

PrepLevel
2024/2025



FORMULA

CHEER CUBS

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www.formulacheerinfo@gmail.com

WHO WE ARE

Formula Cheer is the newest all-star cheerleading program in Illinois. We provide a safe, clean and cheerful environment under the guidance of knowledgeable, personable and fun-loving cheer and tumbling professionals. Although we are new to the community, we bring over 27 years of coaching experience.



OUR MISSION

Formula Cheer's mission is to provide an encouraging, exciting and enriching atmosphere, while teaching skills to develop strong character, positive attitudes and responsibility. The way we conduct ourselves is a direct reflection of the goals and principles of Formula Cheer.

The Formula Cheer Prep Program is a perfect introduction to the sport of all-star cheerleading that is suitable for any age and level. The program allows athletes an opportunity to participate in competitive cheerleading while offering an affordable price and a smaller time commitment. Our prep season will be available as a year-round program beginning in June and finishing in April. Prep teams are divided into four age divisions to ensure that all athletes are in the finest environment and peer group to succeed. This is the next step & level of commitment for athletes who have competed in REC, super REC, or tiny novice programs. No experience needed!

Our Guidelines:

- Athleticism
- Tumbling Ability
- Stunting Position/Ability
- Jump execution
- Leadership abilities
- Performance ability
- Acceptance of instructions

Checklist:

- Create an online account on our customer portal
- Health & Membership Wavier
- Expectations Agreement
- Participation Agreement
- Pay authorization form

Team placements:

All athletes will make a team! Placement will be based on the technique and strength of skills at the team formation.

Teams will be created according to age, selected level and skills with athletes that benefit the teams dynamics. Thus providing an equal opportunity for the athletes to expand and develop.

**Evaluations
will be held on:
May 22, 2024**

FAQ

Q: What is the advantage of doing this program instead of REC cheer?

A: We have professional USASF certified coaches that are dedicated to developing your athletes skills and technique. This will provide them with a competitive advantage when preparing for the next level of cheer whether its all star, middle school, or high school cheer.

Q: What surface do the athletes practice and compete on?

A: All practices and competitions will be on spring floor.

Q: Are there parent volunteer coaches?

A: We have professionally trained coaches that will lead all practices. Feel free to drop off and go!

Q: Will we cheer for any football games?

A: No. The Prep program will be focusing on developing every athletes tumbling, stunting, jumps skills to the highest competitive level. They will compete at competitions only.

Q: How is this different than Allstar cheer?

A: Allstar cheer requires a greater commitment during the week, additional expenses, more competitions, and out of state travel. Allstar cheer is recommended for athletes with more experience.

Q: Will there be any camps over the summer?

A: Yes! We work directly with local high schools such as Lake Zurich, Barrington, etc and we will have those dates out soon!

More Information

Practice are 2x per week for 1-1/2 hours each.
Extra practice on week of competitions.

4 Local Competitions
Tuition: \$180/monthly.

Practices for all teams will have two set days during the week throughout the season. Practice times and days will be consistent unless special practices are needed to be added. A reasonable notice will be given to plan accordingly. All athletes are expected to attend the additional practices, when needed.

Monthly tuition covers, choreography/music, competition fees, coaches travel fees on a month-to-month basis and will not alter. Other end of the year events are additional expenses not included.

First months tuition is due on June 1, 2024. Ensuing months will be due on the first of the month.

An additional late fee of \$20.00 will be issued after the 7th.

Formula Cheer is committed to a safe and positive training facility, providing our athletes with professionally trained, motivated, USASF certified coaches. Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to “catch up” on some of the items that are spread out over the entire season. Costs may vary depending on team and commitment level. All teams will attend local competitions.



IMPORTANT DATES

- **Registration Opens: February 22, 2024**
- **Evaluations: May 22, 2024**
- **Parent Meeting- Start of our first practice: Week of June 3, 2024**
- **Choreography: July 20 & 21, 2024**
- **Fourth of July: July 1, 2024- July 7, 2024- No practice**
(Practice resumes week of July 8, 2024)
- **Labor Day: September 2, 2024 No Practice**
- **Halloween: October 31, 2024 No Practice**
- **Thanksgiving Break: November 25- 29, 2024 No Practice**
(Practice Resumes week of December 2, 2024)
- **Holiday Break: Dec. 23, 2024 - Jan. 3, 2025 No Practice**
(Practice resumes week of Jan. 6, 2025)
- **Spring Break: March 24- 28, 2025 No Practice**
(Practice resume week of March 31, 2025)
- **End of the Year Show Case & Team Photos: April 19, 2025**
- **Uniform Return: April 21, 2025**
- **Team Banquet: May Day/time TBD**

COMPETITIONS:



- 11/3/24-Formula Cheer Showcase, at our gym- times TBD**
- 11/10/24-Premier Championship, Canlan, Libertyville**
- 12/7-8/24-Christmas Classic, Lake County Fair Grounds**
- 2/9/25- Heart of Champions, Lake County Fair Grounds**
- 3/2/25- Battle Royale, Spartan Cntr, Elgin**
- 4/12-13/25- Grand Finale- Location is TBD. (if BID given)**
- 4/19/24-Formula Cheer Showcase, at our gym- times TBD**

TUITION DUE DATES

JUNE 1ST	*Uniform Rental Charge (1st day of practice)*Tuition	\$180 + \$155
JULY 1ST	*Tuition *Apparel Package *Registration Fee	\$180
AUGUST 1ST	*Tuition *Choreography	\$180
SEPTEMBER 1ST	*Tuition *Competition Fees	\$180
OCTOBER 1ST	*Tuition *Competition Fees	\$180
NOVEMBER 1ST	*Tuition *Music	\$180
DECEMBER 1ST	*Tuition *Competition Fee	\$180
JANUARY 1ST	*Tuition *Competition Fee	\$180
FEBRUARY 1ST	*Tuition *Coaches Travel Fee	\$180
MARCH 1ST	*Tuition*Coaches Travel Fee	\$180
APRIL 1ST	*Tuition *Competition Fee	\$180

\$20 late fee after the 7th of each month

Tuition and fees will be even distributed throughout the month season. If Additional Expenses are needed/wanted they then will be added to your monthly dues.



TUITION BREAKDOWN:

TUITION	\$164X11
REGISTRATION FEE	\$ 50
COMPETITION FEE	\$ 16
COACH TRAVEL FEE	\$ 45
CHOREOGRAPHY CAMP	\$ 20
MUSIC	\$ 14
COMPETITION BOW	\$ 15
PRACTICE ATTIRE: T-SHIRT (2), BOW (1)	\$ 20

TUITION TOTAL COST: \$1,984

ADDITIONAL EXPENSES (IF NEEDED)

UNIFORM (rental)	\$155
WARM-UP JERSEY (optional)	\$60
SHOES (optional)	\$90-100
BACKPACK w/ LOGO & NAME (optional)	\$145
ANNUAL MEMBERSHIP FEE (Iclass Portal)	\$50
END OF YEAR EVENTS (Orlando)	\$TBD

ADDITIONAL EXPENSES TOTAL: \$510



FORMULA CHEER MEMBER INFORMATION:

Athlete Name:

D.O.B. (Age as of December 31st, 2024):

M/F:

School:

Grade:

Athlete's Cell:

Athlete's E-mail:

Athlete's T-shirt Size: YS YM YL AS AM AL

Do you use an inhaler? YES/NO

How Often?

Are you allergic to any medications?

Any other allergies?

Are you currently taking any medications?

What medication and for what condition?

Please list any past injuries:

parent Information (Fill out if a new member)

Mother's Name:

Father's Name:

Parent's E-mail:

Home Address:

City: Zip:

Home Phone #:

Mother's Cell #:

Work Phone #:

Father's Cell #:

Work Phone #:



QUESTIONNAIRE

Have you cheered before? Yes ___ No ___ if so where?

What group/level were you on most recently?

Which stunt position were you most recently? (check all the apply)

None Flyer Main Base Side Base Backspot

What extra curricular activities are you currently attending during the 2024-2025 season?

Vacation 2024-2025

You are allowed 2 "freebie" practices during the school year. All planned absences must be submitted two weeks prior to be excused.

DATE:

DATE:

Please indicate your vacation plans for our season. Choreography the week of July 20/21, 2024 is mandatory to attend.



PAY AUTHORIZATION

Athlete Name:

Parent/Guardian Name:

Address:

City:

State:

Zip:

Phone number:

I _____ authorize Formula Cheer to charge my credit card below on agreed upon charges. I understand that my information will be saved on file for future transactions on my account.

PRINT NAME OF PARENT/LEGAL GUARDIAN:

SIGNATURE OF PARENT/LEGAL GUARDIAN:

Parent/ Gaurdian Information:

Credit/ Debit Card: _____

Account #: _____

Name on credit card: _____

Exp. Date: _____

CVC Code: _____

Billing Address, City, State, Zip:

SIGNATURE OF CARD HOLDER:



UNIFORM RENTAL

Terms and conditions

This Uniform Rental Agreement is entered into on June 3, 2024 by and between Formula Cheer and Athletes Name

_____.

1. Formula Cheer agrees to rent the following uniforms to the Athlete:
- Formula Cheer Uniform Shell & Skirt

2. The rental period shall commence on June 3, 2024 and terminate on April 21, 2025.

3. The parent/ guardian agrees to pay Formula Cheer a rental fee of \$155.00 for the entire rental period.

4. Care of Uniforms: The athlete agrees to take proper care of the uniforms and return them in the same condition as received, reasonable wear and tear excepted. The renter must Dry Clean the uniform before returning April 21, 2025.

5. Failure to return on time will result in a charge for the full uniform price of \$385.00. The parent/guardian shall notify the Owner in advance if an extension is needed.

6. The uniforms remain the property of Formula Cheer. The athlete shall not alter or modify the uniforms in any way.

Signature: _____ Date: _____



FINANCIAL AGREEMENT

I _____ parent of _____,
(Print name of parent/legal guardian) (Print name of athlete)

___ I realize my child may be removed from my team for excessive absences or tardiness at the discretion of the coach without refund of all fees paid. 5 tardies equal one unexcused absence.

___ I understand that there are no refunds or prorating of any fees for any reason.

___ Additional practices may be added prior to large competitions. I understand there is no additional charge for additional practices.

___ Practices may be canceled due to holidays, competitions, or inclement weather, and no refunds will be given.

___ I understand that I am required to put a debit/CC on file for tuition charges. If you would prefer to not include that information on this form, you can access your online account and save that information under the “manage my payment options section”.

___ I understand that I am subject to a late fee charge of \$20.00/month after the 7th of the month. Excessive tardiness in payments will be grounds for my child not competing, possible dismissal and my account being sent to a professional collections agency.

___ I understand that my account must be cleared at a - 0 - balance prior to my child participating in practice or a competition. I realize that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, all monies that have been deposited for me are completely non-refundable including uniform, clothing, and unused competition fees. A 30 day written notice will need to be provided for billing to stop. On the 1st of the month if notice is not received, that months tuition must be paid in full prior to leaving the program.

___ Formula Cheer reserves the right to remove athletes from the program if their financial obligation is not upheld. Athletes with past due balances that exceed 30 days may not participate in private lessons, classes, and/or team practices until the account is brought current. Past due balances that exceed 120 days will be sent to a third party collection agency for which charges will apply, and the parent will be solely responsible for the total amount.

___ I will be responsible for returning rental uniform on required date of April 21, 2025.

___ I understand that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, Formula Cheer uniform must be returned immediately of athlete's departure.

I understand and agree to the above financial policy.

Parent/Guardian Signature: _____ Date: _____



Formula Cheer Expectations and Participation Agreement

Formula Cheer is the newest all-star cheerleading programs in Illinois. We are committed to our athletes and teaching the sport of All Star Cheer. We are immensely proud of our program! The way we conduct ourselves is a direct reflection of the goals and principles of Formula Cheer. We take this to heart, and we ask the same of you. Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to “catch up” on some of the items that are spread out over the entire season. Cost may vary depending on team and commitment level. I understand the time commitment necessary to be a part of the Formula Cheer program and agree to attend all functions.

Appearance

- o I will not wear any jewelry to practices, performances, or events. I will not get any new piercings once the season begins.
- o I will keep my uniform, practice wear, and shoes clean for all events.
- o I realize that I must dress in proper competition attire at all competitions and team functions

Practice

- o I will make it my responsibility to learn any choreography or material missed before the next practice.
- o I will refrain from unnecessary conversation during practice. No cell phone use is allowed during practice.
- o I will refrain from bringing food and drinks (except water) into the gym. I also realize that gum is strictly forbidden in the gym.
- o I will not allow any persons (family members and friends included) to distract me or interrupt me during my practice session. In return, I will not interrupt any other team practices.
- o For safety: hair must be pulled back in a ponytail, away from the face, fingernails should be trimmed short.
- o A t-shirt/ Sport bra, shorts and cheer shoes are required clothing for practice. Do not wear sweat pants, leggings or spaghetti strap tops.

Skill Check-in

- o Summer: Skill check-in's will be once a week, I must throw my highest skill that was performed at evaluations. If athlete does not throw skill two weeks in a row, athlete may be moved down a level based on coaches discretion.
- o Fall: Skill check-in's will occur during full out routines once athletes have gone through choreography. I understand that I must throw my skills in full out routines. If skills are not thrown two times in a row, athlete may be moved down a level based on coaches discretion.

Competitions

- o I realize that I must be courteous to all officials, coaches, hosts, and competitors at team functions. In addition, I will accept my team placement in a dignified manner with no criticism or comments.
- o Team members must be prompt to competition locations as per competition information e-mails.
- o Please be competition ready (fully dressed) at the specified meet time unless otherwise instructed by your team coach.
- o Team member's hair and make-up should be worn according to the standard set by Formula Cheer. No unnatural hair color is allowed. All jewelry must be removed. Competition companies will not let you take the floor while wearing jewelry.
- o I will give my belongings to someone who is not on the team to hold until the competition is over.
- o I will attend every awards schedule. I will not chew gum, bring food, or a phone to the awards ceremony.

Attendance

- o I agree to be punctual to all cheerleading practices, competitions, and performances. On time is being on the mat, with shoes on when practice begins.
- o I will have my parents notify the coaches of all expected absences at least two weeks prior to the absence by e-mail. I am allowed 2 “freebie absences “. A missed practice will be unexcused if two-week notice is not given. No unexcused absences are allowed. Only a total of 3 summer practices may be missed for vacation unless approved by the coaching staff. If I am sick, my parent must notify my coach via e-mail by 3:00 for school year practices.
- o I will always attend Formula Cheer regular and extra practices. I understand that my team depends on me and I will not miss due to homework, other activities, and other nonemergency situations.
- o I will keep my coach personally informed of any injuries I have that could prevent me from participating at a practice or event.
- o I realize that only excused absences are allowed. I also realize that having an injury that prevents me from practicing does not excuse me from attending practice. A doctor note is required to sit out of practice after the first missed practice.
- o I realize that for three practices before any team performance, no absences are allowed.
- o I realize that all my coaches' decisions on uniforms and competition schedules are final and are not up for discussion.
- o I realize that my commitment to the Formula Cheer program takes priority over any other activities in which I am involved.
- o I will not attend ski club or any high-risk activity the week of a competition. I will consult with my coach on dates I may attend ski club.

Behavior

- o I will not use foul language or behave inappropriately. Unsportsmanlike behavior or disrespect to another athlete or team is inappropriate and will not be tolerated.
- o I will set a positive example whether in or out of my uniform.
- o I will always treat my fellow teammates and my coaches with respect.
- o I will personally discuss any problems I have with my coach.
- o Tobacco, alcohol, and illegal substance consumption will result in immediate dismissal from our program.

Misc.

- o I realize I may be removed from my team for excessive absences or tardiness at the discretion of the coach without refund of all fees paid.
- o I realize that the Formula Cheer organization is not responsible for my lost belongings.
- o I understand that it is the team that succeeds together and fails together.
- o I understand that I may not post any part of our routine, performance, or practices on social media.

I understand that if I break any of the Formula Cheer Team member guidelines as outlined in this agreement, I could lose my right to perform and/or lose my position as a Formula Cheer cheerleader. Under these circumstances I will not be entitled to any refunds. Any violation in the above list of expectations may lead to removal from the Formula Cheer team.

Cheerleader Signature _____ Date _____



Formula Cheer Parent Expectations and Agreement

I am aware of the time commitment necessary for my child to participate in the Formula Cheer Cheerleading Program. Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to “catch up” on some of the items that are spread out over the entire season. Cost may vary depending on team and commitment level. Some teams will stay locally, while others will compete farther away.

Finances

- o I realize my child may be removed from my team for excessive absences or tardiness at the discretion of the coach without a refund of all fees paid. 5 tardies equal one unexcused absence.
- o Anyone threatening to quit will be asked to leave immediately; no refunds will be given.
- o I will be responsible for all fees associated with my child being a part of Formula Cheer. These fees include monthly tuition, choreography, music, coaches fees, uniform/bow, registration fee, spectator fees, and travel expenses.
- o I will be responsible for returning rental uniform on required date of April 21, 2025.
- o I understand that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, Formula Cheer uniform must be returned immediately of athlete's departure.
- o I understand that my account must be cleared at a - 0 - balance prior to my child participating in practice or competition. I realize that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, all monies that have been deposited for me are completely non-refundable including uniform, clothing, and unused fees. I will be charged the monthly fee for the season if we do not find a replacement.
- o I understand Formula Cheer is like no other business. We value our customers, and we base our decisions solely on the needs of the team. Customers hire us because we know what is best for the team and their child, as a member of the team.

Team Aspects

- o I understand that all coaching decisions are made by the Formula Cheer coaching staff, and I fully support those decisions; I will not interfere with the coaching of Formula Cheer at practices or performances.
- o I will not discuss my personal coaching issues with another parent or my child.
- o A true family supports each other in all situations. We, at Formula Cheer like to think of you as our family. Please take the time to support all teams at the competitions. The athletes appreciate the cheers, and it creates a strong presence.
- o I will not place the blame of a weak performance or missed skill in a routine on my child or any other Formula Cheer athlete. I understand that my child's team succeeds together and fails together.
- o I will respect the duties of the Formula Cheer staff. I will not approach them at any event in a negative manner.
- o Parents are expected to set an example to not only their own athletes but to all our team members. Please make sure that your actions do not interfere with the responsibilities that you have as a representative of Formula Cheer.
- o If I have a problem concerning the coaching of MY CHILD, I will personally direct my issue via e-mail to my coach away from the gym, practice site, performance, or any Formula Cheer event.
- o I will direct my complaints, problems, and sensitive issues regarding the coaches and program directly to Shaina Schultz via e-mail.
- o I am aware that challenges will make the team, and ultimately my child, a better athlete.
- o I will not allow my child to attend ski club or any high-risk activity the week of any competition or performance.

Attendance

- o I will be sure that my child attends all regularly scheduled practices and is on-time. In addition, I will be sure that my child is available to attend extra practices the weekend prior to and the week of any Formula Cheer performance or event.
- o I understand that my child will be given two “freebie” absences throughout the entire season. I will use them wisely as I know that any absence negatively affects the team. They may not be used the week of or prior to a competition.
- o I will e-mail my child's coach by 3:00 p.m. if my child is sick and cannot attend practice. I will Formula Cheer at 224-228-3320 and leave a message for my child's coach if I cannot e-mail prior to 3:00. I will explain the absence in my message.
- o I understand that I am not allowed in the coaching area (gym or competition facility) during a team practice. I am aware that this includes pre-warm-up, warm-up, & team discussions at competitions.
- o I understand that my athlete is not allowed to miss practices during the week of a competition. I understand that if my athlete does miss a practice, he/she could be replaced in the routine for that event.
- o I understand that (practices are closed to athletes and coaches only; unless invited) and the parent area is available for parents to occasionally watch the progress of practices. I will only speak positively about the program and/or coaches. In addition, I will not comment or give my opinion regarding any Formula Cheer athlete, the practice, or the routine.

Competitions

- o I will not approach competition judges or officials at any event. I understand that competition judging is subjective, and I may not agree with the outcome of judging scores. Parents should not have any contact with a competition official for any reason.
- o I will represent the Formula Cheer program at competitions and events with good sportsmanship. I will only speak positively about the program as well as competitors.

Misc.

I will not post any Formula Cheer routine, performance, or practice on social media until the season is over.

I understand that if at any time I should fail to follow the above or if I act in a manner that jeopardizes the name and reputation of Formula Cheer my child may be removed from the team. Any violation in the above list of expectations may lead to the removal of my child from the Formula Cheer team.

Parent Signature_____ Date_____