

Welcome to the 2026–2027 Season of Voltage Athletics

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

Dear Foundations Families,

Welcome to the Voltage Athletics family! We are so excited that you've chosen to begin your athlete's cheer journey with us.

The Foundations Team was created to give athletes a fun, encouraging, and supportive place to learn the fundamentals of cheerleading while building confidence, friendships, and a love for the sport. Whether your athlete has never stepped on a cheer mat before or is looking to strengthen their skills, this program is designed to help them grow at their own pace in a positive environment.

Our goal is about more than learning motions, jumps, stunts, and tumbling. We want every athlete to leave each practice feeling proud of what they've accomplished, encouraged to keep trying, and excited to come back the following week.

Thank you for trusting us with your athlete. We know how important that trust is, and we are committed to creating a safe, welcoming, and positive experience for every child and family.

This registration packet contains everything you need to get started. If you have any questions along the way, we're always happy to help.

We can't wait to meet your athlete, cheer them on, and watch them grow throughout the season!

Welcome to Foundations—where every cheer journey begins.

See you on the mat!

Tiffany Martinez

Founder & Director
Voltage Athletics LLC





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: _____

Parent/Guardian Information:

Mother/Guardian 1's Name: _____

Cell Phone: _____ Email: _____

Father/Guardian 2's Name: _____

Cell Phone: _____ Email: _____

How did you hear about us? _____

What communications
would you like to be

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

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

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

Health Certification

I certify that my child is in good physical health and able to safely participate in recreational cheerleading activities. I understand it is my responsibility to notify Voltage Athletics of any medical conditions, injuries, or restrictions that may affect participation.

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

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 OFFICIAL USE ONLY

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

Uniform and Jersey size: Shirt: _____ Skirt: _____



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. Respect & Teamwork

Athletes, parents, and coaches are expected to treat one another with respect, kindness, and good sportsmanship at all times. Positive attitudes and teamwork help create a fun and encouraging environment. Disrespectful behavior may result in a warning, temporary removal from practice, or dismissal from the program.

2. Bullying

Voltage Athletics has a zero-tolerance policy for bullying, harassment, or intimidation by athletes or parents. Any behavior that creates an unsafe or unwelcoming environment may result in immediate dismissal from the program without a refund.

3. Athlete Expectations

- Show respect to coaches, teammates, and others at all times.
- Arrive on time, dressed appropriately, and ready to participate.
- Give your best effort and maintain a positive attitude.
- Listen to coaches and follow instructions.
- Represent Voltage Athletics with pride, integrity, and good sportsmanship.

4. Parent/Guardian Expectations

- Support your athlete and the coaching staff in a positive and respectful manner.
- Address concerns privately with Coach Tiffany, not during practice or in front of athletes.
- Ensure your athlete arrives on time and is picked up promptly.
- Refrain from coaching from the sidelines or disrupting practices.
- Stay informed by reading all emails and team communications.

5. Policy Violations

Failure to follow this Code of Conduct may result in a verbal warning, parent meeting, temporary suspension, or dismissal from the program without a refund.

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. Athletes are encouraged to attend every practice to get the most out of the program.
2. If your athlete will be absent, please notify Coach Tiffany before practice whenever possible.
3. Repeated unexcused absences may affect participation in showcases or performances.
4. We understand that recreational athletes often have other activities and will work with families whenever possible.

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 **HEAD COACH** via **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.

By signing below, you acknowledge and agree to follow the Voltage Athletics Practice Policy. 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, 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. **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.
3. **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: _____