

WELCOME TO THE FIRST-EVER SEASON OF VOLTAGE ATHLETICS!

Let's build something powerful—together.

Dear Voltage Families,

Welcome to the very first season of Voltage Athletics! I can't tell you how thrilled I am to have you and your athlete on this journey with me.

This program was born from a dream—one built on passion, perseverance, and the belief that every child deserves a place to grow, belong, and shine. Voltage isn't just another cheer program. It's a community. A family. And YOU are helping lay the foundation.

As we launch our inaugural season, we're not just teaching motions and building routines—we're creating a space filled with energy, encouragement, and purpose. A space where your athlete will build confidence, make friendships, and feel seen and valued every single practice.

We know starting something new can feel exciting—and a little nerve-wracking! That's why communication, support, and trust are at the heart of everything we do. This registration packet will walk you through all the essentials: expectations, policies, commitments, and everything you'll need to feel prepared for the season ahead.

Thank you for being here at the very beginning. Thank you for believing in something new. Together, we're not just starting a cheer program—we're building something powerful from the ground up. I can't wait to watch your child grow, and I can't wait to grow this dream with all of you.

Let's bring the energy. Let's build the legacy. Let's make this season unforgettable.

Charging into our first season—together,

Tiffany Martinez

Founder & Director
VOLTAGE ATHLETICS LLC





VOLTAGE ATHLETICS

MID-SEASON COMPETITIVE

CHEER SEASON

Welcome to the Voltage Athletics Mid-Season Cheer Team!

We're so excited to welcome you to the 2025–2026 Mid-Season at Voltage Athletics! Whether this is your first time stepping onto the mat or you're returning for more, you're now part of a program built on energy, teamwork, and heart. Mid-season is your time to shine. This session is designed to help athletes develop new skills, gain confidence, and experience the excitement of competitive cheer—all while being part of something bigger. Every athlete who joins will be placed on a team, because at Voltage, everyone deserves the chance to grow and belong.

Over the next several weeks, athletes will be evaluated in practices based on effort, attendance, attitude, and progression. Teams will focus on skill building, performance, and bonding as we prepare for performances and competitions ahead. Our goal this season is simple: to build confidence, celebrate progress, and finish strong. Each practice is a chance to improve, connect, and embrace what makes Voltage different—the energy, the encouragement, and the family we've built together. We can't wait to see the growth, the grit, and the unforgettable memories that will come from this mid-season journey.

Let's bring the energy, lift each other up, and show everyone what it means to be part of the Voltage movement. Welcome to Voltage Athletics—where power meets purpose, and every season matters.

Mandatory Parent Meeting – December 2nd, 2025

A mandatory parent meeting will be held on the first day of practice, December 2nd, 2025. One parent or guardian per athlete must attend. Important information will be covered, and 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 April 13, 2025**
- Must state that the athlete is cleared to participate in cheer
- Physicals are valid for 12 months
- Our season ends April 12, 2026, 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 evaluations 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: \$385

Monthly Tuition: \$75/month

PAYMENT DUE DATES:

Registration payment due at Registration

Monthly Tuition is Due on the 1st of every month

UNIFORMS:

Our 2025–2026 Voltage Athletics mid-season 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
- Competition makeup (eyeshadow and lipstick)

Parent Responsibilities:

To complete the uniform, parents will need to purchase:

- Black no-show socks
- **All-black** cheer shoes
- Mascara (all teams)
- Eyeliner (older teams only)

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

Cheer shoes will be required for practices. A list of recommended cheer shoe options will be included in the welcome email.

PRACTICES

All practices are closed to parents while we are in the dance room due to limited space. Please do not drop off cheerleader without a coach present.

Practices will be held at Paloma Valley High School Dance Room as of right now. The dance room is located towards the back of the school by the pool. Drop off/parking will be at the Staff Parking Lot off Craig. I am actively looking for space to rent for our own gym, but for now we will rent from schools until I find the perfect location.

Practices will be 2 hours on Tuesday and Thursday. Time is TBD, but either be 6pm to 8pm or 6:30pm to 8:30pm depending on the availability of the dance room. We are at the discretion of the school, so things may change slightly during the season. I will always make sure to communicate with you and give you enough notice to make these changes. Due to some school holidays and the school being closed their may be a week or two that practices days will change slightly, but again I will communicate and give you plenty of notice about the changes.

NO PRACTICE DATES:

December 22th to January 12th

February 16th – 20th

March 30th to April 6th

FIRST DAY OF PRACTICE:

December 2nd

LAST DAY OF PRACTICE:

April 10th

COMPETITIONS

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

Saturday, March 14th – Estancia High School- **Costa Mesa**

Sunday, March 29th – Corona High School - **Corona**

SUNDAY APRIL 12th - KNOTTS BERRY FARM

Competitions are typically 4 – 5 hours depending on our arrival time and awards time. Warm-Up time will be about 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. If you would like your athlete to participate in these events, we must receive the money 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:

\$90 Per Spectator (Includes admission into the Competition & Theme Park)

\$25 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 charges 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 \$30

**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 Katie, *Tumbling*

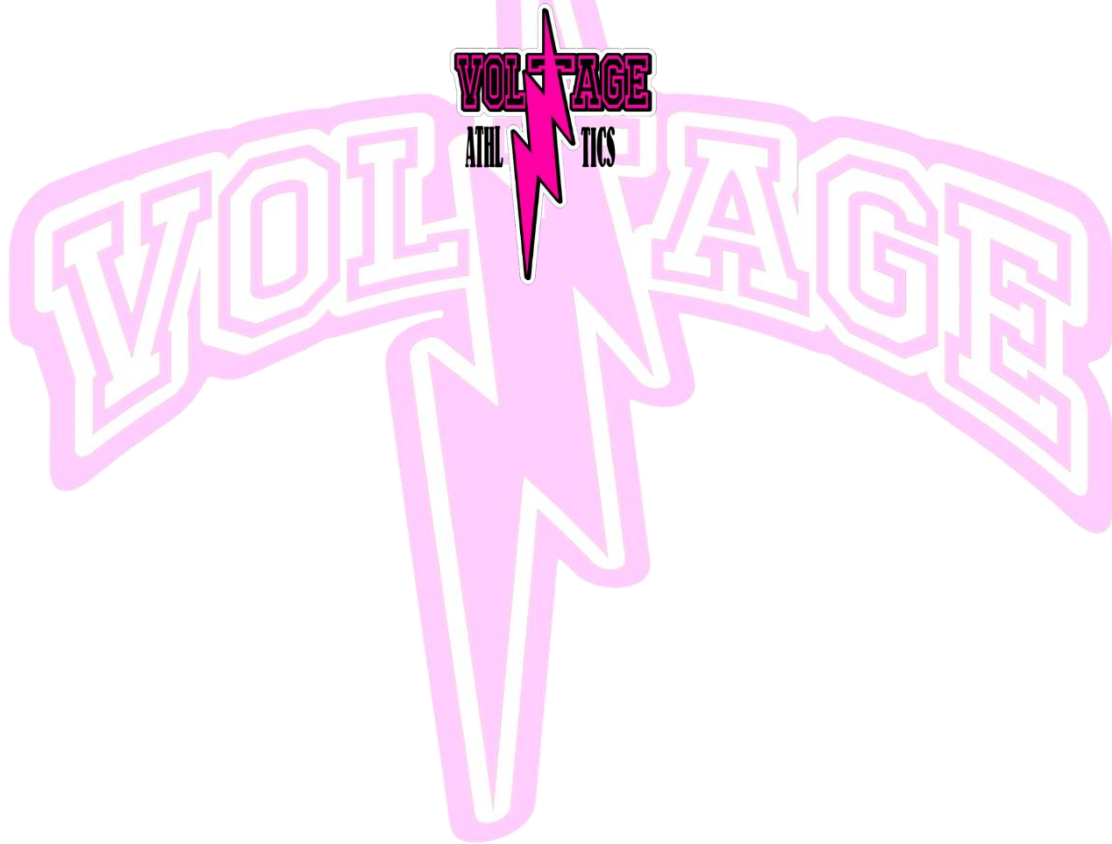
Coach Jaycie, *Head Coach for Mid-Season*

Coach Hayden, *Head Coach for Junior Boltz*

Coach Kristen, *Head Coach for Tiny Sparks & High Voltage*

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!!





2025-2026 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, 2025: _____

Grade Level for 2025-2026 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 ADDED TO?

☐ 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

Registration Paid: _____ Uniform Paid: _____ Competition Paid: _____ Monthly Tuition Setup ☐

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 April 13, 2025**. 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 a player 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 mandatory and essential to a successful competition season.**

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. Practices are **closed to parents** in order to foster focus and team bonding.
However, parents must remain **within 10 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 no-show socks)
 - ii. **Assigned hair and makeup style** (to be communicated in advance by staff)
 - 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:
 - ii. Represent Voltage Athletics **with** sportsmanship, respect, and professionalism at all times.
 - iii. Show respect to all coaches, teammates, officials, and competitors, regardless of placement or outcome.
 - iv. Remain with the team during competitions unless dismissed or given permission by a coach.
 - v. Follow all competition-day instructions promptly and without complaint.
 - vi. 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, 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. 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.
4. If a payment is returned or declined, the account holder will be responsible for any associated bank or processing fees.
5. 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. 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 2025–2026 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.

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

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

Date: _____