

Student Policies

Chris Rabs

(Accepted) Handbook

*Policy was previously accepted on 08/10/2026 06:29 PM. Accepted by Rabs, Chris
(claidyrabaca@gmail.com)*

General Policies Handbook

Communication

NE All Stars utilizes multiple platforms to communicate with the general public as well as our families. **Primary communication directly regarding an individual athlete or team is typically done via email.** General gym news and updates are sent via email as well as on social media (Facebook, Instagram, etc.). **Team communication will be typically done via “Band App”.** General questions and needs can be addressed by contacting our administrative team at neallstars1@gmail.com

Activity Level & Injuries

Cheerleading is an athletic sport. It is physically demanding and at times can require mental grit and toughness. To be successful, athletes are expected to be in good physical condition including strength, flexibility, endurance, etc. Our coaches and our programs are designed to help build our athletes to be the best they can be, with respect to individual bodily differences and abilities. Athletes are expected to push themselves but to also understand their personal limits in order to avoid injury.

Please be sure to familiarize yourself with our Liability waiver and policy. You may contact our administrative staff for them to send you an additional copy. Signing this document is required for athlete enrollment.

In the event that an injury to an athlete does occur, coaches and staff will render proper first aid care related to the injury. If an injury warrants sitting the athlete out or modifying their activity level, the coach will discuss with the parent/guardian following the class/practice/event. If they are unable to meet or speak with the parent/guardian directly (such as if the athlete is carpooling with other athletes), they will send a follow up phone call or email within 24 hours of the injury. If an injury requires modification of the athlete's activity level in excess of one practice following the injury, NE All Stars staff may request that the parent/guardian have the athlete assessed by a physician and obtain a doctor's note before returning to play. Serious injuries will always warrant an immediate reach out to the parent/guardian.

Should an athlete find during practice that they are unable to function or fully perform due to an injury, it is up to them to inform their coach immediately and ask for modification.

Social Networking

Social media is incredibly beneficial to modern society! At NE All Stars we understand that social media can be a fun and rewarding way to share your life and opinions with family, friends, and the general public. However, use of social media also presents certain risks and carries with it certain responsibilities. NE All Stars parents/guardians, athletes, and their families are asked to respect the boundaries between coach/athlete and family by not engaging with our staff on social media platforms. This is to ensure that professionalism is maintained for all gym-related communications. Should you wish to speak or communicate with your coach, please do so via their contact email, Band app, or directly in person. Any social media posts that include the NE All Stars logo/title in any form must be professional (no profanity or

inappropriate behavior) and be in alignment with our core values, rules, guidelines, and overall behavior expectations.

Coach Contact

Any contact that a parent/guardian or athlete wishes to make with a coach needs to be done through the appropriate channel. This can be done via their contact email or team Band app. Social media channels, 1:1 chats, and direct calls/text messages to personal numbers are not appropriate in respecting the boundary between a coach and an athlete/family. Please be respectful of our staff's time in reaching out to them at appropriate hours. In-person discussions should be pre-arranged with the coach as they are on limited schedules when in the gym.

Observation of Classes/Practices/Etc.

NE All Stars understands a parent/guardian's desire to watch their athletes participate in our classes, practices, etc. and we respect this need. Observation of your athlete is required to take place out of the gym instruction area. We offer a parent viewing room via the television live stream for the safety of both the staff, athletes, and spectators. This also minimizes distractions for the athletes. Coaches reserve the right to close observation should it become distracting, disruptive, or if a parent/athlete is not being respectful of the class/practice/etc. at hand.

Weather Policy-

Weather, holidays, and scheduled breaks will occasionally cause the gym/facility to close. In the event of inclement weather, please refer to our Facebook page: NE All Stars, email, and team Band app for updates. We will do our best to communicate the closure via email/band as soon as possible; we typically announce weather-related closings by 3pm day of. When making a determination on whether or not to close, we look to the guidance of the C-I School District, but we do not always make the same decision as we serve multiple school districts. We make every effort to hold classes/events but recognize the safety of our athletes, staff, and their families as a top priority and that weather is beyond our control. There are NO MAKEUPS for weather related closings. Tuition/fees are NOT pro-rated in the event of these closings.

Dropping a Class

All drops are processed at the end of the month; *emailed notice* is required to drop tumbling or a class. All drop notices are due no later than the 15th of the month in order to drop at the end of that month. Provide your notice by emailing neallstars1@gmail.com. Upon receipt of your notice, the office will process effective *at the end of the month from the submission of your email/notice*. There are no drops mid-month. An athlete not attending does not automate a class drop—families are responsible for all tuition/fees until a formal drop notice is submitted regardless of class attendance. There are NO refunds for tuition for class drops.

If a drop notice is emailed after the 15th of the month the drop will be effective for the FOLLOWING month (for example, a drop emailed on the 17th of January will result in a drop date of the last day of February, NOT January. This procedure is ONLY for dropping out of a class or tumbling, not for transferring to a different class or for teams, camps, or clinics. Teams, camps, clinic are nonrefundable. Teams dropped prior to finishing the payment plan agreement result in all unpaid funds being due to immediately.

Please note coaches are not responsible for informing our administrative staff that an athlete is dropping/transferring classes, nor is it acceptable for an athlete to be the one informing staff. It is the parent/guardian's responsibility to call or email in the official notice for documentation purposes.

Attendance & Tardiness Policies

We encourage athletes to maintain consistent attendance. We understand that conflicts or illness may cause an athlete to miss. If your athlete will not be attending, please notify the Coach directly (you will get their contact information upon enrollment through the Parent Portal) or by reaching out to the gym via phone/email. *Please note that consistent absences will not designate an automatic disenrollment from a class/team/etc.*; to drop a class please see our policy noted above for proper preceding. Parents/guardians will be responsible for appropriate class/team fees incurred even if an athlete is absent until a formal drop has been requested.

Should an athlete be more than 10 minutes tardy, their ability to participate in a class/practice/etc. may be affected. This is because our instructors put time and effort into ensuring an athlete is properly warmed up to safely participate; it

is the coach's discretion to work the tardy athlete into practice/class appropriately as to not disrupt the instruction of the other athletes.

Lost Items

Please leave all valuables at home. NE All Stars is not responsible for lost and stolen items. Please label all personal belongings with first and last names to ensure they can be returned should an athlete/family forget or misplace something. A lost and found box is available at the gym; periodically items in the box will be sent for donation so be sure to go through it promptly if you are missing something.

Late Pick Up Policy

NE All Stars staff has a strong standpoint on athlete and participant safety. Our staff is expected to supervise athletes until they have been safely picked up from their event, OR another employee is taking over supervision. Due to this, parent/guardians of participants will be advised to be prompt when picking up their participant, (within 15 minutes of class/event scheduled end time). Should a parent/guardian be running late or not show, the parent/guardian must notify the gym so that proper supervision arrangements can be made.

NE All Stars *reserves the right to charge at the rate of \$1 minute for all athletes that are not picked up within 15 minutes of the scheduled end time.* Though we want our athletes in the gym as much as possible, our coaches are on strict schedules in order to maximize the instruction we can offer, and will be compensated for their time. Should an athlete be dropped off or picked up without a parent/guardian coming inside to escort the athlete, the parent/guardian is accepting liability and the risk of the athlete walking in and out of the gym alone. Staff supervision stops when the athlete completes their class/event. Please keep in mind we have many athletes in and out of our gym every day, and we cannot keep track of exactly when athletes enter/exit our building and who picks them up. We highly encourage athletes to wait inside the gym for their rides and for parent/guardians to physically come inside and escort their athlete in and out for class and practices for their safety!

Uniforms/Accessories

Athletes and families should keep in mind that while in NE All Stars uniforms, gear/apparel, etc. they are representing the organization. Every representative of our program is expected to behave in a manner that reflects our spirit of sportsmanship, community, and respect. If athletes are registered for a class/team that has designated practice wear and/or a performance uniform, they need to follow the coach's standards outlined for when it is appropriate to wear and how to do so properly.

Disciplinary Action

NE All Stars wants to encourage a positive experience for all of our athletes, families, and staff. Disciplinary action will only be invoked as a last resort and every attempt will be made to avoid situations that lead to rigid disciplinary action towards a family or athlete. NE All Stars reserves the right to dismiss any athlete or family from our program that causes irreconcilable discord amongst other athletes, staff members, or families that causes negative influence or negatively impacts the team.

Tuition/Payment

Please familiarize yourself with our tuition/payment policies. A card is required to be on file for all athletes/families, even if you prefer to pay via check or cash. Depending on what the athlete is enrolled/registered in, payment may be monthly, one-time, or divided up in other ways. Different items may be due on different dates!! **ALWAY** look at your specific account for payment details. **Please see your specific account for details.**

Registration fee is due upon registration of the class. Monthly tuition is then due on the 25th of every month. Regardless of weather related or scheduled business closings, if payment is not received in the office by the close of business on the 24th, the required credit card on file will be charged. If the card on file needs to be charged, but outstanding fees are unable to be collected (i.e. - the card is rejected), a late fee will be applied. Late fees will be assessed \$10 per month). Pro-rated registration is processed at the time of registration.

For those that would prefer to pay in full or in bulk-advance, you may do so by contacting our office; bulk and advance-payments are sometimes eligible for a discount; please contact the office for more information. Please note our Class Drop policy in regards to tuition due based on when you drop a class.

Refund Policy

1. NO refunds of any registration fee
2. If tuition was paid in full- no refunds. If tuition is being split into payments- total remaining unpaid payments becomes due immediately- no refunds or forgiveness.
3. NO refund for uniforms or apparel after the order is placed
4. NO refund for competition fees, team specific fees, extra fees
5. NO refund for teams, camps, clinics
6. Written notice required by the 15th of the month to stop classes: all tumbling and skill classes

If your card does not process on the designated date you authorize NE All Stars to manually push payment on all cards listed on the account every day until payment is made.

NE ALL Stars General Code of Conduct

Logistics

- Only Athletes and NE All Stars Staff are allowed in the gym area, unless a parent/ guardian is ASKED to come in; Parents/Guardians and all other spectators need to remain in the lobby/ parent room area
- All young children must have a parent/guardian with them
- Please be considerate with food/drink in the lobby area
- No running or horseplay in the gym
- Please notify the gym/your coach if you will be more than 10-15 minutes late or absent
- Valuables should not be brought to the gym; NE All Stars is not responsible for lost/stolen items
- Refrain from gossip; any concerns with the gym or staff should be addressed directly at the appropriate time and respectfully to our administrative staff
- A positive attitude is expected; the encouragement of sportsmanship and respect of all staff, athletes, families, and our community is a must
- Athletes must be picked up within 10-15 minutes of the athlete's scheduled end time
- No negative gossip/discussions in group messaging platforms, public forums, or common areas. All feedback and concerns need to be directly addressed with a coach or admin team member.

Athletes

- Expected to follow and uphold the behavior contract that is signed by parent and athlete.
- No street clothes or shoes in the gym (snow boots, street shoes, etc. need to be changed into cheer shoes) for practice/events
- No gum, food, or drink other than water in the gym area
- Use the restroom prior to class/practice
- Hair must be pulled away from face and long hair must be pulled up (athletes that need a hair tie will result in a hair tie fee)
- Athletes are not to wear any jewelry during practice/class; coaches reserve the right to have an athlete remove obstructive jewelry for safety purposes. Injuries related to jewelry are at the fault of the athlete.
- Black tops and black bottoms- athletic attire- needs to be worn for classes/practices
- Personal belongings belonging need to be in the cubbies in the locker room area (including cell phones!)
- No cell phones in the gym
- Athletes are advised to keep nails short and well filed; coaches reserve the right to have an athlete trim nails or limit their involvement if they are deemed a safety concern
- Athletes need to be respectful of their coach's instruction and decisions; they are not permitted to offer their opinions, criticism, or input
- NE All Stars has a zero tolerance policy for drugs, alcohol, and tobacco; any athletes found to be in possession or in the presence of usage at the NE All Stars facility or at competition/event will face immediate disciplinary action and possible dismissal.
- Athletes are enrolled are expected to maintain proper time management skills when it comes to academic

responsibilities and their other extracurricular activities. These are not valid excuses for missing a class, practice, or event.

By electronically signing this, I am agreeing that I, my child, and anyone associated with us will abide by this.

(Accepted) New Student Policy

*Policy was previously accepted on 08/10/2026 06:29 PM. Accepted by Rabs, Chris
(claidyrabaca@gmail.com)*

1. Program Overview

NE All Stars Cheer & Tumbling (aka Next Era All Stars) provides a positive, safe, and structured environment for athletes of all ages and skill levels. This policy outlines expectations for new students and their families to ensure consistent communication, safety, and program success.

2. Registration & Enrollment

- All students must complete the behavior contract before participating in any class or team activity.
- A parent/guardian must sign required waivers, including the liability waiver and media release.
- Tuition must be set up through the gym's payment system prior to the first practice.
- Class placement is determined by coach evaluation to ensure athlete safety and appropriate skill development.

3. Attendance Expectations

- Students should arrive **5–10 minutes early**, ready to begin on time.
- Use bathroom prior to class
- Absences should be reported in advance through email or your program's communication platform.
- Consistent attendance is required for skill progression and team readiness.
- Excessive absences may result in reevaluation of class or team placement.

4. Safety Rules

To promote a safe training environment, all students must follow these safety guidelines:

- Jewelry must be removed; hair must be secured away from the face.
- Proper athletic attire and clean cheer/tumbling shoes are required.
- No spotting or attempting new skills without coach approval.
- The gym floor, equipment, and mats may **not** be used without instructor supervision.
- Students must notify coaches of injuries or limitations prior to practice.

5. Athlete & Parent Conduct

NE All Stars expects respectful, team-centered behavior from athletes and families:

- Athletes must treat coaches and teammates with respect.
- Parents may not coach from the sidelines or interrupt practice.
- Negative comments, bullying, gossip, or drama are grounds for removal from the program.
- Social media posts representing NE All Stars must reflect the program positively.

6. Tuition & Fees

- Accounts must be current to participate
 - A late fee will apply for past due accounts.
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7. Communication Standards

- All official communication will be delivered through email or the gym's designated parent app- BAND.
 - Athletes are responsible for staying updated on schedule changes, events, and announcements.
 - Coaches will reply to questions within standard business hours.
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8. Photography & Media

- The gym may use photos or videos of athletes for marketing, unless a parent opts out on the media release form.
 - Recording during practices is only allowed with coach approval.
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9. Injury & Illness Guidelines

- Athletes who are sick should remain home.
 - A doctor's note may be required for return to practice after certain injuries.
 - Coaches may modify activities for athletes recovering from injury.
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10. Policy Agreement

By enrolling in NE All Stars Cheer & Tumbling, students and families agree to follow all policies and respect the guidelines set to maintain safety, sportsmanship, and program excellence.

(Accepted) Photo Waiver

*Policy was previously accepted on 08/10/2026 06:29 PM. Accepted by Rabs, Chris
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VIDEO/PHOTOGRAPH RELEASE FORM

I hereby grant NE All Stars (aka Northern Elements Cheer, LLC, Next Era Cheer, Next Era All Stars and all affiliate's) the irrevocable right and permission to use photographs and/or video recordings of me on social media sites, websites and in publications, promotional flyers, educational materials, derivative works, or for any other similar purpose without compensation to me.

I understand and agree that such photographs and/or video recordings of me may be placed on the Internet. I also understand and agree that I may be identified by name and/or title in printed, Internet or broadcast information that might accompany the photographs and/or video recordings of me. I waive the right to approve the final product. I agree that all such portraits, pictures, photographs, video and audio recordings, and any reproductions thereof, and all plates, negatives, recording tape and digital files are

and shall remain the property of NE All Stars (aka Northern Elements Cheer, LLC).

I hereby release, acquit and forever discharge NE All Stars (aka Northern Elements Cheer, LLC), its current and former trustees, agents, officers and employees of the above-named entities from any and all claims, demands, rights, promises, damages and liabilities arising out of or in connection with the use or distribution of said photographs and/or video recordings, including but not limited to any claims for invasion of privacy, appropriation of likeness or defamation.

I hereby warrant that I am eighteen (18) years old or more and competent to contract in my own name or, if I am less than eighteen years old, that my parent or guardian must agree to this form. This release is binding on me and my heirs, assigns and personal

representatives.

If the individual listed on this account to be photographed/recorded is under eighteen (18) years old, a legal guardian must agree: I have read and I understand this document. I understand and agree that it is binding on me, my child (named in this account), our heirs, assigns and personal representatives. I acknowledge that I am eighteen (18) years old or more and that I am the parent or guardian of the child named in this account.

My clicking the box I agree to the above agreement.