

Dallas & White Rock



Welcome to the Express Family!! We are entering our 17th season, yes that's nearly two decades of training champions and we are so excited you have chosen to join our prestigious program. Each year we bring something new to the industry, our program continues to grow and we continue to prove that we are the best!

Express has quickly earned a reputation of being one of the fastest growing and most innovative programs in North Texas and the country. We have set a standard of excellence that we will continue to maintain. Our intent is to help youth better their skills and reach their athletic potential. More than that, we hope to help them learn valuable life lessons: the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport.

Please turn in the following: Payment Agreement Form, Authorization Agreement for Collections, Acceptance of Terms and Conditions, Tryout Form, Photocopy of your cheerleader's birth certificate, May tuition the Registrat on fee if necessary, Tryout fee, tryout fee is \$50.00 if you turn in your completed packet by April 22nd. Any packet turned in after April 22nd will be charged a \$75.00 tryout fee. These dates are strictly enforced, no exceptions.

FAQ's

Q: How much does it cost for the season?

A: Approximately \$4,000.00 per person. All Inclusive Pricing: Uniform Rental Fee, Monthly Team Tuition, Competition Fees, Spirit Club Membership Fee, Workout Wear, Choreography and Music Fees. Not included are your USASF Membership Fee (\$40), Competition Bow (\$25), Team t-shirt & Team Bonding Activity (\$25), Shoes (your choice).

Q: Who are the coaches?

A: Our coaching staff is USASF certified, First Aid Certified, CPR certified and we do local, state and national background checks. The award winning staff at Express has led our teams to multiple national titles, including The Summit, NCA All-Star Nationals, ACA Nationals and Cheer Power Nationals. Our staff has also led our teams to The Summit, The Cheerleading Worlds, The ONE and the International All Level Championship.

Q: What competitions do we attend?

A: Specific competitions will be determined once the team assignments are done later, in the summer. We plan on attending 5-7 competitions (Attached TENTATIVE schedule.)

Q: How do we select teams?

A: We select teams based on age and ability. We select teams to be the most competitive in each level.

Q: How often do we practice?

A: Summer Practices will be once a week. NEW!!! School Year Practices – Weekday practice, 2 hours at the Dallas Gym and Sunday practice at the White Rock Gym (this practice will be 2.5 hours and will include team tumbling and jump training, focusing on routine skills). Extra practices will be added as needed. There may also be adjustments to the team schedule throughout the season to accommodate school schedules.

Q: Does everyone make a team?

A: We do our best to place every athlete. If we do not have a spot for a cheerleader, we will make a phone call to that family. Some students, may not be ready for the structure that is mandatory in our practices. These cheerleaders will be offered a position in our Prep/Competitive Rec. program - IMPACT.

Q: When is choreography camp?

A: Choreography camp will be August 6th-8th and again on August 12th-18th with dance choreography on October 5th & 12th. Team specific dates will be released in early June.

Q: How does my athlete prepare for Express Evaluations?

A: There will be a Try Out material video on Expresscheer.com for all athletes to see exactly what we will be asking for.



EVALUATION CHECK - LIST

- COPY OF BIRTH CERTIFICATE
- TRYOUT APPLICATION FORM
- AUTHORIZATION AGREEMENT FOR COLLECTIONS
- ACCEPTANCE OF TERMS AND CONDITIONS
- TEAM REPRESENTATIVE FORM
- MAY TUITION
- REGISTRATION FEE
- TRYOUT FEE
- PAYMENT CONTRACT AGREEMENT

For tryout purposes, an athlete's age is how old they will be as of **August 31, 2019**.

An athlete must attend ONLY ONE of the Tryout Clinic/Evaluations.

Age as of 8/31/19	Date	Time	Date	Time	Day	Time
All-Star Candidates 5-18 yrs. old	May 28	6:30-8:30 @ Dallas	May 30	6:30-8:30 @ Dallas	May 29	6:30-8:30 @ Dallas
Prep/Competitive Rec 5-18 yrs. old	May 29	6:30-8:30 @ Dallas	May 31	4:30-6:30 @ White Rock	NA	NA

There is a Prep/Competitive Rec specific packet on-line, please see that for specifics.

Flyers Evaluations will be May 29th and will be an additional \$55

(If attending Flyer Evaluation, the athlete must attend a regular Tryout Clinic/Evaluation)

NEW TEAMS WILL BEGIN PRACTICE ON JUNE 10th!

Special note: The viewing area will be closed during evaluations.

What to expect at our evaluation?

We try to make the evaluation process as low stress as possible. Candidates will learn a short routine which will be on the Express Cheer Website and perform it to the best of their ability. Then they will have an opportunity to show us any different running tumbling passes, standing tumbling or jumps that they would like us to see. Everything we need to see, they will have a chance to show us during the evaluation process.

Does everyone make a team?

We have many different level teams at Express, therefore if your child has the required skill, we will find a place for them on a team. Some students may not be ready for the structure that is mandatory in our practices. These cheerleaders will be offered a position in our All-Star Prep program - IMPACT.

How important is tumbling?

Tumbling is important; however, just because you can perform certain tumbling skills does not guarantee a spot on a specific team. Express is looking for strong motions, jumps, strong work ethic, and an all-around athlete.

Announcement of Teams

You will receive an e-mail by Wednesday, June 5th.

Teams will begin practice the week of June 10th.

Estimated Program Costs for a Year as a Team Member

Please note that the monthly tuition is "All Inclusive".

All –Star/Express, Prep/Competitive Rec-IMPACT and NCA Pick Up Team may add a tumbling or specialty skills class for only \$50 per month.

Everyone MUST enroll in our Auto Pay Program!

May Tuition is due at the time of turning in the packet, along with the Registration Fee & Tryout Fee.

All final payments must be made prior to each athlete's first clinic.

"All-Inclusive" Fees include: Uniform Rental Fee, Monthly Team Tuition, Competition Fees, Spirit Club Membership, Workout Wear, Choreography and Music Fees.

Not included: USASF Membership (\$40), Competition Bow (\$25), Team t-shirt & Team Bonding Activity, Shoes (your choice)

	1 st Athlete	2 nd & 3 rd Athlete	Male Athletes
May	\$335	\$288	\$185
June + USASF Membership	\$375	\$328	\$225
July	\$335	\$288	\$185
August + Team t-shirt & team bonding activity	\$360	\$313	\$210
September + Bow	\$360	\$313	\$185
October	\$335	\$288	\$185
November	\$335	\$288	\$185
December	\$335	\$288	\$185
January	\$335	\$288	\$185
February	\$335	\$288	\$185
March	\$335	\$288	\$185
April	\$335	\$288	\$185

Warm-up & Back Pack: Optional Items that can be purchased in the Fall.

Shoes: We suggest Nfinity or Chasse, shoes must be white (each individual is responsible for obtaining their own shoes). www.teamcheer.com, www.omnicheer.com

Discounts: There is a 25% sibling discount off tuition (excluding program fees) for the 2nd & 3rd athlete. Additional discounts cannot be applied to male athletes.

Travel Expenses: All teams will compete at a minimum of one out of town event; you will be responsible for travel, lodging, meals, etc. Your monthly tuition and dues will not cover these costs.

The Summit: If your team receives a bid to The Summit your athlete will be expected to attend and you are responsible for all expenses associated with travel and lodging.

Express is a 12 month program. We begin meeting in May 2019 & continue through April 2020. All financial obligations must be paid in full by March 20th, 2020. Tuition payments are due on the 20th prior to each month.

Skill Requirements

MASTERED Skill Requirements

Level 1– Athleticism, listening skills, coordination, strength and flexibility and memory work.

Each student must have a one-handed cartwheel, round off, forward roll, backward roll, front and back walkovers.

We are also looking for Level jumps, sharp motion technique and strong work ethic.

Level 2 – Standing Back Hand Spring, Back Walkover Back Handspring, Front Walk over Roundoff Series of Back Hand Springs. We are also looking for Level jumps, sharp motion technique and strong work ethic.

Level 3 - Triple Jump Series of Back Hand Springs, Round off Back Hand Spring Back Tuck, front tucks, and a standing series. We are also looking for Level jumps, sharp motion technique and strong work ethic.

Level 4 – Standing two Back Hand Springs to Back Tuck, standing Back Hand Spring Back, standing back, alternate passes, layouts, layout step Outs, front tucks. Tumbling out of fronts is highly suggested. We are also looking for Level jumps, sharp motion technique and strong work ethic.

Level 5 – Toe Touch Standing backs, jumps 2 Back Hand Springs to Lay, Round off Back Hand Spring full, and alternate passes to Full. We are also looking for Level jumps, sharp motion technique and strong work ethic.

Note: Athletes need to try out with the routine in which they have MASTERED all the skills in that level. Mastered means the ability to perform the skill with excellent form and perfected execution with no spots.

Flyer Skill Requirements

All Flyers will be required to have ALL body positions (Right and Left Leg Heel Stretch, Right and Left Leg Arabesque, Scorpion and Scale)

Level 1– Below Prep Level Body Position, stretch to stretch below Prep Level, ¼ up Prep, Cradle from Prep, Tick tock to body position at Prep Level, Extended two-legged stunt.

Level 2 – Prep Level Body Positions, Stretch to Stretch at Prep Level, ½ up Extension, ½ Tick tock to body position, Straight Ride Basket.

Level 3 – Extended Body Positions, Released Stretch to Stretch, ½ Tick Tock to Extended Body Position, Full Up to Body Position, Full Down, Full Basket.

Level 4 – Extended Body Positions, Full Up to extended lib, 1 ½ to body position, Extended Stretch tick down to Prep Level stretch, Full down from one legged stunt, double down from two-legged stunt, Double or kick full basket.

Level 5 – Extended Body position, Extended body position to extended body position, Full up to body position, double down from a one-legged stunt, 1 ½ to extended stunt, kick double or hitch kick full basket.

Note: New Flyer Athletes and Existing Flyer Athletes who would like to move up a level must attend Flyer Try Outs.

Policies and Procedures

The Express All-Star competitive cheerleading program is not a recreational program! We want athletes that are ready to improve their skills and to be motivating, hard working team members. The coaching staff at Express expects 100% attendance from all members. We will not master our routines and have the polished look that we expect if members are late or absent. We expect each athlete to remain in excellent physical shape, to be the best individual they can be at school and their community, and to stay on top of their grades at school. Being a part of a program like Express takes commitment and loyalty. We realize that these expectations are extremely high, but when you aim high, you reach higher goals!!! We want your athlete to have the ultimate experience. By setting our standards high, we will meet any goals that we set.

RULES OF THE GYM:

1. Only registered students will be allowed in the gym, any other person entering the gym must first receive permission from an Express Staff member.
2. No food or drinks are allowed in class.
3. We discourage and ask that parents refrain from commenting or communicating with athletes and coaches during practices.
4. You must advise your coach in advance if your child will be arriving late or leaving early from practices.
5. All students must wait inside the building to be picked up.
6. No physical activity can begin unless an instructor is present.
7. If a student is injured or sick and not contagious, they are required to attend practice, but not participate.
8. No cell phones are to be used during team practices.

CLASS TUITION:

1. Monthly tuition is due on or before the 20th prior to each month.
2. A late fee of \$20 will be assessed for payments received after the 1st of each month, unless prior arrangements have been made.
3. Please note your athletes name on the bottom left corner of the check.
4. All returned checks must be paid in cash along with a \$35 service charge.

CLASS MAKEUPS:

1. There is no such thing as a makeup for a missed practice.
2. To receive a makeup for tumbling classes, you must notify Express prior to absence.
3. Make-ups are offered based on class availability.
4. Express observes major holidays, make-ups nor prorating will not be provided for these missed classes.

HOLIDAYS:

The following is a list of holidays and gym closings recognized by Express Cheer and Dance. The specific closing dates will be released at the beginning of the appropriate month.

- Spring Break
- Easter
- Martin Luther King Jr.
- Presidents' Day
- Memorial Day
- Summer Break
- Independence Day
- Labor Day
- Thanksgiving
- Christmas
- New Year's Day

***Other religious holidays are also recognized and an excused absence will be given.**

ADDITIONAL EXPENSES, ATTENDANCE, AND OTHER INFORMATION:

1. Athletes will incur extra costs not included in tuition, it is understood that such costs include, but are not limited to: warm-ups, shoes, tumbling or specialty training classes, etc. and are the sole responsibility of the parent or guardian.
2. Express athletes are required to attend all practices. If habitual absences occur; athletes may be removed from the team without notice and no refund will be provided. Also, please note that if an athlete misses practices the week prior to a performance, regional or local competition and, two weeks prior to a national competition it is at the discretion of Express and its coaches whether or not they perform.

2a. Absences:

Each team member may only have two unexcused absences after August 15th. Unexcused absences must be approved by a member of the Express Cheer staff at least two weeks prior the date of the absence/s. No unexcused absence will be allowed at any practice that involves choreography. No unexcused absence will be allowed one week prior to regional competitions or two weeks prior to national championships. An excused absence is limited to mandatory school functions **for a grade**, school cheerleading, death in the family or contagious illness (fever, vomiting or diarrhea). All regional and national championships are mandatory for all team members. Missing practice for any other reason other than the three listed previously will also result in an UNEXCUSED absence. This includes, but is not limited to:

- ◆ Too much home work / studying (please plan ahead)
- ◆ Don't have a ride (again, please plan ahead)
- ◆ Work

2b. Attendance:

Express is successful because of our MANDATORY attendance policy.

All practices are mandatory. There are few excused practices; refer to absences.

We work hard at scheduling practices around school cheerleading so that athletes can participate in both school and all-star cheerleading.

Other sports that conflict with Express practices are NOT excused.

Cheerleaders will know their schedule prior to the beginning of the season, if a conflict with an outside sport arises, cheerleaders must choose before the season begins.

Communicating with your coach will make for a successful year.

An absence request form must be submitted 2 weeks prior to the absences. Forms are located in the lobby and in our document section on our website and must be handed to your coach directly. Absences must be approved. We will verify with school administrators or the school if we think someone is being dishonest. Be prepared to show documentation for absences. NO absences are permitted the week prior to an event.

Do not plan family vacations or trips during or around competitions, if you have done so you must inform Express in writing before you are admitted onto a team. Understanding that this is a team sport and if one person is missing it is basically a waste of time for everyone else. Our routines are carefully choreographed to use the talents of each athlete to the maximum level, missing or skipping practices jeopardizes the success of the entire team and Express cannot allow that!

Summer Absence Policy

Athletes are allowed up to 4 absences (that's four weeks) for family vacations during the months of May – August 6th. However, athletes cannot miss choreography sessions. Absences may be in conjunction with any of the listed summer breaks. Please plan accordingly. Summer closures are June 3-7 and July 1-5. Additional absences will jeopardize an athlete's placement on their perspective team.

3. Express athletes are required to attend all competitions. Everyone will receive a competition schedule and if you can not attend the competitions, then you should not join the team.
4. It is understood that Express reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.
5. Athletes that miss practice will be required to do conditioning at the completion of the following practice.
6. Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from teams. This applies in all situations. Such situations include, but are not limited to: practices, performances and competitions.
7. Express employees, athletes, parents and all other affiliates, pride themselves on good sportsmanship and supportive attitudes. Also, there will be no comparison between Express and any other similar programs. All Express affiliates, understand and support their athletes at the level which they are presently and continue to support their progression.
8. Express expects and demands communication between directors, coaches, athletes and parents. Most, if not all, problems and situations can be resolved with communication, please no assumptions.
9. All practices are closed to boyfriends/girlfriends and athletes from other gyms. We reserve the right to close practices to parents. Sunday Practices will be closed.
10. Express employees have a reason for everything they do. If at any time you have questions about your athletes or their progress, do not hesitate to discuss it with your coach, outside of practice.

ADDITIONAL EXPENSES, ATTENDANCE, AND OTHER INFORMATION CONTINUED:

11. Cancellation Fee:

A fee of \$500 will be applied to any person who leaves the gym voluntarily, or for disciplinary reason. The program incurs additional costs when an athlete leaves. Re-choreographing a routine, no matter how early in the season is a very costly and a time consuming process.

12. Sick Policy:

All athletes must attend practice when they are sick. Athletes may be removed from their team and the program for not following this rule. You will not be required to participate, but you must be present. You must provide a doctor's note with detailed information regarding illness, treatment length and recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating. Extended sickness like Mono or Step throat will jeopardize an athlete's position on the team.

13. Code of Conduct/Sportsmanship:

A member of Express must be a strong representative at all times, we value the principles of good sportsmanship and it is very important to our program. We expect that you will keep your public social media clean and family friendly at all times. Remember you are a direct reflection of Express. If you are caught demonstrating: abusive behavior, lying, and of any other form of negative behavior; it will be grounds for removal.

Express will not tolerate gossiping, pettiness, back talking or any disrespect to teammates or the instructors. After a warning a team member will sit out of practice until the problem is solved. If the problem is not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist in solving the problem. If the issue is not resolved it will be grounds for removal.

14. Social Media and Proprietary Information:

The use of Spirit Athletics LLC, Express Cheer & Dance DBA, Express Cheer – Dallas DBA, White Rock Tumble & Cheer DBD or any other subsidiary of our companies is strictly prohibited. You should not use our name in e-mails or other social media type formats or on apparel or the use of promotional materials. No portion of our routines, music, dances, stunts, transitions, etc., should ever be shared or used in any forum outside of our program.

15. Tumbling, Proper Progression & Mental Blocks:

If an athlete is not able to perform the necessary skills required for their level, they will be required to enroll in tumbling or specialty training class. Anyone with a mental block or refusal to perform required skills for their level, may be sent home at the discretion of the coaching staff. We will not allow athletes to progress without proper technique. If you do not agree with or understand our training methods, then you should not cheer at Express. Only perfected skills will be choreographed into our routines.

16. Team Practice Rules:

All practices are closed to boyfriends/girlfriends and athletes from other gyms. Practices will be closed during January and February. All cell phones should be turned off during practices. No jewelry should ever be worn at practices. There is no videotaping of practices. Lost, misplaced or damaged clothing will be replaced at your expense. Anyone late or dressed incorrectly will condition after practice. Remember we are training champions and teaching responsibility.

17. Pay to Train:

Tuition does not pay for the right to perform or compete. Individuals must meet the skill level requirements. Failure to pay tuition by the 1st of each month will result in an athlete sitting out of practice.

18. Competition Weekends:

Please do not make any additional plans the weekend of a competition. Express athletes are expected to stay and support one another. We ask that parents sit together; it creates unity and makes for a loud and much more exciting atmosphere for our athletes, the louder the better.

19. Choreography Camp:

All athletes are required to attend their choreography camp. These dates will be released after teams are formed.

20. Tumbling & Specialty Training Classes:

Because of the complexity of the score sheets, there are many factors that are taken into consideration. Tumbling is a large portion of the score sheet. Any athlete that does not have the required skills for their level will be required to take a tumbling or specialty training class at an additional \$50 per month, per class.

21. Team Reps and Communication:

Most communication is done through e-mail, posted on our social media and dispensed by our Team Reps. It is your responsibility to make sure your on-line account is current and that your contact information is up to date with your Team Rep.

22. Balances/Late Pay:

If you are carrying a balance on your account, your athlete will not be able to take additional classes or private lessons until your team tuition has been paid. In addition, if your monthly tuition is not paid by the 1st of each month, your athlete will be sat out of practice until your account is current.

23. Refunds:

There are NO refunds.



2019-2020 Important Dates

Please check all dates carefully. Choreography Camp and Competitions are mandatory. An Absence Request Form must be filled out in advance, for them to be considered excused. All dates for competition are tentative. Our actual competition schedule will be finalized sometime in late July.

Important Events and Closing Dates:

June 3rd -7th: Gym Closed

June 10th: Summer Practices begin

July 1st -5th: Closed for 4th of July

August 6th – 8th: Team Camp

August 12th – 18th: Team Choreography

August 26th – September 2nd: Gym Closed

October 5th: Dance Choreography

October 12th: Dance Choreography

November 24th – 29th: Closed for Thanksgiving

December 1st: Team Practices Resume

December 22nd – January 6th: Closed for Winter Break

January 7th: Team Practices Resume

March 14th – 22nd: Closed for Spring Break

March 15th: Team Practices Resume

April 10th- 12th: Closed for Good Friday and Easter

May: All-Star Evaluations

TENTATIVE Dates for Competition (Not all teams will attend all competitions.)

December 14th: NCA Holiday Classic, Dallas, TX

January 19th: Express Fest, Frisco TX

February 1st: Dallas Cowboy Cheerleaders Nationals - Spirit Celebration, Arlington, TX

February 28th -March 1st: NCA All-Star Nationals, Dallas, TX

March 29th: Cheer America Battle of the Metroplex, Dallas, TX

April (4th or 5th) – North Texas All-Star Gyms United (location TBD, local)

April 17th – 20th: Champions League – Redline Championship, Frisco, TX

Please remember that these dates are tentative. Events can be added, deleted or substituted without notice.



Payment Contract Agreement

Student's Name: _____

Parent's Name: _____

Phone Number: _____ **E-Mail Address:** _____

Home Address: _____ **City:** _____ **State:** _____ **Zip:** _____

(parent's initials) I acknowledge that, under the terms of this Agreement, the above named student will be charged a registration fee once a year and all tuition will be payable on the 20th of each month prior. If fees are not paid on time, I acknowledge that late fees will be charged and assessed.

(parent's initials) It is also acknowledged that FAILURE TO TAKE LESSONS WILL NOT RELIEVE ME OF ANY OBLIGATIONS TO PAY THE TUITON AGREED UPON, AND THAT NO REFUNDS OR MAKE-UP CLASSES FOR TUITON PAID SHALL BE MADE FOR NON-ATTENDANCE OR WITHDRAWAL. I further acknowledge that he/she will be required to pay for all uniform pieces, and trips and expenses not included in Express tuition.

(parent's initials) I further acknowledge that under the payment plan, if I quit for any reason I may be responsible for additional fees.

(parent's initials) In addition, I understand by signing this page, I give Express the right to run the credit card on file for any outstanding balance on the 1st of each month, or for the cancellation fee of \$500.

(parent's initials) I understand that carrying a balance on my account, will hinder my athlete from taking additional classes or private lessons until team tuition has been paid. In addition, if monthly tuition is not paid by the 1st of each month, my athlete will be sat out of practice until the account is current.

(parent's initials) I acknowledge the monthly tuition does not include any additional charges (late interest, penalties, unbilled attorneys' fees, etc.) upon signing this agreement I agree to pay additional charges or fees which are incurred if it becomes necessary to collect the amount referenced in agreement.

(parent's initials) I understand that if any installment is late or missed, Express Cheer reserves the right to continue with the collections process and take whatever action is deemed necessary to recover the full amount of debt including but not limited to cancellation of this agreement and/or exclusion of your child from participation in all Express Cheer related activities.

Parent/Guardian Signature / /
Date

Participant Signature / /
Date



Authorization Agreement for Collections

_____ (Name) hereby authorize Express Cheer to automatically bill my credit card/bank account my athlete's monthly tuition and any and all fees associated with his/her classes/squad. All requested information is required. Each month, your credit card /bank account will be billed for the amount indicated and your charges will appear on your statement. Any athlete/parent who wishes to change or cease payments entirely from the automatic payment system **must notify Express Cheer in writing no less than 2 weeks prior to the automatic debit date.** All returned payments, declined credit cards, and or expired cards will result in a \$35 non-sufficient funds fee. It is the cardholder's responsibility to maintain the correct information. We acknowledge that the origination of transactions to our account must comply with the provisions of the U.S. law. **Please note that you are required to put both forms of payment on file.** You may check the type of payment you would like us to first process. Express reserves the right to process the second form of payment if your primary payment is declined.

Customer Information:

Name: _____

Athlete's Name: _____

Credit Card Information _____ Please use this as my primary payment.

Account Number: _____ Exp. Date: _____ Security Code: _____

Billing Address associated with credit card:

Town: _____ St: _____ Zip: _____

Bank Account Information _____ Please use this as my primary payment.

Name on Account _____

Name of the Banking Institution _____

Routing Number _____

Account Number _____

I authorize, Express Cheer to automatically charge my credit card on file in the amount due, each month. I understand that my payment is to be withdrawn on the 20th of each month prior.

Signature _____ Date: _____



Acceptance of Terms & Conditions

Please take a moment and read carefully to ensure that you fully understand the time and financial commitment required for Express.

You will need to initial each section and sign at the bottom of the page.

- _____ I understand that I will forfeit any monies paid if I choose to leave a team or are asked to leave the program. I also understand that I am entering into the Express program of my own free will.
- _____ You must advise your coach in advance if your child will be arriving late or leaving early from practices.
- _____ If a student is injured or sick and not contagious, they are required to attend practice, not participate.
- _____ Express athletes are required to attend all practices. If habitual absences occur; athletes may be removed from the team without notice and no refund will be provided. Also, please note that if an athlete misses practices the week prior to a performance, regional or local competition, and two weeks prior to a national competition it is at the discretion of Express and its coaches whether or not they perform.
- _____ An excused absence is limited to mandatory school functions for a grade, school cheerleading, death in the family or contagious illness. All regional and national championships are mandatory for all team members. Missing practice for any other reason other than the four listed previously will also result in an UNEXCUSED absence. This includes, but is not limited to:
- ◆ Too much home work / studying (please plan ahead)
 - ◆ Don't have a ride (again, please plan ahead)
 - ◆ Work
- _____ Express athletes are required to attend all competitions. Everyone will receive a competition schedule and if you cannot attend the competitions, then you should not join the team.
- _____ Tuition does not pay for the right to perform. Individuals must meet the skill level requirements. Failure to pay tuition will result in an athlete sitting out of practice.
- _____ It is understood that Express reserves the right to move your child to another team during the season and/or dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate. In the instance that an athlete quits or gets dismissed from a team, a \$500 cancellation fee will be processed immediately.
- _____ Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from teams. This applies in all situations. Such situations include, but are not limited to: practices, performances and competitions.

I, _____ (parent), understand, accept and agree to all of the terms and conditions within the Express All-Star Evaluation Packet.

Signature _____ Date _____

Tryout Form

***PLEASE FILL OUT AN ABSENCE REQUEST FORM FOR ANY CONFLICTING DATES OR VACATIONS:**
(you may also write them in this box)

***This may affect your team placement. Anything not listed will be considered an absence and may be cause for removal from the team with no refund.**



Please return the Tryout Form along with the \$335 payment for May (\$35 registration fee if necessary) and a \$50 /\$75 tryout fee. If your athlete makes a team, the payment will be credited as your tuition. **If your athlete makes a team, but chooses not to accept the position, there will be no refund. All fees may be made with one transaction.**

Athlete's Name _____

Parent's E-mail _____

Athlete's E-mail _____

Athlete's Cell # _____

D.O.B. _____ Age as of August 31, 2019 _____ (mm/dd/yy)

Grade 2019-2020 _____ School _____

Check ALL tumbling skills you throw ON THE FLOOR & WITHOUT A SPOT		
STANDING	Standing SERIES TUMBLING	RUNNING
<input type="checkbox"/> Back Bend Kick-over	<input type="checkbox"/> Multiple Front/Back Walkovers	<input type="checkbox"/> Cartwheel
<input type="checkbox"/> Back Walkover	<input type="checkbox"/> Multiple Back Handsprings	<input type="checkbox"/> Round-off
<input type="checkbox"/> Front Walkover	<input type="checkbox"/> Two BHS to a Tuck	<input type="checkbox"/> Back Handspring
<input type="checkbox"/> Back Handspring	<input type="checkbox"/> Two BHS to a Layout	<input type="checkbox"/> Back Tuck
<input type="checkbox"/> Standing Tuck	<input type="checkbox"/> Back Handspring to a Layout	<input type="checkbox"/> Layout
<input type="checkbox"/> Jump Tuck	<input type="checkbox"/> Two BHS to a Full	<input type="checkbox"/> Full
<input type="checkbox"/> Standing Full	<input type="checkbox"/> Back Handspring Full	<input type="checkbox"/> Double Full
List any Specialty Tumbling Skills:		

Check your most advanced STUNTING skill level:

Level 1 – No experience or level 1 stunts, preps

Level 2 – Preps, Extensions, Straight Cradle dismounts and basket tosses

Level 3 – Extended one-leg stunts, full twisting two leg dismounts, single trick basket tosses

Level 4 – Extended one-leg stunts, double twisting two leg dismounts, kick full baskets tosses

Level 5 – Double twisting one leg dismounts, double twisting basket tosses, full up

I am willing to cheer for any Express team, regardless of level? Yes No

Please Circle One:

I am willing to take an alternate position in my skill level
OR
I am willing to take a spot on a lower level team.

For office use only:

Amount paid: _____ Date paid: _____

CC: _____ CK#: _____ Cash: _____

Received By: _____ Uniform Returned: Yes / No Birth Certificate: Yes / No



TEAM REPRESENTATIVE FORM

List All phone contacts where you can be reached ANY TIME!

NAME OF ATHLETE

DOB

AGE

NAME OF PARENT OR LEGAL GUARDIAN

MOM'S CELL PHONE

MOM'S E-MAIL

DAD'S CELL PHONE

DAD'S E-MAIL

ATHLETE'S CELL PHONE

ATHLETE'S E-MAIL

EMERGENCY CONTACT NAME & PHONE

Express Cheer & Dance Competition Release Waiver:

I, _____ (parent), parent of _____ (athlete, an Express Cheer & Dance athlete, explicitly allow _____ (athlete) to check in and out of off competition day activities without my presence. I also understand that if my athlete does not follow the process below for said activities, I will be required to be present at each check in and check out.

- 1) Athlete will check in with Team rep at the location and time provided in competition letter.
- 2) Athlete will check out with Team rep at the location and time provided in communication from Team rep.

Parent Print & Signature

Date

Athlete Print & Signature

Date



ABSENCE REQUEST FORM

NAME OF ATHLETE: _____ DATE: _____

TEAM: _____

REQUESTING TO BE ABSENT:

MONTH: _____ DAY: _____ TIME: _____

SCHOOL ACTIVITY: _____

VACATION/OTHER: _____

WILL YOU BE ABLE TO ATTEND ANY PORTION OF THE SCHEDULED PRACTICE?

YES - OR - NO

IS SO WHICH PART? _____

1. I KNOW THAT SCHOOL RELATED ACTIVITIES FOR A GRADE ARE THE ONLY EXCUSED ABSENCES.
2. I AM AWARE THAT MY ABSENCE CAN AND WILL AFFECT THE REST OF THE TEAM PRACTICE.
3. I KNOW THAT MY PARTICULAR STUNT OR STUNT GROUP WILL NOT BE ABLE TO PRACTICE AND ALL SPACING WILL AND FORMATIONS WILL BE AFFECTED BY MY ABSENCE.
4. I PROMISE TO LEARN ANY NEW OR CHANGED MATERIAL PRIOR TO MY NEXT PRACTICE.
5. I UNDERSTAND UNAPPROVED ABSENCES MAY JEOPARDIZE AN ATHLETE'S POSITION AS A PERMANENT MEMBER OF A TEAM.

ATHLETE'S NAME

PARENT'S NAME

ATHLETE'S SIGNATURE

PARENT'S SIGNATURE

COACHES NAME

COACHES SIGNATURE

APPROVED: YES - OR- NO

COMMENTS: