

# 2019-2020 COMPETITION TEAM TRYOUT/PLACEMENT FORMS

There's a place for EVERYONE at Cheer Xpress! Everyone makes a team!!!

Students will need to wear comfortable clothes, cheer shoes or tennis shoes and hair pulled back to tryouts.

**Tryouts are based on the age of the athlete on August 31, 2019**

## ATHLETE SKILL EVALUATIONS

Ages 5-8	AGES 9-11	AGES 12-18
11:00-11:45am	11:30am-1:00pm	12:45-2:15pm
<p><small>*Athletes wishing to join an All-Star "Prep" or All-Star "Elite" team need to attend skill evals on April 14<sup>th</sup> and will be assigned practice times to attend May 13-25<sup>th</sup> during our tryout practices. Teams are announced May 25<sup>th</sup> at 5pm at <a href="http://www.cheerxpress.com">www.cheerxpress.com</a></small></p> <p><small>Any athletes wishing to join an All-Star "Novice" team (half-year) will sign up at the end of July for a team!</small></p>		

**April 10<sup>th</sup> "Early Tryouts"** Come to early skill evals from 6-7:30pm both nights if you absolutely cannot make our main tryouts

### Age Divisions- Age as of August 31, 2019

**Tiny-** 5 & 6 years

**Mini-** 6-8 years

**Youth-** 6-11 years

**Junior-** 8-14 years

**Senior- Level 1-5-** 12-18 years

**Senior- Level 6-** 13-18 years

***Can't make it to regular or early tryouts???***

Call to set up an individual tryout

**Tryout Informational Meeting-** There will be an informational meeting for Tryouts on Tuesday, April 9<sup>th</sup> at 7:30pm at Cheer Xpress. Bring your tryout packet & any questions you have! You are not required to attend these meetings but you will learn a lot about our program if you're new!

**Results-** After our initial placements, athletes will be invited to attend various times of practices for two weeks beginning May 13th. During these practices coaches will evaluate the athletes skills and positions to decide what team is the best fit for each individual. After the 2 weeks of tryout practices, athletes will be placed on a team but will be evaluated all season long. Teams will be announced on our website [www.cheerxpress.com](http://www.cheerxpress.com) by 5pm on May 25<sup>th</sup>.

**Tryout Packet-** After reading the team handbook and the tryout info forms, please complete the following forms & required information and turn in your completed Tryout Packet (all info below in an envelope) to Cheer Xpress beginning April 1<sup>st</sup> up until April 9<sup>th</sup>. No one will be allowed to tryout or be placed on a team without their entire packet turned in. **If you turn in your forms & payment after April 9<sup>th</sup> you will owe an additional \$20 late fee.** There is a lot for our office to process prior to placements and it's very difficult when people turn in forms that day.

### **\*Tryout Fees & 2 Weeks of Team Placement Practice Tuition**

- Tiny Team- 5 & 6 Year olds- TOTAL- \$165
  - \$60 Annual Registration/ Insurance Fee (Non refundable but can be applied/transferred if you decide to do half-year or rec classes instead)
  - \$30 USASF (United States All Star Federation) Cheer & Dance Required Membership Fee (can be applied/transferred if you decide to do half-year team instead or refunded if you chose not to be on any team by June 1st)
  - \$75 Evaluation Day Fee & Two weeks of tryout practice tuition (Two 1.25 hour practices/week for two weeks- Non refundable)
- All other levels & ages-TOTAL- \$185
  - \$60 Annual Registration/ Insurance Fee (Non refundable but can be applied/transferred if you decide to do half-year or rec classes instead)
  - \$30 USASF (United States All Star Federation) Cheer & Dance Required Membership Fee (can be applied/transferred if you decide to do half-year team instead or refunded if you chose not to be on any team by June 1st)
  - \$95 Evaluation Day Fee & Two weeks of tryout practice tuition (Two 2 hour practices/week for two weeks- Non refundable)

**\*Placement Form-** New students please attach a photo to this form

**\*Commitment Form**

**\*Release Waiver Form**

**\*Copy of Insurance Card**

**\*Release Waiver Form**

**\*Copy of your child's birth certificate** (required for USASF membership and competitions)- new students only

# **CHEER XPRESS PLACEMENT FORM**

*\*Please turn in this form with your tryout packet*

*\*New students attach a photo*

Students Name: \_\_\_\_\_

Age (as at Tryouts): \_\_\_\_\_ Age (on August 31, 2019) \_\_\_\_\_ Birthday (M/D/Y): \_\_\_\_\_

Grade (2018-2019): \_\_\_\_\_ Grade (2019-2020): \_\_\_\_\_ School: \_\_\_\_\_

Email Address for ALL important cheer info sent: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

List any previous cheer/dance/tumbling training (new students only): \_\_\_\_\_

Previous Stunt Position Experience- \_\_\_\_\_ none \_\_\_\_\_ primary base \_\_\_\_\_ secondary base \_\_\_\_\_ flyer \_\_\_\_\_ back base \_\_\_\_\_

Although athletes are not "trying out" for a specific stunting position on their team athletes wishing to be considered to be a flyer on a team will work with coaches to evaluate their level of flexibility at tryouts.

**PARENTS & ATHLETES PLEASE ANSWER THE QUESTIONS BELOW TOGETHER:**

**If you competed on a cheer team during the 2018-2019 season, What level team were you on?:** \_\_\_\_\_

What standing tumbling pass did you perform in your routine?: \_\_\_\_\_

What running tumbling pass did you perform in your routine?: \_\_\_\_\_

**How would you rate your tumbling contribution to your team this last season?** *PLEASE check mark your answer*

MINIMUM-\_\_\_\_\_

I performed zero to 1 tumbling skill throughout my routine at every competition (performed standing OR running): \_\_\_\_\_

MID RANGE-

I performed both standing and running passes in my routine at every competition: \_\_\_\_\_

MAXIMUM-

I performed all of the standing skills and a connection running pass in my routine at every competition: \_\_\_\_\_

*For Staff Use Only*

Standing Tumbling	Running Tumbling	Jumps / Jump-Tumbling	Stunts/ Flexibility

# COMMITMENT FORM

***Please turn in this form with your entire tryout packet.***

You **MUST** carry your own primary health insurance to be a member of a team.

Insurance Company Name: \_\_\_\_\_ Policy # \_\_\_\_\_

Name of Insured Party: \_\_\_\_\_

Please Circle

I read the Handbook and understand the financial & travel commitment for each option. By circling multiple or all of the choices, I am open to any teams that fall under those options.

- All-Star PREP Teams
  - Once a week practices in the summer & school year
- All-Star ELITE Teams
  - Level 1-5 teams- LIMITED TRAVEL- I understand that if I make one of these teams I will only travel in our region to compete and (Level 2 & up teams) must travel one time to Chicago Nationals
    - YES I understand and I'm willing      NO I am not willing
  - Senior Level 1-5 teams- TRAVEL- I understand that if I make this team I am required to attend the 2020 Summit Championships in Orlando if my team receives a bid.
    - YES I understand and I'm willing      NO I am not willing
  - Senior Level 6 teams- TRAVEL – I understand that if I make this team I am required to attend the 2020 Cheerleading Worlds in Orlando if my team receives a bid.
    - YES I understand and I'm willing      NO I am not willing

YES or NO: I'm willing and would like to be a crossover athlete and compete on two teams if selected. I understand that I will not be charged tuition for the 2<sup>nd</sup> team but I will have to pay crossover fees listed in the handbook.

YES or NO: I'm willing and would like to be considered for a Junior Level 5 team that is comprised of mostly or all crossover athletes. I understand that I will be on two teams but this second team will only practice one day a week extra from my other teams and attend 3 competitions that I'm most likely already attending with my other team. I will not be charged tuition for this 2<sup>nd</sup> team but I will have to pay crossover fees listed in the handbook.

YES or NO: I am in high school and wish to be considered for the Ultimate High School Prep Team that will only practice one day week. This team is for athletes who wish to only dedicate one night a week to cheer. I understand this team will compete in the Prep division against teams that also practice a small amount of time.

YES or NO: As a parent, I'm willing to volunteer to be one of the "Team Moms/Dads" and will be able to help plan activities, help plan team events, competition gifts and help check kids and gather the team for pictures at competitions.

**Policies and Expectations Commitment** I have read the entire tryout packet & team handbook and understand all of the expectations of being on a competitive cheer team. I give my child permission to tryout for a Cheer Xpress Competition Team. I understand what is expected of me as a parent and of an Allstar cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a Cheer Xpress team member.

Parent Signature: \_\_\_\_\_ Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Financial Commitment** I have read and fully understand my financial commitment to Cheer Xpress outlined in the tryout packet and the team handbook. I understand that my commitment is for the 2019-2020 All-star competitive season (May 2019 through April 2020).

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ALL TUITION FEES AND ADDITIONAL FEES FOR THE PRIOR SEASON MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO TRYOUT FOR THE UPCOMING SEASON.**

# Cheer Xpress 2019/2020 Contact Information

\*\*\*\*\*

Cheerleader name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Subdivision/General neighborhood area (for help with arranging rides/carpools, etc.)

School: \_\_\_\_\_ 2019/2020 Grade: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Home phone #: \_\_\_\_\_

Cheerleader Cell #: \_\_\_\_\_ Cheerleader email: \_\_\_\_\_

Mom's name: \_\_\_\_\_ Mom's home phone #: \_\_\_\_\_

Mom's Cell #: \_\_\_\_\_ Mom's email address: \_\_\_\_\_

Mom's Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Dad's name: \_\_\_\_\_ Dad's home phone #: \_\_\_\_\_

Dad's Cell #: \_\_\_\_\_ Dad's email address: \_\_\_\_\_

Dad's Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

List any other contact information here (Guardian's name & info, etc):

\_\_\_\_\_

\*Primary contact person (name & phone #): \_\_\_\_\_

Emergency contact & phone # (other than parent): \_\_\_\_\_

List any Health Conditions and/or Allergies we should be aware of: \_\_\_\_\_

\_\_\_\_\_

Email address(es) we should use for ALL important cheer information: \_\_\_\_\_

# CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS)

## ACKNOWLEDGMENT, AUTHORIZATION AND RELEASE FORM

I, the undersigned parent/legal guardian, do hereby give consent for my son/daughter to participate in the training and activities provided by CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS).

I understand and acknowledge (child's name) \_\_\_\_\_'s participation in the activities provided by CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) includes but is not limited to all aspects of cheerleading, tumbling, stunting, trampoline, dance training and/or competition, as well as travel to or from any related events. I am fully aware of the nature of the activities involved and the possibility of physical illness or injury (minimal, serious and catastrophic - including death) which may arise from participating in such activities. I understand any such injury could be sustained while at the CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) facility or at any one of many competition facilities. If I feel conditions are unsafe, I acknowledge that I have full authority to remove my child from the event.

I certify my child is in good health and proper physical condition to participate in cheer related activities. In the event of injury, I grant permission to any representative of CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) to authorize any emergency medical transportation, medical attention, treatment, surgery or administration of drugs by qualified and licensed medical professionals. I understand the emergency contact(s) listed below will be notified as soon as possible in the event of such emergency, and that any and all transportation, medical or other expenses associated with such injury will be entirely assumed by me or my insurance company.

I hereby agree to voluntarily release, hold harmless, indemnify and covenant not to sue CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS), including its officers, agents, coaches and employees for any and all claims of liability, injury, negligence, actions or rights of action, which are in any way related to, arise out of, or are in any way connected to my child's participation in CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) activities. This further includes, but is not limited to, claims of dangerous condition, premises liability, failure to warn, negligent supervision, negligent maintenance, negligent hiring and improper or dangerous equipment.

I understand CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) produces promotional materials, and that my son/daughter may be included in videos or photography taken during practices, competitions or other cheer related events. I hereby grant CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS), its successors, assignees, licensees, sponsors, television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape my son/daughter; and further to utilize my son/daughter's name, face, likeness, voice and appearance in advertising, promotions, websites and social media without reservation or limitation. In granting this license, I understand CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) is under no obligation to exercise such rights, licenses or privileges granted herein.

I certify that I have read this 'Acknowledgement, Authorization and Release Form' in its entirety and understand that by signing it I am freely giving up substantial rights without any inducements or assurances, and intend for it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is found to be invalid, the balance notwithstanding shall continue in full force and effect.

CHILD'S LEGAL NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT/LEGAL GUARDIAN'S NAME: \_\_\_\_\_

PARENT/LEGALGUARDIAN'SSIGNATURE: \_\_\_\_\_

PARENT/LEGAL GUARDIAN'S EMERGENCY CONTACT NUMBER(S): \_\_\_\_\_

TODAY'SDATE: \_\_\_\_\_ CHEER & DANCE EXPRESS, LLC WITNESS: \_\_\_\_\_

## CHECKLIST for TRYOUT PACKET to be turned in before Tryouts:

1. Have you carefully read the entire tryout packet & team handbook?
2. Have you filled out & enclosed the Placement Form?
3. Did you attach a photo to your Placement Form? (new competitive students only)
4. Have you read, signed & enclosed the Commitment Form?
5. Have you read, signed & enclosed the Release/Waiver Form?
6. Have you enclosed a copy of your child's birth certificate? (new competitive students only)
7. Have you enclosed a copy of your insurance card?
8. Have you enclosed your check or cash for your Tryout Fees- Make check payable to Cheer Xpress.
9. Make sure you've marked your calendars with EVERY important date!
10. Once teams are announced on our website we will announce Mandatory Orientation times
11. Remember to bring a voided check or credit card for monthly tuition auto-payment set up to Orientation as well as all insurance information!
12. The Tryout Packet including all forms & information listed above must be turned into Cheer Xpress, April 1<sup>st</sup> up until tryouts. **Late fees are added for any packets turned in after April 9<sup>th</sup>!** No students will be able to tryout or be placed on a team until the tryout packet has been completed and turned in! Bring your packet in an envelope or mail to:

Cheer Xpress: 1130 Aries Drive Lincoln, NE 68512

Please feel free to call Cheer Xpress (402) 489-5111 or email us at [info@cheerxpress.com](mailto:info@cheerxpress.com) with any questions regarding the Packet, Tryouts, or Teams.

We are very excited to begin our new season and can't wait to see our returning students as well as meet the new families that will be joining our Program!

**WELCOME TO THE  
CHEER XPRESS FAMILY!!!  
[www.cheerxpress.com](http://www.cheerxpress.com)**