



## 2026-2027 FULL SEASON ATHLETE REGISTRATION FORM

(June 1st, 2026 to May 31st, 2027)

### *Athlete Information:*

Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Current Age: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Current Age: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Current Age: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Current Age: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

### *Parent/Guardian Information:*

Parent/Guardian Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

### *Emergency Contact Information:* (to be used if the contacts listed above cannot be reached)

Emergency Contact Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Relation to Athlete(s): \_\_\_\_\_



***Medical Treatment Authorization:***

I hereby certify that I am the parent or legal guardian of the named athlete. I hereby authorize FUEL Athletics / Flux Dance Company, it's employees, coaches, and/or staff to act on my behalf in my absence to secure necessary emergency medical treatment for the athlete. I agree to be solely responsible for all expenses and costs related to such emergency treatment. I further agree to indemnify FUEL Athletics / Flux Dance Company for any expenses and costs it may incur in such treatment. I acknowledge that basic medications (Motrin, Benadryl, Tylenol, etc.) and first aid materials are available to the athletes and may be provided to the athlete at their request.

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

Insurance Company: \_\_\_\_\_ Group/Policy #: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Physician Phone #: \_\_\_\_\_

***Media Release:***

I hereby consent to the photographing, video/audio taping and video/audio recording of the named athlete and the perpetual use of these photographs and/or recordings singularly or in conjunction with other photographs and/or recordings for advertising, publicity, commercial, or other business purposes. Further, I understand others, with or without the consent of FUEL Athletics / Flux Dance Company may use and/or reproduce such photographs and recordings. I hereby release FUEL Athletics / Flux Dance Company and any of its associated or affiliated companies, their director, officers, agents, employees and customers, and appointed advertising agencies, their directors, officers, agents, employees from all claims of every kind on account of such use.

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

***Fuel Athletics / Flux Dance Company Code of Conduct:***

I have received, read, and agree to abide by the Fuel Athletics / Flux Dance Company Code of Conduct and I will make sure that the athlete(s) who I am registering will also read and abide by the Fuel Athletics / Flux Dance Company Code of Conduct. I acknowledge that any athlete or parent/guardian who violates the Fuel Athletics / Flux Dance Company Code of Conduct may result in the athlete being removed from this program without warning, notice or refund.

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

***Attendance:***

I acknowledge that practices between August 1st and May 31st, choreography days, extra practice days, competitions, showcase, and all other performances are mandatory. I acknowledge that practice and competition dates may change or be added to the schedule at any time. I acknowledge that I may be charged a \$25 "absence fee" for each unexcused absence. I acknowledge that unexcused absences may result in the athlete being removed from this program without warning, notice or refund.

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



**Financial Agreement:**

**1. MONTHLY TUITION:**

**Full Season All-Star Cheerleading at Fuel:** \$269.99 per month for 12 months for the first team. Add \$79.00 per month for each additional Fuel Cheerleading or Flux Dance team. Monthly tuition includes: Team Practices, Competition Registration Fees\*, Tumbling, Showcase Fee, Choreography, and Team Music. Athletes may be required to purchase a uniform (~\$588 plus tax and shipping). Uniform will be broken up into payments starting in July, 2026. Athletes will need approved black all-star cheer shoes and a competition cheer bow.

**Full Season All-Star Dance at Flux:** \$209.99 per month for 12 months for the first team. Add \$79.00 per month for each additional Flux Dance team. Monthly tuition includes: Team Practices, Competition Registration Fees\*, Showcase Fee, Choreography, and Team Music. Athletes will be required to purchase a uniform (~\$180 plus tax and shipping). Uniform payments are due starting in August, 2026. Athletes will need approved shoes.

\* Select teams will work to earn a bid to an end of season event. End of season event costs are NOT included in the tuition and if your team earns a bid, additional fees will apply depending on the type of bid earned.

**2. MONTHLY TUITION PAYMENTS:**

Monthly tuition is due on the 1st of each month. Tuition will be automatically charged to your credit card each month for 12 months starting June 2026 and ending May 2027. **A \$50 late fee will be added to any accounts with an outstanding balance after the 5th of each month.**

**3. REFUNDS:**

No refunds. All sales are final.

**4. DROPPING/QUITTING:**

The season automatically ends May 31st, 2027. To Drop/Quit before the end of the season, written notice must be emailed to flames@fuelcheer.com at least 15 days before the next billing date. A \$250 re-choreography fee may be assessed for athletes that drop/quit after August 1st, 2026. Athletes that Drop/Quit forfeit all monies paid; all merchandise, uniforms and apparel that has not yet been distributed; all claims to performances, admission or training; and all other services or receivables that were part of this agreement. Athletes that Drop/Quit agree to return any loaned uniforms, apparel or other equipment to Fuel Athletics / Flux Dance Company within 48 hours of Dropping/Quitting, or immediately pay Fuel Athletics / Flux Dance Company the full replacement value of said apparel or other equipment.

**5. REMOVAL:**

Any Athlete or Parent who violates this agreement, violates the Fuel Athletics / Flux Dance Company Code of Conduct, or has a past due balance for 90 days or more may result in the athlete being removed from this program without warning, notice or refund. Athletes that are removed forfeit all monies paid; all merchandise, uniforms and apparel that has not yet been distributed; all claims to performances, admission or training; and all other services or receivables that were part of this agreement. Athletes that are removed agree to return any loaned uniforms, apparel or other equipment to Fuel Athletics / Flux Dance Company within 48 hours of removal, or immediately pay Fuel Athletics / Flux Dance Company the full replacement value of said apparel or other equipment. Fuel Athletics/Flux Dance Company reserves the right to refuse services at any time.

**6. GOOD FAITH ACCOUNT STANDING:** The costs outlined in this agreement must be paid in full by schedules indicated in the payment terms above. If the responsible party(ies) does not make scheduled payments on their account for a period of 45 days while an athlete is actively enrolled, your athlete will be removed from practices. The responsible party will be required to a make a good faith payment equal to 50% of the outstanding balance plus any late fees incurred in order for the athlete to return to practice AND bring their account up to date by the next scheduled payment. In the event of non-payment for a period of 90 days, your athlete will be removed from the program and an attempt to settle outstanding debt via collections agency/court will be made at the responsible party's expense.

**I have read, understand and agree to the terms listed above. I agree to be financially responsible for all costs related to Cheerleading and/or Dance at Fuel Athletics / Flux Dance Company. I have received, read, and agree to abide by the Fuel Athletics / Flux Dance Company Code of Conduct.**

Guarantor Printed Name: \_\_\_\_\_

Guarantor Drivers License Number: \_\_\_\_\_

Guarantor Signature: \_\_\_\_\_ Date: \_\_\_\_\_



***Automatic Billing Authorization:***

I authorize "Spirit Factor LLC DBA Fuel Athletics / Flux Dance Company / Flamous Apparel" to initiate a credit card charge on a recurring basis for any account balance owed at the time of the charge. I acknowledge that Spirit Factor LLC has a strict NO REFUNDS policy. This payment authorization is to remain in full force and effect until I notify Spirit Factor LLC of its cancellation by sending written notice in such time and in such manner to allow both Spirit Factor LLC and the receiving financial institution a reasonable opportunity to act on it.

**CREDIT CARD BILLING INFORMATION:**

Athlete(s) Name: \_\_\_\_\_

Card Holder Name: \_\_\_\_\_ Name of Bank: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Card Security Code: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Card Holder Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## WAIVER AND RELEASE

In consideration of the services of Spirit Factor, LLC (dba Fuel Athletics / Flux Dance Company), it's owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Fuel Athletics / Flux Dance Company"), I hereby agree to release, discharge, and hold harmless Fuel Athletics / Flux Dance Company, on behalf of myself, my children, my parents, heirs, assigns, sponsoring agencies, advertisers, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of Fuel Athletics / Flux Dance Company pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property, or to third parties. The following describes some, but not all, of those risks:

Cheerleading, dance and gymnastics, including performances of stunts and use of trampolines entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Cheerleading, dance and gymnastics are vigorous sporting activities involving height and rotation in a unique environment and, as such, pose a significant risk of injury. Without a certain degree of risk, Cheerleading, dance and gymnastics students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading, dance and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries to bones, joints and muscles, and serious neck and spinal injuries. Traveling to and from shows, meets, and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistant may be required which you must pay for yourself. This agreement releases Fuel Athletics / Flux Dance Company from all liability regarding damages/injuries resulting from participation in our program/business.

2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with Fuel Athletics / Flux Dance Company related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks. If I observe any unusual and significant concern in my child's readiness for participation and/or in the Fuel Athletics / Flux Dance Company program itself, I will remove my child from participation and bring such issue to the attention of the nearest Fuel Athletics / Flux Dance Company personnel immediately.
3. I acknowledge the contagious nature of COVID-19 and other viruses and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 and other viruses by Fuel Athletics / Flux Dance Company related activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death.
4. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify Fuel Athletics / Flux Dance Company from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in Fuel Athletics / Flux Dance Company related activities.
5. Should Fuel Athletics / Flux Dance Company be required to incur attorney/arbitration fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.
6. I certify that my child has health, accident, and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition.
7. All claims and disputes arising under or relating to this agreement are to be settled by binding arbitration in the state of Florida. An award of arbitration may be confirmed in a court of competent jurisdiction. In the event that I file lawsuit against Fuel Athletics / Flux Dance Company, I agree to do so solely in the State of Florida and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect.
8. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against Fuel Athletics / Flux Dance Company on the basis of any claim from which I have released Fuel Athletics / Flux Dance Company by signing this agreement.

**In consideration of** \_\_\_\_\_ (print minor's names) ("Minors") being permitted by Fuel Athletics / Flux Dance Company to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold Fuel Athletics / Flux Dance Company from any and all claims which are brought by, or on behalf of Minors and which are in any way connected with such use or participation by Minors.

**I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.**

Signature of Parent or Participant (if 18yrs+): \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_



## ***Fuel Athletics / Flux Dance Company Code of Conduct:***

**Team Roster Selection:** Much like other sports, a variety of skills and abilities are necessary to give teams the best opportunity to place highly at competitions. Scoring, regulations, choreography, stunt group requirements, athlete maturity, physical stature, skills (stunting/pyramids/jumps/dance/motions), and age are just some of the factors that we have to take into account while building teams. While we try to accommodate requests and place each athlete in the role which they desire, we cannot guarantee any athlete the right to any particular role or location in a routine.

**Team Roster Changes:** Although we attempt to make roster changes as infrequently as possible, the coaching staff reserves the right to, at any time and without notice, make roster changes or remove athletes for reasons which may include but are not limited to: threatening to quit, attitude problems, absences and/or tardies, talent level, lack of improvement, losing a required skill, lack of financial responsibility, fitness level of an athlete, personality conflicts between athletes, coaches, parents or anyone else involved in our program, bullying of any kind, excessive talking/distractions during practice or inappropriate behavior on social media.

**Behavior:** Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all athletes and teams both within and outside of our program. Don't speak negatively about any person, decision, or result. All social media posts, by both the parents and the athletes, must positively represent both the athlete and our program as a whole.

**Practices & Attendance:** Practices are where your child will learn new skills, work on their competitive routine and perform physical fitness conditioning. Attendance at these practices is critical as multiple parts of the routine cannot be performed without all athletes present. To ensure good attendance, please schedule doctors appointments, birthday parties, vacations, etc. outside of practice and competition dates.

**Practices between August 1st and May 31st, choreography days, extra practice days, competitions, and all other performances are mandatory.**

"Unexcused absences" are defined as any absence from practices or extra practice days between August 1st and May 31st that were not previously excused by the Fuel Athletics Program Director. Fuel Athletics reserves the right to charge a \$25 "absence fee" for each unexcused absence. Do not use another team member's absence as an excuse to miss practice yourself. We review each situation individually, and cannot discuss why we excused, or did not excuse, absences for other members of the team.

Athletes with multiple "unexcused absences" may be subject to removal from our program without refund. Athletes who miss a competition, a performance, or choreography, may be immediately removed from our program without refund. Athletes with unavoidable scheduling conflicts can request for an absence to be excused by emailing flames@fuelcheer.com as soon as the conflict is known. No absence will be excused if we are not given adequate time to make team roster adjustments.

Practice dates and times may change throughout the season. Please check the online schedule and your email regularly to stay up to date with changes and additions. Fuel Athletics may extend practice times, or add additional practices throughout the season. Parents and athletes are responsible for checking the online schedule, the email communications, and the team GroupMe chats regularly to find out date/time additions and changes.

**Your Role as a Parent:** Parents are every bit as influential to the success of the teams as the coaches and athletes are. Here are some guidelines for parents:

1. Please attend all competitions, sit together and cheer for all of our teams. The more support you give the teams, the better they will perform.
2. Good sportsmanship, polite manners, and a good disposition are mandatory at all practices and competitions.
3. Please have a good attitude and be positive, especially while in our facility or at competitions. **Athletes whose parents are excessively negative, disrespectful or destructive will be removed from the program.** As adults, we set the tone.
4. **If you have a problem or concern, please schedule a time outside of practice to speak to the Program Director directly about it, or send us an email.**
5. Refrain from "coaching" your child. Athletes taking direction from anyone other than their coaches can lead to confusion, improper technique, performance failures and even injury to themselves or others.
6. For the safety of our staff and other customers, do not enter the athlete room or the gym area without prior approval from a coach or staff member.
7. It is the parent's responsibility to provide your athlete with the best possible diet. We recommend that your child eats at least 1.5-2 hours before practice. Too big meals before the practice or before a competition will result in a stomach ache and lack of focus. Do not send your child to practice or competition on an empty stomach.



8. Withholding a child from practice or competition should never be used as a form of punishment. You are not only punishing your child, but every other team member, coach and parent on that team.
9. It is your responsibility to contact the gym if you feel your child may not be at full capacity to practice. This includes but is not limited to sickness and/or injury. Depending on the situation, your child may still be asked to come to practice to watch so that they don't miss any crucial choreography updates.
10. It is the parent's responsibility to have your child's health and athletic ability checked regularly by a qualified physician, and to communicate any medical conditions or concerns with the Program Director.
11. Social Media posts that are a poor representation of Fuel Athletics/Flux Dance Company may result in suspension or removal from the team.
12. Fuel Athletics/Flux Dance Company is not a babysitting service. No athlete should be dropped off at the gym unsupervised, or more than 30 minutes before a class, private, or practice that they are currently enrolled in.
13. Only athletes and coaches are allowed in the gym area unless permitted otherwise.
14. No one is allowed to yell onto the cheer floor or try to make contact through parent areas unless permitted otherwise.

**Your Role as an All-Star Athlete:** The following are a list of responsibilities that show respect and loyalty for our gym and are expected of all team members:

1. Attend all practices. Arrive ON TIME and stay until practice is over.
2. Good sportsmanship, polite manners, and a good disposition are mandatory at all practices and competitions.
3. Practice mutual respect with teammates, parents, coaches and staff. Be kind to the younger athletes and lower levels.
4. Poor behavior and crying will NOT be tolerated. Athletes will be asked to take a short break to compose her or himself and quickly return to the practice. Mentally and physically strong and mature children with a positive attitude have a much higher chance to progress and stick with All-Star for a long time.
5. Practice mutual respect with all of the coaches at all times. Always ask to be excused and report to the coach if you have to leave the practice for any reason. Never leave practice without reporting to the coach first. Maintain eye contact whenever your coach is giving instructions and be prepared for corrections.
6. Be respectful of the gym and equipment. Keep the gym clean. Pick up all of your stuff after practice and throw away any trash.
7. Do not enter the foam pit area or use fitness equipment with permission from a coach.
8. Do not touch any glass, windows or mirrors located inside the gym.
9. We are not responsible for lost or stolen items.
10. Work hard and try your best at every practice. Do not compare yourself with others, but only with yourself. Be honest and work hard even when your coaches are instructing other students. Listen to what your coaches tell your teammates and learn from it. Avoid asking too many questions or talking to your teammates.
11. Report any injuries or any other problems you may have immediately to your coach.
12. Report any concerns about someone else's inappropriate behavior and also report if you notice any damage being done to the equipment or to the building. Communicate any questions or concerns DIRECTLY with your coach.
13. Maintain the restrooms as clean as possible. Keep all your stuff in your bag or in your designated area. Do not leave any food laying around. Always turn around before you leave to see if you have left the restroom as clean as it was before you came. Pick up your accessories from the gym after practice.
14. Maintain good health and hygiene. Take a shower after each practice and wash all of your apparel regularly.
15. Always wait inside the gym for your ride to arrive.
16. Please dress in accordance with our dress code while at practice and at competitions.
17. Athletes should not chew gum, eat food or wear any jewelry during practice.
18. Athletes must refrain from illegal use of drugs, alcohol, tobacco, or any other substance. Violation of this rule will result in immediate expulsion from the gym.
19. Nails must be trimmed to an "athletic" or "sport" length.. This is a major safety hazard that can result in injury to your child and/or another athlete.
20. Hair must be pulled back and away from the cheerleader's face. Barrettes made of sharp material may pose a safety hazard (especially when stunting and tumbling) and are not allowed. Long bands must be secured with clips. Practice bows are a mandatory part of the dress code.
21. Athletes may not volunteer for, work for, compete under or otherwise be affiliated with any other all star cheer or dance program without prior approval from the Fuel Athletics Program Director.
22. Social Media posts that are a poor representation of Fuel Athletics/Flux Dance Company may result in suspension or removal from the team.



#### **Representing Fuel Athletics:**

1. You are what represents our organization outside of the gym. We encourage you to show your FUEL spirit and wear the logo with pride.
2. Permission is required from the All-Star Director before anyone may sell, manufacture or barter any product or service that involves, uses, or displays our name and logo.
3. All sales involving FUEL Athletics merchandise must go through FUEL Athletics. We want to be very careful about how our brand is presented.
4. Do not share or post FUEL Athletics music, choreography, routines, stunts, etc. on any social media without permission from the All-Star Director. Out of courtesy to other programs, please do not share any other programs' choreography, videos, or information either.
5. Parents, relatives, friends and athletes are never allowed to speak with competition officials for any reason. If you have an issue or concern that you wish to be addressed about a competition, please contact your coach who will direct the concern to the appropriate FUEL Athletics staff member.
6. Parents are never allowed to represent FUEL Athletics without specific permission from the staff concerning accommodations, competitions, and/or other situations.

**Communication: It is the parent's responsibility to stay informed. Check your e-mail, GroupMe Team pages, and FUEL Athletics website regularly as these will be our primary sources of updates, information, and events.** It is your responsibility to ensure we have your current e-mail address on file, and to make sure that we have been added to your address book to avoid spam filters. There is no excuse for being uninformed or irresponsible when the information has been provided.

#### **Competition Reminders:**

1. **Competition schedules, dates, locations and times are subject to change at any time.**
2. Performance schedules for competitions are typically posted the week of the competition and the first schedule release is tentative. As soon as the performance schedules are posted and near finalized (typically three or four days before the event), we will send out an e-mail to notify everyone of the competition details, including meeting times, etc..
3. We request that every parent and athlete watches and cheers for other FUEL Athletics teams whenever possible.
4. Poor sportsmanship by athletes or parents may cause removal from our program. This includes, but is not limited to, bad-mouthing other teams, athletes, parents, or the judges.
5. Coaches have to multi-task while at competitions, and while there will always be a coach present for each performance and the awards ceremonies, it might not be the coach who regularly coaches that team.
6. **NO PARENTS OR SPECTATORS ARE PERMITTED IN THE COMPETITION WARM UP AREAS.**
7. Parking and spectator fees can vary from competition to competition. We have no control over these fees as they are established by the venue and/or competition host.
8. Some parents choose to book hotel rooms for out-of-town competitions, or competitions that have very early or very late schedules. **If you choose to book a hotel, please make sure that your reservation is refundable in the event of a competition cancellation, venue change or other unexpected change. We will not be responsible for anything related to hotels or travel.**
9. We work with event producers to avoid event required hotel stays but in the event that a hotel room is mandatory, we will notify you ahead of time so that you can plan for that expense.
10. Arrive at the competition 15 minutes prior to the scheduled check-in time. When you arrive at the competition, you should report to the coaches immediately in uniform, with hair and makeup done.
11. Before traveling to a competition, double check that you are bringing your uniform, hair bow, cash for parking and admission and anything else that you might need for the day.
12. Absolutely NO visible hair wraps, beads, or non-Fuel colored nail polish on competition day. Clear polish, American or French manicures are fine. Nails should be maintained at an athletic, sport length.
13. No jewelry is allowed at any time. Jewelry includes, but is not limited to: earrings, belly button rings, "other" piercings, necklaces, wristbands, rings, or anklets. Besides being a safety hazard, this could result in our teams being severely penalized by the event producer.
14. Cheerleaders will have designated makeup to be worn.
15. Hair may be done with a pouf, but must be in a ponytail or half-up/half-down.

The All Star Directors may change, add or subtract rules at any time.

**ALWAYS ALWAYS ALWAYS compliment and recognize your athlete's successes, but at the same time you also need to keep them humble in the ability that they have been given. We hope you and your athlete enjoy your time at Flux and Fuel. We look forward to a fantastic competitive season!!!!**



### ***Electronic Communications Policy:***

#### **ELECTRONIC COMMUNICATIONS**

- 1) Except in the case of emergency, all electronic communications between Coaches or Adult Athletes, and Minor Athletes, must:
  - a) be non-personal in nature;
  - b) be made on the Official Fuel/Flux Accounts, or have the Minor Athlete's parent/legal guardian copied/included in the communication.

#### **SOCIAL NETWORKING**

- 2) Except in the case of emergency, all Coach Social Networking accounts, must, wherever possible:
  - a) remove and disapprove Minor Athletes from "friending", "following", or "linking" to them;
  - b) not request or encourage Minor Athletes to "friend", "follow", or "link" to them.
- 3) If publicly viewable, all Coach Social Networking accounts must only display content which is appropriate for all ages.

#### **REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS OR IMAGERY WITH ATHLETE**

- 4) Following receipt of a written request by the parent(s) of a Minor Athlete that their child not be contacted through any form of electronic communication, the request recipient shall immediately comply with such request without any repercussions to the Minor Athlete or parent(s).