



INFAMOUS ***ATHLETICS***

2025-2026
MEMBER PACKET

2003 Ronald Reagan Hwy, Suite 3, Covington, LA 70433
infamousathletics022@gmail.com
985.888.9636

WELCOME TO INFAMOUS ATHLETICS

We are thrilled to welcome you to our Infamous Athletics cheer family. We are excited to share our passion, expertise, and love for the sport of competitive cheerleading with you!

At Infamous Athletics, we believe in building champions **both on and off the mat. Our program focuses on developing skills, boosting confidence, and fostering lifelong friendships in a supportive and motivating environment.**

Whether you're a seasoned competitor or brand new to the world of all star cheerleading, we are here to help you reach your full potential.

In this packet, you will find all the information regarding our program and becoming an all-star cheerleader at Infamous Athletics.

We can't wait to welcome you into the Infamous Athletics family! If you have any questions or need more information, please feel free to reach out to us.

Why settle for good, when you can be **INFAMOUS!**



WHAT IS ALL STAR CHEER?

All Star Cheer is a high energy, team-based, performance sport. It involves athletes competing A routine composed of tumbling, stunting, jumps, pyramids, and dance segments. While some skills are individually developed, such as tumbling and jumps, partner stunts, pyramids and tosses require a great deal of teamwork as well as routines require synchronization and team uniformity from all athletes on the mat.

The United States All Star Federation (USASF) is the governing body over our industry and is responsible for creating and enforcing rules and regulations pertaining to age, skill level and conduct. Age eligibility is based on an athlete's birth year. There are seven levels for athletes to compete in which is based on the type of stunts, pyramids and tumbling that can be safely performed. The levels begin at 1 and progressively become more difficult through level 7

AGE ELIGIBILITY & SKILLS BY LEVEL

2025-26 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR <i>("x" indicates eligible for that division)</i>																				APPROX AGES	
TIER		2005 & before	1/1/06-5/31/06	6/01/06-12/31/06	2007	1/1/08-5/31/08	6/01/08-12/31/08	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	1/1/20-5/31/20	6/1/20-12/31/20	2021	2022	
		20+	19-20	19-20	18-19	17-18	17-18	16-17	15-16	14-15	13-14	12-13	11-12	10-11	9-10	8-9	7-8	6-7	5-6	5-6	4-5	3-4	
ELITE CLUB	Senior Open (L4-5)	x	x	x	x	x																	18+
	Senior & Limited (L6)			x	x	x	x	x	x	x	x												14-19
	Senior (L1-5)			x	x	x	x	x	x	x	x	x											13-19
	Junior (L1-6)								x	x	x	x	x	x	x	x							9-15
	Junior Flex (L4)							x	x	x	x	x	x	x	x	x	x	x					7-16
	Junior Flex (L1-3)							x	x	x	x	x	x	x	x	x							8-16
	Youth (L1-5)											x	x	x	x	x	x						8-12
	Youth Flex (L1-3)										x	x	x	x	x	x	x	x	x	x			6-13
	Mini (L1-2)														x	x	x	x					7-9
	Tiny (L1)																x	x	x	x			6-7
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x										12-19
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x							9-15
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)											x	x	x	x	x	x						8-12
	Mini Prep (L1.1, 2.1, 2.2)														x	x	x	x					7-9
	Tiny Prep (L1.1)																x	x	x	x			6-7
NOVICE	Senior Novice (L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x										12-19
	Junior Novice (L1-3 w/restrictions)								x	x		x	x	x	x	x							9-15
	Youth Novice (L1-3 w/restrictions)											x	x	x	x	x	x						8-12
	Mini Novice (L1-2 w/restrictions)														x	x	x	x					7-9
	Tiny Novice (L1 w/restrictions)																x	x	x	x	x	x	4-7

Level	Stunts	Pyramids	Tosses	Standing Tumbling	Running Tumbling
1	Waist Level: 1 Leg Prep Level: 2 Leg	Extended Level: Joined 2 Leg	NO Tosses	Back walkover, Front walkover	Front walkover, Cartwheel, Back walkover
2	Prep Level: 1 Leg Extended Level: 2 Leg	Extended Level: Joined 1 Leg	Straight Ride	Back Handspring	Round-off Back Handspring
3	Extended Level: 1 Leg Full Twisting Skills	Extended Level: 1 Leg	1 Skill: Full Twist or Toe Touch	Series Back Handspring or Jump to Back Handspring	Roundoff Back Handspring Back Tuck
4	Advanced Inversions: 1.5 twisting skills to prep	Double Braced release Inversions	2 Skills: Kick Full	Standing Back Tuck, Back Handspring Back Tuck	Round-off Back Handspring Layout
5	Twisting Tick Tocks; 1.5 Twisting to Extension	Single Braced, Release Inversions	3 Skills: Kick Double Full	Jump Back Tuck, Back Handspring to Layout	Round-off Back Handspring Full
6	Released Inversions; Double Twisting Skills	Twisting Single Braced Released Inversion	Unlimited Skills: Hitch Kick Double	Back Handspring to Full/Double	Round-off Back Handspring Double



TEAM EVALUATIONS & PLACEMENT

Infamous Athletics staff will evaluate each athlete on stunting ability, tumbling and jumps technique. Please trust the staff to select a team for your athlete that will be in the best interest of your athlete, the team, and the program. It is very important to understand that technique and execution of a skill go into placing teams. Although not intended, to ensure each athlete is on the appropriate team, they may be moved after team announcements are made.

ALTERNATES

Alternates may be selected on an as needed basis. Alternates filling in for an injured athlete or an athlete removed from a team should not incur additional costs unless they are asked to permanently replace an athlete or asked to compete in an out of state competition, where a coach fee, higher competition cost and travel costs apply. If an award is won while the alternate is filling in, the award goes to the primary team member. The alternate can choose to purchase the award from the event producer if this option is available.

PRACTICES

The practice schedule will be announced after team placements. Elite teams will practice 2 days a week for a total of 4 hours. Novice teams will practice for 1 day a week for 1 hour. Coaches may add extra practices as needed. Skills classes will be added beginning in August and are mandatory as well as all practices.

ATHLETES ARE EXPECTED TO ATTEND EVERY PRACTICE.

This is a team sport. If **ONE** athlete is missing, it will slow the progression of the **ENTIRE** team. This sport is a commitment by you and your child!

ARRIVALS

Athletes are expected to arrive 5-10 minutes early. They should use this time to go to the restroom, put on shoes, drink water etc. They are expected to be ready to begin practice promptly by their scheduled time.

- Your child will be considered tardy if arriving more than 15 minutes late.
- A \$15.00 fee will be assessed if you arrive more than 15 minutes late without an acceptable reason.
- Any arrival over 30 minutes late will be considered an unexcused absent.



PICKUP

Parents are expected to pick up their athletes promptly at the end of practice. This is for the safety of your child. We are dealing with multiple teams and are unable to watch a child when moving to another practice.

- A \$5.00 fee will be assessed for every 10 minutes you are late picking up your child.

ABSENCES

Athletes are required to attend ALL practices, additional practices and competitions. The following fees will be assessed and immediately charged for unexcused absences:

- 1-3 Unexcused Absences - No Fee Assessed
- 4-6 Unexcused Absences - \$20.00 per absence
- 7-9 Unexcused Absences - \$40.00 per absence

Your athlete will be dismissed from the program and assessed a \$250.00 fee after 9 unexcused practices.

EXCUSED ABSENCES INCLUDE

- Mandatory school function, family death, contagious illness, Football game if on school cheer team. We reserve the right to confirm a school event with school administrators.

UNEXCUSED ABSENCES INCLUDE *but not limited to*

- School Dance, Traffic, no ride, tired, homework, non-contagious illness, practice for another recreational sport. School cheer athletes are unable to cheer for basketball games on practice days.

VACATIONS

Vacations should be planned accordingly so they are not to interfere with competitions or one week prior. Competitions are a mandatory event. We ask that you please keep vacations to a minimum during competition season.

Absence request forms will be available at the gym. This form is to be turned in to your coach and approved TWO weeks prior, in order for it to be excused. If it is an extenuating circumstance, please notify your coach as soon as possible to allow us a chance to place an alternate in your child's position.

Parents may not use missing cheer practice or any other team-related mandatory event as form of punishment due to the impact the absence has on the rest of the team. If this does occur, it will be considered an unexcused absence (see absences section).

COMPETITIONS, REGULARLY SCHEDULED PRACTICES AND ADDITIONAL PRACTICES THE WEEK OF A COMPETITION ARE MANDATORY.

There will be no exceptions made!



APPAREL

Athletes are to wear tight fitting Infamous apparel or gym colors (red, royal blue, or black) to every practice. It is at the discretion of your coach if they would like a certain color worn on specified days.

Hair should be in a high ponytail, pigtails or a braid.

- Your child can not have a hair style that is not practice friendly and a danger to themselves or other athletes.

No jewelry of any kind should be worn.

- Infamous Athletics is not responsible for any lost or stolen items.

Fingernails are to be kept short for the safety of all.

- If an athlete arrives with a length dangerous to themselves and others they will be benched until their nails are at appropriate length.

No oversized t-shirts, sweatshirts or pants are not permitted for the safety of the athletes.

- If an athlete arrives in any oversized items mentioned above, they will be asked to remove the item immediately.

During cold weather leggings and tight fitted long sleeve shirts may be worn.

FOOD & DRINK

Athletes are only permitted to have water or sports drinks in the gym. There is a water fountain to refill water bottles. If an athlete does not have a water bottle, they can purchase water for \$1. **No food or other drinks of any kind are allowed.**

PERSONAL ITEMS & CELL PHONES

Athletes cheer bags or any personal items must be kept in the cubbies at the front. They are not allowed by the mat. Cell phones are not allowed to be used during practice. They are to be left in the athletes bag during the duration of the practice.

FLYER REQUIREMENTS

Flyers are expected to have multiple body positions including but not limited to a stretch on both legs, kick scorpion, scale and bow and arrow. Flyers may be required to arrive or stay for an additional 15 minutes of stretching if their body positions are not correct.



HEALTH/INJURIES

If an injury occurs, it is the parent's responsibility to seek professional help. If Infamous Athletics is unable to contact a parent or if the injury is severe, we will take the precautions we deem necessary, including but not limited to calling an ambulance. The parent will be responsible for any and all extra costs incurred.

Guardian Responsibility

You must provide us with copies of the athlete's insurance card and emergency contact list prior to the first practice. Any medical condition that may prevent an athlete's participation and a list of current medications should be submitted. We must be notified immediately of any injury sustained as a result of participation in any Infamous Athletics event or activity.

Injury that Limits Practice

In the event of a minor injury, your coach along with a parent will decide the appropriate time frame for an athlete to begin participating again. In the case of a serious injury, written documentation from a doctor explaining the reason(s) and duration for which they may be limited must be provided. No athlete will be allowed to participate until being cleared by a physician.

Ongoing Injuries

It is your responsibility as a parent to have your child assessed by a medical professional for any injury that is limiting an athlete's practice performance for more than two weeks. After two weeks of limited practice ability and no diagnosis or preventive measure taken a child will be removed from his/her spot.

TEAM MINDSET

Infamous Athletics believes in team-first mentality. Every one of our teams is equally important, regardless of age group or level. We want our athletes to learn that corrections are not bad and that you are able to learn from your mistakes to make you even better! All-star cheerleading is hard but we will have fun while doing it. Athletes are not able to say they can't do something. They just aren't able to do the skill right now, but with the right training and effort from them, they can achieve their goals!



GENERAL GYM RULES

- Personal issues are to be left at the door before entering the gym.
- Athletes should not engage in rough-play at any time. Safety is our main concern.
- Concentration is required at all times for athlete's safety.
- Infamous coaching staff will make all routine and coaching decisions. If you have any questions about your athlete's role or position on their team, please feel free to speak with the coach. However, the coaches will make the final call.
- Please follow chain of command for communication: Start with your athlete's coach. If the issue cannot be resolved, a meeting will be set up with the Gym Owner and coach.
- All gym related communication must go through gym email (infamousathletics022@gmail.com) or office phone (985) 888-9636 not the coaches' personal devices.

BULLYING/CONDUCT

Please be aware that any behavior deemed inappropriate is grounds for being disciplined in the form of extra conditioning, being benched, removed from his/her spot or dismissal. Inappropriate displays by parents can result in being banned from the facility or your athlete being dismissed from the program. Infamous Athletics will not tolerate pettiness, gossiping, back talking or disrespect to any teammates, parents or staff.

Steps of Discipline for Conduct

- A warning will be issued to the athlete and extra conditioning will be given.
- If the problem continues the athlete will then be benched.
- A parent meeting will be called in order to assist in solving the issue if the above does not help.
- If all avenues above have been taken and the problem still exists, it may be grounds for dismissal or being benched for a competition with no refund given.

Sportsmanship

A team is only as good as every member. Athletes should remain positive and understand decisions are made for the better of the team.

- Athletes are expected to support each athlete and team in the gym.
- Athletes should be willing to help and encourage teammates to grow and improve.

Conduct

Every athlete is a direct reflection of Infamous Athletics. Athletes are expected to conduct themselves respectfully and as a role model in and out of the gym, at all Infamous Athletics events and on any form of social media.



- Lying and being disrespectful to the Infamous Athletics staff, teammates, or those of authority will not be tolerated and may be grounds for dismissal.
- Any parent/athlete threatening to quit their team may be dismissed from the program.
- Any parent or athlete enquiring in another program, or outwardly expressing the wish to leave or join another program for the current season or upcoming seasons will immediately be dismissed.
- Parents are to remember that the athletes are children and should not threaten, speak poorly of to another parent or athlete or approach with any negative comments. The parent will be banned from the gym and may cause their athlete to be dismissed if any such situation should occur.

Bullying

- Refrain from gossiping (including on social media) or any form of verbal confrontation.
- Any physical altercation including but not limited to, hitting, pulling hair, scratching or pushing by a parent or athlete is grounds for immediate dismissal.

ISSUE RESOLUTION

We understand that issues may arise. We will give you the opportunity to discuss it with us and will take proper actions to come to an agreement on how to fix it. You are NOT permitted to post negative comments on any social media outlet. This may be ground for immediate dismissal.

Proper Protocol if an issue arises

- Do NOT interrupt a practice under any circumstance.
- Give yourself a 24 hour “cool down” period.
- Set a meeting with your coach or gym owner (Ed)

COMMUNICATION

It is the parent’s responsibility to stay informed. Check your e-mail, Band Team pages, and Infamous Athletics website, Facebook, and Instagram regularly as these will be our primary sources of updates, information, and events at Infamous Athletics. 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.



MEDIA AGREEMENT

The only Infamous Athletics social media accounts allowed are the official ones setup by the gym. By signing you agree that any image or likeness of you or your athlete may be used on Infamous Athletics official social media accounts and website.

No one is allowed to post any part of our competitive routines to social media until after the last competition of the season.

COMPETITION EXPECTATIONS

ALL competitions are **MANDATORY** for all participating athletes.

General Rules

- Competition days are extremely busy for staff members. For the safety of the athletes, every minor is required to have adult supervision.
- No refund will be given for any missed competition due to illness, injury, disciplinary action or dismissal from the program.
- Only Infamous Athletics athletes and coaching staff are allowed in the warm-up area.
- Athletes who are members of another team and not a student coach are not permitted in warm-ups for any reason.
- All athletes must attend their award ceremony (in FULL uniform, including hair) unless approved by the gym owner.
- An arrival more than 20 minutes late to meet up time, without an acceptable reason, will result in the immediate charge of a \$50.00 fee.

Attire

- Athletes are required to adhere to all USASF policies and procedures at all events, including but not limited to the "cover up" rule.
- No athlete should have his or her uniform unbuttoned, unzipped or otherwise incomplete at any time in public.
- Athletes are required to wear the cover-up provided when not in the warm up area, at awards or competing.
- Athletes must be fully dressed by your meet time. Including any braces or tape needed. Braces and tape must be supplied by the athlete.
- Hair and makeup should be done to specification, neatly. Any deviation from the requirement will not be allowed. We reserve the right to request you to fix hair or makeup if not correct.
- Remove all jewelry (except approved medical ID tags)
- All visible tattoos are to be covered
- Nails are not to be brightly colored or longer than the fingertips.



- Only natural color hair is allowed. No bright colors or tips.
- Awards must be attended in full uniform with hair and make-up fixed accordingly. Backpacks, cover-ups or non-uniform items such as sunglasses, cell phones and headphones are to be removed before awards.

Sportsmanship and Conduct

- Athletes must set a positive example for others to follow including but not limited to wishing teams good luck enthusiastically and encouraging teams in warm ups.
- Athletes are expected to clap for every team during the awards ceremony.
- If an athlete is dissatisfied with their placement at the awards ceremony, they are to remain positive through the duration and continue to smile and applaud all teams.

The following also applies to athletes, parents and spectators.

- Be courteous and respectful to everyone.
- Accept team placements with dignity and class.
- Refrain from celebrating the misfortune or defeat of another person, team or program.
- Refrain from celebrating a win until announced, in order to allow the second place team to celebrate their accomplishment.
- If a problem arises, speak to your coach when they are not coaching another team.

Requested of Parents and Spectators

We ask that parents and spectators enter the parent viewing area, should one be available, for every team in our program. Crowd involvement and energy helps a team more than you understand. We ask that you wear Infamous Athletics apparel or colors to show your support. Remember, we are a family!

UNIFORMS

Please keep all uniforms, shoes and other apparel in good condition. If an item is lost or damaged, you must notify us immediately so a replacement can be ordered or distributed. It will be your financial responsibility to replace the item.

ELITE TEAMS FINANCIAL OBLIGATION

Total Financial Commitment

The total financial commitment for the 2025-2026 session is **\$3,570** for all athletes on our elite teams. *Novice team pricing is included on a separate handout.*

This cost covers:

- Program registration fee
- Competition Uniform (New uniform 2025)
- Bow
- Makeup



- Competition Fees for the athlete
- Music Fees
- Choreography fees
- Coaches fees
- Instruction fees
- Skills classes

Additional Expenses Not Included in the Above Total

- \$20.00 Program Evaluation Fee
- USASF Membership Fee
- Any and all travel expenses to competitions
- Attendance to Nationals if a bid is awarded
 - Athletes will be responsible for event registration fees, coaches fees, and travel cost
- Cheer shoes
 - We require that every athlete purchase a pair of all black cheer shoes. We want our athletes to be allowed to purchase shoes based on their needs and budget.

Payment Options

Option 1: Upfront Payment

- You will receive a \$350.95 discount if you pay your account in full at the Parent Meeting. Payment must be made by check to receive the full discount.

Option 2: Split Payments

- You will receive a \$225.95 discount if you pay your account in full in two payments. The first payment is due at the Parent Meeting and the second payment is due October 1. Payments must be made by check to receive the full discount.

Option 3: Monthly Payments

- Monthly payments must be made on the 1st of each month with a payment method on file with the gym. The payment schedule is as follows
 - June - October: \$504 per month
 - November - April: \$175 per month

Payment Methods Accepted

Credit Card

- There will be a 3.5% service charge added to every monthly payment if you opt to pay by credit card.
- We require a second card to be put on your account. If your payment is declined, the second card on file will immediately be charged.
- If all payment methods are declined a \$35.00 fee will be assessed.



Cash or Zelle

- Cash **MUST** be handed to Gym Manager, MaryBeth, in an envelope labeled with athlete's name and memo for payment.
- Zelle phone number is (985) 888.9636. The transaction will pull up as Infamous Athletics.
- If payment is not received before the 1st of the month, the card on file will be ran for your monthly payment on the 1st.

ACCOUNT UPDATES

It is your responsibility to inform us of any banking or credit card changes before payment due date. If you neglect to inform us and your payment method is declined a fee of \$35.00 will be assessed.

DELINQUENT ACCOUNTS

Your account is considered late by the 5th of every month. A \$15.00 late fee will be applied if payment is not received by the 5th of the month. If you are carrying a balance for more than one month your child will still be expected to attend practice but will not be allowed to participate which may result in his/her spot being replaced. If the balance goes beyond two months your child will be dismissed from the program, assessed a \$250.00 dismissal fee and NO refund will be given.

- Any monies received on delinquent accounts will be applied first to any past due tuition/fees.
- Infamous Athletics reserves the right to withhold items, deny participation and enrollment in any additional classes and remove an athlete from the program for failure to keep up with the financial obligations.
- Infamous Athletics reserves the right to turn all delinquent accounts over to a professional collection agency and the signer of the financial agreement will be responsible for all additional costs incurred.

CANCELLATION FEE

A fee of \$250.00 will be assessed if you voluntarily leave the program or get removed for disciplinary reasons. If an athlete leaves, no matter what point in the season, we incur additional costs for things such as re-choreographing a routine, crossover fees etc. It is a costly and time-consuming process.

REFUNDS

All Fees are non-refundable. If practice is canceled due to inclement weather or unforeseen circumstances no refund will be given as practices are also added at no additional charge.

FUNDRAISING

We understand that this sport can be expensive and intend to make this easier on you. We have a Booster Club that organizes fundraisers throughout the year to help families defray costs. For additional information, see the separate Booster Club Information Packet and Membership Form.





2025-2026 Member Packet Acknowledgement Form

Athlete's Name: _____

By registering at Infamous Athletics, I am acknowledging that I have read and agree to the 2025-2026 Member Packet and agree to abide by the guidelines set forth by Infamous Athletics. I understand that failure to adhere to any of these policies may result in removal from the program with no refund, and am responsible for payments to fulfill my 11 month contract (June 2025 - April 2026).

I have read and agree to abide by the above rules/policies.

Parent's Name: _____

Parent/Guardian Signature: _____ **Date:** _____

Athlete's Signature: _____ **Date:** _____