

Welcome to the Louisiana Rebels!



Thank you for your interest in the Rebel Team Program! We are so excited about you being a part of our “Rebel Family” this new season. This will mark the start of our 24th season and we are thankful for all of the young athletes we have been able to coach throughout the years and so proud of what God has done in The Rebel program. As directors and coaches, we speak for the entire staff team when we say “thank you” for the opportunity to work with your athlete. This is a great sport in helping young athletes to be better beyond the cheer mat with life skills and character development that will help them for a lifetime. Hard Work, Commitment, Accountability, Overcoming Obstacles, Selflessness, Working with others and more... We look forward to a great season!

Competitive cheerleading is a TEAM SPORT! This sport is set apart in that the routines are designed for the specific athletes that make up that team. Each athlete is vital for the team’s success (there are no second string or bench players to pull from in our sport). Due to the TEAM nature, it involves commitment and dedication from all team members (coaches, athletes, and parents). Although these three groups have different roles, they are all vital to the team’s success. **Due to the commitment to your other teammates, it is very important that you the parent and your Rebel go over this packet to understand the commitment (time & financial) and the guidelines involved with being a La Rebel All Star.** We have developed these guidelines over the years out of respect for each persons time and financial investment. This packet will cover all necessary information regarding the rules of participating in the Rebel team program.

We have several teams available to fit different ages, skills and commitment levels. **See the Information Pages and the “Rebel Program at a Glance”** on the “La. Rebels” page at www.lcncheer.com.

Important Dates

***SHOW Team...** No evaluations for these teams. Teams are first come, first serve signup and are grouped by ages (wait list will be available)

***NOVICE Team... Evaluation May 16th.** Athletes will be Evaluated on Attention, Ability to Follow Instructions, Basic Tumbling Skills (Rolls, Cartwheel & Basic skills they can show... NOT required to participate) and Basic Stunts... All will be taught at clinic/evaluation.

***PREP and ELITE Competitive Team Evaluation week is May 10th - 17th.** (More Details upon registering in the Parent Portal for your age group).

NOTE: upon registering in the PARENT PORTAL be sure to give attention to the “Description” for your Age Group, Level and Allstar Tier of Registration as well as other important details.

Practice, Absentee and Late Policy

1.) **SHOW Teams** (1 day & 1 hour per week performance teams)

- 5 Summer Practice Misses between May 6th & Sept. 2nd
- 2 FREE misses/absences during season (non-competition weeks)
- Athlete Sickness/Injury with a Dr. Excuse for the athlete is an excused absence
 - Head coach must be informed as soon as possible during the day (before 2pm) by texting a legible picture of the Dr. Excuse to head coach
 - 2 Dr. Excuses allowed each season if needed
- Athlete School Function - 1 hour excused per season with note from school representative

2.) **NOVICE Teams** (1 day, 1.5 hour practice per week. Teams are evaluated at competitions)

- 5 Summer Practice misses between May 6th - Sept. 2nd
- 1 FREE miss/absence during season (non-competition week)
- In season... "Repetitive Tardiness" is collected each wk... **Ex.** 15 min. Late x 6 practices = 1.5 hrs. This would result in a full missed practice and costing the "Free Miss" or an unexcused absence
- Athlete Sickness/injury with a Dr. Excuse for the athlete is an excused absence
 - Head coach must be notified as soon as possible during the day (before 2pm) by texting a legible picture of the Dr. Excuse to the head coach
 - 2 Dr. Excuses allowed each season if needed
- Athlete School Function - 1.5 hour excused per season with a note from school representative
 - In competition week this must be for grade to be excused
 - Turn note from school into the office **at least 1 week prior** to the miss and be sure the head coach is notified at the same time

3.) **PREP Competitive Teams** (1 day, 2 hour practice per week. Additional Friday Practice in October & November)

- 5 Summer Practice misses between May 20th - September 2nd
- In season... "Repetitive Tardiness" is collected each wk... **Ex.** 15 min. Late x 8 practices = 2 hrs. This would result in a full missed practice and costing the athlete an unexcused absence
- Athlete Sickness/injury with a Doctors Excuse for the athlete is an excused absence
 - 2 Dr. Excuses allowed per season if needed (3rd party excuse is key)
 - Head coach must be notified as soon as possible during the day (before 2pm) by texting a legible picture of the Dr. Excuse to the head coach
- Athlete School Function - 2 hours excused per season
 - In competition week this must be for grade/mandatory to be excused
 - **School Absence Request Form** must be turned into the office **at least 1 week prior** to the miss and head coach notified at the same time

3.) **ELITE Competitive Teams** (2 days, 2 hour practice weekly)

- 8 Summer Practice misses between May 20th - September 2nd
- In season... "Repetitive Tardiness" is collected each wk... **Ex.** 15 min. Late x 8 practices = 2 hrs. This would result in a full missed practice and costing the athlete an unexcused absence
- Athlete Sickness/injury with a Doctors Excuse for the athlete is an excused absence
 - 3 Dr. Excuses allowed per season if needed (3rd party excuse is key)
 - Head Coach must be notified as soon as possible during the day (before 2pm) by texting a legible picture of the Dr. Excuse to the head coach
- Athlete School Functions - 6 hours excused per season.
 - **School Absence Request Form** must be turned into the office **at least 1 week prior** to the miss and head coach notified at the same time
 - Once approved **all missed time is to be made up to the team** within one week of the miss, following the absence
 - Athlete will check-in with the all-star director for the makeup workout for all Elite Rebel Athletes
 - In competition weeks, school misses must be for a grade/mandatory to be excused

***Attendance, Absentee and Late policy procedures continued on page 3**

Absentee Descriptions & Procedures for All Teams

1. **INFORM as early as possible before practice! Very important** in order for sick and school absences to be excused. The Head Coach must be notified in advance **no later than 2:00pm** on the day of practice (the earlier the better). This is to allow the coach time to plan and adjust to help the teams productivity that day. Please speak to a person or get a text response from the Head Coach or All-star Director. Notification after 2:00pm can result in an unexcused absence (coaches begin classes at 3:30, so time is needed to adjust/plan and it is very hard to communicate with the coach after that time).
2. **SICKNESS/INJURY** that involves a doctors visit with a doctor's note is excused (Professional 3rd party excuse is key to this being an excused absence)
 - If school was attended, we ask that practice be attended as well
 - Text a legible picture of the Dr.'s excuse to the head coach before practice to be excused by 2:00 pm... the earlier the notification the better help to the coach & team!
 - NOTE: If the athlete can help their team in any way (help in stunts, pyramids, group activities, etc.), this is great for the team. **Time is limited each week that we can work together as a team.
 - Sickness/injury absences **without** approved 3rd party excuse is not an excused absence
 - Scheduled appointments (eye appt.'s, dentist appt.'s, etc.) should not conflict with practices and are not excused absences
 - For an athlete to return to workouts after injury we must have a Doctors release stating the "return date" and the "level of activity" for that athlete
3. **SCHOOL FUNCTION**
 - These are for Graded Functions, School Plays, Ring Ceremonies, Band Concerts, School Cheer, Etc. Key to this point is that the Office & Head Coach **must be informed at least one week prior to the absence**
 - Athlete MUST turn in a **"School Absence Request Form"** (Show & Novice teams- a letter from the school is sufficient)...at least one week prior to absence
 - NOTE: Give attention to the different amounts of time that can be excused for each Rebel Tier Per Season (Show - 1... Novice - 1.5 hours... Prep - 2 hours... Elite - 6 hours)
 - **Elite Team athletes ONLY** are required to make up school time missed to their teammates
 - Athlete will checkin & work with the all-star directors to makeup any missed time
 - ALL TIME missed must be made up to the team within one week of the miss
 - A substitute fill-in is needed if the miss is an entire practice. Speak with the head coach for questions about substitute athletes prior to practice (as early as possible)
 - **Graded/Mandatory school functions only are excused on competition/performance weeks for all Tiers**
4. **Violation of attendance guidelines** does result in the athlete being pulled from competition/s or performance/s
 - If so, the "pulled competition/performance" is up to the discretion of the head coach
 - Following one "pulled competition/performance", should the athlete/parent violate the guidelines in place again, dismissal from the team is at the discretion of the Allstar Directors
 - No Refunds are available for "pulled competitions/performances" or athlete dismissal

The above are the guidelines we have put in place for the coaching staff, athletes, and parents to be consistent and to protect the time and financial investment of many. Any other absence would need approval from the all-star director at least one week prior to the absence.

Competition/Performance Attendance (A printable competition schedule is posted on www.lcncheer.com "La. Rebels" by early September. This allows at least a two to six month look ahead for scheduling and preparation.)

- Should a Rebel Athlete (Show, Novice, Prep, or Elite) simply not show up to competition/ performance (without giving time for performance routine adjustments - at least 1 practice) or does not take the performance floor with his/her team, they are dismissed from the team program and not eligible for tryout/placement the next competition season.
- Any competition scheduling conflict must be discussed immediately after the competition schedule is posted. If it is an approved miss, by the all-star director prior to the competition/performance, **it will still result in an additional pulled performance** for that athlete but their spot on the team will remain. Practice attendance is still mandatory during this time.
- ONLY SERIOUS EMERGENCIES will be considered for approval without the above actions. Approval is given at the all-star directors discretion.
- If it is necessary for an athlete to be PULLED from a PERFORMANCE, "the actual performance" is determined by the head coach (& determined by what they think is best for the teams preparation & success)
- Rebel Athletes are required to be dressed & ready in uniform and on time to their team's "Report Time" at competition. Tardiness to their teams Report Time will result in conditioning of the athlete at the next practice and will affect their progression forward in our team program. Communication to head coach is very important on this point, should an athlete be running late. Conditioning will be determined by the head coach. A "15 minute grace period" is allotted.

Due to the **TEAM nature** of this sport and the **time & financial investment** of many, these guidelines and standards are strictly enforced. Please understand, there will be sick athletes that will take the mat at every single competition this year. Always have and always will. Tough Athletes do what is needed for their team (this comes down to @ a 10 minute warmup and 2 min & 30 sec. routine) then they are able to leave to tell the tell. **We appreciate this level of understanding, commitment and support of one another - "the team" in the Rebel Team Program.**

Rebel Code of Conduct (Athletes and Parents)

Rebel Athlete Conduct: Please note that the decisions of The Rebel Program are based on the following; Christian ethics (we will pray in practices, refer to bible scripture in practices, etc.), experience in the industry, and a TEAM concept. All Rebels are expected to honor the Rebel code of conduct.

A. Practice behavior: All Rebel Athletes must have a positive, a respectful and a "ready to practice" attitude towards her/his teammates, coaches, LCN staff, LCN parents and all LCN students. This also includes body language and facial expressions demonstrated by the athlete at all times. **Ex.'s** Smile, be eager to learn, with eye contact and an answer or response when spoken to and instructed.

- NO JEWELRY is to be worn in the gym area (athletes will run 1 lap for every piece of jewelry worn after practice begins)
- CELL PHONES ARE NOT allowed to be used during practice time
- All Rebels should arrive in proper practice clothing, cheer shoes, and hair ties to be able to practice effectively

B. Behavior Outside of practice: Be aware that Rebel conduct outside of practice can impact participation in The Rebel Team Program. All athletes are to demonstrate respectful, courteous and good character behavior away from the gym at all times. They must always remember that they are representing more than just themselves and their family, but also The Louisiana Rebel All-Star Program/ Family, its coaches, its directors, etc.

C. Internet sites/Social Media (Instagram, Facebook, Twitter, Snap Chat, etc.): The following are not to be posted on the world wide web: Vulgar language, disrespectful comments towards authority or anyone else, partially dressed pictures (Reminder- internet predators), pictures with drinks of any kind, tobacco, harmful music, any sections of Rebel routines, etc.

D. While in uniform or wearing any Rebel Apparel: There is to be no physical contact with the opposite sex, foul or vulgar language, involvement in tobacco, vaping, alcohol or drug usage, or any other inappropriate behavior.

E. Gossip: the sharing of information to which you do not have proof or may be hurtful to someone else is not permitted in The Rebel Program.

G. Disrespect to Authority is not permitted.... towards parents, other adults and/or the Rebel coaching staff, judges, event producers, etc.

H. All athlete behavior/conduct while in our care or supervision is **at the judgement of the authorities put in place by Louisiana CheerNastics & La. Rebels (coaches & staff)**. We ask parents to support our judgement in these matters and understand that we have the final say in all behaviors, attitudes, conducts, etc. displayed while in our care. We will not argue or negotiate (with parents or athletes) these actions that we perceive to be in violation of any of the above points mentioned. We hope to be a help in building a "good character athlete/person" with discipline and accountability. Beyond "cheer", we hope to help our athletes to be even better future teammates, students, employees, spouses, parents, etc.

Parent Conduct and Responsibility: Please note that the decisions of The Rebel Program are based on the following; Christian ethics (we will pray in practices, refer to bible scripture in practices, etc.), experience in the industry, and a TEAM concept. All Rebels and parents are expected to honor the Rebel code of conduct.

A. General Conduct – Parent/supporter behavior affects the success and participation of each Rebel, The Rebel Program, and other Rebel Parents. #1 Responsibility is to be positive and supportive at all times. If questions or concerns arise, an appointment with the head coach or all-star director should be scheduled for discussion in private.

B. Gossip- Public Negativity and Coaching from the lobby area are not permitted. LCN wishes to maintain a positive and pleasant lobby and gym environment. LCN does not allow foul language or gossip about teams, athletes, coaches or other programs in our lobby area. ANY questions or concerns please schedule an appointment with the head coach and/or all- star director.

C. Videoing from the Lobby on any devise is NOT permitted.

D. Competition Conduct/Etiquette – As a program, we strive to instill the values of good sportsmanship in our athletes. In order to achieve this, we have to ensure that our parents and supporters exhibit good sportsmanship as well. At competitions, all Rebel parents are expected to conduct themselves with exceptional sportsmanship and courtesy for all athletes, spectators & production staff at the event. This includes, but is not limited to: remaining seated while all teams are performing to not block the view of others, not talking negatively about any athlete/team, congratulating all teams on their performance/placements, and keeping a positive attitude throughout the duration of the event.

E. Payment Responsibilities – All fees (tuition, participation fees, uniform fees, etc.) to Louisiana CheerNastics and Louisiana Rebel All Stars must be kept up to date. Failure to make payments by due dates will result in late fees, suspended participation in practice and/or removal from the team. Please understand the financial commitment involved with this activity by viewing the information sheets provided for each Rebel Program Tier.

F. Communication with 3rd Party Co.'s such as Event Producers, Uniform Co.'s, etc.- It is the responsibility of the LCN/Rebel management staff to address, represent and communicate with these companies. DO NOT contact these co.'s. Parents/spectators are not allowed on the warm up floor, performance floor, or near the judge's tables at competitions.

Athlete or Parent violation of the Rebel Code of Conduct can result in athlete dismissal from practice and/or dismissal from The Rebel Team Program for the season or indefinitely.

Team Commitment

All Star cheerleading is a sport that requires a high level of team commitment from the athletes, coaches, and parents involved. Unlike other sports, All Star cheerleading teams need all members present at practices and at performances to function properly. **There are no "bench players" or "replacement athletes" on immediate standby** when someone is missing. When an athlete is unable to practice or perform, other athletes on the team are affected (i.e. stunt groups are not able to practice when one athlete is missing, pyramids have gaps, etc.). For this reason, All Star cheerleading helps teach its athletes many other great character qualities beyond cheerleading that they will take with them through life. Qualities such as dependability, working hard together, and putting others before "self" (not being selfish) are just a few things taught from this great TEAM sport. Each All-star Tier offered requires a little more commitment, a little higher intensity and a little more toughness from its members.

Fund-Raising for ALL Rebels

We are aware of the expense of being part of this fun and exciting sport and we offer fund-raising opportunities for those who would like to participate. We encourage participation in fund-raising while it is available. We offer fund-raising in the months of May thru August, so be sure to take advantage of it while it is available.

- A 5% coordinating and managing fee of fund raising profits will go to LCN for the time and work involved for us to offer fundraising (Ex. Counting payments & orders, placing orders, unloading trucks, time, etc.).
- Fund-raising is for your Participation Fees and Uniform Fees. Fund-raising profits are not for tuition fees.

LOGO

The “Rebel All-Stars” and “Louisiana CheerNastics” names/logos/brands are the official property of Louisiana CheerNastics and have been built with over 22 years of hard work. Any unapproved printing, monogramming, or use of these names/logos for sale or profit can result in athlete dismissal from The Rebel All-Star program. The use of these for unapproved gifts, also affects our sales on other merchandise and is not permitted. We also ask that you do not purchase any merchandise that has our name/logo on it from anywhere besides LCN. Logo approved merchandise will only be sold through the office at LCN. We appreciate your support of the gym that is coaching your athlete!

Merchandise/Spirit Gifts

All items ordered/purchased from LCN must be picked up within 2 weeks of delivery to the LCN office. Gifts given to teams must be approved by the All –Star director before the gifts are purchased. Spirit gifts are to be donated to the team for which they are made by the parent(s) responsible for the purchase. Under no circumstances should any cost be incurred to the parents or Rebels on a team, unless approved by the All-Star Director prior to the purchase of the gifts. Any and all solicitation is prohibited without prior approval from the All-Star Director.

Competition Team Videos

Competition team videos may not be posted on the internet/social media sites until the competition season is over. Much investment (financial & thought) and skill has gone into these routines and the sharing of these videos online can put our teams at a competitive disadvantage during the season.

Registration Portal for Tryouts/Athlete Evaluations or Show Team Sign up

After you register on the Registration Portal, here’s the next step...

NEEDED UPON ARRIVAL to either Novice EVALUATION, May 16th, Prep & Elite EVALUATION week of May 10th - 17th or to their 1st SHOW TEAM PRACTICE (which ever applies to your athlete);

1. Signature Page of Handbook (Page 7 only) of this packet (Keep pages 1-6 for yourself. Also note that this packet is posted on-line for reference as needed)
2. Signed Team Program Information Sheet/s (All sheets that are potentially applicable to your athlete)
3. Copy of Birth Certificate (every season, thank you!)

Louisiana CheerNastics Liability Release

I, the parent and/or legal guardian of _____, understand that by the nature of this activity, cheerleading and gymnastics carry a risk of physical injury. I believe that my child is qualified to safely participate in such activity. I realize that no matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head. I hereby Release, discharge, covenant not to sue and agree to indemnify and save hold harmless each of the Releasees (Louisiana CheerNastics, La. Rebel All-stars, other participants, any sponsors, advertisers, administrators, directors, agents, owners, officers and lessors of the premises on which the activity takes place) from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, cost any Releasee may incur as the result of any such claim. *Initial _____

Tryout / Participation Release

I, the parent and/or legal guardian, understand that my child will go through a clinic/tryout evaluation and selection process and that my child's participation in the Rebel Team Program will rely on her/his skills, abilities, attitude, attention span, history in the program (if applicable), etc. in comparison with the athletes to whom they are competing with for team placement. I understand that my child will be evaluated by qualified judges/coaches approved by LCN management. We the parent and/or guardian and the tryout participant, agree to abide by all decisions made by the judges, coaches, LCN staff and management without argument. Upon making a Rebel Team, my child has permission to participate in the La. Rebel Program and I understand that by their participation in this program my child and I, the parent, must abide by all rules and regulations set forth by the advisors, coaches, staff and management of LCN and Louisiana Rebel All-stars. I, and my child/athlete/participant understand that evaluation is not only marked by the tryout dates but is a continuous process throughout the season. We agree to support the coach's & director's professional opinions and the decisions they make. *Initial _____

Team Commitment Agreement and Code of Conduct

I am aware that by allowing my child's participation in The Rebel Team Program that we collectively are making a commitment to her/his teammates for the duration of the season and a commitment to follow the Louisiana Rebels Code of Conduct. In honor of that commitment, my child will be at all practices and competitions (unless it is approved in the absentee policy and/or by the All-Star director) and will be ready to support all team decisions set forth by its coaches and directors. This commitment is for the full duration of the competition year and my Rebel and I as her/his parent will honor this commitment. I understand if our commitment is not honored or the code of conduct is not followed, my child (or other siblings) may not be eligible for the next season Rebel Team Program Tryout/Evaluation and that all monies spent are nonrefundable. I have read the code of conduct for parents and athletes and agree to abide by the rules stated. *Initial _____

Failure to Abide

I have read the Louisiana Rebel All Stars handbook and understand all the guidelines required to be a part of the Louisiana Rebel All Star program. I understand that by mine or my child's failure to abide by the rules set forth in this contract can result in dismissal from all Louisiana CheerNastics and La. Rebel All-star Programs. I am aware that the management of Louisiana CheerNastics/La. Rebel Allstars reserves the right of the dismissal of any student including my own for any reason stated or not stated in this contract if the management of Louisiana CheerNastics feels it to be necessary. I also understand that these guidelines and standards have been put into place to protect the time, financial and work investment of the team members of Louisiana Rebel All-stars. By my signature, I am in agreement with the terms stated in this contract and will abide by the rules set by Louisiana CheerNastics and La. Rebel All-stars and its directors for the duration of this season and/or the duration of my child's participation in this activity. *Initial _____

Parent/Guardian Signature #1	Date	Parent/Guardian Signature #2	Date
Printed Name of above	Phone #1	Printed Name of above	Phone #2
Athlete Signature	Date	Printed name	Phone Number