

Welcome to the 2026–2027 Season of Voltage Athletics

From my heart to yours—thank you for being here.

Dear Voltage Families,

Welcome to our second official season of Voltage Athletics. Writing this still feels a little unreal. What started as a dream, late nights, and a whole lot of faith has grown into something bigger than I ever imagined and it's because of families like yours.

Voltage Athletics was created from a deep belief that every athlete deserves a place to feel confident, supported, and proud of who they are becoming. This isn't just a cheer program to me. It's a community. A safe space. A place where athletes are encouraged to try, fail, grow, and celebrate their wins—big and small. Watching this program come to life has been one of the most meaningful experiences of my life.

As we head into this new season, my heart is focused on growth - growth in skills, confidence, resilience, and character. Every practice is an opportunity for your athlete to learn something new, to believe in themselves a little more, and to feel the power of being part of a team that truly cares. Whether this is your athlete's first season or another step in their cheer journey, they matter here.

I know trusting someone with your child is not something you take lightly. Please know that your athletes are cared for, supported, and coached with intention. Communication, respect, and partnership with our families are incredibly important to me, and I'm so thankful for the trust you place in Voltage Athletics. This registration packet is here to help you feel confident and prepared as we move forward together.

Thank you for believing in this program. Thank you for showing up, supporting your athletes, and being part of something special. Together, we are not just building teams; we are building confidence, memories, and a legacy that will last far beyond the season.

I cannot wait to see what this year brings.

Let's bring the energy. Let's grow together. Let's continue building the legacy.

Charging into our second season together,

Tiffany Martinez

Founder & Director
Voltage Athletics LLC





Voltage Athletics

Competitive Cheer Season

Welcome to the 2026–2027 Voltage Athletics Competitive Cheer Season!

We are so excited to welcome you to our second season of Voltage Athletics. What started as a vision has quickly grown into a strong, supportive, and purpose-driven program—and this season is all about continued growth for every athlete.

Every cheerleader who registers will be placed on a team. We believe that every athlete, regardless of experience level, deserves the opportunity to learn, improve, and be part of something powerful. During assessments athletes will be evaluated based on effort, attitude, coachability, and skill development. Final team placements will be completed after assessments. While athletes are typically placed by age group, some may be placed in a higher division based on readiness and overall skill level.

Our teams are the foundation of Voltage Athletics. Teams focus on building strong fundamentals, confidence, teamwork, and a love for the sport. Athletes on Voltage teams will receive structured training in cheer skills, stunting, jumps, tumbling, and performance, with an emphasis on growth throughout the season. We are committed to creating a positive, challenging, and encouraging environment where athletes can progress at their own pace while still being pushed to reach their potential.

As our program continues to grow, elite teams provide an additional opportunity for athletes who are ready for increased training intensity and advanced skill development. While we have added a couple of competitions for Elite team, we still try to keep costs affordable. Elite athletes will be challenged with higher-level routines, stunting, and choreography to prepare them for future competitive pathways as Voltage Athletics evolves.

No matter the team, this season requires commitment—consistent attendance, positive attitudes, and giving 110% effort, even on tough days. When athletes, coaches, and families work together, growth happens both on and off the mat.

We are incredibly proud of how far Voltage Athletics has come and grateful for the athletes, coaches, and families who continue to help build this program.

Let's bring the energy. Let's raise the standard. Let's keep building the legacy.

Welcome to Voltage Athletics — where power meets purpose.

Mandatory Zoom Parent Meeting – July 31, 2026

A mandatory zoom parent meeting will be held on Friday, July 31, 2026. One parent or guardian per athlete must attend the meeting. We will cover the season's information as well as any questions that you have will be answered.

All required forms must be turned in prior to athletes participating in practice. No athlete will be allowed to practice or participate until all forms are completed and submitted.

Required Forms Include:

- Registration & emergency contact forms
- Waivers and policy agreements
- A valid sports physical clearance

Sports Physical Requirements:

- Must be performed **on or after May 10th, 2026**
- Must state that the athlete is cleared to participate in cheer/sports activities
- Physicals are valid for 12 months
- Our season ends in April or Mid May for Elite, so earlier physicals cannot be accepted
- We prefer our official physical form, but forms from your doctor's office will also be accepted

This requirement is in place to ensure the safety of all athletes and to comply with insurance guidelines.

COMMUNICATION

Our main communication for the season will be done through the Band app. Once I have received your online registration form and payment, you will receive a welcome email and the link to add yourself to the main Voltage group chat on the Band app. After assessments are completed and teams are officially formed, you will then be moved to your athlete's team group chat.

Fees and due dates

ALL-STAR SEASON COST:

Registration: \$425 (\$200 deposit)
Uniform Package: \$340 (\$400 Elite)
Competition Fee: \$260 (\$497 Elite)
Monthly Tuition: \$120/month

PAYMENT Due Dates:

Registration deposit due at Registration
Remainder of Registration due July 17, 2026
Uniform Payment Due on or before Sept. 18, 2026
Competition Fee is due on or before Nov. 2, 2026
Monthly Tuition is Due on the 1st of every month

UNIFORMS:

Our 2026–2027 Voltage Athletics uniform package includes everything your athlete needs to represent the team with pride and confidence:

- Full uniform (top and skirt with built-in shorts)
- Cheer bow (brand new 2026-2027 design)
- Personalized baseball jersey with athlete's name
- Warm-up jacket
- Rhinestone black socks
- Competition makeup (eyeshadow and lipstick)

If you are a returning family, you can use the uniform pieces from last season that still fit your athlete. Uniform package prices will be adjusted to what you need for the season. Elite teams will have a completely new uniform except warm up jackets and backpacks will be the same. So, returners can save money on Elite teams' uniform as well.

Parent Responsibilities:

To complete the uniform, parents will need to purchase:

- All-black cheer shoes. **Cheer shoes will be required for practice.**
- Mascara (all teams)
- Eyeliner (older teams only)

Once teams are finalized, we will provide detailed guidance on makeup requirements specific to each team.

PRACTICES

All practices are closed to parents, except for parents of our youngest cheerleaders. Please do not drop off your cheerleader unless a coach is present.

Practices are held at our gym, which is located on private home property.

Address: 28318 Jenny Lane, Menifee, CA 92584.

A map and detailed drop-off instructions will be provided in the welcome email. Please do not block driveways during drop-off, pick-up, or parking. We ask that all families respect the homeowners and neighboring properties.

Strike: Monday & Wednesday 5:00pm – 7:00pm

Ignite: Tuesday and Thursday 5:00pm – 7:00pm

Shockwave: Monday & Wednesday 6:45pm – 8:45pm

Storm: Tuesday & Thursday 6:45pm – 8:45pm

NO PRACTICE DATES:

September 7th – will be an open gym that day

November 25th – 27th – Thanksgiving Break

December 21st to January 4th – Winter Break

March 29th to April 2nd - Spring Break

FIRST DAY OF PRACTICE:

August 3rd or 4th

Elite teams will start conditioning on July 20th

LAST DAY OF PRACTICE:

Will be in April after our last competition.

Typically, in mid-April

Elite will end in May after their Vegas Competition

Upcoming dates Important Date or Events:

Picture Day:

Date will be announced once we have our uniforms delivered.

Boo Gifts:

Boo gifts are something I have been doing for year with my previous team. I will kick off the boo gifts by booing all the girls with a little gift in October. After the girls will be able to boo their teammates and coaches throughout the month of October. More information as we get closer to October.

Christmas Gift Exchange (Secret Santa):

We will do this on the last day before the Christmas/Winter break. This will also be a Christmas themed practice, so dress in Christmas theme.

Competition Swag Bag Exchange:

Before our first competition each athlete will receive a swag bag to be filled by their teammates. Examples: snacks, lip gloss, lotion, mini hairspray, make-up bags, mirror, etc.

COMPETITIONS

All competitions are covered for each athlete; there is a spectator fee for parents/viewers.

Strike:

Jan 30, 2027 - Corona

Feb 28, 2027 - Corona

March 13, 2027 - Orange County

April 11, 2027 - Knotts

Elite Teams:

Jan 16, 2027 – Socal Knockout San Diego

Jan 30, 2027 – Corona (Sharp)

Feb 28, 2027 – Corona (Sharp)

March 13, 2027 – Orange County (Sharp)

March 20, 2027 – March Madness Showdown San Diego

April 11, 2027 – Knotts (Sharp)

May 7-9, 2027 – The Pinnacle Las Vegas

SHARP competition information:

Competitions are typically 5 – 6 hours depending on our arrival time and awards time. Arrival time will be about 2 - 1.5 hours before competition time. During warm-ups parents are not allowed to be with girls. You are able to see your athlete after they compete until we need to come back as a team to get ready for special events and awards.

Special events are for athletes to compete in after the competition and before awards. The events are best jumps, best tumbling and best stunts. These events are \$2 per participant. Each athlete will be able to compete in one event if they would like to. If they would like to participate in more than one event, we must receive the money (\$2/event) the practice before competition or the morning of competition before the team gets checked in. As tickets need to be bought at the registration table to count towards the team's spirit points at competition.

Parents are expected to be loud and proud. Noise makers and signs are allowed. Parent Participation at competitions is super important. Please be aware that all parents are asked to participate in the spectator dance at competitions. This event adds spirit points to the girls score to help them at competition win more awards.

Competition Information via Sharp Website:

Spectator Info & Ticket Prices Doors will open approximately 1 hour prior to the competition start time. ALL seats are on a first-come, first-serve basis. Please remain seated while competitors are performing.

High School Hosted Events:

\$20.00 for Adult Spectators, \$8.00 for Child Spectators, & Children ages 6 & under are free.

Parking cost will range as the schools set these prices. Be prepared with at least \$20 in cash just in case. In the past it is usually \$5 to \$10, but they only accept cash.

Knotts Berry Farm Comp Pricing:

\$97 Per Spectator (Includes admission into the Competition & Theme Park)

\$35 Per Season Pass Spectator (Includes admission into the Competition Area only. MUST HAVE A SEASON PASS to enter the park with this option)

\$70 Per Child Spectator ages 9 & Under (Includes admission into the competition & Theme Park)

There is a fee that is charged when you buy your tickets its about \$8, just so that you are aware it is added to the cost of your ticket

Knotts parking fee is \$35

**All Spectators can pick up pre ordered purchased tickets and purchase additional tickets from SHARP registration booth located at the Western Ave entrance backside of the Theme Park on the day of the event.*

PHOTOGRAPHY & VIDEOTAPING PHOTOGRAPHY IS PERMITTED. FLASH PHOTOGRAPHY AND THE USE OF TRI-PODS ARE NOT PERMITTED. VIDEOTAPING IS PROHIBITED AT THEME PARK & NATIONAL EVENTS AND IS STRICTLY ENFORCED.

*****IF CAUGHT VIDEOTAPING ANOTHER TEAM, YOU WILL BE ASKED TO LEAVE THE EVENT*****

******ADDITIONALLY, YOUR TEAM'S PERFORMANCE WILL RESULT IN A DISQUALIFICATION******

Competition Waiver

The waivers for Athletes are a digital waiver that must be filled out online. We will email parents as well as send in the band app the link to fill out the waiver. This has to be completed for all cheerleaders for them to compete.

Coaching Staff

Coach Tiffany, *Director*

Coach Shannon, *Assistant Director and Lil Zapps Coach*

Coach Katie, *Tumbling*

Coach Kristen, *Cheer Program Director*

Coach Haven, *Cheer Coach*

Team Coaches will be announced once teams are formed

We are so incredibly excited for this season to watch these athletes grow even more in their skills. If you have any questions, please feel free to reach out to Coach Tiffany.

We bring the storm – We are Voltage!!





Competitive Cheer Participant Form

☐ new ☐ returner

Athlete Information:

Athlete's Legal Name: _____
Last First Middle

Athlete's Address: _____
Address City Zip

Athlete's Birthdate: _____ Age as of August 31, 2026: _____

Grade Level for 2026-2027 school year: _____ Current school attending: _____

PRACTICE WEAR: T-shirt size: _____ Short Size: _____

Parent/Guardian Information:

Mother/Guardian 1's Name: _____

Cell Phone: _____ Email: _____

Father/Guardian 2's Name: _____

Cell Phone: _____ Email: _____

What communications
would you like to be

- ☐ Email ☐ Text
☐ Call ☐ Group Chat
☐ Emergencies ONLY

- ☐ Email ☐ Text
☐ Call ☐ Group Chat
☐ Emergencies ONLY

Your Path to Voltage:

Does your athlete have cheer experience? ____ Yes ____ No If yes, how many years? ____ What age did your athlete start cheer? ____

List what types of cheer your athlete has done and with which programs: _____

Are there any other commitments (school sports, extracurricular activities, religious obligations, family schedules, etc.) that could conflict with practices or competitions? ____ Yes ____ No

If yes, please explain: _____

How did you hear about us? _____

VOLTAGE ATHLETICS OFFICIAL USE ONLY

Deposit ☐ Full Registration ☐ Uniform ☐ Competition ☐ Monthly Tuition Setup Date: _____

Uniform and Jersey size: Shirt: _____ Skirt: _____ Jersey: _____ Warm-up Jacket: _____

Emergency Contacts: (Preferably not parents/guardians)

Emergency Contact Name: _____ Cell Phone: _____

Emergency Contact Name: _____ Cell Phone: _____

Medical Information & Insurance Acknowledgment:

Medical Insurance

Company Name: _____ Policy Number: _____
(if no insurance please put parent/guardian's social security number)

Any Allergies/Medical Conditions: _____
If none please write none

Insurance Disclosure for Participant Accident Coverage

Participant Accident Insurance Coverage Notice

Voltage Athletics LLC provides limited Participant Accident Insurance for registered athletes. This coverage is **secondary**, meaning it is intended to assist with eligible medical costs **after** your personal or family health insurance has been billed.

This policy **does not replace personal health insurance**. If your athlete is injured during a covered activity, **you are responsible for submitting claims to your primary insurance first**. Any remaining eligible expenses may then be submitted under the participant accident coverage, subject to the policy's terms, limits, and exclusions.

*By signing below, you acknowledge that you understand this coverage is **not primary** and that you are responsible for any medical costs not covered by either your own insurance or the participant accident plan.*

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

Emergency Medical Treatment Authorization:

In the event of a medical emergency involving my child, I hereby authorize **Voltage Athletics LLC staff, coaches, or designated representatives** to seek and secure medical treatment deemed necessary for the health and safety of my child.

I understand that reasonable efforts will be made to contact me prior to treatment, but if I cannot be reached, I give permission for a licensed **physician, EMT, or other qualified medical professional** to render necessary care, including but not limited to evaluation, diagnostic testing, emergency procedures, or hospital admission.

I acknowledge that I am financially responsible for any medical services provided and that Voltage Athletics LLC does not provide primary medical insurance.

By signing below, I confirm that I have read and understand this authorization and agree to its terms.

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

Waiver of Liability for Medical Events

I understand that cheerleading is a physical activity that carries an inherent risk of injury. I acknowledge that my child's participation in any and all Voltage Athletics LLC activities is voluntary and at my own risk.

I hereby release, waive, and hold harmless **Voltage Athletics LLC**, its owners, staff, volunteers, coaches, and affiliated parties from any and all liability, claims, or demands related to injuries, illnesses, or medical events that may occur during participation—except in cases of proven gross negligence.

I understand that I am financially responsible for any medical care required and that any insurance provided by Voltage Athletics LLC is limited and secondary.

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date



Voltage Athletics Medical Release Form

This form must be dated and **physical performed on or AFTER May 10, 2026**. This form must be submitted to Director of Voltage Athletics. Section 1 must be completely filled out by the parent or legal guardian. Section 2 must be completed in its entirety **ONLY** by a duly qualified Doctor of Medicine, Doctor of Osteopathy, Nurse Practitioner, or Physician's Assistant. A Doctor of Chiropractic and a Registered Nurse are not considered to be qualified to give a physical to an athlete and a physical will not be accepted by one.

Section 1: FILLED OUT BY PARENT OR LEGAL GUARDIAN (Legal name must match proof of age.)

Last: _____ First: _____ Middle: _____
Address: _____ City: _____ State: _____ Zip: _____
Telephone: _____ Age: _____ DOB: _____ Circle M / F

PARTICIPANTS MEDICAL HISTORY

1. Are there any injuries requiring medical attention? Yes/ No
2. Is the participant currently under the care of a doctor? Yes/No
3. Does the participant have any allergies Yes/ No
4. Is the participant diabetic/ require medication for Yes/ No
5. Does/ has the participant have/had seizures? Yes/ No
6. Are there any past surgeries/scheduled surgeries? Yes / No
7. Is the participant currently taking any medication? Yes / No
8. Does the participant have asthma/require inhaler Yes / No (bee sting, penicillin)?
9. Does the participant wear glasses or contact lenses? Yes/ No
10. Does the participant have any physical limitation/ Yes/ No Diabetes? medical condition?

If you answered YES to any question above, please provide the question number and an explanation below:

I hereby certify that this information is accurate to the best of my knowledge. I hereby acknowledge that it is my responsibility to inform my child's coach or Voltage Athletics in writing if there is any change in the medical condition of my child. I also understand that is my responsibility to obtain written clearance from my child's physician on official medical stationery in order to seek permission for my child to resume participation after any and all such injury, illness, or accident.

Signed _____ Print Name: _____
Relationship to Participant: _____ Dated: _____

Section 2: THIS SECTION IS TO BE COMPLETED ONLY BY A STATE LICENSED MEDICAL PROFESSIONAL If there are any cross outs, white-out, or information written over on this form, this form will be denied, and a new physical required.

Participant's Name: _____
(Please check the following if healthy or note otherwise): Height _____ Weight _____ (lbs.) B/P _____
Ears _____ Mouth _____ Nose _____ Throat _____ Respiratory _____ Cardiovascular _____ Neurological _____
Eyes _____ / _____ Hernia(optional) _____
Notes: _____

_____ I hereby certify that I am a licensed state examiner and have examined the above-named individual and understand that he/she will be involved in participating in Voltage Athletics Program. I hereby swear and attest that this individual is physically fit, and I have found no medical reason which would prevent this individual from safely participating in Voltage Athletics activities for the 2025 season. I am therefore clearing this individual for athletic participation without limitation.

Signed _____ Print Name: _____
Date: _____ **Date Physical was actually performed:** _____

A Doctor of Chiropractic and a Registered Nurse are not considered to be qualified to give a physical to a player and a physical will not be accepted from one.

Address: _____
City _____ State: _____
Telephone: _____

Mandatory Dr.
Stamp Here:



PARENT/CHEERLEADER AGREEMENT

This agreement outlines the expectations, responsibilities, and standards for participation in Voltage Athletics LLC.

All parents or guardians are required to review and sign this agreement.

Athletes ages 11 and older are also required to sign or initial the athlete sections to show understanding and accountability.

*While younger athletes are **not required to sign**, families are encouraged to review these rules in an **age-appropriate** way so every athlete is aware of the values, commitment, and behavior expected as a member of Voltage Athletics.*

CODE OF CONDUCT

1. Behavior and Respect: We encourage all the girls to have positive teamwork on and off the mat. Keeping a positive attitude is very important to keeping that teamwork spirit alive. Most importantly we expect all the girls to respect Peers, Coaches and Parents at all times. Disrespect of any kind will not be tolerated. If disrespect or negative behavior continues after first warning, athlete will be asked to sit out or leave the team.
2. Anyone jeopardizing team participation or competition placement will face possible suspension from any future Voltage Athletics activities for the rest of the current season.
3. Respect is a non-negotiable not just for our athletes but for parents and coaches as well. This includes but not limited to emails, text messages, in person conversations and group chats. Let's remember that we are the examples to our kids and teaching/showing them how to approach all situations with respect is expected. This will serve as the **ONLY** warning as to behavior expected by all adults. Failure to comply will result in removal of adult(s) and athlete(s) from practice for the day. If issue continues that will be cause for dismissal from Voltage Athletics with NO REFUND!
4. There is no tolerance for bullying. If I see or hear that any athlete or parent is involved in bullying another athlete, coach or parent you are automatically removed from Voltage Athletics with NO REFUND!
5. **Cheerleader Expectations:**
 - a. Show respect to coaches, teammates, judges, and opponents at all times.
 - b. Arrive on time, dressed appropriately, and ready to participate.
 - c. Demonstrate good sportsmanship, teamwork, and a positive attitude—both in and out of the gym.
 - d. Give 100% effort during practices, performances, and events.
 - e. Maintain open communication with coaches if facing injuries, conflicts, or concerns.
 - f. No bullying, gossiping, or disrespectful behavior will be tolerated.
 - g. Use of drugs, alcohol, tobacco, or inappropriate social media content will result in disciplinary action.
 - h. Represent Voltage Athletics with pride and integrity at all times.
6. **PARENT/GUARDIAN EXPECTATIONS:**
 - a. Support your athlete and the Voltage Athletics staff in a positive and respectful manner.
 - b. Address any concerns privately and professionally—never during practice or in front of others.
 - c. Ensure your athlete arrives on time and is picked up promptly.
 - d. Refrain from coaching from the sidelines or interfering with practices.
 - e. Respect team decisions, including placements, choreography, and discipline procedures.
 - f. Stay informed by reading all emails, messages, and team updates.
7. **TEAM COMMITMENT:**
 - a. Attendance is crucial to team success. Notify Coach Tiffany in advance of any absences.
 - b. Athletes are expected to attend all practices, events, and competitions unless excused in advance.
 - c. Repeated tardiness, unexcused absences, or lack of commitment may result in removal from the team.
8. Failure to comply with this Code of Conduct may result in the following:
 - a. Verbal or written warning
 - b. Parent meeting
 - c. Temporary suspension from activities
 - d. Removal from team without refund
9. I will uphold the values of teamwork, sportsmanship, and respect on and off the mat.

By initialing below, you acknowledge and agree to uphold the Code of Conduct. Athlete Initial _____ Parent Initial _____

ATTENDANCE Policy:

Consistent attendance is crucial to the success and safety of all Voltage Athletics teams. Cheerleading is a team-based sport that requires every athlete to be present and dependable for stunts, formations, and routines to function properly.

1. **Practice Expectations**

- a. Athletes are expected to attend all scheduled practices, events, and performances.
 - b. Arrive on time and prepared (proper attire, hair up, water, etc.).
 - c. Excessive tardiness or early departures may affect stunt group consistency and team placement.
 2. **Absence Procedure**
 - a. If your athlete will be absent, please notify the Coach Tiffany at least 24 hours in advance when possible.
 - b. In the case of sudden illness or emergency, notify the Coach Tiffany as soon as possible via text or call.
 - c. Absences should be limited to illness, family emergencies, or school-required functions.
 3. **Unexcused Absences**
 - a. Unexcused absences (missed without communication or for avoidable reasons like parties, fatigue, etc.) will result in:
 - i. A written warning after the first offense
 - ii. Possible removal from routine sections or performances after repeated offenses
 - iii. Continued unexcused absences may lead to dismissal from the team without refund
 4. **Injury or Illness**
 - a. Injured athletes are expected to attend practice to observe and stay engaged unless advised otherwise by a doctor.
 - b. A doctor's note may be required for extended absences or to return to participation after a medical condition.
 5. **Competition Policy**
 - a. Attendance at the final practices before performances and competitions is **mandatory**.
 - b. Missing the final practices leading up to a performance may result in **removal from that routine** for safety reasons, even if the absence is excused.
 6. **Attendance is one of the most important factors in team success and athlete safety. Every absence affects stunt groups, formations, timing, and routine progression. While emergencies and illness are understood, families should avoid scheduling vacations, appointments, parties, or other optional activities during the competition season whenever possible.**

Competition routines evolve frequently—sometimes weekly—and every athlete plays a crucial role in stunts, transitions, and timing. **Missing even one practice can cause a cheerleader to fall behind and affect team progress.**

We understand that emergencies happen. However, unless it is a **true emergency or your child is genuinely ill**, please make every effort to ensure your athlete is present at all practices.

If your cheerleader will be absent, you must text or private message Coach Tiffany directly as soon as possible.
 7. **Safety and routine accuracy rely on full team attendance.**

Every athlete must be present to ensure stunts and formations are executed safely and correctly.

If a cheerleader is consistently unprepared or absent and creates a risk to team safety or performance, they may be **temporarily removed from a routine** until they can safely rejoin.
 8. After 3 unexcused absences, the athlete may be subject to removal from the team or suspended from upcoming performances, at the discretion of the director. If Athlete is dismissed from the team and **no refunds will be given**.
- Only **Coach Tiffany (Director of Voltage Athletics)** may excuse an absence—so communication is essential.

By initialing below, you acknowledge and agree to the attendance policies. Athlete Initial _____ Parent Initial _____

PRACTICE

1. **Practice Attire:** Proper attire is **mandatory** at every practice for safety and team unity. Athletes must come dressed and ready to participate:
 - a. Hair must be **pulled back off shoulders and out of the face** before practice begins.
 - b. **No jewelry** is allowed at any time—this includes smart watches, earrings, necklaces, rings, or bracelets.
 - c. **No acrylic nails** during the cheer season. Nails must be trimmed short for athlete and teammate safety.
 - d. **Cheer shoes only**—no street shoes or running shoes permitted on the mat.
 - e. Acceptable bottoms: **athletic shorts, sweatpants, or leggings**.
 - i. Flyers may **not wear loose-legged pants**.
 - f. Acceptable tops: **tank tops, t-shirts, long sleeves, or sweatshirts (as needed)**.
 - i. **No hoodies** or jackets with **zippers** allowed during practice.
2. **Nutrition Before Practice**
 - a. Cheerleading requires energy and stamina. All athletes are expected to **eat before practice**.
 - b. There is **no eating or snacking during water breaks**—this is for the health and safety of all athletes. Please ensure your child arrives nourished and ready to work hard.
3. **Behavior & Focus**
 - a. Respect and focus are crucial during practice.

Athletes are expected to be:

 - i. Attentive to coaches
 - ii. Respectful to teammates
 - iii. Fully engaged during all drills, stunts, and instruction
 - b. If an athlete becomes disruptive, they will receive **one warning**. Continued behavior will result in **on-the-spot age-appropriate conditioning** (e.g., burpees, sprints). This policy ensures safety and discipline are maintained at all times.
4. **Punctuality**
 - a. **Be on time!** Every minute of practice matters.

We're building routines, skills, and stunts that require full team participation.

- b. If your athlete will be late, please notify **Coach Tiffany** via **text or private message on the Band app**.
- 5. **Parent Proximity**
 - a. To help athletes stay focused and give coaches the best training environment possible, practices at Voltage Athletics are closed to spectators.
 - b. We will host occasional parent viewing days and team showcases throughout the season so families can see the athletes' progress.
 - c. However, parents must remain reachable by phone and **within 20 minutes of the facility** in case of an emergency or early pickup situation.
- 6. **Off-Season & Break Responsibilities**
 - a. Although scheduled breaks are built into the season, the work does **not stop**.
 - i. Athletes will be assigned **conditioning, stretching, and routine practice** during breaks.
 - ii. To show they are staying on track, athletes will be asked to **submit proof through video check-ins** throughout the break.
 - iii. Failing to complete these assignments may result in **removal from the team**.
 - b. We expect all athletes to understand that **dedication extends beyond the gym**. Growth comes from putting in the work consistently—both during practice and at home.

By signing below, you acknowledge and agree to follow the Voltage Athletics Practice Policy. Athlete Initial _____ Parent Initial _____

COMPETITION

- 1. **Mandatory Attendance**
 - a. All scheduled competitions are **mandatory**. Every athlete plays a vital role in stunts, formations, and timing. Missing a competition not only impacts the team's performance, but may result in removal from future routines or dismissal from the program.
- 2. **Payment Requirements**
 - a. Any fees associated with **special events** must be paid **in full before team check-in**.
 - b. If payment is not received, the athlete will not be allowed to compete in special event.
- 3. **Competition Attire Requirements**
 - a. Athletes must arrive in full designated competition attire and appearance. This includes:
 - i. **Full uniform** (designated top, skirt, bow, cheer shoes, and socks)
 - ii. **Assigned hair and makeup style** (to be communicated in advance by staff)
 - iii. **Team jersey or cover-up** to be worn when not competing
 - b. Uniformity and presentation are part of the judging process, and being out of dress code negatively impacts the entire team.
- 4. **Dress Code Enforcement**
 - a. Any cheerleader who fails to show up in **full competition attire**, including proper **hair and makeup**, will not be allowed to compete.
 - b. If the issue is repeated or reflects a lack of team commitment, the athlete may be **removed from the team** at the discretion of the program director.
- 5. **Behavior Expectations – Athletes & Parents**
 - a. **Athlete Conduct**
 - i. All athletes are expected to:
 - 1. Represent Voltage Athletics with sportsmanship, respect, and professionalism at all times.
 - 2. Show respect to all coaches, teammates, officials, and competitors, regardless of placement or outcome.
 - 3. Remain with the team during competitions unless dismissed or given permission by a coach.
 - 4. Follow all competition-day instructions promptly and without complaint.
 - 5. Poor sportsmanship, complaining, eye-rolling, or disrespectful behavior may result in disciplinary action, including being pulled from routines or competitions.
 - b. **Parent Conduct**
 - i. Voltage Athletics welcomes and encourages loud, enthusiastic support from our families! Positive cheering, team spirit, and high energy are always appreciated.
 - ii. Parents must also:
 - 1. Maintain respectful behavior toward athletes, coaches, staff, and other teams at all times.
 - 2. Never approach judges, event staff, or other teams on behalf of your child or Voltage Athletics.
 - 3. Avoid negative sideline coaching or speaking poorly about other athletes or programs—this will not be tolerated.

4. Handle all concerns privately and directly with Coach Tiffany after the event, not during competition day.
- c. Any parent who behaves in a way that reflects poorly on the program may be asked to leave the event or, in serious cases, may jeopardize their athlete's participation in future events.

By initialing below, you acknowledge and agree to the competition policies. Athlete Initial _____ Parent Initial _____

FINANCIAL POLICY

1. By enrolling in Voltage Athletics, you agree to the financial responsibilities associated with your athlete's participation in the program. This includes monthly tuition, competition fees, uniform/package fees, and any additional event or competition-related costs (if applicable).
2. **Tuition** is due on the **first of each month** and is considered late after the **5th**. A late fee of **\$25** will be applied to any account not paid in full by the due date unless prior arrangements have been made.
3. **If tuition is canceled due to a declined payment method, a \$40 administrative fee will be required in order to set up a custom payment plan. The remaining tuition balance for the season will still be owed and must be paid according to the revised payment plan once issued.**
4. All payments must be made through the designated payment system or method outlined by Voltage Athletics. Cash payments must be confirmed with a written receipt.
5. If a payment is returned or declined, the account holder will be responsible for any associated bank or processing fees.
6. **Uniform fees** must be paid in full by the stated deadline in order for the athlete to receive their items and participate in events. Uniform fee is due **September 18, 2026**
7. Athletes with **outstanding balances** may not be permitted to participate in practices, performances, or events until their account is brought current.

By signing below, you acknowledge and agree to abide by this financial policy and understand your responsibility for all associated fees.

Parent Initial _____

Refund & Withdrawal Policy

1. All registration fees, tuition payments, competition fees and uniform/package fees paid to Voltage Athletics are **non-refundable** under any circumstance, including but not limited to withdrawal, injury, dismissal, or scheduling conflicts.
2. Once payment is submitted, it secures the athlete's spot on a team and goes toward program expenses such as staffing, facility rental, insurance, uniforms, and choreography.
3. If an athlete chooses to leave the program, there will be **no penalty** for that decision; however, families must provide **written notice at least 30 days in advance** to end monthly tuition billing.
4. Tuition will continue to be charged until the 30-day notice period has passed.
5. In the rare event that a program or event is canceled by Voltage Athletics (not due to outside causes such as weather, illness, or government restrictions), a credit or partial refund may be issued at the sole discretion of the program director.

By initialing below, you acknowledge and agree to this refund and withdrawal policy. Parent Initial _____

BRAND & LOGO USAGE POLICY

1. All logos, team names, slogans, colors, and designs associated with **Voltage Athletics** are the exclusive property of Voltage Athletics LLC and may not be used, reproduced, or modified in any form without **prior written consent** from the owner.
2. This includes, but is not limited to, the creation of **personal or commercial items** such as clothing, tumblers, bags, decals, accessories, or digital graphics that feature the Voltage name, logo, colors, or likeness in any way.
3. No parent, athlete, or outside party is permitted to create or distribute Voltage-branded items—whether for personal use, gifts, or sale—without express written permission.
4. Any unauthorized use, duplication, or production of Voltage branding may result in removal from the program and/or legal action.

By initialing below, you acknowledge and agree to respect and uphold these brand protection policies. Parent Initial _____

MISC. INFORMATION

1. **Social Media & Photos/Video Release**

- a. I understand that Voltage Athletics may take photos or videos of athletes during practices, events, or competitions for use in promotional materials, social media, and marketing.
I give permission for my child's image to be used by Voltage Athletics for these purposes.
- b. I also agree that I will not post negative or disrespectful content about the program, staff, other athletes, or families on any social media platform.
- c. **Please Initial all below:**
- i. _____ I give Voltage Athletics LLC permission to photograph and/or video my child during practices, events, and competitions. These images may be used for marketing, promotional materials, and social media content.
- ii. _____ I understand that these images may appear on Voltage Athletics' official platforms, including but not limited to Instagram, Facebook, and promotional flyers.
- iii. _____ I agree not to post negative or disrespectful content about Voltage Athletics LLC, its athletes, staff, or families on social media. I understand that doing so may result in disciplinary action or removal from the program.
2. **Communication Policy**
- a. Voltage Athletics communicates primarily through email and the Band app.
- b. It is the responsibility of each parent/guardian to check messages regularly and stay updated on team information, practice changes, and event details.
- c. Failure to read communication is not a valid excuse for missed practices, payments, or deadlines.
3. **Uniform & Gear Care**
- a. I agree to properly care for all uniforms and gear provided by or purchased through Voltage Athletics.
- b. If any item is lost or damaged due to negligence, I understand I am responsible for the cost of replacement.
4. **Dismissal Clause**
- a. Voltage Athletics reserves the right to **dismiss any athlete** from the program at any time due to:
- i. Repeated violations of policies
- ii. Failure to meet financial obligations
- iii. Disruptive or unsafe behavior
- iv. Parent misconduct
- b. Dismissal will be at the sole discretion of the Program Director. No refunds will be issued in the event of dismissal.
5. **Acknowledgment of Program Structure**
- a. I understand that Voltage Athletics is a **privately owned** program and that all team decisions, placements, choreography, music, schedules, and disciplinary actions are made at the discretion of the coaching staff and program director.
- b. I agree to trust their experience and judgment in building a successful program and team environment.

_____ I have read and understand the Voltage Athletics LLC Parent & Cheerleader Agreement, including all policies on attendance, behavior, financial obligations, competitions, practice expectations, and safety. I agree to abide by these terms for the 2026–2027 season.

Parent Signature

Parent Name (Print)

Date

Athlete Signature (If age 11+)

Athlete Name (Print)

Date



Acknowledgment of Inherent Risk & Safety Guidelines

Cheerleading is a **safe, rewarding, and fun** athletic activity when proper technique and safety rules are followed. However, as with any physical sport, there are **inherent risks** involved. Training involves **aerobic activity, jumping, tumbling, stunting, and motion-based performance**, which can place physical demands on the body.

While following proper coaching, training protocols, and safety precautions reduces risk, it cannot eliminate it completely.

Possible Injuries Include, But Are Not Limited To:

- Muscle strains and ligament sprains
- Bruises (contusions), abrasions, and blisters
- Joint or muscle soreness and stress fractures
- Broken bones or dislocations
- Head, neck, or spinal injuries (including paralysis)
- In very rare cases, severe trauma or death

By participating in Voltage Athletics, you acknowledge the risks and agree to follow all safety rules and guidelines to help minimize the chance of injury.

To Promote Safety, Athletes Must:

- Never stunt, tumble, or condition **without a coach present**
- Always **warm up and stretch** before practice or events
- Use **appropriate spotting and safety mats** at all times
- Never attempt stunts or skills **not approved by a coach**
- Stay focused—**no talking, laughing, or horseplay** during skills
- **Report any injury immediately** to the coach, no matter how small
- **Wear cheer shoes, proper athletic clothing, and bring water**
- **Remove all jewelry and piercings** before participating
- **Chew no gum** during practices or performances
- **Keep hair secured off the face and shoulders**
- **Keep fingernails trimmed** (no longer than fingertip length)
- Eat nutritious meals and **get adequate rest** before practices
- Ask for clarification or help from a coach **if unsure about a skill**

____ I give consent for emergency medical treatment if necessary

Agreement & Consent

I, _____, have read and understand the **Inherent Risk & Safety Guidelines** provided by Voltage Athletics LLC. I acknowledge that I am **physically able and voluntarily participating** in this program and accept the risks associated with cheerleading.

I agree to follow all rules, coach instructions, and safety protocols. I understand that failure to do so may result in **suspension or removal** from the program.

The undersigned parent/guardian understands that participation in cheerleading, tumbling, conditioning, and related athletic activities involves inherent risks including but not limited to falls, collisions, and other potential injuries.

By signing this agreement, the parent/guardian agrees to release, indemnify, and hold harmless Voltage Athletics, its owner, coaches, staff, volunteers, and the property owners where Voltage Athletics operates, from any and all claims, liabilities, damages, or expenses arising from participation in programs, classes, practices, events, or use of the facility.

This agreement includes any injuries, damages, or losses that may occur on or around the premises where Voltage Athletics activities are held.

Athlete Name (Printed): _____ **Athlete Signature (If Age 11+):** _____

Parent/Guardian Name (Printed): _____ **Parent/Guardian Signature:** _____

Date: _____



MINOR LIABILITY WAIVER, RELEASE & ASSUMPTION OF RISK



Participant (Minor) Name: _____ Date of Birth: _____

Parent/Legal Guardian Name: _____ + _____

Phone: _____ Email: _____

Cheer Organization: Voltage Athletics

Facility/Property Owner: Team Vaughan Fitness LLC - 28318 Jenny Lane, Menifee CA 92584

1. ACKNOWLEDGMENT OF RISK

I understand and acknowledge that cheerleading, tumbling, stunting, jumping, and related athletic activities involve inherent risks, including but not limited to:

- Falls and collisions
- Sprains, strains, fractures
- Head, neck, and spinal injuries
- Permanent injury or death

I understand these risks exist even when proper training, supervision, and safety equipment are used.

2. ASSUMPTION OF RISK

On behalf of myself and my minor child, I voluntarily and knowingly assume all risks, known and unknown, associated with participation in cheer and athletic activities at the facility.

3. RELEASE OF LIABILITY (To the Extent Permitted by California Law)

To the fullest extent permitted by California law, I hereby release and discharge the Facility Owner, its owners, officers, employees, agents, and affiliates from any and all claims, demands, or causes of action arising out of or related to my child's participation in activities at the facility, including claims based on ordinary negligence.

I understand this release may not fully bar claims for injuries to minors under California law, but it is intended to apply to the maximum extent allowed.

4. COVENANT NOT TO SUE

I agree not to bring or assist in bringing any claim or legal action against the Facility Owner for injuries arising from participation, except as prohibited by California law. I assume all risk and bodily harm by choosing to allow participation at this private residence which is solely at my own risk and discretion.

5. INDEMNIFICATION

To the fullest extent permitted by California law, I agree to indemnify and hold harmless the Facility Owner from any claims, damages, or expenses (including attorney fees) brought by or on behalf of my child or any third party arising from my child's participation in activities at the facility.

6. MEDICAL AUTHORIZATION

I authorize the cheer organization and its representatives to obtain emergency medical treatment for my child if necessary. I understand that:

- The Facility Owner is not responsible for providing medical care
- I am financially responsible for any medical treatment rendered

7. INSURANCE

I understand that the Facility Owner does not provide medical or accident insurance for participants and that any coverage is the responsibility of the cheer organization or myself.

8. COMPLIANCE WITH RULES

I agree that my child will comply with all cheer organization rules, facility rules, and safety requirements. Failure to comply may result in removal from activities.

9. SEVERABILITY

If any portion of this Agreement is found unenforceable, the remaining portions shall remain in full force and effect.

10. GOVERNING LAW

This Agreement shall be governed by and interpreted in accordance with the laws of the State of California.

11. PARENT/GUARDIAN CERTIFICATION

I certify that:

- I am the legal parent or guardian of the minor named above
- I have read and understand this Agreement
- I sign this Agreement voluntarily and with full understanding of its contents

PARENT / LEGAL GUARDIAN SIGNATURE:

Signature: _____ Date: _____

Printed Name: _____ Childs Name: _____