



East Coast Flames  
Season  
2013-2014



# **East Coast Flames Rules and Regulations**



I hereby understand that each time “East Coast Flames” is mentioned throughout this contract it is meant to be all inclusive of Fire Express, LLC. dba East Coast Flames All Stars, its officers, shareholders, agents, and employees.

## ➤ **GENERAL**

1. Only registered athletes are allowed in the practice area.
2. Siblings, family members, friends, etc. are not allowed in the practice area.
3. All spectators must remain in the designated area and keep the noise level down at all times.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, drinks, or gum are permitted in the practice area.
6. All trash must be disposed in the appropriate trash receptacles.
7. Cell phones and pagers must be put on silent mode or left outside of the practice area.
8. East Coast Flames is not responsible for any personal items lost or stolen.
9. The East Coast Flames E-mails must be checked daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided.
10. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc. should be highly protected and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site such as YOUTUBE, MYSPACE, FACEBOOK & ECT.

## ➤ **TEAMS**

East Coast Flames retains the right to:

1. Place its athletes on the team(s) it feels will best suit them and the program.

2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:

Attendance

Conduct

Skills

Finances

Parent conflicts

2. Decide if an athlete may participate on more than one team.

a. (Crossover participants will have to pay ½ the registration fee)

4. Decide the roles and/or positions an athlete will have/play on their team(s). (E.g. base, flyer, back spot, tumbler, dancer, alternate, etc.).

5. Request that an athlete or team take additional classes or camps to improve their skills.

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

## ➤ ATTENDANCE/INJURIES

All athletes must:

1. Make East Coast Flames priority over any other extracurricular activities.

2. Attend and be prepared to participate in all East Coast Flames activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.

3. Notify East Coast Flames immediately when an injury occurs so changes to routine choreography can be made prior to practice.

4. Arrive at least **15 minutes** early to all East Coast Flames activities.

5. Schedule all vacations so as not to interfere with any East Coast Flames activities.

6. Notify East Coast Flames in writing immediately of all expected tardiness or absences.

7. Notify East Coast Flames by phone immediately of any unexpected tardiness or absences

## ➤ **DRESS CODE**

All athletes must:

1. Maintain a well-groomed appearance and good personal hygiene at all times.
2. Hair must be kept out of the face (if possible in a high ponytail) and a bow worn at all times when wearing any East Coast Flames uniform unless otherwise instructed.
3. Nails must be kept shorter than fingertips when participating in any physical East Coast Flames activity.
4. No jewelry (other than approved medical ID tags) is allowed when wearing any East Coast Flames, practice, warm up, camp, or competition uniform.
5. No tattoos or inappropriately dyed or cut hairstyles should be visible when wearing any East Coast Flames competition uniform.
6. Sandals, flip flops, or open-toed shoes are not allowed when wearing an East Coast Flames travel, practice, warm up, camp, or competition uniform.
7. All lost or noticeably damaged uniform items must be repurchased immediately and a matching substitute worn until the item is replaced.

## ➤ **COMPETITION DRESS CODE**

1. Athletes must be dressed as instructed by their coach.
2. All rollers must be taken out and hair and NO make-up complete as per coach's request.
3. All jewelry (except approved medical ID tags) and colored nail polish must be removed.
4. All non-uniform items such as sunglasses, cell phones, CD players, and iPods must be put away.
5. Any braces or tape needed to perform must be supplied by the athlete and put on before going to warm up mat.
6. During awards ceremonies, athletes must be in full competition uniform and may not wear backpacks, warm ups or any other items.

## ➤ **SPORTSMANSHIP/CONDUCT**

All athletes **AND** Parents must always

1. Set a positive example for others to follow.

2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach or other staff member to discuss any issues that may arise.
4. Refrain from gossiping or any form of verbal or physical confrontation.
5. Refrain from celebrating the misfortune or defeat of another person, team, or program.
6. Accept team placements and awards with dignity and class.

➤ **HEALTH**

All athletes must:

1. Provide East Coast Flames with current health insurance and emergency contact information.
2. Inform East Coast Flames of all medical conditions that may limit or prevent their ability to participate in any East Coast Flames activities.
3. Notify East Coast Flames of any injuries sustained as a result of their participation in any sanctioned East Coast Flames activities.
4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any East Coast Flames activities.
5. Provide East Coast Flames with a list of any medications that they are currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.

➤ **TRAVEL / COMPETITIONS**

All athletes and their families must:

1. East Coast Flames will have all travel arrangements preset.
2. Arrive to competition by the designated check-in time and will check-in with the coaches/staff/gym owners accordingly.
3. Not use competitions as family vacations and will therefore follow the designated schedules and abide by all rules set forth by East Coast Flames.

## ➤ **FINANCIAL OBLIGATIONS**

All athletes and parents understand that:

- 1.** They assume full responsibility for all costs incurred as a member of East Coast Flames including but not limited to: gym registration, monthly tuition, practice outfits, uniforms, competition and travel expenses, or any other item(s), reservations, or services purchased or rendered to me and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.
- 2.** Monthly payments are due no later than the 3rd of every month.
- 3.** Monthly payments for Tuition, Choreography, Competition Reg. Fees, Hotel and Bus fees are due from July 2012 through April 2013.
  - Tiny's \$ 170.00 per month for 10 month
  - Minis \$ 175.00 per month for 10 month
  - Youth \$ 270.00 per month for 10 month
  - Juniors \$ 280.00 per month for 10 month
  - Seniors \$ 280.00 per month for 10 month
- 4.** Tuition does not fluctuate based on the number or duration of practices in any month.
- 5.** Tuition pays for training. It does not pay for the right to perform.
- 6.** Vacations or time off will not be prorated. Please make note that all East Coast Flames vacations have already been prorated into the monthly fee.
- 7.** All payment due dates must be met.
- 8.** A \$20.00 late fee will be assessed in the event that a payment is past due.
- 9.** Any payment attempts resulting in a NSF (non-sufficient funds), declined credit card, expired credit card, returned check and electronic debits etc. will incur a \$25 service charge. And cash will only by aloud after.
- 10.** An athlete's account must be current and in good standing to participate in practices/competitions/special events.
- 11.** East Coast Flames reserves the right to remove an athlete from their team at any time for failure to keep up with financial obligations.
- 12.** East Coast Flames reserves the right to cancel any and all travel arrangements made that are not paid in full by the payment due dates.
- 13.** Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.
- 14.** If an athlete chooses to leave or if asked to leave East Coast Flames for any reason before the season is over, any and all funds are completely non-refundable.
- 15.** East Coast Flames reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.

# **East Coast Flames Rules and Regulations**

## **CHECKLIST**

**All athletes must submit the following documents to the East Coast Flames Office before permission to participate in any East Coast Flames activity is granted. Thank you in advance for your cooperation!**

- CANDIDATE INFORMATION SHEET
- COPY OF BIRTH CERTIFICATE
- REGISTRATION FORM / MEDICAL WAIVER
- RULES & REGULATIONS COMMITMENT
- COPY OF HEALTH INSURANCE CARD

# ECF

## RULES AND REGULATIONS COMMITMENT

I have read the East Coast Flames Rules and Regulations Commitment in its entirety and understand its commitment. I understand the responsibility my child is undertaking by becoming an East Coast Flames member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this commitment I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes their team and the entire East Coast Flames program. Furthermore, I understand that being an East Coast Flames member is a commitment on the part of the parent as well. I realize that when representing East Coast Flames I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this commitment, that is consistently negative, or acts in a manner that jeopardizes the name and reputation of the East Coast Flames program, will be subject to removal with no refund. In addition, I agree to give East Coast Flames full permission to seek medical attention and/or take any actions deemed necessary including but not limited to drug testing to ensure the safety and well - being of my child and those around them.

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Parent's name printed

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Parent's signature Date

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Athlete's name printed

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Athlete's signature Date

### OFFICIAL NOTARY

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SIGNATURE

SEAL



# ECF

## Release Form

### Cheerleading

In consideration for \_\_\_\_\_'s  
(Name of Participant)

Participation in the training and activities provided by East Coast Flames and Fire Express LLC, including cheerleading, fitness training, gymnastics, trampoline, dance, and practice. I am fully aware that any activity involving motion, height, or athletic activity creates possibility of possibly of serious injury. I hereby release Fire Express LLC DBA East Coast Flames All-Star Cheerleading, Inc. , including it officers, shareholders, agents, and employees, from any liability to the above named participant, of the person claiming through him/her, arising from injury to the person or property of the above named participant occurring on the premises of Fire Express LLC DBA East Coast Flames All- Stars Inc., including any event sponsored or sanctioned by Fire Express LLC DBA East Coast Flames All-Stars Inc., and /or travel to and from such activities. This release includes but is not limited to any claims of negligence, dangerous condition, latent defect, premises liability, code violation, negligent security, failure to warn, vicarious liability, negligent hiring, negligent supervision, negligent maintenance, or improper/dangerous equipment; it is intended to be as broad as permissible under Florida Law. I am fully aware of the nature of the activities provided and the possibility of injuries arising from such activities. I further agree to hold harmless, indemnify and defend Fire Express LLC DBA East Coast Flames All-Stars Inc., including it officers, shareholders, agents, and employees from ant loss, liability, damage or cost incurred by them due to the above named participant on the premises or during any event sponsored or sanctioned by Fire Express LLC DBA East Coast Flames All-Stars Inc., This release is intended to be binding upon the participant his/her heirs, assignees, and successor in interest, and anyone claiming by or through him/her. In addition, I have read and understand the registration form and agree to all terms stated above. In addition, attest that all information given is factual. I certify that the applicant is in good health and may participate in activities at Fire Express LLC DBA East Coast Flames Inc. In case of emergency requiring medical treatment, the undersigned hereby authorizes Fire Express LLC DBA East Coast Flames Inc. to take the student to a qualified medical or hospital facility for care treatment.

I am ( ) participant, if 18 or older  
( ) parent of participant  
( ) legal guardian of the participant

**Parent/Guardian printed name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone # (Home)** \_\_\_\_\_ **(Cell#)** \_\_\_\_\_

**(Work)** \_\_\_\_\_ **(Beeper)** \_\_\_\_\_

\_\_\_\_\_ I am allowed to be given Advil/Tylenol by the ECF Coaching Staff

\_\_\_\_\_ I am NOT allow to be given any medication by the ECF Coaching Staff

**Please list any physical/psychological limitations, injuries, or weakness that may affect the athlete:**

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