



2019-2020



Fast & Fierce Elite, LLC

Season 4

Full/Half-Year Teams & Hip-Hop

Information Packet

Fast & Fierce Elite - is an established program started by Coach/Choreographer, Jessica Rapp.

Our conveniently located facility is in the heart of beloved Victor, NY. The facility houses all the equipment and floor space needed to help each individual athlete reach his/her potential. We have a full spring floor and tumble trak at our gym. Your children will be coached by certified tumbling and cheerleading instructors. We provide a safe and fun atmosphere for all types of athletes.

Fast and Fierce is excited to offer Full and Half Year Competition Teams for Cheer and Hip-Hop for the 2019-2020 season. The full year teams will have regional teams will travel within the North East of the United States with a final competition in Florida. WE will also be offering a SUMMIT bound full year team this season! The Half year teams will be competing locally as well as traveling to compete in the northeastern region. We know that competition costs can get quite expensive, we have set up a booster club to do ongoing fundraisers throughout the season to help offset costs.

If you would like to visit our gym or questions about pricing or the program, please contact Justin Rapp 585-472-5058 or email fastandfiercelite@yahoo.com

Please visit our web page at FFECheer.com

Like us on Facebook at <https://www.facebook.com/ffecheervictor>

****You will not find pricing in this packet – PLEASE CALL FOR SEASON PRICING****

Registration Dates:

Full year teams

Early Registration: Starts online March 10th - April 30th 2018

In person Registration/Open House: Saturday May 5th from 12:00pm - 4:00pm – Everyone must come to this to fill out paperwork even if you registered online.

Assessments/Team Placements: May 19th 2-4PM

Half year teams

Early Registration online August 1st

In Person Registrations will be October 7th from 3:00 pm – 5:00 pm

Financial Commitment

All monthly fees will be charged in accordance with the guidelines below

- **Fundraising will be applied when the funds are available and go directly to the account to reduce overall balance.**
- **The parent/guardian of any athlete that is leaving the program must send a written e-mail to fastandfierceelite@yahoo.com that they will no longer be a part Fast and Fierce Elite. At that time, an additional 6 months of gym fees will be charged to the card account on file.**
- **Any athlete that quits on or after August 1st will be charged an additional \$500 fee to cover the costs of finding a replacement athlete.**
- **No refunds of any kind will be given for athletes that quit the program, however, all fees incurred/invoiced up to and including the aforementioned date will be due and charged to the card on file immediately.**
- **We accept payments of cash, check or charge, all charge payments will be charged a 4% transaction fee if not processed through the parent portal**
- **Fundraising – we have a booster club and there will be several chances throughout the season to fundraise to help pay your cost for cheer**

Fee Schedule

Tuition is due the first of every month. The monthly fees include tuition for the month and tumbling class one time a week. It also includes a flyer flex class if your daughter is a flyer (mandatory practice).

Practices Full Year Teams (Cheer & Hip-Hop)

Months: June – May

Summer

One day per week practice

One day per week tumbling

Fall/Winter

Two days per week practice

One day per week tumbling

Practices Half Year Teams

Half Year - November through May.

Crossovers

If your child would like to be considered as a crossover, please indicate on the registration sheet. Crossover tuition fees are \$25 per month per additional team. They will have to pay competition fees and those will be TBD based on what competitions we attend (some are discounted for crossovers some are not).

Competition Schedule

-All competitions are mandatory. We have a prelim schedule attached to our paperwork, but these are tentative dates. We will give a final schedule to our parents the beginning of August. Other athletics or competitive teams are not excuses to miss a competition. If you know of a conflict you will need to tell us as soon as you receive our final schedules.

As a friendly reminder schedule your vacations on breaks and not during competition season.

Full Year Teams- TBD

Half Year Teams- TBD

****FULL Year teams and Half year teams FINALS IS NOT OPTIONAL ****

The legal stuff

RULES AND REGULATIONS

I hereby understand that each time is non- negotiable and that FFE stands for Fast & Fierce Elite and SAV stands for Sports Academy of Victor.

GENERAL

1. Only registered athletes are allowed in the practice area during their team practice time. (Unless a tiny team member needs parental support and only coaches will give permission)
2. Siblings, family members, friends, etc. are not allowed in the practice area.
3. All spectators must remain in the designated parent room and keep the noise level down at all times.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, drinks, or gum are permitted in the practice area.
6. All trash must be disposed in the appropriate trash receptacles, especially at the end of practices.
7. Cell phones must be put on silent mode or left outside of the practice area.
8. Fast and Fierce Elite and SAV are not responsible for any personal items lost or stolen.
9. All athletes and parents must like the Fast and Fierce Elite Facebook page and **check emails daily for any and all updates.**
10. All completed forms or information needed by FFE must be downloaded and turned in to the FFE office as requested.
11. The Fast and Fierce name and logos are trademarked. Any privately created or monogrammed items bearing the Fast & Fierce name cannot be worn or sold without approval.
12. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of FFE and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site such as YOUTUBE or Facebook!

TEAMS

Fast and Fierce Elite retains the right to:

1. Place its athletes on the team(s) it feels will best suit the athletes and the program.
2. Decide if an athlete may participate on more than one team.
3. Decide the roles and/or positions an athlete will have/play on their team(s). (E.g. base, flyer, back spot, tumbler, dancer, alternate, etc.).
4. Request that an athlete/team take additional classes or camps to improve their skills.

5. Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

6. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc.

ATTENDANCE

All athletes must:

1. Make Fast and Fierce Elite priority over any other extracurricular activities.
2. Attend and be prepared to participate in all Fast and Fierce Elite activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.
3. **Notify FFE immediately when an injury occurs so changes to routine choreography can be made prior to practice.**
4. Arrive 5 minutes early to all FFE activities.
5. **Schedule all vacations so as not to interfere with any FFE Competitions or showcases.**
6. Notify FFE in writing immediately of all expected tardiness or absences.
7. Notify FFE by phone immediately of any unexpected tardiness or absences.

DRESS CODE

When training, competing, or representing FFE, all athletes must:

1. Maintain a well-groomed appearance and good personal hygiene
2. Wear their designated attire, socks, and sneakers.
3. Keep hair out of the face (if possible in a high ponytail) and wear a bow at all times unless otherwise instructed.
4. Keep nails shorter than fingertips.
5. Remove all jewelry (except approved medical ID tags)
6. Cover tattoos and may not wear inappropriately dyed or cut hairstyles
7. Wear closed toe shoes (sandals, flip flops, and other open toed shoes are not allowed).
8. Immediately repurchase all lost or noticeably damaged articles and wear a matching substitute until the item is replaced.

SPORTSMANSHIP/CONDUCT

All athletes AND parents must always:

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. **Schedule an appointment to speak with Jess to discuss any issues that may arise. (not allowed to have meetings with staff unless owner is present)**
4. **Refrain from gossiping (including social media) or any form of verbal or physical confrontation**
5. Refrain from celebrating the misfortune or defeat of another person, team, or program.

6. Accept team placements and awards with dignity and class.

HEALTH / INJURIES

All athletes must:

1. Provide Fast and Fierce Elite with current health insurance and emergency contact information.

2. Inform Fast & Fierce Elite of all medical conditions that may limit or prevent their ability to participate in any Fast and Fierce Elite activities. This includes learning disabilities or any medications that may impact your child during practices.

3. Notify Fast and Fierce Elite of any injuries sustained as a result of their participation in any sanctioned Fast and Fierce Elite activities.

4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any Fast and Fierce Elite activities.

5. Provide Fast and Fierce Elite with a list of any medications that they are currently taking.

6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.

TRAVEL/COMPETITIONS

All athletes and their families must:

1. Read all emails concerning competition dates, venues, and itineraries. (Information will be released as soon as we have it available.)

2. Have all travel arrangements booked by the travel block black-out dates.

3. Arrive to competition by the designated time and will check in with the team mom/coaches/staff/gym owners accordingly

4. Not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by Fast and Fierce Elite.

FINANCIAL OBLIGATIONS

All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of Fast and Fierce Elite including but not limited to: gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s), or services purchased or rendered and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team

2. Monthly payments will be made by the 1st of every month (bounced/returned checks will add on a service charge of \$30).

3. Monthly payment for normal tuition rate is due from June through May of the participating season

4. Tuition does not fluctuate based on the number or duration of practices in any month.

5. Tuition pays for training. It does not pay for the right to perform.

6. Vacations or time off will not be prorated. Please make note that all Fast and Fierce Elite vacations have already been prorated into the monthly fee.
7. All payment due dates must be met.
8. A \$20.00 late fee will be assessed if a payment is past due.
9. An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
10. Fast and Fierce Elite reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
- 11. Any monies received from an athlete/parent will be applied first to any overdue tuition/fees prior to paying for additional fees (ie apparel, US Finals, extra lessons)**
12. All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.
13. If an athlete chooses to leave or is asked to leave Fast and Fierce Elite for any reason before the season is over, any and all funds are completely nonrefundable.
14. Fast and Fierce Elite reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred

Fast & Fierce Elite, LLC

Rules and Regulation Contract

I have read the Fast & Fierce Elite rules and regulations contract in its entirety and understand and agree to its contents. I understand the responsibility my child is undertaking by becoming a Fast & Fierce Elite member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes the team and the entire Fast & Fierce Elite program. Furthermore, I understand that being a Fast & Fierce Elite member is a commitment on the part of the parent as well. I realize that when representing Fast & Fierce Elite I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, that is considered negative, or acts in a manner that jeopardizes the name and reputation of the Fast & Fierce Elite program, will be subject to removal with no refund. In addition, I agree to give Fast & Fierce Elite full permission to seek medical attention and/or take any action deemed necessary.

Athlete Print	Athlete signature	Date
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Parent Print	Parent signature	Date
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Fast & Fierce Elite

Tryout and Evaluation Form



Athlete Name _____

DOB _____

Age (as of 8/31/2019) _____

Preferred Level to be placed on _____

Any Days/Times during the week that are not convenient for your family?

*We will try our best to work around schedules but may not be able to fit everybody's scheduling needs.

Tumbling Skills (check all that apply)

Level 1- cartwheel _____ forward roll _____ backward roll _____

Round off _____ front walkover _____ back walkover _____

Level 2- standing back handspring _____ t-jump BHS _____

Back walkover BHS _____ roundoff BHS _____

Front walkover through BHS _____

Back handspring step out through to round off BHS _____

Level 3- series standing back handsprings _____

quad jump to back handspring _____

round off handspring tuck _____

Punch Front/Front Tuck _____

Punch Front/Front tuck through to handspring tuck _____

Specialty passes _____

Stunting Skills

_____ Heel Stretch on Right Leg _____ Heel Stretch on Left Leg

_____ Scale _____ Bow and Arrow right leg _____ Bow and

Arrow Left Leg _____ Scorpion _____ Arabesque

Stunting Position

_____ Flyer _____ Base _____ Backspot

What do you prefer? _____

*Not everyone can be a flyer! We will place you where we feel is best for the team. If you ever wish to work on flying you may sign up for private lessons.

****Coaches ONLY **Coaches Notes**

Tryout information

Registration

Full year teams

Early Registration: Starts online March 18th – April 30th, 2019 online

In person registration/Open House: Saturday May 5th, 2019 from 12:00pm - 4:00pm – Everyone must attend to fill out paperwork – Birth certificates are due at this time.

Half year teams

Early Registration online August 1st through September 1st, 2019

In Person Registrations will be October 6th from 3:00 pm – 5:00 pm – Everyone must attend to fill out paperwork – Birth certificates are due at this time.

Evaluations:

Full year teams – Sunday May 19th 2:00 - 4:00pm

Half year teams – Sunday October 13th at 2:00pm

It is an open tryout! You will first stretch, practice jumps, warm up tumble and then a coach will call you over to view your skills. You will be evaluated on your jumps, tumbling, basic motions, flexibility, and stunt technique.

Once you have been with a coach and they say you're done then you are free to go.

BRING:

1. Forms signed
(liability release form, tryout form filled out, registration fee)
2. Copy of birth certificate - If you did not bring it to registration

WHAT TO EXPECT:

You will sign up at the registration table upon arrival. You will have a chance to talk to Jessica about the program!

WEAR:

T-shirt, shorts, and sneakers (change into sneakers at the gym)
Hair in a ponytail
No jewelry

PLACEMENT:

Team placements will be e-mailed to you by the end of May
The division of the team(s) will depend on our turnout



Fast & Fierce Elite, LLC

6385 State Route 96 Victor, NY

585-472-5050

2019-2020 Registration Form

Athlete's Name _____

DOB _____ Age (as of 8/31/2019) _____

Grade for 2019-2020 _____ School _____

Medical Insurance _____ Policy # _____

Any current medications, intolerance to medication, allergies, previous illness or injury or learning disability the staff should know about?

Parent/Guardian Information

Name(S) _____

Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Email Address _____

Athlete Information

Name _____ Cell Phone _____

Email address _____

Emergency Contact Information

Emergency Contact _____ Phone _____

Experience (cheer/dance/gymnastics)

Would you be interested in being considered a crossover (being on more than one squad?) _____

T-Shirt and Shorts Size (specify Adult or Youth size) _____



I fully understand that Fast & Fierce Elite/SAV Staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release Fast & Fierce Elite/SAV staff to render temporary first aid to my child or children in the event of an injury or illness, and if deemed necessary by the Fast & Fierce Elite/ SAV staff to call our doctor and to seek medical help, including transportation by a Fast & Fierce Elite/SAV staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should Fast & Fierce Elite/SAV Staff members deem necessary.

We, the staff members of Fast & Fierce Elite recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of cheerleading. Students may suffer injuries, possible minor or serious catastrophic (paralysis or death) in nature. Cheerleading can be dangerous and lead to injury!

Parents should make their children aware of the possibility of an injury and encourage their children to follow all safety rules and the coaches' instructions.

Fast & Fierce Elite, its coaches and other staff members, will not accept any responsibility for injuries sustained by any student during the course of tumbling, cheerleading instruction, or open workouts, or in the course of an exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child/children participate in the program offered and further agree to waive all rights and claims for damages, that I or my child may have against Fast & Fierce Elite, SAV or its representatives whether paid or volunteer.

I also affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage, which I consider adequate for both my child's protection and my own. I also understand that it is the parents' responsibility to warn the child according to what the parent feels appropriate. Fast and Fierce Elite/ SAV will only warn the child through "safety messages", and our teaching style and progressions.

I also give the right for Fast and Fierce Elite to use any video, pictures, and audio of my child or children on their website, social and social media accounts.

Signature of Parent

Date:

Parent Name (print) _____

Date: