



May 2022

Greetings L.U.T.A.N Stars and Parents:

Welcome to L.U.T.A.N's 2022 Exhibition/ All-star Performance & Tumbling season. We are looking forward to building the most dynamic Teams in the city of Indianapolis! As coaches we are committed to giving your LUTAN STAR a quality instruction that will equip them with the necessary tools; which are cheer, tumbling, dance, and motion technique development, which will result in the knowledge of the skills and owning it for themselves with confidence! Your girls will learn more than just how to be a cheer-leader; they will learn discipline, self-esteem, team work, and how to depend on one another through challenges. These life skills will come in handy in the real world and that is what L.U.T.A.N is all about! This achievement along with balanced nutrition and commitment contributes to peak performance in your athlete. We commend you for taking the time to invest in your child and allowing us to be your choice for a Cheer, tumbling and performance gym!!

GO L.U.T.A.N!!!!!!.....

**Important Dates and Info to remember:**

LUTAN's Cheer season begins May 7, 2022-April 27, 2023 (Year-round)

**(Practices and performances excluding all Major Holidays & School Breaks)**

**Information Regarding Cheer Placement Clinics Below:**

Clinic placement dates: SAT 10 am-1 pm & SUN 2 pm-5 pm

Cost to participate in clinics is: \$25 which includes both days (Must be Paid online)

Final Formation of Team will be between the dates of: 4/24/22-5/2/22

Official first practice date/ time SAT 5/07/22- between 10 am & 1 pm

Both the Registration fee of \$30, Clinic cost: \$25- & First-Month Tuition of \$120 for the month of May for a total of \$170 must be paid prior to or on the day of SAT 5/7/22 - the first mandatory practice: 5/7/22.

**\*\*A Parent Meeting will take place on the first practice date during practice from 12:30 pm to 1 pm right after to discuss fundraiser opportunities regarding the fees that must be paid throughout the year below.**

**Tuition will be charged between the first and the 5<sup>th</sup> of each month.**

**(Automatic draft-No Exceptions) (Financial Assistance is available if you qualify)**

The Uniform fees for **NEW Cheerleaders Only** will be made in installments on the listed dates below:

**June 15<sup>th</sup> & July 15<sup>th</sup>: \$250 per cheer installment:**

**Uniform cheer package: \$500**

What is all included in the cost:

(New uniform including Bling applied)

2 Bows &

Practice wear

(Includes warm up jacket, pants,

2 practice wear tanks,

2 practice wear shorts

cheer Shoes

Make up bag (Paid by LUTAN)

**Returning Cheerleaders will be responsible to pay for any lost or damaged items from the previous year that are a need for the 2022-2023 cheer season (No Exceptions)**

**Bows, cheer shoes, and additional bling that needs added up to a whole uniform are subject to be added to the list of cost for returning cheerleaders if the item is not salvageable, so parents please keep this in mind.**

**We all Must look the same!!!!**

**See Additional Competitive Fees below:**

Note\* (1) Competition fees, (2) Music fees, (3) Choreography fees, and (4) group tumbling fees are separate from the tuition and uniform cheer installment fees. Most competition fees are due 2 weeks prior to the scheduled event. Comp fees range from \$30-\$100 depending upon who the cheer producer is. We perform at a minimum of 4 competitions & a maximum of 6 per year. (Cost are per child)

Yearly Competition cheer fees Cost overview:

One-time annual registration fee:	\$30
USASF cheer membership	\$50
<b>Uniform package</b>	<b>\$500</b>
Music fee	\$100
Choreography fee	\$125
Comp fees (on average)	\$300
Banquet	\$30
Total Cost:	<b>\$1135.00</b>

Monthly Competition fees Cost:

Tuition X (11 Months of cheer)	\$1320.00
Tumbling at Hollywood (11 months X \$40)	440.00 (Approximation) <b>\$1760.00</b> for the year
<b>Total Yearly Cost of program:</b>	<b>**For New parents only**</b> <b><u>\$2895.00</u></b>

**Total Cost of program For the YR:**

<b>Returning parents</b>	<b>\$635.00</b>			
	<b>+</b>	<b>\$100.00</b>	<b>=</b>	<b>\$735.00</b>
+ cheer shoes (\$50)			<b>+</b>	<b>\$1760.00</b>
practice gear (\$50)			<b>=</b>	<b><u>\$2495.00</u></b>
(-) cheer uniform				

**Practices are 2 times per week including an additional Tumbling class Tues/Sat/Sun**

**Exhibition Cheer Uniform package**

CHEER UNIFORM PACKET INCLUDES:  
(MANDATORY) - SUBJECT TO CHANGE

- 1 UNIFORM TOP •
- 1 PAIR OF UNIFORM SHORTS/SKIRT
- 1 PAIR CHEER SHOES • 1 PAIR SOCKS
- 2 HAIR BOWS
- LUTAN WARM-UP SUIT •
- 2 PRACTICE SHIRTS & SHORTS
- CHEER BAG

**\*ALL PURCHASES WILL BE PLACED IN BULK ORDERING TO MINIMIZE COST\***

**FUNDRAISERS ARE ALWAYS AVAILABLE TO OFFSET ANY OF THE CHEER COST.  
& We also offer a financial assistance program for those that qualify.**

- Note\* if you need financial assistance, you must submit your most current tax information to take advantage of our S5 Stars tuition assistance program
- We follow the same state guidelines as our local government programs; however, we will assist on a case-by-case basis if there is a justified need.
- You must submit legit documentation to qualify for assistance.
- Discounts only apply to the monthly tuition and range from \$165-\$220 off per season and are divided evenly over the duration of the cheer season.
- Financial assistance is a first come first serve program
- You must apply each year & one month prior to season start.
- Additional Grant funds may be available upon request if eligible.

Again Monthly payments are due by the 5th of the Month. (Read Parent Section on the Cheer Parent Agreement to see Payment policy)

Important Practice Info:

**PRACTICES ARE MANDATORY, IF YOU MUST MISS A PRACTICE IT HAS TO BE FOR AN ILLNESS THAT IS CONSIDERED CONTAGIOUS OR A FEVER OR ABOVE 101. IF THEY CAN'T GO TO SCHOOL, THEN THEY CAN'T COME TO PRACTICE! HOWEVER IF THEY GO TO SCHOOL THEY NEED TO COME TO PRACTICE! WE STILL NEED TO BE NOTIFIED THAT THEY WILL NOT MAKE IT IN ADVANCE WITHIN 24 HOURS OF PRACTICE IF POSSIBLE, MEANING AS SOON AS YOU KNOW THEY WILL NOT BE ATTENDING. NO SHOWS ARE UNACCEPTABLE; PLEASE RESPECT THE ENTIRE TEAM WHO DEPENDS ON EACHOTHER! HOW CAN WE LEARN SKILLS AND ROUTINES WITHOUT EVERYONE PRESENT? ALSO-IF YOU MUST MISS PRACTICE FOR A SCHEDULED VACATION; WE NEED TO KNOW IN ADVANCE. IF THERE HAPPENS TO BE AN EVENT ON THE SAME WEEK OF YOUR SCHEDULED VACATION, AND WE HOPE NOT.....FURTHER DISCUSSION WILL HAVE TO BE DISCUSSED PRIOR TO THE VACATION- PARENT TO COACH.**

**NOTE\*\* during the season we do add practices on Sunday's between 2PM AND 5PM ESPECIALLY IF IT IS RIGHT BEFORE A PERFORMANCE. HOWEVER, YOU WILL BE NOTIFIED IN ADVANCE SO THAT YOU CAN MAKE PROPER ARRANGEMENTS IF NECESSARY.**

**Our First Fundraiser of 2022-2023 Cheer Season**  
**(Instructions on how you can get started below)**

Team - I set up a Double Good virtual fundraiser! It's 100% contactless, we keep 50% of the profit and the product ships directly to the buyer.

Each of us will create a Pop-Up Store and sell Double Good gourmet popcorn! Prices range from \$18-\$59. The popcorn is award-winning and really delicious!

Our fundraising window begins on May 09, 2022, at 5:00 PM and goes until May 13, 2022, at 5:00 PM.

Before the fundraiser begins:

1. Download the Double Good app
2. Enter our Event Code GMCUQM in the app
3. Create your Pop-Up Store

The app is available for free on iOS and Android.

**Photo Release**

I, \_\_\_\_\_, hereby authorize Lift Up Tumbling and Nutrition LLC, "L.U.T.A.N", and its affiliates to use, reproduce, and/or publish photographs and/or videos that may pertain to my child, \_\_\_\_\_, including their image, likeness, and/or voice without compensation. I understand that this material may be used in various social media outlets, publications, public affairs releases, recruitment materials, broadcast public service advertising (PSAs) or for other related endeavors. This material may also appear on the Corporation's or project sponsor's Internet Web Page. This authorization is continuous and may only be withdrawn by my specific rescission of this authorization. Consequently, the Corporation or project sponsor may publish materials, photograph, and/or refer to them in any manner that the Corporation or project sponsor deems appropriate to promote Lift Up Tumbling and Nutrition.

Parent/Guardian Signature: \_\_\_\_\_

**2022-2023**

**“LUTAN” Cheerleader and Parent Agreement**

***Cheerleader Section***

- I will not have my cell phone during practice time
- I will be in uniform at the beginning of practice and on the floor ready to go at the start of practice.
- I will not wear any jewelry during practice and will be responsible to secure any jewelry I remove for practice
- I will make sure my hair style is in accordance with the style that has been determined by the Coaches and relayed to me by my Coach
- I will not work independently and/or separate from my “TEAM” including TRAVEL
- I will have all appropriate cheer clothing when practicing especially appropriate tennis shoes
- If I lose or destroy any part of item(s) or cheer that have been given to me I will be held responsible and will pay the current market amount to replace the item(s)
- I will not talk back and/or challenge my Coaches, Parents, School Officials, or any person in authority
- I will not talk behind someone’s back nor will I bully any of teammates
- I will represent LUTAN and my parents in nothing but a positive light in and outside of the gym.
- I will not be involved or indulge in misbehavior of any sort
- I will accept constructive criticism and understand this is to make me a better cheerleader
- I am a representative of my squad in and out of the gym, I will not be on Facebook nor Instagram doing anything that may be looked at as NEGATIVE
- I will keep my grades at an acceptable level if I feel my grades are dropping, I will ask my Coaches or Parents for help to ensure I remain on the team



## **2022-2023**

### **“LUTAN” Cheerleader and Parent Agreement**

- I will attend every once-a-month mandatory parent meeting, & if I cannot, I will have a representative in my place
- I as a parent will help to promote unity of the team
- I will be cordial to the Coaches, Cheerleaders, and their parents.
- I am fully aware that there are no refunds of the Cheer fees or any other cost for cheerleading if my child is removed or quits the team **(Payment is due every 5<sup>th</sup> of each month by ACH payment (No exceptions) You must make a payment arrangement if you will be late paying after the 5th for any reason.** The account will be suspended if no payment is received within 30 days of the due date. The account will need to be brought current before my cheerleader will be able to participate in any LUTAN practices, events, or activities. Non-Paid balances will go to collections at the end of the season.
- If there is a problem with another Cheerleader or their parent, I will handle it in an adult manor and notify the Coaches of any potential problems
- I will not approach a Cheerleader directly or indirectly, if I have an issue, I will inform the Coach of whatever the potential problem may be
- As a parent I will not cause disharmony to the team if so, I am aware this **WILL** result in suspending pending further investigation or removal of my child from the team
- I will not be disrespectful or disruptive to any official at any events that I may attend

#### ***Parent and Cheerleader Section***

- Penalties before dismissal from the team will be as follows:
  1. Verbal Warning
  2. Call to Parents
  3. 1 suspension
  4. Dismissal and removal from the team
- I as a parent and I as a cheerleader will be sure to contact one of the Coaches, preferably their Team Coach to let them know I will not be attending practice. This will be done 24

## 2022-2023

### “LUTAN” Cheerleader and Parent Agreement

hours before the start of practice, unless deemed an emergency. I as a parent will let the Team Coach know of any planned vacations in advance, preferably before the start of the season, to keep organization of the Team.

- No shows are unacceptable & 3 unexcused absences from practice will result in immediate suspension from the team and the cheerleader will not be able to return until approval from the Head Coach. Five tardie’s (more than 15 min late) will result in a 1-practice suspension. Failure to show up to any dress rehearsal prior to a competition and on the day of the competition is immediate dismissal. Any disrespect including Eye rolling, profanity, fighting, bullying, stomping off, mischievous behavior and any behavior resulting in the injury or physical harm of another will be automatic suspension for the season. Again, all Program fees from Start to Finish are NON-REFUNDABLE and if you or your child decide to quit for any Reason you will still be expected to pay the remaining fees No exceptions.

By signing this contract, you have full intentions of complying with all the rules and regulations presented to you in this contract as well as LIFT UP TUMBLING AND NUTRITION and its rules and regulations.

*This agreement **WILL** be followed to the letter so there is no favoritism or impartialness.*

\_\_\_\_\_  
Cheerleader Date

\_\_\_\_\_  
Parent Date

## L.U.T.A.N.'s Demerit System

In order to keep disciplinary actions consistent for everyone we have the following demerit system. Demerits will be distributed accordingly for any behavior that the Coaches feel is unacceptable. Please note that we may add or remove penalties throughout the year as necessary, but written notice will be given if a change is made. All merits and/or demerits will be recorded and dated in a notebook. Demerits start over at the season end, and upon tryouts of the upcoming squad coming in. The following is a list of conduct unbecoming a cheerleader and the penalty assessed for each violation.

<u>CONDUCT AND APPEARANCE</u>	<u>DEMERITS ISSUED</u>
*Wearing jewelry at practice or competitions	1
*Inappropriate dress (ex... stomach showing in uniform)	1
*Having fingernails not-conducive to athletic participation	1
*Chewing gum while cheering	1
*Wearing Incorrect uniform to competitions (Coach must approve changes or additions)	5
*Insufficient apparel for practice (ex. forgetting shoes, shirt or shorts)	1
*Wearing uniform in improper places/letting non-cheerleaders wear uniform	2
*Improperly caring for uniform/shoes	2 (+replace)
*Display of physical affection in public (PDA)	2
*Unsportsmanlike conduct	2
*Talking to friends during practice or comps without a coaches' approval	2
*Talking on cell phone once activity has started without a coaches' approval	2
*Inappropriate material posted on Facebook or other internet site depending on content)	5-20 (or removal)
*Being assigned in or out of school suspension	10
*Fighting with a team member (in the event that two or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team, and the problem cannot be resolved, both team members will be removed from the squad)	10-20/ and/or removal
<u>PRACTICE AND PARTICIPATION</u>	
*Excessive talking back to the head coach and/or coaches	5
*Late/unsatisfactory fulfillment of duties	2
*Unexcused tardiness for a practice/other cheer event ("on time" to practice requires that the cheerleader is dressed and ready to stretch at the designated practice time, <u>not</u> texting or talking on a phone, dressed, <u>not</u> in the hallway, <u>not</u> putting on lotion, <u>not</u> putting on shoes, <u>not</u> talking to friends, <u>not</u> eating/drinking )	5
*Failure to participate fully at a practice/or other cheer event	2
*Excessive talking while cheering	2 and/or benched
*Not standing to attention during National Anthem	2 and/or benched
* <b>Intentionally</b> Putting others in danger in assisted stunts and or pyramids removal from squad-(0 tolerance for this particular act)	10-20 and/or benched
*Not cooperating with coaches/captains/squad	5
*Unexcused absence from a practice/or other cheer event next competition	10 and benched the
*Not fulfilling duties as captain	Removal as captain

GRADES AND CLASS ATTENDANCE

- \*Acquiring a D or F for the grading period 2
- \*Using cheering as an excuse for tardiness/absence 2

CONSEQUENCES FOR DEMERITS (to be done at the end of practice)

- 1 DEMERIT - WARNING!**
- 2 DEMERITS - 20 Toe touches (EXECUTED CORRECTLY)**
- 4 DEMERITS - 20 Toe touches, 20 other jumps, (EXECUTED CORRECTLY!!)**
- 6 DEMERITS - 20 Toe touches, 20 other jumps, and 10 laps around gym (EXECUTED CORRECTLY!!)**
- 10 DEMERITS - Warning Letter sent home to parents and sit out of practice/competition in uniform with coach.**
- 15 DEMERITS - Probation Letter and meeting with parents. Cheerleader will sit out the next 2 consecutive practices/competition in uniform with coach.**
- 20 DEMERITS - Removal from squad for the rest of the year and must receive approval from coach in order to try out the next year.**

PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

**L.U.T.A.N's motto: Smile, Shine, Stand, And Shout!!!**

**Let's remember we are building the ultimate all-round cheerleader, and character building along with discipline is key to a successful cheer-leading experience!!!**

**Thank you,**

**Coach T. King & Staff**

**[www.golutan.com](http://www.golutan.com)**

**REVISED 06/25/20**