



Welcome to Peak Performance All Stars! We are so happy that you have chosen to be a part of our family. Our mission is to build self-confident, self-disciplined, team-oriented, and loyal athletes. At Peak Performance we value sportsmanship, dedication, integrity, and development of the cheerleader both on and off the mat. In this handbook, you will find information on the Team Placement process, financial obligations, athlete and parent policies, and important dates. Please read this handbook in its entirety prior to Team Placement.

Team Placement Checklist:

Items to be turned into the front desk at Team Placement:

- Copy of Birth Certificate – **For new athletes only**
- 2026-2027 Medical Release Form
- \$65 Registration/Team Placement Fee for the New Season.
- Athlete Billing Schedule
- Credit Card Authorization Form
- Peak Performance Terms and Conditions checklist completed, signed, and dated.

Placement:

Peak Performance follows the guidelines and rules set by The Open Championship Series. There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best we can, **but please remember that stunting, pyramids, jumps, dance, motions, age, mentality, dedication, attitude, and work ethic are huge factors as well.** Some will be stronger tumblers than others. Some will contribute more with stunts than others. We choose our teams based on the positions that we need to fill (bases, flyers, tumblers, etc.) Every athlete is on the team for a reason – PLEASE TRUST THE STAFF. Our decisions are made on what is best for the ENTIRE program, as well as the individual athlete.



PROGRAM COSTS OVERVIEW

Registration is \$65 for all athletes

Monthly Tuition is \$100 for ALL ATHLETES

This fee is for monthly team classes only. The additional out of pocket items/payments are listed below. This fee includes TEAM PRACTICES EACH WEEK with one additional Tumbling class weekly. A 15% Discount per sibling is also given.

Uniform

We wear our uniforms for approximately 2 years. We instituted new uniforms in the 2024-2025 season. Every team in the gym will be wearing the same uniforms this year. The only exception will be if we have an Open Team. They will wear the new uniforms we purchased last season (Blackout). New Uniforms are \$350 if you need to purchase one. However, we may be able to switch sizes around or have used ones to purchase if needed. All teams will also need to purchase a bow, the price is TBD. All athletes will also need to purchase black cheer sneakers.

Competition Fees

The Competition schedule will be released in October. Competition fees will be released once the competition schedule is finalized.

Music/Choreography

Each athlete will owe a fee of \$150. This fee is due along with your monthly payment for the month of August on the 1st. It covers all team choreography, Music License Fees and individual athlete insurance fees.

PROGRAM POLICIES

PAYMENT: A schedule of payments is listed in this handbook. All monthly fees MUST be paid on the **1st of each month**. ALL ACCOUNTS will be required to keep a current credit card on file. You will have the option to pay for any fees via **cash, check, Venmo, or credit card**. Any outstanding fees on the 5th of the month will be charged to the credit card on file, along with a \$25 late fee. If an account is not paid by the 30th of the month, that athlete will have to sit out of practice until the account is current, unless a payment plan is put in place with the Gym Owner. If an athlete quits, is removed, or becomes injured, no refunds will be given. If you would like a weekly or biweekly payment plan, we can also set up direct withdrawals for that type of payment. Please see Cara to set that up.

ABSENCES: Attendance is crucial to a team's success. If an athlete is going to be absent, notification must be made at the FRONT DESK or directly to the coach. All absences are documented. Please give advance notices, whenever possible, for scheduling purposes and approval. **Vacations are not excused during competition season. Please try to plan your vacations during our closing dates. (See "Important Dates" in this Handbook).** Absences **need** to be excused by the coaches prior to the absence, or else they will be counted unexcused. After three unexcused absences, you will need to meet with the coaching staff.

Competitive Cheerleading is a team sport and practice should not be taken away from the athlete as a consequence for bad behavior at home or school. Please find a punishment that does not also punish the coaches and teammates of your athlete.

COMMUNICATION: Our Facebook page and the Band app, will be used to communicate with the team and parents. Cara uses text and the Band app as a means of communication and does especially on competition days. Please make sure your email and cell numbers are current with the Front Desk.

If you have a question or concern about your team or child, please contact the owner (Cara Gauvin) via Band app or cell 802-282-7873.

TRAVELING/COMPETITIONS: All transportation/accommodations are solely the responsibility of each family. If a parent cannot make it to an event, we have many families who are willing to take additional athletes with them to events. However, it is the responsibility of the parent to find the transportation for their athlete. It is also the responsibility of the parent to ensure there is someone responsible for their child at any event. Athletes should never be dropped off at an event without adult supervision. Coaches are not responsible for your athlete outside of warm up and performance times. Competitions are MANDATORY for everyone. Once the schedule is released, please make sure you have no conflicts. We do our best to not make changes to the schedule once posted. If a conflict exists, please let Cara know ASAP!

Athletes are required to wear the appropriate hair, makeup, and clothing required. Specific hair and makeup expectations for each team will be communicated by the coaches through Band prior to each competition. Athletes are expected to show up at the designated meeting time with their hair and makeup done. It is the responsibility of the families to bring their uniform, bow, cheer shoes, and any additional items to competitions. **ALL PIERCINGS MUST BE REMOVED PRIOR TO THE COMPETITION.** Piercings are not allowed at competitions and risk a potential disqualification for the team.

When attending any event with Peak Performance, all rules apply. You are going as a representative of our program. We encourage our parents to sit together and support all Peak teams. Show respect for the coaching staff, other teams and hosting organizations with good sportsmanship conduct. If possible, parents are encouraged to show support by wearing Peak Performance All Stars clothing (only those that are purchased through the gym).

UNIFORM/WARM UP/PRACTICE WEAR: This season each athlete will be required to purchase a set of practice wear. Practice wear will include two tops and a bow for \$50. Along with the tops and bow, athletes are expected to wear black shorts and black cheer shoes. With the bow, athletes will need to wear their hair in a high ponytail.

It is the responsibility of the athlete to keep his/her uniforms in good condition. Lost, misplaced, or damaged clothing will be replaced at your expense. During practice, all clothing and belongings must be stored in the cubbies and not thrown on the floor. Please LABEL your child's practice wear and warm-ups! Everyone wears the same clothing and similar sizing.

TEAM PRACTICES: Athletes are expected to be punctual and ready (Hair up, shoes on, etc.) to go out on the floor on time. If an athlete comes to practice without all the necessary practice wear, the coaches have the right to sit that athlete out. At the coach's discretion, additional extra practices can be added throughout the season. This can happen prior to a competition if needed. **We also expect Cheer to be their first sport in the Spring (Competition) Season.** We do try to accommodate athletes who play additional fall sports or cheer on a school team. However, we need athletes to make the competition season the priority. Athletes are asked to remove ALL piercings for practice. If you choose to wear stud earrings during practice, you do so at your own risk. We are not responsible for damages incurred to athletes who do not adhere to the NO jewelry policy. Coaches reserve the right to close practices at their discretion. Athletes need to come to practice with a water bottle. **We do not have a water fountain at Peak, therefore, if they do not bring their own water they will need to pay 50 cents to purchase a bottle of water.**

INJURIES: If an injury should occur, it is the responsibility of the parent to seek medical assistance. Each athlete must have his/her own medical insurance. After seeing a physician, please provide Peak All Stars with an evaluation of the athlete's injury/status. A release from a doctor is required if a serious injury should occur. If an injury prevents the student from continuing, there will be no refunds.

ATTITUDE/BEHAVIOR: Our goal is to train our athletes not only to be winners on the floor but most importantly to be winners in life. Therefore, we will strive to provide a positive, encouraging atmosphere for all participants and families. Please refrain from posting negative comments, direct or indirect about Peak Performance on any social media platform. We need to be an example to our children and understand that a public forum is not the place for airing grievances or dissatisfaction. We reserve the right to immediately remove an athlete/parent from the program if the parent or child is aggressive, states misleading or false information about the program or participants, or otherwise creates or contributes to a negative atmosphere. If you have a concern, we encourage you to discuss the issue with your head coach or Cara.

Non-participants (parents/siblings/friends, etc.) are not allowed on the warm up area, practice, or competition floor unless specifically invited. Please do not yell to your child while he/she is practicing, as it creates a distraction for your child and the other athletes. If you need to speak to an athlete, please see the front desk for assistance.

CLOTHING/SPIRIT SHOP: You cannot create or sell your own Peak clothing or Peak items. Our name and logo is copyrighted. All ideas for apparel must be emailed and approved by the owner. We WILL have several clothing/team items for sale throughout the season.

SCHOLARSHIP OPPORTUNITIES: Peak is currently working with local businesses to build our scholarship fund. Attached is a letter we have been sending out to obtain funds for those athletes who may not be able to meet the financial obligation. If you know of any businesses who would be willing to donate, feel free to approach them using our letter or forward their contact info to Cara, so she can contact them directly. If you are a family in need of financial assistance, please see the front desk for a scholarship application. Our scholarships are need-based. Peak feels strongly that all athletes who want to cheer should be given the opportunity regardless of their economic situation!

Peak Performance All Star Cheer TERMS & CONDITIONS

Please initial each statement and sign the bottom agreeing to our policies and terms:

_____ I understand that by trying out and paying \$65 registration, if I decide that I/my athlete will not be committing to the team after tryouts, that I forfeit my \$65 registration fee.

_____ I understand that all monthly tuition fees are due on the 1st of every month.

_____ I understand that if my payment is not made by the 5th of the month, the credit card on file will be charged the fee in addition to the \$25 late fee.

_____ I understand that all fees are NON-REFUNDABLE.

_____ I understand that if I have an outstanding balance after 30 days, my child will be asked to sit out per coaches discretion.

_____ I understand that Competitive Cheerleading is a team sport and that practices and competitions cannot be taken away from the athlete as a consequence for bad behavior at home or at school. Please find a punishment that does not also punish the coaches and teammates.

_____ I understand ATTENDANCE is vital to a team's success. We aim to be at every practice.

_____ I understand that the coaching staff have the right to close practices as they deem necessary.

_____ I understand the importance of being a positive role model for all athletes. GOSSIPING, spreading negativity in or out of our facilities, or on social media will not be tolerated, and we reserve the right to immediately remove any athlete/parent from the program violating this policy. Attitude is everything on and off the floor. We require respect and you can expect respect from Peak.

_____ I understand that "Good Sportsmanship" will be practiced at ALL times while representing Peak. EVERY athlete is expected to be a good ambassador of our program.

_____ I understand if an athlete leaves the All-Star program prior to completion of the season, payments are non-refundable.

_____ I have read the Handbook thoroughly and understand and agree to all policies stated therein.

Parent / Guardian Signature

Date

Athlete Name (Print)

IBUPROFEN AT THE GYM

During the course of the year, it is likely that your child may have a headache during practice. Some children experience headaches more than others. We always call the parents to ask for verbal permission to administer medicine to the child. Please check one of the following options:

_____ Please call me to ask my permission to give ibuprofen to my child. I understand that if my child is experiencing a headache and I cannot be reached that Peak Performance will not give my child any ibuprofen until my permission is given.

_____ I _____, give my permission for Peak Performance Allstars to administer ibuprofen to my child without my verbal consent. I understand that Peak Performance All Stars will not give more than one dose of ibuprofen to my child unless otherwise permitted by a parent/guardian. My permitted dosage of ibuprofen to my child is _____mg.

Parent Signature_____

Date:_____

Athlete Billing Schedule

Monthly Fee: \$100

Athlete_____

Fee is the monthly tuition that covers coaching costs and the cheerleading instruction. This fee runs for twelve consecutive months and is due on the first of each month, starting on 7/1/26 and final payment on 6/1/27.

Other Fees Include

Registration: \$65 (Due on the day of team placement)

Crossover Fees: Athletes pay one monthly tuition and a crossover fee (if applicable) for all competitions. Competition fees are not out yet so this fee will not be known until November 2026. The cost should be no more than \$200 total, more likely less. The crossover fee for most events is somewhere between \$35-75 per athlete.

New Uniform: Price is \$350 for a new uniform. This payment is due along with your October tuition fee on 10/1/26.

Shoes: You will need to order a pair of Nfinity brand cheer shoes. These shoes are made specifically for the spring floor used for competitions. We wear black Nfinity Flytes. However, I have some athletes who choose to wear high tops or mid tops. **You can wear any of the Nfinity sneakers as long as they are black!** You can choose to order them online or through the gym. We will do several orders throughout the season. Please see Cara if you need cheer shoes. If you choose to order them on your own, make sure to try on someone else's cheer shoes for size because the sizing is very different from regular shoes.

Competition Fees: To Be Determined – The estimated total of competition fees is between \$300 and \$500, based on how many events they attend. The payments will start in Jan of 2026. Each competition fee is due approximately 2 weeks prior to the date of the competition being attended.

Payment Terms: Payment is due in full at the above dates listed. If payments are not made by the 5th of the month, the card on file will be drafted the amount of payment owed plus an additional late fee. Peak Performance All Stars may suspend students for non-payment of more than 30 days from payment date. At which time, all regular payments and late payment fees must be paid to continue. We understand that emergencies arise. However, it is the responsibility of the parent to contact Cara Gauvin to make other payment arrangements. Payment arrangements can only be made with Cara Gauvin.

(Signature of Parent/Guardian)

Date



Competition Schedule will be out by October 2026. Teams will compete or perform at one local event, as well as compete at out of state events.

Summer Schedule

We will issue the summer practice schedule at the Reveal Party on Tuesday June 30th at 6pm! There will also be a Mandatory Parent Meeting at 6:45pm following the reveal. If you are out of town that week please reach out to Cara 802-282-7873 to schedule a meeting. All athletes need to have a parent attend the mandatory meeting.

The Regular Season Schedule will be finalized after team placement. Regular Season Team Practices start the week of 9/14/26.

Important Dates

2026-2027 Gym Closings

4th of July

Labor Day: 9/7/26

Columbus Day: 10/12/26

Veteran's Day: 11/11/26

Thanksgiving Break: 11/26/26 - 11/29/26

Christmas Break: 12/21/26 - 1/3/27

MLK Day: 1/18/27

Presidents Day 2/15/27

Winter Break: 2/22/27 - 2/28/27

Spring Break: 4/19/27 - 4/25/27

Memorial Day: 5/31/27

2026-2027 Peak Performance All Star Cheerleading

Photo and Medical Release / Informed Consent Form

Student _____ Date of Birth _____
Address _____ Cell Phone _____
Mom's Name: _____ Dad's Name: _____
Mom's Cell Phone _____ Dad's Cell Phone: _____
Mom's Alt Phone _____ Dad's Alt Phone: _____
Mom's Address _____ Dad's Address Phone: _____
Mom's Email _____ Dad's Email: _____
Insurance Company Name _____ Phone _____
Policy / Group Number _____
Pre-existing medical conditions (diabetes, asthma, etc.): _____

Allergies / Medications

Authorization for Medical Attention and Informed Consent

I _____, give my child, _____, permission to participate in the All Star Cheerleading Program and activities for the 2026-2027 cheer season. By signing below I realize that there are inherent risks in participating in cheerleading and gymnastic activities. I acknowledge my child is voluntarily participating in these activities with the full knowledge of the danger involved and hereby agree to accept any and all risks of personal injury or death.

In the event of a serious accident or illness concerning my child, I understand that the staff at Peak Performance Studio will try to contact me using the information on the registration form. If the parent cannot be reached, I authorize the staff to take whatever steps it deems necessary for the health, security and comfort of my child.

Furthermore, I hereby voluntarily waive any and all claims both present and future, arising from my child's participation in cheerleading and gymnastic team activities, including but not limited to negligence, personal injury and wrongful death. I agree to hold harmless Peak Performance Studio, its owners, coaching staff, volunteers or any agents from any claims or liability related to an accident that may occur. Peak Performance All Star Cheerleading and its owners disclaims any financial responsibility for the costs of medical treatment, hospitals, ambulances or paramedics, etc., arising from an injury to my child while participating in the activities at the studio.

Parent Signature

Date

Photo Release / Authorization

I _____, give permission for my child, _____ to have their picture used in advertising for the gym. I understand this includes but is not limited to pictures hung at the gym, posted on the gym's web site, posted on other internet sites for advertising i.e. facebook, and in newspapers or printed advertising.

Parent Signature

Date



Peak Performance All Star Cheer
www.peakcheeranddance.com
56 Howe Street Building C-3
Rutland, VT 802-282-7873
Cara Gauvin - Owner

Automatic Credit Card Payment Authorization Form

If you would like to enjoy the convenience of automatic payments simply complete the credit card information section below and sign the form. All requested information is required. Upon receipt we will automatically bill your credit card for the amount indicated and your total charges will appear on your credit card statement. You may cancel automatic billing authorization at any time by contacting us.

PAYMENT INFORMATION

Total Amount: _____ **Per Month /Weekly /Bi-weekly** _____
Start billing on _____ **End on** _____

Credit Card type:

Visa MC Amex Disc

Credit Card Number _____ **Exp Date** _____

Security Code _____

Card Holders Name _____

Billing Address _____

City _____ **State** _____ **Zip** _____

I hereby authorize my credit card to be charged for the designated amount.

Signature

Date