

Charlotte Allstars Parent/Athlete Contract 2026-2027

Athlete's First & Last Name (print): _____

Please initial next to each statement below. As a Charlotte Allstars Athlete & Parent...

Athlete Int. Parent Int.

- _____ _____ I, as an athlete/parent will do my part to ensure that I will attend practice, on time, and have full participation.
- _____ _____ I know if I miss more than 6 practices in the Summer, CAC reserves the right to pull me for a re-evaluation and possibly change the team I am on. Summer practices are imperative to team development, and my absence could alter my positions on the team or force me to work back in.
- _____ _____ To miss a mandatory Summer / Fall event (Camp Purple, Choreography, Skills Camp, etc.) those dates need to be turned in, in May, on your Vacation Request Calendar.
- _____ _____ I know that CAC supports me participating in Fall Sports as long as I communicate any conflict *at least 2 weeks in advance*. Some schools host tryouts the first week of school and it is your job to communicate to your communication coaches.
- _____ _____ I cannot be tardy more than 4 times and cannot miss more than 3 times during August-November **with my CAC Coach's PRIOR approval**. An athlete's spots in the routine may change due to the number of practices not attended.
- _____ _____ After Thanksgiving, we enter Nationals season; I may not miss or be late to ANY practices.
- _____ _____ I know I may only cheer during basketball or participate in a winter/spring sport if CAC is the priority, which means may NOT be late or miss practice due to other sports/activities unless you have your CAC Coach's permission.
- _____ _____ Please note: CAC recognizes that different schools follow different calendars from private school to public school, county to county, and even NC Schools to SC Schools. With that information, you still must follow your team calendar when it comes to practices, competition, Spring Break, etc.
- _____ _____ CAC recognizes that athletes may also need to participate in a school related band concert or chorus concert as part of their grade. Please be proactive in finding out and communicating these dates with your coach as soon as the concert is planned. We also recommend forwarding the email from your athlete's school to the communication coach to help ensure an excused absence.
- _____ _____ Athletes that have 2 unexcused absences or 3 unexcused tardies may be removed from their team without a refund.
- _____ _____ Using my athlete's competitive cheerleading team practice as a punishment at home (this includes failing grades, school issues, etc), should be the very last resort after speaking with my coach. This form of punishment also punishes the whole team, not just my athlete.
- _____ _____ I will not schedule / participate in Birthday party celebrations, family events, etc. on practice days if they conflict with my practice time.
- _____ _____ If your athlete is not maintaining skills from their evaluations, coaches will meet with the athlete and parent(s) to discuss plans for improvement or roster changes.
- _____ _____ CAC reserves the right to change rosters to keep teams on a competitive level.
- _____ _____ All athletes are expected to attend full practices the 2 weeks' leading up to an event. (Please check your team's practice & competition schedule before booking airfare.)
- _____ _____ I know that my coach reserves the right to pull my athlete from competition (including any performances or showcase) if we miss or are late to a practice within two weeks prior to competition and my coach reserves the right to alter the rosters to maintain a competitive routine.
- _____ _____ I will not book un-refundable airfare or hotels for out-of-town events before finding out my team's competition days & times, and my booked travel will not interfere with practices prior to or following an event.
- _____ _____ If I am sick or injured, I will still be at 100% of the practices and competitions unless I have a fever over 100° and have communicated with my coach beforehand.
- _____ _____ Any injury that has an athlete sitting out of practices or events will need to be medically cleared by a doctor before returning.
- _____ _____ I will abide by the NO JEWELRY rule and not bring or wear jewelry of any kind into the gym or to a competition. If I break this rule, I am wholly responsible if my jewelry is lost or stolen. I am responsible for my belongings, not the gym or coaches.
- _____ _____ All athletes are expected to attend all competitions, including End of Season Events.
- _____ _____ All athletes are required to attend all awards in full Hair, Makeup and Uniform.

As a Charlotte Allstars Athlete & Parent... / Athlete & Parent Initial Continued...

- _____ _____ Charlotte Allstars is trying to create a positive, pleasant learning environment for all athletes, and I will support CAC in this endeavor. I will respect and support the decisions made by the coaching staff. I know our coaches have years of experience and will make the best decisions for the entire team/program.
- _____ _____ As a Charlotte Allstar, I will support my gym 100%. With that, I will not take classes, clinics or privates at any other program's facility.
- _____ _____ I understand that any repeat or varied offense of expectations on this contract will result in these consequences:
Strike 1: Phone call or email to parents.
Strike 2: Sit out of practice and/or competition (without a refund of any kind), Warning of offense.
Strike 3: Meeting with athlete, parent, head coach, and owners to discuss the athlete's future at CAC.
**Charlotte Allstars reserves the right to skip directly to Strike 2 or 3 should we deem the offense severe enough.

CAC Environment & Athlete Expectations / Athlete Initials Only

- Athlete Int.
- _____ All communication on social networking sites such as Facebook, Instagram, Snapchat, Tic Tok and X, etc. must be positive and represent our values as a program.
- _____ I will treat all individuals (teammates, coaches, staff, parents, gymnasts, competitors, Competition Event Staff, Guest Coaches, etc.) with the utmost respect always.
- _____ I will communicate directly and respectfully with coaches.
- _____ I know to be an athlete at Charlotte Allstars there is absolutely NO Vaping, smoking, drinking of alcoholic beverages or use of drugs. No offensive or abusive language in person or online.
- _____ I know there is no food or drinks allowed in the gym other than water.
- _____ I know that challenging or undermining the authority of the coach or any person in charge may result in automatic dismissal from the team.
- _____ Bullying, gossiping, or negative talk about other teammates, other Charlotte Allstar members, our staff, parents, or other programs is forbidden and may result in automatic dismissal.
- _____ I will follow all Gym Dress Code rules listed below:
- ★ ONLY Charlotte Allstar Clothing may be worn in the gym, including practices, privates and/or classes, clinics, etc. (this may include event shirts that have Charlotte Allstar Cheerleading listed on them) and follow the set Practice Wear calendar.
 - ★ Sports bras may NOT be worn alone without a shirt or tank top over it. Shirt and tank top arm holes may not be cut so that you can see your entire sports bra and skin through the side of your shirt. This is for girls and guys alike.
 - ★ Everyone needs to wear spandex shorts under their shorts. If you wear spandex shorts alone, they must be at an appropriate length that they cover the entire bottom and do not end up looking like bloomers.
 - ★ Fingernails are to be kept SHORT with rounded edges (even if they are acrylic, SNS, etc!).
 - ★ I will not wear or bring any jewelry of any kind into the gym or competition venue.
- _____ I understand that any repeat or varied offense of Athletes expectations will result in the consequences listed above.

CAC Environment / Parent Initials Only

- Parent Int.
- _____ I know that CAC Coaches will communicate directly through their Bi-Weekly email, as well as BAND. I understand if I cannot read, reply to, or keep up with my Bi-Weekly email, CAC may not be the gym for me. This also stands for reading the Team Specific AND CAC Full Year Band App.
- _____ I understand that as a parent I should communicate potential attendance conflicts with my athlete's coach via email as soon as they arise and understand that once the calendars are published, the practice dates are firm. The coaches expect all team members to attend all practices.
- _____ I understand that CAC recommends waiting 24 hours before contacting any CAC employee about a complaint I have, to ensure the clearest communication possible.
- _____ I will communicate with coaches first during office hours and I know that Coaches will only discuss concerns regarding MY OWN athlete.
- _____ I will maintain open communication with Staff at CAC no matter how small the question or concern is.
- _____ If I have grievances, I will only address these with the coach, gym directors, or owners – never with another parent or my own athlete.
- _____ I understand it is my responsibly to update my contact information in iClass Pro so I do not miss any emails from CAGC.
- _____ Under no circumstance will I enter the practice area at the Charlotte Allstar gym, or practice area/warm up room at competitions.

CAC Environment / Parent Initials Only Continued...

- _____ I will be courteous and considerate to all teams, athletes, staff, and other all star programs by demonstrating good sportsmanship at all times.
- _____ I know if I behave in a manner in or out of the gym that CAGC views as inappropriate, I may be asked to leave the program.
- _____ If I/my athlete decide to quit CAC for any reason, I will talk directly to my coaches or CAC Owners before making a final decision.
- _____ Parent gossip in the parent viewing room will not be tolerated. Therefore, I know that being able to observe my child at practice in the parent viewing area is a privilege not a right, and I will respect that privilege, or risk having that privilege taken away from me.
- _____ It is my responsibility as a parent of a competitive Allstar cheerleader, to provide emotional support and encouragement, create a positive and healthy environment, advocate appropriately, and model respectful behavior while helping them grow in confidence, character and resilience.
- _____ It is NOT my responsibility as a parent to coach or impose performance/skill expectations on my athlete.

Parent Initials Only: Financial Agreement

- _____ I authorize Charlotte Allstar Gymnastics & Cheerleading to charge my payment method on file for my athlete's tuition and expenses as relayed to me at the start of the season, my joining the gym, or what was communicated to me.
- _____ I understand it is my responsibility to stay in communication with Murielle Miller about my account and to keep my balance at zero in order for my athlete to participate in practice and to continue at CAC.
- _____ I understand that if I allow my CAGC tuition/expenses account to go into arrears, my athlete may be required to sit out of practice until my account balance is at zero.
- _____ I understand that if I allow my CAGC tuition/expenses account to go into arrears, I may not be allowed to purchase additional merchandise or sign up for additional classes/clinics/private lessons until my account balance is at zero.
- _____ I, as a parent, agree to pay a \$30 replacement fee on behalf of my child for losing/forgetting her bow for/at a competition.
- _____ If I choose to allow my athlete to be on multiple teams, I understand that there are additional fees I need to pay in order for my athlete to roster on more than one team. These fees may include competition event fees, additional uniform pieces, practice wear or coach fees.
- _____ In the event that I withdraw my child from participation for any reason, **I will not receive a refund for ANY payments already made to Charlotte Allstar Gymnastics and Cheerleading, LLC, including, but not limited to practice wear, uniforms, monthly tuition, event fees, etc.*No Refunds on uniforms, shoes, practice wear, etc. that has already been ordered.** Charlotte Allstars pays all uniform costs up front when ordering. If your athlete leaves CAC for any reason after we have ordered their items, there will be no refunds given back to you and you will not receive the items when they arrive. **If your athlete quits and has already received their uniform, shoes, practice wear, etc. it cannot be returned for a refund.**

By signing this form and initialing the statements above, my athlete and I agree to all of the expectations, and payment plans listed in this form. As the parent, I am signing this contract in agreement on behalf of all my athlete's guardians.

Parent / Guardian First & Last Name (Please Print)

Parent / Guardian Signature

Date Signed