

2025-2026

SEASON 8

ALL STAR PACKET



**9970 Highway 165 - Suite A4
Sterlington, LA 71280**

Owner/Coach Natalie Gregg

**AGES
3-18**



[Facebook.com/LaChaosAthletics](https://www.facebook.com/LaChaosAthletics)



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About Us

Thank you for your interest in the LA Chaos Competitive All-Star Cheer Program. We are excited for you to be joining our family for its 8th year of All-Star Cheer! Here at LA Chaos our goal is to motivate and teach athletes to be positive young adults through the sport of Cheerleading. LA Chaos Athletics will provide safe, quality services focused on teaching athletes' solid fundamentals in Tumbling and Cheerleading.

Our main motto for the program is "The work is worth it," and we fully believe in this saying. Through hard work, dedication, and positive attitudes these athletes can accomplish anything, and we want them to know it! We hope to use this sport to influence young athletes beyond the mat with character development and life skills they will rely on for the rest of their lives.

Copyright Notice

The logo of LA Chaos Athletics belongs to the owners of this program. You cannot sell or create your own LA Chaos clothing or other items. This includes team names and any likeness to logo, affiliation and/or program without permission of LA Chaos Athletics.

All-Star Cheerleading

The All-Star Program is a twelve-month commitment. We begin our season in June and continue to the End of May. The United States All Star Federation (USASF) is the main governing presence in this industry, and we form teams based on their guidelines. Teams are scored based on the execution and difficulty of their tumbling, jumps, dancing, tosses, motion technique, stunting, performance, unity, creativity, and choreography. Athletes will be placed on teams based upon their age and ability in these elements. There are times within the Program in which athletes will be placed on teams due to the necessity of a certain skill set or position. The goal is to structure successful teams with both age appropriate and skill appropriate athletes. Natalie reserves the right to change the placement of any athlete at any time.

Tryouts

The tryout process is casual and fun. All athletes will go through this process during the designated tryout day and time. A non-refundable Tryout fee will be \$50 to help cover Staff and Coaches. The

tryout will determine which team they will be placed on. Each athlete will perform a pre-set routine taught at Material Review Clinic.

Sponsors/Fundraising

Sponsorship letters will be available at LA Chaos. There is no limit to how many sponsorships athletes receive. Any credits received from fundraising or sponsorship will first be applied to Assessments and then may be used for tuition. 80% will go directly to the athlete. We also do several fundraisers through the season to help with your costs.

Choreography

Every athlete is expected to attend their entire choreography session. Once teams and dates are finalized, we will communicate those dates so any vacations or plans can be modified to make sure your athlete is present.

Travel/Competitions

During the competition season, athletes will be required to travel to events. Transportation to competitions is the responsibility of each team member and their family.

Novice teams stay local and have only one day competitions. Prep is limited travel and mostly one day competitions. Our elite teams have several two-day competitions.

Also, please note that the end of season championship events will be attended by the teams who receive bids. This is an additional expense and is not included in any of the amounts detailed below. In addition to the cost of athlete registration to these events, parents will be responsible for their portion of coaches travel, lodging and per diem for these end of season events. This cost is not included in the upfront fees.

Health

You must inform LA Chaos of any medical condition that may limit or prevent participation in any LA Chaos activity. If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athlete's injury and status. An athlete with a serious injury will not be allowed to return to activities without a release from a medical professional.

Practices/Attendance

All Star Cheerleading takes full commitment from both cheerleader and parents. All practices are mandatory. Official Team practices start June 1st.

Please keep in mind, while we all need breaks from the demanding schedule, the summer is also a great time for growth for athletes and teams. We recommend that athletes do not miss more than two consecutive weeks during the summer months.

Practices can be intense prior to competition and extra practices will be scheduled as needed. Extra practices are mandatory. Athletes are not allowed to miss practice, sit out or forgo conditioning during a competition week or prior to large events. Doing so is grounds for replacement for the event. All athletes realize that by missing practice their team cannot work all baskets, stunts, pyramids, tumbling or transitions efficiently. Athletes that have poor attendance, extended illnesses, or injuries, will be replaced. There will be no refunds.

Athletes are not allowed to opt out of an event/competition. All events/competitions are mandatory.

The Attendance Policy goes into effect Sunday, August 3, 2025 and will end after the last competition and/or event of the season. You will be notified via email of any attendance fees. Your credit card on file will be automatically drafted for these fees on the due date.

3 unexcused absences = \$25 fee for each and every additional unexcused absence.

5 unexcused absences = will result in coaches' discussion regarding removal from the team.

CLOSED PRACTICES!!! Parents are not allowed unless approved by a coach. We will have show-off performances throughout the season. Please understand this is for the safety of our athletes.

Flyers

At this time, we offer stunt class once a week. Flyers are required to attend at least two times per month. These classes help your flyer grow in abilities and technique. This class is FREE for our All-Stars. Additional at home work will also be required such as daily stretching and sending photos/videos to coaches.

Uniforms and Attire

Please keep all LA Chaos clothing and uniforms in good condition. Please report all lost or damaged uniform items immediately to your coach. The cost of replacement will be the responsibility of the athlete/parent.

Specific Practice Uniforms are required for each practice. Please wear the correct uniform.

Athletes cannot have any piercings and/or jewelry in for competitions. Band-aids and clear space holders are not allowed to be used to cover/keep new piercings.

Athletes must always maintain a groomed appearance, good personal hygiene and must have hair pulled out of the face for all practices and events.

While in any LA Chaos clothing or when representing the gym in any way (inside or outside gym), we expect each athlete to hold themselves to a high standard and to represent the gym in a dignified and positive manner.

At competitions you must be dressed in the competition dress code, which can include LA Chaos gear, uniform, and/or warm-ups. All uniforms must be worn as intended. No PJ's and mismatched clothing will be permitted. No acrylic nails or fingernail polish is allowed. Nails must be kept short (not past fingertips) as this is a safety issue.

Socks and Cheer shoes must be worn at all times.

Dating age students may not show ANY public displays of affection while in LA Chaos uniform or clothing. Handholding is also not acceptable while in uniform.

All athletes must be in full uniform for all award ceremonies. Uniforms must be completely buttoned or zipped.

All athletes must refrain from the use of illegal drugs, alcohol, tobacco, or any other harmful substance.

Registration Fees

In addition to tuition, you also must pay the seasonal registration fees. These are as follows and will be billed to the card on file when due:

Seasonal Registration Fees		
Summer Session – covers Jun-Jul	\$ 20	
Fall/Winter Session – covers Aug-Feb	\$ 55	
Spring Session – covers Mar-May	\$ 35	

Tuition

The All-Star Program runs from June 1, 2024 – May 31, 2025. It remains the same each month regardless of the number of practices held. The All-Star Elite Teams practice for 4+ hours a week (Novice 2 hours, Prep 3+) and you will also take a 1 hour tumbling class each week. Your tumbling class is included in your tuition cost. If you are unable to attend your regularly scheduled class, you can make up that class any other day of the week. These tumble classes are important to the success of the team and are required.

Monthly tuition is due on the 1st and is automatically debited.

Siblings will receive tuition discounts of \$15 off the second child and \$30 off the third child (see Natalie if more than three).

If your athlete is asked to compete with more than one team and you agree to make that commitment, you will be responsible for paying competition fees for the second team. You will also be required to purchase a uniform if your second team has a different uniform. There will also be a monthly tuition increase to \$175 for the additional practices.

Tuition		
Team	Monthly	
Novice	\$ 120	
Prep	\$ 160	
Elite/Senior	\$ 160	

Assessments

Assessment Fees are in addition to tuition and are divided into 10 installments (June-March). These cover all practice wear, booster fees, competition bow, competition music, choreography, competition fees and competition travel fees for coaches. These Assessments are not charged in April and May to help with budgeting for Worlds or Summit. Assessments can also be paid in total upfront. Please note that assessments are subject to change as we estimate these costs off last season. If costs change, the fees will change.

Assessment Fees		
Team	Monthly	Total
Novice	\$150	\$1,500
Prep	\$200	\$2,000
Elite	\$250	\$2,500
Senior	\$230	\$2,300

Uniform Fees

For the 2025-2026 Season, we will be using the same uniform as last year. It is up to you to find a used uniform for sale if you choose. Fit of used uniform must be approved by Natalie. Otherwise, you will have to purchase a uniform from LA Chaos. Uniforms will include a uniform top/leotard and skirt. White cheer shoes are not included but required.

Uniforms	
Team	Total
Novice	\$ 375
Prep/Elite	\$ 755
Senior	\$ 700

Optional Expenses

The items listed below are optional. However, only authorized LA Chaos gear is allowed to be worn over uniforms at the competitions. Backpacks are cheaper if we order in a group. Prices are subject to change each season.

Optional Items	
Backpack	\$ 150
Jacket	\$ 185
Jersey	\$ 175

Other Expenses

Every athlete must also have a USASF athlete registration. You will need to create a USASF account at www.usASF.net for your athlete and pay their annual fee (currently \$49). This allows your athlete to be added to the LA Chaos Athletics roster.

Throughout the season we may ask special guests to come for additional training as needed for the good of the team. These will be scheduled in advance and are mandatory. There will be additional fees associated with this. We do not know the amount of these fees until they are needed. They are per team cost and will be divided evenly between the team members. You will receive advance notice of these fees.

Team Holidays

The gym will be closed for major holidays throughout the season. Please be aware that if your regularly scheduled practice day falls on these days you will have a practice makeup day. We reserve the right to change this schedule if necessary.

Sometimes the gym is closed for a Holiday, but all-stars will still practice. For instance, the gym is closed the week of thanksgiving, but all-stars will continue to practice until Wednesday. The Team Holiday list below is a guideline to help you plan.

Team Holidays	
Fourth of July	July 4th
Last week of July	July 28-August 2nd
Labor Day	August 31st-September 1st
Halloween	October 31st
Thanksgiving	November 26th-29th
Christmas	December 24th-27th
New Years	December 31st-January 1st
Easter	April 3rd-5th
Memorial Day	May 24th-25th

Important Dates

Below are some important dates to note. The exact dates and times may shift slightly as it gets closer and details are finalized.

Important Dates to Remember	
Tryout Material Review	May 16th 5:30-7:30
Tryouts	May 17th 9:00 - until
Mandatory Choreography	June 12th-15th (times TBD)
Official Team Practices Start	June 1st
Mandatory Practices Start	August 2nd
Tentative Dates	
Team Showoff	November 1st
Comp Season Starts	November 15th
Gym Recital	April 12th, 2026
Season 9 Tryouts	May 16th, 2026

Season 7 Competitions

Below is the Competition schedule for LAST season. This is just to give you an idea of where we travel to and is not necessarily what will happen this season.

Novice	
Nov 17th	Jackson, MS
Dec 7th	Shreveport, LA
Feb 8th	Biloxi, MS
Feb 15th	Jackson, MS
Mar 8th	Shreveport, LA

Prep	
Dec 7th	Shreveport, LA
Jan 18th	New Orleans, LA
Jan 26th	Hot Springs, AR
Feb 8th	Biloxi, MS
Feb 15th	Jackson, MS
Feb 28th	Dallas, TX
Apr 4th	Orange Beach, AL

Elite	
Dec 7th	Shreveport, LA
Jan 18th-19th	New Orleans, LA
Jan 26th	Hot Springs, AR
Feb 8th-9th	Biloxi, MS
Feb 15th	Jackson, MS
Mar 1st-2nd	Dallas, TX
Mar 22nd-23rd	Garland, TX
Apr 5th-6th	Orange Beach, AL

Senior	
Dec 7th	Shreveport, LA
Jan 18th-19th	New Orleans, LA
Jan 26th	Hot Springs, AR
Mar 1st-2nd	Dallas, TX
Mar 22nd-23rd	Garland, TX
Apr 5th-6th	Orange Beach, AL

Conduct

Please note that the decisions of The LA Chaos Program are based on the following: Christian ethics (we will pray in practices, and often refer to bible scriptures in practices, etc.), experience in the industry, and a TEAM concept. All LA Chaos Athletes and parents are expected to honor the code of conduct.

A. General Conduct – Parent/supporter behavior affects the success of each athlete, the LA Chaos All-Star Program, and other LA Chaos Parents. All parents/supporters must realize that their behavior affects their athlete's participation in this activity and must agree that if questions or concerns arise, an appointment with Natalie should be scheduled for discussion. The job of a parent/spectator is to be positive and supportive at all times. Failure to do so can result in the temporary or permanent dismissal of the child from all LA Chaos All-Star team(s). All decisions are made based on how they affect the team collectively, not just individuals.

B. Gossip, Public Negativity and Coaching from the lobby area are not permitted. LA Chaos wishes to create a positive gym environment. Any time you have questions or if discussion is needed with a coach about your child (not the team or anyone else's child) you should do so by scheduling an appointment with the coach. LA Chaos will NOT tolerate gossip about teams, athletes, coaches, or other programs.

C. Competition Conduct/Etiquette – As a program, we strive to instill the values of good sportsmanship in our athletes. In order to achieve this, we must ensure that our parents and supporters exhibit good sportsmanship as well. At competitions, all LA Chaos parents are expected to conduct themselves with exceptional sportsmanship and courtesy for all athletes and spectators at the event. This includes but is not limited to: remaining seated and quiet while all teams are performing, congratulating all teams on their placement/awards, and keeping a positive attitude throughout the duration of the event including social media posts. We encourage all parents to sit together during events and to wear their LA Chaos gear.

D. Communication with Event Producers - It is the responsibility of Natalie to address and communicate with competition companies. Parents and spectators should not contact event producers using any method of communication to voice opinions, complaints, or suggestions. All concerns to event producers should come through Natalie. Parents/spectators are not allowed on the warmup floor, performance floor, or near the judges' table during any competition.

E. Commitment – Parents and athletes are expected to fully commit to LA Chaos from June to May. Competitions may end but that does not mean your commitment does. Once competitions are over, through the end of May is where the team really gets to enjoy each other and do fun things they do not usually get to do. They work on skills that will help prepare them for the next season.

Important Information

- If you have any questions or concerns, please contact Natalie or your coach directly. Do not address your concerns in a Group messaging situation.
- Any practice scheduled at least one week in advance must be attended by all team members. While we strive to keep practice schedule the same sometimes we have to shift for outside things going on. We will post a monthly calendar in the event this happens.
- You must arrive at practices and competitions on time.
- Athletes are required to wear the appropriate practice wear to every practice.
- Anyone threatening to quit or pull their child from a team may be dismissed from the program immediately. There will be no refunds of any kind.
- It is the parents' responsibility to know what is going on with your team. Check your team group communication regularly.
- Do not post videos of any kind unless posted by LA Chaos first.
- You are making a 12-month commitment. You are required to honor this commitment.
- This year we will continue the "Monday rule." Competitions can be stressful and exciting at the same time. If there is something that needs to be addressed, please wait until Monday. Our coaches have a job to do and need to be able to focus on their team and athletes.
- All forms must be signed (by hand or digital) by the first team practice day, NO EXCEPTIONS!!!

LOUISIANA CHAOS ATHLETICS, LLC

PARTICIPATION AGREEMENT WITH RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

Participant Name: _____ Date: _____

Parent/legal guardian: _____

Tel Number: _____

In consideration of Louisiana Chaos Athletics, L. L. C., a Louisiana limited liability company, herein referred to as "LCA," agreeing to allow the undersigned and Participant to participate, observe, and instruct in activities provided by or associated with LCA, which activities are provided by and through the trainers, instructors, employees, officers, owners and other representatives of LCA, and the benefits derived from allowing the undersigned and designated Participant to compete, enjoy, attend, observe, and participate in the games, education, competitions, activities, training and other physical and athletic activities conducted by LCA, and considering the benefit, enjoyment and physical conditioning that the undersigned and the designated Participant receives as a result thereof, I, the undersigned, individually and as representative of the designated Participant, for myself and for the designated Participant, if different from the undersigned, do hereby agree to, and do waive, release and discharge any and all rights, claims or liabilities accruing to the benefit of me or the designated Participant, including all monetary losses, personal injuries, resulting damages, costs and expenses otherwise owed by LAC to me or the designated Participant, that arise or result from any of the activities occurring under the supervision, instruction or with the permission of LCA, including both negligent, wrongful and inadvertent acts or omissions of LCA, and its employees, officers, owners and representatives. The "LCA activities" hereunder shall include instruction and participation in cheerleading, gymnastics, tumbling, dance, and other physical activities, both individually and in participation with other persons who are minors or majors under the law.

FURTHER, the undersigned, personally, and as representative of the designated Participant, acknowledges that the undersigned has (1) observed and investigated the circumstances under which the activities conducted at LCA occur, including observing the physical configuration of the LCA location(s), other activity areas where LCA activities occur, and other possible locations where LCA activities may occur; (2) reviewed the experience and training of the owner, operator, employees, officers and other representatives of LCA involved in LCA activities, and (3) investigated the existing expertise, skills, conditioning, and instruction techniques that are used by LCA, and based upon that information and personal investigation the undersigned does hereby affirm, judge, and determine that (i) the various locations where LCA activities may occur are reasonably safe and personally acceptable to the undersigned as the locations at which the LCA activities shall occur; (ii) the existing expertise, skills, condition and instruction techniques used by LCA are reasonable and appropriate for the undersigned and designated Participant; and (iii) the undersigned included in the waiver and hold harmless agreement granted herein for the benefit of LCA, that such place, training and techniques are acceptable to the undersigned and that the undersigned, and designated Participant.

FURTHER, the undersigned, personally and as representative of the designated Participant, acknowledges, judges, and agrees that even if LCA exercises and uses generally acceptable techniques, and takes reasonable care in providing the location, instructors, and activities of LCA, there is a material chance that the undersigned and/or the designated Participant may sustain serious injury resulting from activities of LCA, because there are certain dangers and risks inherent and unavoidable, with the kind, extent and nature of the activities occurring at LCA,

which risks cannot be avoided or eliminated, and therefore, the undersigned individually and as a representative of the designated Participant does agree to and does hereby assume the associated risks of the LCA activities, and further release LCA from any liability thereof.

FURTHER, this Agreement is intended to be as broad and inclusive as permitted by Louisiana law, and any interpretation or application of the terms of this Agreement shall be done such that the terms of this Agreement do not exceed the legal limitations and parameters on the breadth of a waiver of liabilities and the assumption of risk by the undersigned and the designated Participant.

FURTHER, should the undersigned or the designated Participant be injured while participating in LCA activities, or in circumstances associated with LCA activities, then the representatives of LCA are authorized (but not obligated to) to take such actions as said LCA representative believes to be appropriate, to obtain necessary medical treatment and assistance, for and on behalf of the undersigned. Should such circumstances arise, the LCA representatives will make a good faith effort to contact the undersigned (or the undersigned's designated substitute for information purposes only).

FURTHER, in the event that I have signed as the parent or guardian of the Participant, I affirm to LCA that I do hold such legal status and am charged with legal authority and have the right and obligation to supervise, instruct and protect the Participant under applicable law, and agree to personally indemnify and hold LCA, and its employees, officers, owners and representatives harmless for any injury or damages sustained, by myself or the designated Participant, should it be determined or asserted that I do not have or hold such legal status and authority to enter into this Agreement and grant the releases and waivers provided herein relative to myself or the designated Participant.

I HAVE READ AND UNDERSTAND THE FORGOING "PARTICIPATION AGREEMENT WITH RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT" AND AGREE TO THESE TERMS FOR MYSELF AND ANY MINOR IDENTIFIED HEREIN.

Parent/Legal Guardian Printed

Parent/Legal Guardian Signature

Athlete & Parent Agreement

As the parent/legal guardian of athlete listed below, I have read and fully understand the rules and regulations contained in the 2025-2026 LA Chaos All Star Packet, which will govern my son/daughter as he/she has chosen to represent LA Chaos. I further understand that attendance at all practices, competitions, performances, meeting financial obligations, and choreography camp is required to participate with LA Chaos competitive All-Star Cheer Teams. If I have a concern or conflict that I would like to discuss I will have this discussion in private with the coach or LA Chaos management outside of the normal practice time and never at a competition and will not participate in negative conversations with other parents or with athletes but will address my concerns with LA Chaos Coaches or Management only.

The parent/legal guardian and athlete(s) listed below, shall fulfill all the requirements to the best of our ability as set forth in the Policies & Guidelines Handbook as stated in the 2025-2026 LA Chaos All Star Packet. We have read these policies and understand that if we fail to maintain these rules, the athlete will be removed from the Team, and I (parent/legal guardian) will be responsible for fees contained therein.

As the parent/legal guardian, I hereby give my consent for my athlete listed below to be an All-Star Cheerleader for LA Chaos and agree to abide by all rules and policies contained therein. I also agree to pay all dues associated with All Stars as documented in the 2025-2026 LA Chaos All Star packet.

As the parent/legal guardian of the athlete(s) listed below, I grant LA Chaos Athletics and Natalie Gregg my permission to use the photographs for any legal use, including but not limited to: publicity, copyright purposes, illustration, advertising, and web content. Furthermore, I understand that no royalty, fee, or other compensation shall become payable to me by reason of such use.

Parent/Legal Guardian Printed Name

Parent/Legal Guardian signature

Date

Athlete Printed Name

Athlete Signature

Date

Financial Commitment

I have read the Tuition/Fee information and fully understand my commitment to LA Chaos outlined in this Tryout Packet. I understand that my commitment is for the 2025-2026 All-Star Competitive season. I understand that I am giving my credit/debit card information, and that information will be used if I do not meet payment deadlines to LA Chaos. I understand that I will forfeit my monies paid if I choose to leave the team or am asked to leave the program due to violations within this handbook and that there are no refunds when leaving the team. If you choose to leave the team, all outstanding assessment fees must be paid, and there will be an additional contract termination fee of \$350 after June 1st or \$500 after Sept. 1st. If uniforms have been ordered, you will also be responsible for the total uniform cost. I understand that I am entering into this program of my own free will.

Parent Signature: _____ Date: _____

Name as it appears on the card: _____

Billing Address: _____

Card Type: _____ Credit Card Number: _____ Exp Date ____/____

Card Holder's Signature: _____

Cheerleader's Name: _____

Monthly Tuition:

Monthly tuition fees are billed to your LA Chaos account on the 1st of every month. Everyone is required to submit credit/debit card information to have on file for tuition. It is your responsibility to inform management of any charges to this card.

Assessment Charges options (select one):

- I will pay in full all assessments by July 1st.
- I choose to pay assessments in 10 monthly payments from Jun-Mar.

Cheerleader Information Form

Name: _____

Last

First

Birthday _____ / _____ / _____ Grade: _____

School you attend: _____

Cheerleader Cell: _____

Parent(s) Name: _____

Parent email: _____

Parent Cell: _____

City you reside: _____

Are you a school cheerleader? If so, what school? _____

Did you cheer last year? YES NO

Have you been on an All-Star Team YES NO

If yes, where: _____