






Our mission statement is simple. **PRIDE** is family. **PRIDE** in yourself. **PRIDE** in your teammates. **PRIDE** in your hard work. Keep life in its proper balance with equal helpings of fun, family, commitment and cheer. We believe that hard work pays off so work hard and dream big. **PRIDE** athletes have the following qualities:

Perseverance ☆ Resiliency ☆ Independence ☆ Dedication ☆ Excellence

---

## GYM INFORMATION:

Pride All Star Cheer  
6663 Narcoossee Road, Suite 142  
Orlando, FL 32822  
**(407) 984-0212**  
[info@PrideAllStarCheer.com](mailto:info@PrideAllStarCheer.com)  
[www.PrideAllStarCheer.com](http://www.PrideAllStarCheer.com)

 [facebook.com/LakeNonaPride](https://facebook.com/LakeNonaPride)  
 [instagram.com/PrideAllStarCheer](https://instagram.com/PrideAllStarCheer)  
 [@LakeNonaPride](https://twitter.com/LakeNonaPride)

---

## PRIDE STAFF:

Billy & Jeanette Martinez – Owners  
John “JDub” Woodson, Jr. – Tumbling Coach / Cheer Coach  
Justin Mitchell-Tumbling Coach  
Kaelan Moses – Cheer Coach / Tumbling Coach  
Nicole Dean – Cheer Coach



## ATHLETE CHECKLIST

---

Athlete Name: \_\_\_\_\_

Athlete Age: \_\_\_\_\_ (as of August 31st) D.O.B \_\_\_\_\_

Registration Date: \_\_\_\_\_

- Athlete Registration Form
- USASF Membership \$35 – [www.usasf.net](http://www.usasf.net)
- Participation Agreement & Release
- Athlete Code of Conduct
- Program Policies
- Parent/Guardian Policies
- Financial Agreement
- Birth Certificate- upload to USASF membership
- Medical Physical Form

\_\_\_\_\_ Athlete T-Shirt Size

\_\_\_\_\_ Athlete Shorts Size

\_\_\_\_\_ Deposit Amount Paid

***For Gym Use Only***

***Uniform payments***

***Practice wear*** \_\_\_\_

***Cheer Shoes***



# ATHLETE REGISTRATION FORM

---

## ★ ATHLETE INFORMATION

\_\_\_\_\_  
Athlete Full Name (please print clearly)

\_\_\_\_\_  
Date of Birth (MM/DD/YYYY)

\_\_\_\_\_  
Age on Aug 31

\_\_\_\_\_  
Athlete Email

\_\_\_\_\_  
Athlete Cell #

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

## ★ PARENT/GUARDIAN INFORMATION

\_\_\_\_\_  
Parent/Guardian Full Name (please print clearly)

\_\_\_\_\_  
Relationship

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

\_\_\_\_\_  
Parent/Guardian Cell #

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Parent/Guardian Full Name (please print clearly)

\_\_\_\_\_  
Relationship

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

\_\_\_\_\_  
Parent/Guardian Cell #

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

## ★ EMERGENCY CONTACT INFORMATION

\_\_\_\_\_  
Emergency Contact Full Name (please print clearly)

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Emergency Contact Email

\_\_\_\_\_  
Emergency Contact Cell #

## ★ INSURANCE INFORMATION

\_\_\_\_\_  
Name of Insured

\_\_\_\_\_  
Group Policy Number

\_\_\_\_\_  
Member ID#

\_\_\_\_\_  
Insurance Carrier

\_\_\_\_\_  
Carrier Phone #



## PARTICIPATION AGREEMENT & RELEASE

---

In consideration of the services provided by Lake Nona Pride All-Stars, LLC, its coaches, owners, officers, employees, and all other persons or entities acting on its behalf ("Lake Nona Pride"), I hereby agree to release and discharge Lake Nona Pride on behalf of myself, my children, my parents, my heirs, assigns, personal representative, and estate as follows:

I understand and acknowledge that the sport my Athlete is about to engage in poses known risks and unanticipated risks which could result in injury, paralysis, death, emotional distress, or damage to myself, to property, or to third parties. Cheerleading and tumbling entails certain risks, which simply cannot be eliminated without jeopardizing the essential qualities of the sport. Without a certain degree of risk, the Athletes would not improve their skills, and the enjoyment of the sport would be diminished. Trained instructors will be present during practice sessions, but there is always the risk of injury that cannot be prevented. The following describes some, but not all of those risks.

I understand and accept that Athletes are exposed to the usual risk of cuts and bruises and that other more serious risks exist, as well. Athletes often fall during practices, sprain or break wrists and ankles, and can suffer more serious injuries including paralysis or even death. I expressly agree and promise to accept and assume all of the risks existing in this sport for my Athlete. My Athlete's participation in this sport is purely voluntary, and I elect for my Athlete to participate in spite of the inherent risks.

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Lake Nona Pride from any and all claims, demands, or causes of action which are in any way connected with my Athlete's participation in this sport or use of Lake Nona Pride's equipment or facilities, including any such claims which allege negligent acts or omissions of Lake Nona Pride. Should Lake Nona Pride be required to incur attorney's fees and legal costs to enforce this Participation Agreement, I agree to indemnify and hold Lake Nona Pride harmless for such fees and costs.

I certify that I have adequate insurance to cover any injury or damage my Athlete or I may cause or suffer while participating, or else I agree to fully bear the costs of such injury or damages. I further certify that my Athlete has no mental or physical conditions, which could interfere with safe participation in this sport, or else I am willing to fully assume and bear the costs of all risks that may be related, directly or indirectly, by any such condition.

I understand that monthly tuition is due the 25<sup>th</sup> of the preceding month. I also understand and accept there are NO make-ups or refunds granted. Should my Athlete leave Lake Nona Pride prior to the end of the season, regardless of the reason for departure, I accept full responsibility for all fees owed to Lake Nona Pride as outlined in further detail in the Financial Agreement. These fees include, but are not limited to, outstanding monthly tuition, uniform fees, prepaid competition fees, re-choreography fees, etc.

I, the undersigned, do hereby voluntarily submit my application for my Athlete's attendance and participation with Lake Nona Pride. I do hereby assume full responsibility for all damages, injuries, and/or losses that my Athlete sustains or incurs, if any, while participating, and I hereby waive all claims against Lake Nona Pride All-Stars, LLC, all associated coaches and members, for any claims or injuries my Athlete may sustain.

---

Parent/Guardian Name (please print clearly)

---

Athlete Name (please print clearly)

---

Parent/Guardian Signature

---

Date



# ATHLETE CODE OF CONDUCT

---

You are representing not only yourself, but also your team, coaches, and the program at all times. You will always act responsibly in and out of uniform.

1. NO drugs, alcohol, or use of inappropriate language or behavior unbecoming of a Lake Nona Pride Athlete will be tolerated. Profanities or inappropriate representation on social media such as Facebook and Instagram will NOT be tolerated. NO public displays of affection, of any kind, toward boy/girlfriends at a team function will be accepted. NO arguing, ill words, or negative attitude toward teammates, coaches, or the program will be tolerated.
2. All practices and competitions are MANDATORY. It is impossible to be successful in any team sport without each and every vital member of the team. If you frequently miss practice or other team events, you will be removed from the team and an alternate may be moved in to your spot. You must notify Lake Nona Pride ASAP if you are to miss a practice. If you have a family vacation planned, you must provide notification in writing. Competition schedule is provided months in advance; therefore, Vacation is NOT permitted during the competition season unless the gym is closed.
3. You must maintain a "C" average to keep your spot on the team. Report cards must be shown to your coach each grading period. Any failing grade may result in probation and/or dismissal from the team. Suspension from school may result in dismissal from the team. Homework and/or special projects are NOT excused absences. Part of being a responsible team member is being a good student, and part of being a good student is time management.
4. Designated practice attire must be worn to all practices including white cheer sneakers with white "no-show" socks. Hair should be neatly pulled up with a matching hair tie or ribbon. No jewelry, no glitter, and minimal make-up should be worn.
5. Leave all issues at the door and always be ready to give 100% to yourself, your team, your coaches, and this program. Remember, it is an honor and privilege to be part of Lake Nona Pride All-Star Cheer.

I agree to always honor and abide by the Lake Nona Pride Athlete Code of Conduct.

\_\_\_\_\_  
Athlete Name (please print clearly)

\_\_\_\_\_  
Parent Name (please print clearly)

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

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



# PROGRAM POLICIES

---

## ★ ATTENDANCE

Competitive All-Star Cheerleading is a TEAM sport. Each member is incredibly vital to the team's success. Three (3) unexcused absences during the season is cause for dismissal from the team. An unexcused absence for competition is cause for immediate dismissal from the team. Pride has a standing policy that absolutely NO PRACTICES can be missed during the two weeks prior to any competition (you may also expect additional practices during this time). Missed practices during that period can result in an athlete not competing. If an Athlete is unable to participate due to a physical limitation, the Athlete is still expected to attend practice in order to stay current on any adjustments to the routine. Do NOT be late – tardiness is disruptive for the team and coaches. Plan adequately for travel time and unexpected delays.

| EXCUSED ABSENCES:   | UNEXCUSED ABSENCES (not limited to):   |
|---|--|
| <ul style="list-style-type: none"><li>• Contagious illness</li><li>• School function for grade</li><li>• Family emergencies</li><li>• Vacation during summer (pre-season)</li><li>• Death in the family</li></ul> | <ul style="list-style-type: none"><li>• Traffic</li><li>• Too much homework</li><li>• Feeling tired</li><li>• Don't have transportation</li><li>• School dance</li></ul> |

## ★ VACATIONS

Vacations are NOT permitted during competition season unless the gym is closed. Please notify management in writing of all vacations as early as possible, so that coaching staff can be notified and practice agendas adjusted as necessary.

## ★ UNIFORMS & PRACTICE ATTIRE

Please keep all competition uniforms, practice attire, and related gear in good condition. If a competition uniform or bow is lost or damaged, please advise a coach or member of management as soon as possible. Athletes are responsible for replacing lost competition gear. Team practice attire must be worn as designated by the program. Additional practice attire may be purchased separately, as needed. Athletes are encouraged to use slippers or alternative footwear in order to ensure competition shoes are kept in the best possible condition. Athletes should NOT wear competition shoes outdoors.

## ★ INJURIES

If an injury should occur, it is the responsibility of the parent/guardian of the Athlete to seek professional help. Each Athlete must have his/her own medical insurance. After seeing a physician, please provide us with an update on the Athlete's injury/status. In the event of a serious injury, a medical release will be required for the Athlete to return to full participation with the team.

## ★ COMPETITIONS/TRAVEL

During the competition season, Athletes will be asked to travel varying distances within the state of Florida. Some Athletes may travel to national events out of state. In this case, a separate rule sheet will be distributed closer to the competition date. Transportation to/from all competitions is the responsibility of each Athlete and his/her family. All Athletes are expected to remain together at events and follow all travel regulations.

 **DISCIPLINE**

Should any program rules and policies be compromised, the Athlete will be subject to disciplinary action:

|                                 |   |
|---------------------------------|---|
| <b>1<sup>st</sup> Violation</b> | Meeting with the Athlete to discuss the problem and corrective action that is required.   |
| <b>2<sup>nd</sup> Violation</b> | Meeting with the Athlete and Parent/Guardian to discuss the problem and reiterate consequences if the issue is not corrected immediately. |
| <b>3<sup>rd</sup> Violation</b> | Athlete may be suspended from the team or dismissed from the program.<br>And charged \$500 exit fee at time of dismissal                  |

\_\_\_\_\_  
Athlete Name (please print clearly)

\_\_\_\_\_  
Parent Name (please print clearly)

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

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



## PARENT/GUARDIAN POLICIES

---

Please read each section and initial. This signifies that you understand and agree to each policy as outlined.

### ★ COMMUNICATION \_\_\_\_\_ (please initial)

As a parent/guardian, you will receive information and updates from Lake Nona Pride staff in several ways: email, Lake Nona Pride Facebook page ([www.facebook.com/LakeNonaPride](http://www.facebook.com/LakeNonaPride)), private team/group Facebook pages, Remind messages, text messages, and the official Pride All Star Cheer website ([www.PrideAllStarCheer.com](http://www.PrideAllStarCheer.com)).

### ★ FEES \_\_\_\_\_ (please initial)

The payment information is included with this packet. Monthly tuition is due on the 25<sup>th</sup> of the preceding month. A late fee of \$25 will be assessed for all payments made after the first of the month. You may pay by check or credit card. Please make all checks payable to Lake Nona Pride All-Stars. Credit card payments will incur an additional \$5 convenience fee that goes directly to the payment processing company (not Pride All Star Cheer). All program fees are NON-refundable. Your account must be up-to-date by the 5<sup>th</sup> of each month or your Athlete may be restricted from participating at practice until the account is brought current. NOTE: Suspension from participation does NOT excuse an Athlete from attending practice.

### ★ PRACTICES \_\_\_\_\_ (please initial)

There is a viewing area designated for all non-Athletes, including parents, family, and friends. Spectators are asked to stay in the designated area during practice. We want your Athlete to get the most out of every practice session. In order for this to happen, the coaches need the full attention of each and every Athlete. Distractions affect the whole team, disrupt the practice, and can become a safety issue.

As a program, we continuously work to provide a quality training environment and skilled coaching staff for our Athletes. We practice an "Open Door" Policy and encourage anyone to speak directly to management with any issues or concerns. If anyone is observed speaking negatively about a team, coach, parent/guardian, or athlete, the individual will be asked to leave. This includes electronic communication via email, text, and social media. If the behavior continues to be an issue, the Athlete may be removed from the team and asked to leave the program. If anyone verbally assaults or threatens an athlete, coach, member of management, or another Athlete's parent/guardian, the Athlete will be immediately dismissed from the program and will not be allowed to return. We will NOT tolerate this type of conduct.

### ★ SUPPORT & ENCOURAGEMENT \_\_\_\_\_ (please initial)

Your dedication and support is as important to us as it is to your Athlete. We encourage all parents/families to sit together and support all of our teams at competition and team events. Showing respect for the coaching staff, management, other teams, and hosting organization is expected. Like your Athlete, you are representing Lake Nona Pride All-Stars, and we expect everyone associated with our program to operate with the utmost respect, integrity, and honesty.

\_\_\_\_\_  
Parent/Guardian Name (please print clearly)

\_\_\_\_\_  
Athlete Name (please print clearly)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date





# FINANCIAL AGREEMENT

I \_\_\_\_\_, parent/guardian of \_\_\_\_\_  
Understand and agree to the following: (name of Athlete)

\_\_\_\_\_ Program **payments are due the 25<sup>th</sup>** of the preceding month. A **\$25 late fee** will be assessed on the 2<sup>nd</sup> of the month. Excessive late payments will be grounds for the Athlete to be restricted from competing, possible dismissal from the program, and the account being sent to a professional collections agency.

\_\_\_\_\_ Any check returned for insufficient funds will incur a **\$35 fee** payable by cash or money order only. Excessive occurrences of insufficient funds will result in payment methods being limited to cash or money order only.

\_\_\_\_\_ A valid credit card/debit must be provided at registration and kept on file. Payment of program-related fees with a credit card will result in a **\$5 convenience fee** being added to each transaction (fee is kept by the payment processing company).

\_\_\_\_\_ If an Athlete leaves the program before the end of the season, *regardless of the reason or length of time*, an early termination **fee of \$500** will be assessed on the date of departure. This fee will be charged to the CC on file.

\_\_\_\_\_ As a parent/guardian executing the Lake Nona Pride contract documents, I am solely responsible for all program fees including but not limited to: registration, tuition, travel, uniforms, choreography, etc.

\_\_\_\_\_  
Parent/Guardian Name (please print clearly)

\_\_\_\_\_  
Athlete Name (please print clearly)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## ★ CREDIT CARD INFORMATION

Visa       MasterCard       Discover       Amex

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp Date

\_\_\_\_\_  
code

\_\_\_\_\_  
Billing Address

zip code

Please charge my card listed above for all program fees and tuition.

Please charge my card monthly according to the payment schedule.

\_\_\_\_\_  
Cardholder Name (please print clearly)

\_\_\_\_\_  
Cardholder Signature for Authorization

\_\_\_\_\_  
Date

**Credit card on file will be charged on the 1<sup>st</sup> of the month if payment is not received prior.**



## TUITION & FEES

### ★ TUITION (TOTAL PROGRAM COSTS)

Tuition of **\$2,075 (Tiny/Mini)** and **\$2,375 (Youth/Junior/Senior)** which include the following:

- All team practices (2x weekly) and tumbling (1x weekly) – increased practices in weeks prior to competition
- Team music mixing and compilation
- Choreography fees
- Coaches fees
- Instruction & training fees throughout the season for conditioning, tumbling, stunting, and dance

**Payments are due on the 25<sup>th</sup> of the preceding month.** A valid credit card must be provided at registration and kept on file at all times. If no credit card is provided, FIRST & LAST month's tuition must be paid in ADVANCE. If program payments are not paid by the last day of the preceding month, the credit card on file will be charged on the 1<sup>st</sup>. Payment of program-related fees with a credit card will result in a \$5 convenience fee added to each transaction (fee is kept by the payment processing company).

The total program costs are broken down into equal monthly payments to allow each Athlete the convenience of paying on a monthly basis. Each monthly payment is still the same amount, including any months where there are gym closures due to holidays or school breaks.

| MONTHLY PROGRAM PAYMENTS (June – Dec):   | MONTHLY PAYMENT (Jan – may):   |
|--|--|
| <ul style="list-style-type: none"> <li>• \$225 (Mini/Tiny)</li> <li>• \$250 (Youth/Junior/Senior)</li> </ul> | <ul style="list-style-type: none"> <li>• \$100 (Mini/Tiny)</li> <li>• \$125 (Youth/Junior/Senior)</li> </ul> |

\* If an athlete joins the program after June, the monthly payment will be calculated to fit within the remaining months of the season.

### ★ REFUNDS

**No refunds** will be given to any Athlete departing the program, regardless of the reason or length of time. This includes uniform fees, private fees, and fundraising monies.

### ★ EARLY TERMINATION FEE

If an Athlete leaves the program before the end of the season, a **\$500 Early Termination fee** will be assessed. This fee will be charged to the CC on file the day of departure.

### ★ UNIFORM FEE

Payment schedule for Seniors:

|                            | June 1 <sup>st</sup> | August 1 <sup>st</sup> | September 1st |
|----------------------------|----------------------|------------------------|---------------|
| <b>Uniform \$350</b>       | \$175                | \$175                  |               |
| <b>Practice wear \$125</b> | \$62.50              | \$62.50                |               |
| <b>Cheer shoe</b>          |                      |                        | \$115         |

|              |          |          |       |
|--------------|----------|----------|-------|
| <b>Total</b> | \$237.50 | \$237.50 | \$115 |
|--------------|----------|----------|-------|

Payment schedule for **All** other levels

|                     | <i>June 1<sup>st</sup></i> | <i>August1st</i> | <i>September 1st</i> |
|---------------------|----------------------------|------------------|----------------------|
| Uniform \$250       | \$125                      | \$125            |                      |
| Practice wear \$125 | 62.50                      | 62.50            |                      |
| Cheer Shoes \$100   |                            |                  | \$115                |
| <b>Total</b>        | \$187.50                   | \$187.50         | \$115                |

### ★ **ADDITIONAL ITEMS FOR PURCHASE**

The following items may be purchased separately:

- Warm-Ups \$175 (jacket and pants)
- Rebel Dream Bag \$120.25
- Red Pride Tank Top \$15
- Blue Pride Shorts \$15
- Pride T-Shirt \$17
- Additional Practice Wear Sets \$75

### ★ **FUNDRAISING**

Competitive All-Star Cheerleading, as with many sports, can be very expensive. However, Athletes will be provided with fundraising opportunities throughout the season to help defray individual costs, as well as to raise funds for the program.

**All Athletes are required to participate in 75% of all fundraising activities.** Participation encourages the Athletes to be accountable for the costs associated with their own training and helps foster team bonding at fundraising events in the community.

### ★ **REFERRAL CREDIT**

Any Athlete that refers a friend, who registers to participate as an Athlete in the full season cheer program, will receive a \$25 credit toward December's tuition payment