Fundraisers and such events will be chosen at a later time. Most information for fundraisers will also be available via our private facebook group.

## **PLEASE NOTE**

### **STUDENT & PARENT PARTICIPATION IS ESSENTIAL TO MAKING THIS PROGRAM WORK!**

- o We cannot hold practices, order uniforms and/or attend competitions if there is no participation.
- o This program will operate year round, beginning a new season each June. Registration will be closed after September 1st and will not be open to new students until April/May 2018.
- o **A minimum of 20 cheerleaders is needed for the squad(s) to compete. If at any time participation drops below 20 students, the program is subject to cancellation.**
- o Participation in the Competition Cheer Program MAY (and most likely will) conflict with other activities and programs (dance classes, youth basketball, ponytail softball, etc). This is something that you may want to consider in advance. It will be nearly impossible for the Competition Cheer Program to work around the schedules of other activities.
- o If your cheerleader needs to leave the squad, we request that this take place BEFORE we start planning our competition routine(s) September 1st. There are no refunds for uniforms or fees, and you will be financially responsible to the team til the end of season.
- o **Practice and competition participation is mandatory – tardiness and absences are not acceptable.**

### **OTHER IMPORTANT TIDBITS**

- o Participation in Fire & Ice gives Coach Heather and media outlets (or other sources) the authorization to use your child's photo and/or likeness for purposes of publicity, advertisement or announcements. Upon registering and signing contract, you will also sign said photo release form.
- o The Fire & Ice name/brand CANNOT be duplicated or used by parents, retail establishments or outside sources without the consent of Coach Heather
- o Any and all Fire & ice related events, activities or appearances must be scheduled through Coach Heather or with prior approval ONLY.

If you have any questions or concerns regarding the competition cheerleading program, please contact us as soon as possible. Thank you!

*We are looking forward to a great cheer season!*

*Thank you for you joining our family!*

*Coach Heather Foss*

*Fire and Ice Elite*

## Important Dates and Payment Obligations

Uniform/Competition Fee	Due Date	Cost
Registration	May (upon registering)	\$75
Uniform Installment	June 20th	\$200
Uniform Installment	August 20th	\$400
Uniform Installment	September 20th	\$200
Competition/Team Fees	September 20th	\$400
Competition/Team Fees	November 20th	\$200
Competition/Team Fees	January 20th	\$200
<b>Term Fees</b>		
Term 1	June 5th	\$125
Term 1	July 5th	\$125
Term 2	August 5th	\$125
Term 2	September 5th	\$125
Term 3	October 5th	\$125
Term 3	November 5th	\$125
December Tuition	December 5th	\$100
Term 4	January 5th	\$125
Term 4	February 5th	\$125
Term 5	March 5th	\$125
Term 5	April 5th	\$125

**\*\*\*\*You will be notified of your child's practice times and days once they are placed on a team after Evaluations.\*\*\*\***

**All Registration Forms and Waivers must be filled out in person or via email. This as well as your yearly registration fee is due at the time of registering.**

**Informational Meeting will be held in May to answer any questionr or concerns.**

## Fire & Ice Cheerleading

# CHEERLEADER

## CODE OF CONDUCT

As a cheerleader/team member, I will:

- o Be in attendance for all practices and competitions - my participation is mandatory! I will not allow other extra-curricular activities interfere or come before cheer.
- o Maintain good grades in school and keep up with my homework.
- o Be courteous and respectful to my teammates, coach(es), parents and all others at all times.
- o Be courteous and respectful of others when using social media.
- o Strive to be a LEADER. I will conduct myself as a leader at all times, set a good example and rise above poor behavior (at home, school, practice and competitions).
- o Have a positive attitude and believe in myself. "I can't" will not be part of my vocabulary.
- o Take care of my uniform. It is part of my image and I owe it to myself and my team to treat it with respect and care.
- o Always show good sportsmanship. Win or lose, we are a TEAM and no one person is better than another. Other teams and cheerleaders I have contact with will also be treated with respect.
- o Listen to my coach(es). They have my best interest at heart and are here to make decisions on what is best for the entire team.

## CHEERLEADER PRACTICE RULES:

To have the most effective practice time, the following rules have been established. Rules broken are subject to extra conditioning and/or removal from the team.

- Proper Fire & Ice attire must be worn to practice. Some practices days will be assigned clothing (NO denim, jeans, flowy tops/blouses)
- Hair must be up and away from face
- No JEWELRY
- No GUM
- No SODA/FOOD
- No temper tantrums, lack of participation and/or poor attitude.
- No showing disrespect to coach/assistants/team members/cheer parents/other teams at practice/competitions
- No profanity
- NO CELL PHONES
- No TARDINESS

Fire & Ice Elite

# COACHES

## CODE OF CONDUCT

As a coach, I will:

- o Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport.
- o Exemplify ethical behaviors, including honesty, integrity, and sportsmanship. These are life-long lessons that take precedence over any emphasis on winning.
- o Consider myself a role model to our team and refrain from engaging in any inappropriate behavior in the presence of our team.
- o Live up to my promise of making decisions in the best interest of each child on our team.
- o Place the emotional and physical well-being of my cheerleaders ahead of a personal desire to win.
- o Always show respect for cheerleaders, parents, and any other persons that are involved in our program.
- o Treat parents as valuable members of our team by frequently talking with them, sending out updates and making sure that there is always an open line of communication.
- o Run a well-organized program at all times.
- o Never engage in an argumentative or confrontational conversation with a parent. If the parent insists on engaging in this behavior, I will remove myself from the situation and not continue the conversation until they can speak civilly, like adults.
- o Ensure that I am knowledgeable of all rules and regulations as to USASF (United States All Star Federation) standards and never risk the safety of our team.
- o Make this program and team my priority as much as you do.

Fire & Ice Elite

# PARENT

## CODE OF CONDUCT

As the parent of a cheerleader, I will:

- o Be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at every competition, practice or other event. I will expect this of any guests and other family members, as well.
- o Demand that my child treat other athletes, coaches, officials and spectators with respect.
- o Refrain from coaching my child or other athletes during practices, competitions or public events, unless I have been asked to do so. I will leave the coaching to the coach(es).
- o Insist that my child follow the rules and guidelines of the program.
- o NOT verbally abuse, attempt to intimidate, be flagrantly rude or use foul language or inappropriate actions while dealing with a coach, participants, other parents or spectators while at any practice, competition or public event. If so, I will be asked to leave the premises.
- o Not get involved in the business of another cheerleader or his/her parent. If I have an issue with the program, participant or coach, I will bring my concerns to the Head Coach and not other parents. My main focus is on my child; if it's not about my child and doesn't have a direct effect on my child, it is not my business.
- o Refrain from making any negative or derogatory public comments about any member of our program or any other organizations. This includes on any and ALL social media. My behavior as a parent/guardian reflects on the program; whether it be positive or negative.
- o Make sure that cheer is my priority. Our team depends on me to get my cheerleader to practice, events and competitions ready and ON time.
- o Teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of competition or by his/her performance.
- o Not question the decisions of the coaching staff, as they have my child and the team's best interests in mind and will treat them as their number one priority.