

PAC WORLDWIDE

presents

Attention: PAC WORLDWIDE Candidate

P.A.C. Worldwide is on a mission to provide more opportunities for advancement scholastically and competitively in the sports and performing arts of Competitive Cheerleading/Dance and Baton/Flag/Rifle/Saber Twirling through Precision Allstar Cheer & Precision Auxiliary Corp. The competitive courses consist of beginning, intermediate and advance levels of instructions in the areas of cheer (competition stunting, cheer routines & up to level 5 tumbling), dance (jazz, ballet, hip-hop, modern, liturgical & contemporary) and twirling (baton/flag/rifle/saber) for members ages 5-25.



Welcome to The Precision Allstar Cheer program. We are delighted that you have chosen to become a part of one of the most prestigious allstar programs in the country. Our mission at Precision Allstar Cheer is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. It is our goal to be the very best Allstar program in the country. Each and every family is important to us and our program. We invite you to come and see what it is like to be *"One of a Kind"*!

Precision Allstar Cheer's classes are specifically designed for current and future cheerleaders. All of our tumble classes focus on "cheer tumble" and are tailored to each individual's current skills and future goals. Our cheerleaders are dedicated and talented athletes who push themselves beyond their comfort zone. They have the desire and a deep determination to be their personal best. They want to win. While the PAC goal is to train our cheerleaders to become outstanding athletes, we find that they grow into so much more. Self-confidence, high standards, teamwork, good sportsmanship, and a strong work ethic are all hallmarks of our PAC athletes.

In addition to our award-winning allstar competition cheer teams, we provide tumbling and cheerleading technique classes for the up-and-coming cheerleader. We also offer tumbling instruction for school squads, as well as choreography for competition routines. Young ladies ages 5-25 are welcome to come and experience for themselves the challenge and fun of competitive cheerleading.

If you are looking for a cheer program where you can learn from the best, of reaching goals you never thought possible, and working with others who share your dreams of success, then come to PAC. You will be valued member of a winning program that encourages excellence, a positive attitude, good sportsmanship, motivation, determination, pride, and a belief in yourself and your teammates.

PAC Directors/Coaches

(PAC Directors) Coach Carter (678)907-3223 Ms. Tanetta (678)643-4942

(Cheer/Stunting/Tumbling Coaches) Ms. Detrae (404)451-0823 Ms. Britney (312)315-2384 Coach DJ (404)312-5726

(Dance Coaches) Ms. Angelica (678)702-9505 Ms. Blaire 1-803-319-7464 Mr. Kin (678)251-6719

*Associated Cost with becoming a Precision Allstar Cheer member

An annual \$30 registration fee and a \$40 monthly training fee

Each member is responsible for purchasing her uniforms; cheer shoes and dance sneakers, warm-up, practice attire, game bag, cheer/dance poms and any other items specified by the Precision Allstar Cheer Coordinators.

A good estimation is \$500.00. TBA (Fundraisers are in place to help with these cost)

PRECISION ALLSTAR CHEER SAMPLE LIST OF WHAT STUDENTS ARE TAUGHT

Cheerleading/Tumbling Classes:

Sample list of the following skills that are taught:

- * Low stunt: liberty
- * Low stunt: stretch
- * Walk up shoulder sit
- * Shoulder sit
- * Thigh Stand hitch
- * Thigh Stand stretch
- * Hitch (to the right)
- * Ground up Liberty
- * Stretch
- * Hi Torch
- * Scale
- * Roundup Scorpion
- * Handstands
- * Front and Backward Walkovers
- * Round Off Back Handspring Series + Pike, Layout, X Out
- * Standing Back/Front Tuck
- * Standing Back Handspring Series + Tuck, Pike, Layout, X Out



DANCE (Jazz, Liturgical, Hip Hop, Modern, Ballet & Contemporary)

Sample list of the following skills that are taught:

- * Axel Turn / Pirouette Turn
- * Splits
- *Spotting and Pointing technique
- * Hitch Kick / Switch Leap
- * Understanding of body movement as well as dance positions & terminology
- * Cartwheel

All Students educated on:

- * Appearance
- * Showmanship
- * Foot work
- * Competitiveness
- * Personality projection
- * Fitness level
- *Leadership



PRECISION ALLSTAR CHEER TEAMS PRACTICES

All practices are held at the following gyms and recreational centers: Burdett, Sandtown and Welcome All Rec Centers. Each student must sign-in at the beginning of each practice. Practices start promptly at either 6 or 6:30 depending on location and end at either 7 or 7:30. **Parents are only allowed to sit in on practices if allowed by instructor or director.** Students must be picked up promptly at the end of practice.

PRACTICES ARE CLOSED TO THE PUBLIC

At the end of each training session students will discuss technique, memory and recovery, appearance and overall practice.

Locations, Times and Skills:

Burdett - 2945 Burdett Road College Park, Georgia 30349
(Monday & Wednesday 6:00pm – 7:00pm)
Tumbling

Sandtown - 5320 Campbellton Rd., SW Atlanta, Georgia 30331
(Tuesday & Thursday 6:00pm – 7:00pm)
Dance

Welcome All - 4255 Will Lee Road College Park, Georgia 30349
(Thursday 6:00pm – 8:00pm)
***ONLY WHEN NOTIFIED**

Practice Attire: All students are required to wear a modestly cut black leotard with flesh colored tights or black stretch pants & sport top. Black dance sneakers or appropriate dance shoes are required. Hair pulled back away from face and absolutely no jewelry.



PERFORMANCE AND APPEARANCE STANDARDS AGREEMENT

The Precision Allstar Cheer Teams are visual as well as athletic representatives of PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp. By signing this form and auditioning for the Precision Allstar Cheer Teams, you agree to uphold the Appearance and Performance Standards set by the Precision Allstar Cheer Team Coordinators. These standards include but are not limited to: performing all required choreography, maintaining exemplary physical condition (refers to the height/weight chart), and adhering to the uniformity of the group as set by the Cheerleading Coordinator. Any violation of these standards may result in probation or dismissal from the group at the discretion of the Cheerleading Coordinators.

PRINT NAME _____

SIGNATURE _____

PARENT SIGNATURE _____

Date _____





Name _____ Address _____

City _____ State _____ Zip _____

E Mail _____ Telephone _____

High School _____

Height _____ Weight _____

Father's Name _____ Mother's Name _____

Parent's address if different _____

Student info:

Grade _____ GPA _____

Experience: (please use additional paper if needed)

Dance/Cheer/Flag/Baton/Tumbling Experience _____

Hobbies _____

List of Community Service _____

Accomplishments _____

College or University of interest _____

Please submit the following items to Precision Allstar Cheer Directors/Coordinators:

- *Completed application
- *Bio & Athletic and Scholastic Resume
- *1 sealed letter of recommendation
- *Proof of physical signed by physician in last 12 months
- *Signed Performance and Appearance Standards Agreement

PUBLICITY & LIABILITY RELEASE FORM

PUBLICITY RELEASE

Throughout the season, PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp and their affiliates will conduct activities that may be publicized through local or national news media.

_____ I grant permission for my child to participate in any publicity activities for events sponsored by PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp and their affiliates. Such activities may include interview sessions with news reporters; photographs for newspapers or various baton twirling, dance, cheerleading, winter/color guard and gymnastic publications including newsletters, calendars and brochures; videotaping for local and national television newscasts, cable programming and baton twirling, dance, cheerleading, winter/color guard and gymnastic promotional videos; photographs for the internet pages of PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp & their affiliates. I understand that this permission is effective as long as my child is a member of PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp.

_____ My child may not participate in any publicity activities for events sponsored by PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp or their affiliates.

LIABILITY RELEASE

On this _____ day of _____, 20_____, intending to be legally bound hereby, the undersigned agrees and does hereby release from liability and to indemnify and hold harmless PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp and all affiliated County Parks & Recs., and any of its employees or agents representing or related to the organization, center & program as regards to program and event volunteers and sponsors. This release is for any and all liability for personal injuries (including death) and property losses or damage occasioned by, or in connection with any activity or accommodations for this program. The undersigned further agrees to abide by all the rules and regulations promulgated by PAC WORLDWIDE – Precision Allstar Cheer & Precision Auxiliary Corp and all affiliated County Parks & Recs. and/or its affiliate groups and vendors throughout the program.

PAC Student's Name

Parent or Guardian's Signature

Center & School Name

Date

PRECISION MEMBERSHIP REGISTRATION APPLICATION

(REG. FEE: ONE TIME \$30 / MONTHLY FEE: \$40)
(SECOND SIBLING \$20 / ADDITIONAL SIBLINGS \$10 EACH)

APPLICANT INFORMATION

WWW.PRECISIONAC.ORG

Student's Name:

Date of birth:

Grade:

Phone:

Current address:

City:

State:

ZIP Code:

(circle all that apply) Baton Flag Dance Cheer

Interested Park & Recreational Center:

PARENT OR GUARDIAN INFORMATION

Parent or Guardian's Name:

Current address:

Phone:

E-mail:

Fax:

City:

State:

ZIP Code:

Parent Booster interest: (Please circle) Yes No

Sponsorship interest: (Please circle) Yes No

:

EMERGENCY CONTACT

WWW.PRECISIONAC.ORG

Name of a relative not residing with you:

Address:

Phone:

City:

State:

ZIP Code:

Relationship:

SCHOOL INFORMATION

School Name:

Band Director:

Address:

Phone:

Principal:

PROGRAM AGREEMENT

WWW.PRECISIONAC.ORG

Please read the following carefully before signing:

Precision Auxiliary Corp offer service without discrimination on the basis of religion, race, sex, national origin, or political affiliation. We reserve the right to request a child be withdrawn, if child or parent is unable to conform to our program and/or this agreement.

Precision Auxiliary Corp agrees to provide structured training in baton twirling, color guard (flag twirling) &/or dance for _____ on each session of the month; as well as occasional weekly practices at a designated time and place. Every child is expected to be on time. **No student will be admitted 15 minutes into class.**

Parents will pay a registration fee of \$30/per family at the time of enrollment, as well as the first monthly fee of \$40 for 1st child - \$20 for 2nd sibling - \$10 each additional sibling. **Registration fees are non-refundable.**

Monthly fees are due on the first practice session of each month. These fees are due before practice begins. **Parents paying after the first practice session will incur a late fee of an additional \$10.** If fees have not been received upon the third practice session your child will not be admitted to class. Monthly fees are due even if your child misses practice for an extended amount of time, unless P.A.C. is notified that your child is leaving the group permanently. **Monthly fees will be accepted in the form of check, cash or money order.** Make checks & money orders payable to Precision Auxiliary Corp. **Returned checks will incur a \$30 insufficient funds fee on top of check amount.**

Parents are required to meet with instructor before **every** practice, this in case of time change for practice session. Parents are to be at practice session 15 minutes before end of session to pick-up child. P.A.C. WILL NOT BE RESPONSIBLE FOR ANY CHILD LEFT AFTER SESSION IS OVER.

A parent/guardian is required to be at all functions, outside of practice. **NO EXCEPTIONS!**

Practice sessions will be open to new parents for the first two (2) practice sessions. After these sessions, all sessions will be closed to parents and/or children not participating. If child does not have their baton, flag or pom-poms, as needed or is not properly dressed out for class they will not be allowed to practice.

SIGNATURES

I have read, understand, filled out & agree with all of the above information. My child/children and I will comply with everything we have read within this registration application.

Signature of student applicant:

Date:

Signature of Parent/Guardian:

Date:

Parent's & Student's Codes of Conduct & Commitment:

Behavior

- In order to have a group that works together we cannot have behavior problems. You are required to carry yourself as a lady at all times when you are with the group.
- Unruly behavior will not be tolerated. Discipline action will be taken against any student that is not following the rules of the group.
- If you ever have a problem, with anything, please do not hesitate to contact the Precision Allstar Cheer Director or the owner. We are here for YOU.
- If you have any questions or concerns that need immediate attention please use the following chain of command: 1. Team Rep 2. Head Coach 3. Allstar Director 4. Owner/President
- NO GOSSIP about any other teams (allstar or school), NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches and staff. It is much better to address a problem than to listen to idle gossip.
- No profanity or abusive language.
- Please keep in mind the gym is not a babysitting service. We want our allstars to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- You may not use the word "Precision" or any derivative of that word or your team color or team nickname in any form as a user name on websites or in your email address. i.e. iamaprecisionmom@aol.com , pacrule@comcast.net, etc.
- No one is allowed to post Precision allstar music, choreography, routines, stunts, etc on any websites. This includes, but is not limited to "My Space", "Face Book", "You Tube", etc.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's decision.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from a squad will be dismissed from the program immediately.
- Please do not take valuables to the gym; we are not responsible for unattended items.
- Only cheerleaders and coaches are allowed in the practice area/gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. This is extremely distracting to all involved.
- The coaches reserve the right to close practices at ANY time for ANY reason. In this event, the team rep will remain at practices.
- It is the parent's responsibility to know what is going on with your squad. Check your emails and the website regularly.
- Withholding a child from a practice or a competition should never be used as a form of punishment.
- Each team will be assigned teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assigned teams.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason.
- Parents are never allowed to represent The Precision Allstar Cheer or Precision Auxiliary Corp programs under any circumstances concerning accommodations, competitions or any other situation.
- All Precision cheerleaders and Precision family/friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- The Allstar Director may change, add or subtract any rule at any time.

GOOD SPORTSMANSHIP, POLITE MANNERS AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES. THIS PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.

Attendance: Tardiness & Absences

- We ask that Parents make arrangements for their child to attend the necessary practices
- We ask that you contact us and leave a message stating why you will be absent
- Attends all events on time with athlete ready to begin (Parents are welcome to make arrangements with other parents to ensure attendance if necessary)
- You are considered tardy to practice if you are not on the practice floor ready to practice when your practice BEGINS. This means; appropriate practice wear on, shoes on and tied, hair up, snacks and drinks taken care of, ready to go.
- Allstar cheerleading is the equivalent of a "travel" baseball/softball team or an "allstar" volleyball or soccer team. We expect 100% dedication to your team. That means attendance is mandatory.
- **Excused Absences include:**
 - A school function that results in a grade for that class.
 - A death in the family.
 - A contagious sickness, but you must first talk with your coach.
 - Excessive homework and tests
- **Unexcused Absences include, but are not exclusive to:**
 - Jobs
 - Dances, birthday parties, concerts, banquets, family reunions, weddings, etc.
 - School projects and homework or tests.
 - Traffic or long distance driving. If you are driving two hours to tryouts, you will be driving two hours to practice at least twice a week, please take that into consideration. Traffic in our area is always a problem, plan accordingly.
- There are precious few hours that we have these teams together, every moment must be used. It is extremely important you get to practice on time and try not to miss. Excessive tardiness or absences will result in dismissal from your team. If you are tardy or absent from a competition you will be immediately dismissed. Also, you must attend practice if you are sick and not contagious, let your coach know what is going on, but your presence will be needed at every practice. On August 2nd mandatory practices begin. No absences will be allowed during the week leading up to a National competition (no exceptions). We cannot stress how important your attendance is, there is choreography, stunting, formations, and etc taught at every practice, if you miss that information, you hold the entire team back.

Dress Code Practice

- Students must wear proper gym attire. NO EXCEPTIONS!!!!
- No sports bras only. Sports bras should always be worn under t-shirts or tank tops. Please, no bra straps showing. We have a predominately male staff that has no need to see the girl's undergarments. Parents, please help us enforce this rule!
- If your child is a flyer or is taking a stretch or stunt class, they should always wear bloomers or tight fitting shorts under a regular pair of shorts.
- NO JEWELRY AT ALL! Wearing jewelry of any kind could result in an injury to your child or to another child.
- Fingernails need to be kept short, please no fake fingernails.
- Your hair is to be worn in an upward style away from the face. We ask that your hair is neat and clean. It is to be worn in this manner for each practice and performance.

Dress Code Performance & Competition

- You may wear your uniform top, tryout t-shirt/team shirt and black warm-up pants with bloomers under pants to arrive at a competition.
- Carry your skirt in your bag or on a hanger until you put it on.
- You must wear the correct shoes to and during competitions. At no time can you wear flip-flops, sandals or slip on shoes.
- Under no circumstances are you allowed to wear jewelry at any time during the competition day.
- This could result in your team being disqualified.
- All hair and makeup must be complete before entering the competition venue. No rollers or inappropriate attire.
- If you are not competing or have been dismissed from your team obligations, you may wear your black warm up pants, a PAC t-shirt and tennis shoes. You are still representing The Precision Allstars, and must present yourself in such a way.
- It is imperative that these outfits stay **CLEAN**. If you are concerned about your uniform please bring it to the practice before the performance to have it inspected.

Fundraisers

- Group fundraisers- This will cover Special events that the group will participate in
- Individual fundraisers- This will cover uniforms, trips etc.

Travel

- Every person riding the bus **must have a seat**. Due to safety concerns and bus regulations this must be enforced.
- A parent/guardian must accompany their daughter(s) during bus trips unless prior arrangements are made with PAC Directors on who will be responsible for your child. Please put this in writing.
- All Cheerleaders will use the same accommodations at all out of town performances and competitions.
- On overnight trips there must be a parent in every room, no exceptions.
- Each cheerleader must have a chaperone at every competition. It is not your coach, Team Rep or PAC staff's responsibility to be your child's chaperone.
- It is your responsibility to pay the hotel directly for your room.
- Bus service may be provided at out of town competitions. The cost of the bus is an additional fee that will be paid by each cheerleader. Parents and family members have use of the bus also, but only the cheerleader is charged. (Note: The buses run between hotels and competition site only.)
- Proper traveling attire will be discussed with each team prior to an out of town competition.
- Precision Auxiliary Corp will reserve a block of rooms at a hotel of our choice. Due to the size of our program we are limited in our hotel selections. Safety is also a major factor when choosing a hotel. We will do our best to negotiate the best rate.
- You will make payments directly to Precision Booster Club unless you are notified otherwise.
- Furthermore, it is very important that everyone turn in all hotel forms and rooming lists as soon they are due. Please be very accurate when filling out your forms, you will be charged \$25.00 for any changes made after the turn in date.

Competitions

- All performances and competitions will be chosen by the coaching staff.
- All teams will travel.
- Some teams may travel more than others.
- Competition & Performance season is year-round.

Injuries and Conditioning

Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or even death. We at Precision Allstar Cheer program take every precaution to limit these injuries. Unfortunately, we cannot prevent them all. In the event that your child is injured we will take every necessary step to ensure your child's well being.

Allstar cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical condition. This includes flexibility, strength and endurance. If needed, you may be required to take an additional tumble class or a stretch/stunt class.

All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO. If anyone is caught drinking, smoking or using drugs or if there is an eating disorder they will be expected to take the necessary steps to quit and/or receive help. We will, of course, help in any way we can.

Winners make the choice:

- To get something out of all situations, rather than complain about them.
- To hustle, rather than lag behind.
- To be prepared, rather than just show up!
- To be consistent, rather than occasional.
- To be early, rather than just on time or late.
- To want to learn, rather than want to explain or excuse.
- To do more, rather than just enough or less.
- To think about solutions, rather than worry about problems.
- To share with and help others, rather than be selfish.
- To accept adversity as part of the game and life, rather than seek sympathy.
- To think and act positively, rather than negatively.
- To go through the problem, rather than around it.
- To make a commitment, rather than a promise
- To explain, rather than explain away.
- To think - I can, I will, we will, rather than I can't, I have to, I hope, I will fail.
- To be a leader rather than a follower

"What does it take to make it on a **PRECISION ALLSTAR CHEER** Team?"

***CHARACTER**

***COMMITMENT**

***RESPECT**

***SELF-CONFIDENCE**

***SQUAD UNITY**

***MOTIVATION**

***TEAM PRIDE**

***LEADERSHIP**

***RESPONSIBILITY**

***POSITIVE ATTITUDE**

"We don't just cheer. We inspire and accept all challenges, so that you may feel the exhilaration of victory." – Precision Allstar Cheer

I have read, understand and agree to the rules in PAC packet

Student-Athlete/Allstar Cheer member

Signature _____ Date _____

Parent/Guardian

Signature _____ Date _____