



# **Cosmic All Stars**

Registration Packet  
2020-2021

12008 W HWY US 60  
Olive Hill, KY 41164  
(606) 286-0239



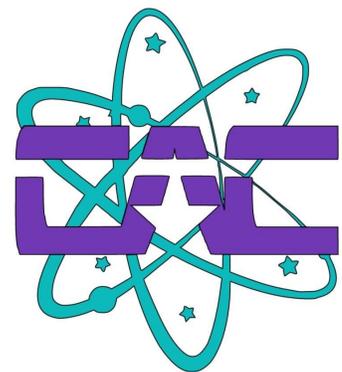
## Cosmic Athletic Center

Thank you for choosing Cosmic All-Stars as your premier all-star cheerleading program. We are embarking upon our 3rd competitive season, and we are very excited! Hard work, perseverance, positive reinforcement and the dedicated families involved with our gym make Cosmic All-Stars a truly unique place to enjoy the sport of all-star cheerleading.

Our gym strives to create competitive athletes that are not only great on the competition floor but also upstanding individuals in every-day life. We create leaders and build self-confidence in every single one of our athletes. We hope that when the time comes for our athletes to graduate and move to a new phase in life, they take with them the integrity, character, work ethic, and self-confidence they have gained by being a part of the Cosmic All-Stars "Family."

In this packet you will find all the information needed to become a competitive all-star cheerleader for Cosmic All-Stars. You will see sections on tryout dates, parent and athlete policies, financial obligations, and other very important information. Please read through every section very carefully, and if you have any questions, please feel free to contact us!

Sincerely,  
Amy Greene and  
Cosmic All-Star Staff



*"Our nation's children are our greatest asset and our most precious treasure."*

*~ Christopher Dodd*

“A good coach will make the athletes see what they can be rather than what they are.”

~ Ara Parashegian



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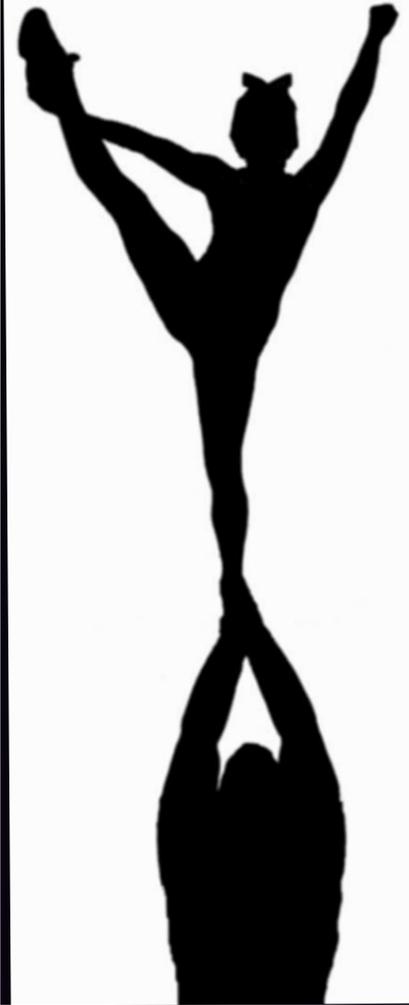
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**All returning member accounts must be current to tryout for the 2020-21 season.**

## Program Cost

Tuition covers all practices in the gym and is collected on the 1st of every month. Monthly tuition cannot be prorated for any reason and is non-refundable. The final monthly installment will be collected in April 2021. (additional cost's may occur with advance notice)

- \$70 - Fees per month (All-Star practice)
- \$20 - Tumbling class per month
- \$400 - Competition fee for the year
- \$100 - Uniform (boys & girls) (for new All-stars)
- \$50 - Shoes (for new All-Stars)
- \$25 - Make up (for new All-Stars)
- \$25 - Hair bow (for new All-Stars)
- \$1410 Total for the year (New members)—10 % discount if paid in full (\$1269)
- \$1210 Total for the year (Returning members) - 10% discount if paid in full (\$1089)



**“The Six W’s: Work will win  
when wishing won’t.”**

**~ Todd Blackledge**

# ACCEPTANCE OF TERMS AND CONDITIONS

Please read and initial beside each item. It is important you fully understand the time and financial commitment you are making.

\_\_\_\_\_ I understand that I am entering into the Cosmic All-Star Cheer program of my own free will, and I have thoroughly read and understand the Cosmic All-Star tryout packet.

\_\_\_\_\_ I understand that this is a one year financial commitment.

\_\_\_\_\_ I also understand that if I fail to honor my one year commitment, no refund for any reason will be given to me.

\_\_\_\_\_ I understand that my child has been placed on a team, but can be moved to any other team at any time for any reason at the coaching staff's discretion.

\_\_\_\_\_ In the event that my child quits or gets dismissed from a team, a \$250 cancellation fee will be processed immediately. I also understand any outstanding balances must be paid in full.

\_\_\_\_\_ I understand that I pay for a skill progression process of competitive cheerleading and not for special treatment or squad placement.

\_\_\_\_\_ I understand communication between cheer companies and Cosmic All-Stars will only be conducted by the Cosmic Athletic Center staff. I will not call cheer companies or approach the company's staff/judges at any time for any reason. I understand that I will receive any relevant information from Cosmic All-Star staff.

\_\_\_\_\_ I understand my child needs to arrive on time and not leave early for any scheduled practices, competitions, or mandatory events.

\_\_\_\_\_ I understand an excused absence is limited to mandatory school functions that result in a grade, death in the family or contagious illness. All Cosmic All-Star events including exhibitions and competitions are mandatory for all team members. Missing practice for any other reason other than the three listed previously will also result in an UNEXCUSED absence. Excessive unexcused or excused absences will result in the athlete being pulled from any upcoming performance or competition at the discretion of the coaching staff. If the problem persists, we may also elect to suspend the athlete to an alternate position or remove the athlete from the Cosmic All-Star Cheer program.

\_\_\_\_\_ I understand my child must wear the proper practice attire to every scheduled practice. If an article of clothing is lost, I understand I must purchase a replacement.

\_\_\_\_\_ I understand I will need to get permission from Cosmic All-Star staff before using the Cosmic All-Star or Cosmic Athletic Center logo, name, my child's uniform or any likeness associated with Cosmic All-Star Cheer or Cosmic Athletic Center for apparel, school plays, talent shows, or any other purpose.

I, \_\_\_\_\_ (guardian's printed name), understand, accept and agree to all of the terms and conditions within the Cosmic All-Stars Tryout Packet.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## RELEASE OF LIABILITY AND ASSUMPTION OF RISK

I, \_\_\_\_\_ hereby certify that I am the parent or legal guardian of \_\_\_\_\_ who is under the age of eighteen. As the parent or legal guardian in consideration for the membership granted herein, I hereby, agree to release and hold Cosmic Cheer and Tumble, LLC /Cosmic Athletic Center/ Cosmic All Stars, as well as its owners, instructors and employees (collectively referred to herein as "The Gym"), harmless from any liability, claim, injury, damage, loss or cause of action which may result from participation in any way related to cheerleading, dance, gymnastics instruction, soccer, basketball, volleyball, and the use of the facility and its equipment. I agree to identify and hold harmless The Gym from all Third-Party Claims against it relating to my child/athlete.

I understand there are inherent risks associated with the cheerleading, dance, gymnastics, and athletic programs in which I propose and certify that me to be involved, not including but not limited to sudden changes in blood pressure, irregularities of heartbeat, dizziness, fainting, strained muscles, sprains and broken bones. I have freely, knowingly and voluntarily undertaken these programs and certify that my child is in good physical condition and is able to utilize The Gym's equipment and facility. I have no knowledge of any condition, physical or mental, which would prevent or limit my athlete from participating in these programs. I agree that The Gym has no ability to independently investigate the health and physical condition of my athlete as it relates to his/her/their ability to tolerate the proposed programs. I understand that The Gym is relying upon my certification to them that I have obtained appropriate clearance for my athlete to engage in such programs from competent medical professionals.

If I ever have reason to believe that my child is not in good physical condition, I will notify the gym in writing with my specific concerns and the timeframe for which any limitations shall need to be in place for my child/athlete. I will be sure to keep the current emergency contact information on file with Cosmic at all times.

I further agree to hold harmless the owner and operator of the real estate where such training will occur from any obvious defects in the premises, including but not limited to The Gym, parking areas, common areas and walkways. I understand all terms of this Membership Contract and have had the opportunity to ask questions before signing.

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

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Witness Name & Phone Number

I, \_\_\_\_\_ (Student's Name) hereby agree to the provisions of the above release of Liability and Assumption of Risk.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

# PHOTO RELEASE

I hereby authorize Cosmic All Stars, hereafter referred to as "CAC" to publish photographs taken of my minor child or children listed below for use in CAC print, online and video-based marketing materials, as well as other CAC publications.

I hereby release and hold harmless CAC from any reasonable expectations of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize Cosmic Athletic Center to use their likenesses.

I further acknowledge that participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or CAC publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release Cosmic Athletic Center, its contractors, its employees and any third parties involved in the creation or publication of CAC publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Parent Name (Please Print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Relationship to Child/Children: \_\_\_\_\_

Names and Ages of Minor Children:

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

# TRYOUT FORM

ATHLETE NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Check ALL tumbling skills you can do on the spring floor WITHOUT a spot.**

STANDING	STANDING SERIES	RUNNING
___ Back Bend Kick Over	___ Multiple Front/Back WO	___ Cartwheel
___ Back Walkover	___ Multiple BHS	___ Round Off
___ Front Walkover	___ Multiple BHS to tuck	___ Back Handspring
___ Back Handspring	___ Multiple BHS to layout	___ Back Tuck
___ Standing Back Tuck	___ Multiple BHS to full	___ Layout
___ Jump Back Tuck		___ Full
___ Standing Full		___ Double Full
List any specialty tumbling:		

**Check your most advanced STUNTING level (base or flyer).**

___ Level 1 - No experience or one leg stunts below shoulder level, preps
___ Level 2 - 1 leg stunts at prep, 2 leg extensions, half ups, straight ride basket toss
___ Level 3 - Extended 1 leg stunts, 2 leg full downs, single trick basket toss
___ Level 4 - Extended 1 leg stunts, 2 leg double full downs, 2 trick basket toss
___ Level 5 - 1 leg double full downs, elite transitions, 3 trick basket toss

1. List any conflicting dates or vacations (this may affect your placement): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. Would you be interested in double teaming? YES NO

3. Are you willing to cheer for any Cosmic team regardless of level? YES NO

If NO, please circle the level(s) you are only interested in and why (on back)?

LEVEL 1    LEVEL 2    LEVEL 3    LEVEL 4    LEVEL 5

\* NOTE: Listing one specific level will NOT increase your chances of making that particular level. It may eliminate you from being considered for other options. Please be honest and sincere with your answers. Use the back of this form for any additional comments.

## TRYOUT PROCEDURE

Visit our website at [www.thecosmiccenter.com](http://www.thecosmiccenter.com) and click on the “Register Now” button to create an account.

Fill out registration forms and turn in with a \$25 per athlete tryout fee in the form of cash or check before or at tryouts. Tryout fee is non refundable. Athletes will not be allowed to tryout without ALL completed forms and tryout fee.

New gym members will incur a registration fee of \$25. Current gym members’ registration fee will be \$20..

Please attend tryout time according to the athlete's ability level (see section below).

Teams will be announced on July ,and you will be notified by email.

## TRYOUT ATTIRE

**GIRLS:** Black Sports Bra - Black Athletic shorts - shorts at a tactful length - Athletic shoes - Hair in ponytail and pulled back from face -

**BOYS:** Solid Black athletic top with appropriate fit - Solid Black athletic shorts - Athletic shoes

## ABILITY LEVELS

Please attend the tryout level based on the tumbling information below. The athlete trying out does not need every skill listed, but must be able to do at least one listed skill without a spot. Jumps, motion technique, performance and stunting abilities will also be assessed at the athlete’s tumbling level tryout.

Level 1	Standing	Back bend kick over, back walkover, front walkover, jump-back walkover
	Running	Cartwheel, round off, specialty pass with multiple level 1 skills
Level 2	Standing	Single back handspring, BWO BHS, cartwheel BHS, jump-stop BHS
	Running	Round off BHS, BHS series, FWO BHS, specialty passes
Level 3	Standing	BHS series, jump-BHS, BHS step out to BHS tuck
	Running	Round off BHS tuck, round off tuck, punch front, specialty to tuck
Level 4	Standing	Standing tuck, BHS tuck, BHS to layout, jump BHS tuck
	Running	Round off BHS layout, whips, punch front, specialty pass to layout
Levels 5 & 6	Standing	Standing full, series to full or double, jump tuck
	Running	Round off BHS full or double, specialty pass to full or double

## FINANCIAL OBLIGATIONS

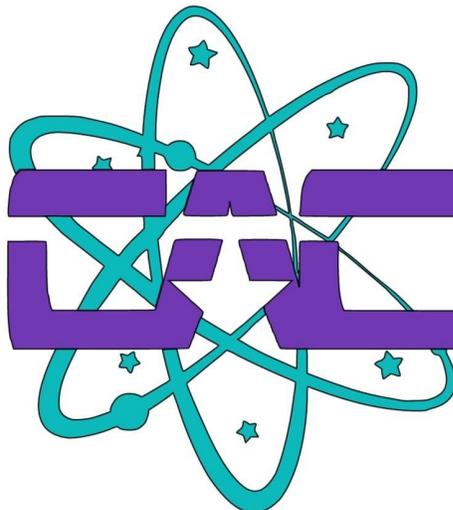
All-star competitive cheerleading requires a financial commitment, and it is very important you read and understand all obligations. We at Cosmic All-Stars want to do our best to make this as affordable as possible. Tuition options are outlined below.

### TUITION POLICIES

- Payments are due the 1st of the month. If payment is not received by the 10th, a late charge of \$20 will be added to your account.
- All members must provide correct and complete credit or debit card information. This information is used either as a primary source of payment or as a backup if you choose to pay by cash or check.
- All tuition and fees must be current before an athlete may compete, practice, or collect any clothing, uniform or other items.
- Cosmic All-Stars reserves the right to adjust any price stated in this packet due to any unforeseen price increases. We will notify you if this occurs.
- NO refunds will be given for ANY reason.
- In the instance that an athlete quits or gets dismissed from a team, a \$250 cancellation fee will be processed immediately.

### FAMILY DISCOUNTS & ADDITIONAL CLASS PRICING

- Tuition for additional athletes in the same immediate family participating in any program is 1/2 off tuition (\$35.00 for all stars).
- Athletes participating on a 2nd cheer team (double teaming) are responsible for 2nd team competition entry fees.
- In addition to team practices, you are **required** to attend a designated All-Star tumbling practice. The monthly tuition for this class is \$20 a month per All Star athlete.



## PRACTICE

All practices are mandatory. Once teams are formed, you will receive the practice schedule. Practices may be changed and/or added throughout the season at any time. If practice is altered, you will be notified of any changes. Please understand we are building championship teams. If any team member disrespects their teammates, coaches, or facility by continuous tardiness, lack of desire, or commitment, the Cosmic staff reserves the right to implement disciplinary actions.

## PRACTICE ATTIRE

Every all star will be required to wear the assigned practice outfit to every practice. Athletes will also need to wear cheer shoes and have their hair pulled back at all times for safety. Girls—Black sports bra and black athletic shorts. Boys—Black athletic shirt, black athletic shorts.

## VIEWING ROOM

A viewing room is provided to watch your child's practice. Although viewing is allowed, the viewing room is not a place for gossip, doubting the coaches' abilities, or coaching your athlete. These examples create a negative atmosphere and is not acceptable. If you have a concern about YOUR child, please notify one of the coaches. Please remember the all stars are not the only individuals in the gym during practice times. There are prospective all stars and recreational class parents in the viewing room as well. We would like the atmosphere in the viewing room to be positive for everyone. Remember you as a parent reflect Cosmic at all times, and we want to make this experience fun and positive for all athletes and parents. Remember, parents are NOT allowed in the gym for any reason unless participating in a preschool Astro Kids Tiny Rockets (parent participated) class.

## ATTENDANCE/ABSENCE POLICY

We understand there are circumstances that may be unavoidable, but keep in mind this is a TEAM sport that is unlike any other because there are no back-ups or a "second string." Attendance at practice is essential to the success of the squads. Every team member has a specified function, and one absence could disrupt the effectiveness of practice. Below are a few guidelines regarding Cosmic's attendance and absence policy.

1. All practices, events, exhibitions, competitions, and any functions of Cosmic are mandatory.
2. Competitions are held on Saturdays, Sundays, and sometimes Fridays and Mondays. Our competition season begins in November and ends in April. Any athlete with a regularly scheduled Saturday or Sunday activity that can not be missed should reconsider participating in our program.
3. The following are excused absences from Cosmic activities:
  - **Family emergency or death in the family**
  - **School function that results in a grade.**
  - **Illness is only excused with a note from the athlete's doctor. If your child has a non-contagious illness, he/she is still required to be at practice.**

4. The following are examples of unexcused absences: - Birthday parties, weddings, anniversaries, family celebrations, etc. - Activities including but not limited to: soccer, tee ball, softball, piano, band, dance, etc. If a conflict with outside sports or activities arises, the athlete must choose before the season begins.

5. In the case that your athlete will be absent from any Cosmic practice or event, an absence request form must be turned in to the front counter with proper documentation (i.e. doctor's or teacher's notes) stating the reason for the absence.

6. In the case of an emergency absence, please contact the front counter.

7. Excessive unexcused or excused absences will result in the athlete being pulled from any upcoming performance or competition at the discretion of the coaching staff. If the problem persists, we may also elect to suspend the athlete to an alternate position or remove the athlete from the Cosmic Cheer program.

## SUMMER

The summer months of July-August will be used as a time for the all-stars to improve their skills and learn choreography. We know families use the summer as a time for relaxing and enjoying other activities such as vacations, camps, but practice is still mandatory if you are in town. If you know you will be missing practice due to a vacation, please fill out an absence request form and notify the coaching staff through one of the lines of communication. There will be a mandatory choreography camp during the summer, and everyone will be required to be in attendance. There are absolutely NO ABSENCES at choreography camp. Tentative dates are listed in the Important Dates section.

## INJURY

Unfortunately, injuries can occur in this sport. In the event that an injury happens, the athlete is still expected to attend practice and every other commitment to the program (including competitions). All injuries must be documented with a doctor's note. The athlete will be expected to participate unless a doctor's note is provided or if the coach feels it is necessary for the athlete to sit out. The athlete will not be able to return to the squad until he/she has healed 100% and can perform the necessary skills in the routine. If an injury occurs, there is a possibility the athlete's spot in the routine could be changed.

***“Some succeed because they are destined to, but most succeed because they are determined to.” ~ Henry Van Dyke***

# IMPORTANT DATES

## EVENTS & GYM CLOSINGS

July 4th - Independence Day (gym closed)

July 6th— New Website Launch and Summer Blastoff Registration OPENS!

July 11th— Open Gym Summer Blast-off Launch Party

July 13th- Aug. 1st - Conditioning, Preparation, and Tryouts

August 3rd— Team Reveal Party

August 3rd-8th - Fall practice schedule begins, absence policy in effect,

September 7th - Labor Day (gym closed)

September 14th-19th (week of Choreography –subject to change)

November 25th-27th - Thanksgiving (gym closed)

December 21st-January 3rd - Christmas & New Year's break (gym closed)

January 4th - Spring practice resumes

(TBD) - Spring Break (gym closed)

## TENTATIVE COMPETITION SCHEDULE

Our competition dates will be on selected weekends during the months of November, 2020-April 2021. We will have a finalized schedule as soon as it is released.

## PARENT INVOLVEMENT

We want every parent to feel comfortable and informed about his/her child, therefore; we make every effort to keep the lines of communication open. It is the parents' responsibility to know what is going on with the program at all times. BAND is our primary source of communication so please make sure to check it daily. Several methods we use to communicate important information are:

- BAND
- text
- notes/handouts
- website
- team meeting (C.A.C. meeting)

Please follow these procedures for communication unless there is an emergency that requires immediate attention. Interruptions during practice are unacceptable and can distract the athletes from concentrating on the task at hand. No parents, family members, or friends are allowed on the cheer floor for any reason unless enrolled in a class. If your child is hurt, we will notify you if needed.

The gym is a place for coaches and students only. It is a liability if a parent goes out into the gym because of the risk of someone (including the parent) getting injured. Throughout the year, there will be times when we allow the parents to come in and watch the routines.

Parents are not allowed to spot anyone including their own children on Cosmic property. It is also unsafe to do so at home. There is also absolutely no unsupervised tumbling allowed in the gym without a coach present.

**Perfection before progression** is the key to great technical skills. We will not allow students to learn advanced skills without perfecting the basics, and both students and parents need to be patient and remember that you are paying for the process of achieving goals.

Competition season is one of the most fun times during the year! Every competition we attend is hosted and run by several different companies. These companies have information on their websites about their competitions, and will have staff present at each of their events. Please refrain from calling the companies or approaching competition staff and officials. The Cosmic staff will have all information needed, and we will share it as soon as possible.

As a parent you will not agree with every decision we make. The staff and owners make decisions for the interest of the entire team and program. All rules and regulations will be strictly enforced. You must be willing to trust in the program and the staff. We hope our philosophies and past accomplishments will give you confidence while being a part of the Cosmic Cheer Family.

## GENERAL GYM RULES

1. Only cheerleaders and coaches are allowed in the practice areas. All parents and siblings must remain in the viewing room.
2. No food or gum is allowed in the gym area during practice. Only water or Gatorade is allowed.
3. No cell phones will be allowed in the gym area but must remain in cubbies.
4. No playing on the equipment before or after practice.
5. Fingernails should be kept short for safety reasons.
6. Team members are expected to arrive on time for practice and in the proper attire with hair pulled back away from the face.
7. For the safety of the athlete and the other squad members, all jewelry must be taken off prior to the beginning of practice. This includes all body jewelry.
8. All athletes are expected to behave in a respectful manner and uphold Cosmic's rules and policies at all times. Unsatisfactory acts during practice may result in his/her removal from practice and/or the program.
9. There is absolutely no unsupervised spotting in the gym or at an event we are taking part in. This includes cheerleaders spotting each other and parents spotting their children.

## COMPETITION RULES

1. No fingernail polish is allowed at competitions.
2. No gum, food, or drinks in the warm-up area or on the competition floor.
3. Hair must be worn exactly as instructed.
4. Make-up should be worn and applied exactly as instructed. Only make-up given by Cosmic can be worn.
5. All cheerleaders must be in full uniform at awards. No pants, jackets, or flip-flops are allowed. Every cheerleader should look exactly the way he/she performed.
6. All athletes and parents should be respectful to the competition staff and other athletes, coaches, and parents from other gyms.
7. Itineraries will be given out prior to the competition. Everyone is expected to adhere to the competition itinerary given by Cosmic. Please pay close attention to the arrival times, and either arrive with enough time to get ready or arrive with everything already done. If scheduling permits, each team will be assigned other Cosmic teams to cheer for at competitions. We would love to have everyone there all day, but at the very least you are required to watch your assigned teams. A bigger cheering section helps the teams perform better!

**All of the athletes and parents are a direct reflection of Cosmic and should conduct themselves appropriately at all times. Disrespectful or abusive behavior, dishonesty, or any form of negative behavior are grounds for immediate removal from the Cosmic program. Let's have a great season!**

***THE COMEBACK IS STRONGER THAN THE SETBACK!***

***COSMIC—OUT OF THIS WORLD!***

