



**UNITED ALL STARS
COMPETITIVE
CHEERLEADING
LIMITED TRAVEL
TEAMS 2017-2018**

Parent Meetings:

**MONDAY, APRIL 24TH @ 7:15PM
SUNDAY, APRIL 30TH @ 7:15PM
WEDNESDAY, MAY 3RD @ 7:15PM**

Athlete Evaluations

*Athlete Evaluation Fee \$50 for new members, \$40 for returning members
(Free and sign up only for ages 4 and under)*

Monday, May 22nd

Levels 1 & 2: 5-7pm

Levels 3, 4, & 5: 7-9pm

(Levels are based off your current mastered tumbling level...please see details in packet.)

Tuesday, May 23rd

Ages 5-11: 5-7pm

Ages 12-18: 7-9pm

(Ages as of August 31, 2017)

Wednesday, May 24th

Ages 7-18: 5:30-7:00pm

(Please register online at <https://www.iclassprov2.com/parentportal/unitedtumbling/login/relogin> under Camps.)

*****Bring all paperwork within the packet to Evaluations. If you can not be at evaluations please call and set up a private evaluation at 937-492-2825.***
(Team Placements will be announced May 26th.)**

Welcome to the United All Star program where we offer competitive all star cheerleading. We are delighted you have chosen to become a part of a growing legacy as we enter our 6th season. We are devoted to making this a successful and memorable season. Our mission at United Tumbling Academy, LLC is to provide a stable learning environment for children to safely develop appropriate tumbling and cheerleading techniques, develop meaningful relationships, and have fun. We take pride in our responsibility to model and encourage self confidence, integrity, dedication, hard work, leadership, positivity, and sportsmanship.

United All Stars has earned numerous national titles in just 5 years. In 2015, we took our first level 5 team to World's as they made United history placing 12th out of 20 teams in preliminaries on Day 1. In 2016, we proudly attended the D2 Summit in Tampa with 3 of our teams. In 2017, we will be taking all eligible teams to the D2 Summit in Disney. These milestones are just a part of the rewards our athletes earn in our program. We always focus on helping our athlete's improve their skills and reach their full athletic potential but we feel United provides a much greater purpose by teaching our athlete's life long lessons. Our athletes will face situations where they must work together as a team to achieve common goals. We build character and self-esteem by teaching our athletes about work ethic, commitment, responsibility, accountability, and respect. We always strive to succeed but our program is about so much more than just winning!

We owe our success to our amazing staff members, which attend yearly USASF Regional and Varsity meetings to stay educated and current on all techniques, safety, and rules. Each squad will have a coach certified in the appropriate level. It is our goal to provide a quality, positive, and fun environment for our athletes and remain one of the top small programs in Ohio. We welcome you to United and hope you find this information comprehensive and valuable and choose to become a part of our United Family for your 2017-2018 season.

In the following pages you will find an outline of our rules and regulations, policies, important dates, financial commitments, and much more. Please take the time to read and understand all of the material enclosed. After you have read your packet thoroughly, please complete the attached forms:

- Family Registration Form
- Medical Waiver
- Medication Waiver
- Commitment Statement
- Roster Information
- Tryout Evaluation Form
- Credit Card Authorization Form
- Vacation Request Forms

Please be prepared to turn in all of these pages along with a copy of your **child's birth certificate** and **wallet size photo** - **PAPERWORK IS DUE ON OR BEFORE YOUR FIRST EVALUATION SESSION.**

You may keep the remaining sections of the packet to reference throughout the season. Please keep in mind all prices are estimates and schedules are tentative. We will do our best to make as little changes as possible. Any questions may be addressed to:

Abbey Kramer – Gym Owner United All Stars
720 W. Russell Rd. #1
Sidney, OH 45365
unitedtumblingacademy@gmail.com
419-733-4134

**United All Stars
Rules and Regulations**

I hereby understand that each time "United" is mentioned throughout this contract it is meant to be all inclusive of United Tumbling Academy LLC, United All Stars, and employees.

GENERAL

1. **If you ever have a problem, with anything, please do not hesitate to contact the gym, your coach, or the owner. WE are here for YOU!**
2. It is your responsibility to wear the appropriate practice wear to every practice.***
3. **DON'T BE LATE...**Better to be early than late. Practice starts on time, athletes should be dressed and ready to go promptly, including any braces needed and shoes on.
4. **NO GOSSIP** about any other teams (all star or school). **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about another parent within our program or another program. **NO GOSSIP** about coaches or staff. It is better to address a problem than to listen to gossip.
5. No profanity or abusive language.
6. Please keep in mind the gym is not a babysitting service. We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
7. All squad and team decisions are left to the discretion of the coaches.
8. Please feel free to talk to your coach about anything; **JUST REMEMBER TO DO IT AT APPROPRIATE TIMES. (Please follow the 24 hour period before reacting to a situation.)**
9. Only registered athletes are allowed in the practice area.
10. Siblings, family members, friends, etc. are not allowed in the practice area.
11. All spectators must remain in the lobby area and keep the noise level down at all times.
12. Any person that disrupts a practice will be asked to leave the facility immediately.
13. Anyone threatening to quit or to pull their child from a squad will be dismissed from the program immediately.
14. No food, drinks, or gum are allowed in the practice area.
15. All trash must be disposed of in the appropriate trash receptacles.
16. Cell phones must be left outside of the practice area or placed in the cell phone box.
17. United is not responsible for lost or stolen personal items. We do have a lost and found container.
18. The United website and e-mails should be checked regularly. It is your responsibility to stay informed with the information provided.
19. Any privately monogrammed clothing with the United name must be approved by owner.
20. **NEW! WE DO NOT ALLOW OUR ATHLETES TO WEAR ANOTHER ALL STAR PROGRAM'S CLOTHING/ATTIRE IN OUR FACILITY OR AT ANY UNITED ALL STARS ACTIVITY/EVENT.**
21. All choreography must be highly protected and shall not be shown or discussed with others. No videos of routines/choreography should be uploaded to any online website until after the season is over. You can post videos in private groups within social media.
22. Never post any negative comments on any website, such as facebook, twitter, instagram, etc
23. **ATTITUDES ARE CONTAGIOUS...IS YOURS WORTH CATCHING?** A positive attitude is extremely important to your team's growth and success.

COMMUNICATION

1. Text message, website (www.unitedtumblingacademy.com), email, handouts, and Facebook (<https://www.facebook.com/UnitedTumblingAcademy/>) are just some of the ways we communicate in our gym.
2. Please make sure you are able to check your e-mail regularly as this is the main source of communication and that your e-mail account settings are set up appropriately to accept emails from unitedtumblingacademy@gmail.com. We have had several issues with e-mails being sent to junk mail in the past. It may be a good idea to have more than one e-mail accounts on file if you have multiple accounts.

TEAMS

United reserves the right to:

1. Place its athletes on the team(s) it feels will best suit them and the program.
2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team
or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances,
parent conflicts, etc. **ANY CHANGES MADE ARE TO BENEFIT THE TEAM AS A WHOLE.**
3. Decide if an athlete may participate on more than one team.
4. Decide the roles and/or positions an athlete will have on their team(s). (E.g. base, flyer, back spot, tumbler, dancer, etc.)
5. Request that an athlete or team take additional classes or camps to improve their skills.
6. Request that an athlete or team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

Athletes that elect to participate on more than one United team must:

1. Be in good financial standing.
2. Be willing to fulfill all responsibilities required of each team.
3. Be responsible for any additional entry fees they incur beyond their first team.

ATTENDANCE All athletes must:

1. **Make United priority over any other extracurricular activities. We do our best to be flexible.**
2. **Attend and be prepared to participate in all United activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor
through valid written documentation.**
3. **Notify United immediately when an injury occurs so changes to a routine can be made prior to practice.**
4. **You must arrive at all practices, competitions or any scheduled events on time. Punctuality is a MUST!**
5. **Notify United in writing immediately of all expected tardiness or absences.**
6. **Notify United by phone immediately of any unexpected tardiness or absences.**
7. **Please provide vacation dates in writing as soon as possible.**
8. **Put in 110% effort at all practices and competitions. It takes hard work and dedication to get to the top. Everyone needs to strive to be their best at all times.**

****Practices are mandatory. There are very few hours that we have these teams together, every minute must be utilized. Excessive tardiness or absences will result in dismissal from your team. **If you are tardy or absent from a competition, you will immediately be dismissed.** Also, you must attend practice if you are sick and NOT contagious, let your coach know what is going on. We cannot express how important your attendance is, if you miss, you hold the entire team back.*

Excused Absences:

- School functions for a grade
- A death in the family
- Serious or contagious illness/Family Emergencies
- Vacation during the summer

Unexcused Absences:

- Jobs
- School dances, birthday parties, concerts, banquets, family reunions, weddings, shopping, etc.
- School projects, homework, or tests
- Traffic or long distance driving/don't have a ride, plan accordingly
- Feeling tired/taking a break/exhaustion

Vacations:

- Vacations are discouraged during the competition season unless the gym is being closed and the athlete has approved it with the team coach.
- Any summer vacations must be turned in 4 weeks prior to the missed practices.

PRACTICES

- Practices are closed to parents. We want your athlete to get the most out of every practice. In order for this to happen we need their full attention.
- If a parent or anyone is observed speaking negatively about a team, coach, parent, or athlete, he/she will be talked to and or asked to leave. If this type of behavior continues to be an issue the athlete will be removed from the team. We do not tolerate this type of conduct.

INJURIES

- Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. United will take every precaution to limit these injuries. Unfortunately we cannot prevent them all. In the event that your child is injured we will take every necessary step to ensure your child's well being.
- If an athlete is unable to practice, we reserve the right to work the athlete out of the routine until he/she is able to practice full out.
- **If an athlete is seriously injured we require a doctor's excuse stating that the athlete is not allowed to participate. The athlete will not be able to return to practice or compete if we do not have a release form signed by the doctor stating that the athlete is allowed to return to activity.**
- All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO. If anyone is caught drinking, smoking, or using drugs or if there is an eating disorder they will be expected to take the necessary steps to quit and/or receive help. We will help in any way we can.

DRESS CODE All Athletes must:

1. Maintain a well groomed appearance and good personal hygiene at all times.
2. Athletes must wear the assigned practice wear and bow to practice.
3. Hair must be kept out of face (if possible in a high ponytail).
4. Nails must be kept shorter than fingertips when participating in a physical United activity. NO FAKE NAILS.
5. NO JEWELRY (other than approved medical ID tags) are allowed at practices or competitions.
6. Sports bras should always be worn under t-shirts or tank tops. Please, no bra straps showing. If you choose to wear a sports bra only, please make sure you are fully covered and wear 2 bras if needed.
7. If your child is a flyer or is taking a stretch or stunt class, they should always wear briefs, spandex, or tight fitting shorts under their regular pair of shorts.

- **COMPETITION DRESS CODE**

*By each team's scheduled Dressed and Ready Time:

1. **All jewelry and colored nail polish must be removed.**
2. Any braces or tape needed to perform must be supplied by the athlete and put on before going to warm-up mat.
3. All non-uniform items such as sunglasses, ipods, cell phones etc. must be put away.
4. Hair and make-up must be complete as per coach's request.
5. Athlete should be in full uniform, shoes, bow, etc.

*After Competing: Athletes may only change into their team tank/shirt and warm-up jacket.

*During awards ceremonies, athletes must be in full competition uniform, including cheer shoes, and may not wear backpacks, warm-ups or carry any other items **including cell phones!!**

SPORTSMANSHIP AND CONDUCT

*All athletes and **PARENTS** must:

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Refrain from gossiping or any other form of verbal or physical confrontation.
4. Refrain from celebrating the misfortune or defeat of another person, team, or program.
5. Accept team placements and awards with dignity and class.

SOCIAL MEDIA

• All athletes, fans, and family must promote good sportsmanship and a positive attitude towards United and our athletes. This extends to cheer competition companies, the USASF, and any other cheer related organizations and activities.

TRAVEL

1. Each athlete must have a chaperone at every competition. It is not your coach or United staff's responsibility to be your child's chaperone.
2. It is your responsibility to pay the hotel directly for your room, if such arrangements are necessary.
3. When traveling to competitions please allow enough time to arrive, park and have your athlete in the designated area assigned on time and ready.

COMPETITIONS

1. All competitions will be chosen by the coaching staff.
2. All teams will travel.
3. Some teams may travel more than others.
4. Transportation to and from competitions, hotel stay if required, and all meals, snacks, and other expenses associated with traveling is the responsibility of the athlete and his or her family.
5. Competition season begins in October 2017 and will run through May 2018.
6. If you miss a competition you will be removed from the team immediately.
7. If a competition is cancelled or rescheduled, United will not be responsible for reimbursement for any reason.
8. We encourage all parents to sit together and support all United teams. We also encourage parents to show support by wearing United clothing to competitions.
9. Showing respect to the coaching staff, other teams, and hosting organizations are expected. Please remember you are representing United and we want to uphold our reputation of good sportsmanship and professionalism at all times, especially when you are wearing the United name.

DISCIPLINE

If any rules, policies, or values are compromised, the following actions will occur:

1. Meeting with the athlete defining the problem.
2. Meeting with the athlete and the parent.
3. Written notice of possible dismissal.
4. Athlete removal from the team or program.

*****NO REFUNDS OR CREDITS WILL BE PROVIDED FOR ATHLETES DISMISSED DUE TO DISCIPLINARY ISSUES.*****

FINANCIAL OBLIGATIONS

*All athletes and parents must understand:

1. They assume full responsibility for all costs incurred as a member of United.
2. **Monthly tuition fees are due the 1st of every month.**
 - a. **Any account not paid by the 10th of the month will be charged a 15% late fee and the athlete will be required to sit out at practice until the amount due is paid.**
 - b. **When the amount becomes 30 days over due the athlete will be removed from the team.**
3. Tuition does not fluctuate based on the number or duration of practices in any month.
4. Tuition pays for training. It does not pay for the right to perform.
5. Any payment attempts resulting in NSF (non-sufficient funds), declined credit card, expired credit card, returned check, etc. will incur a \$35 service fee charge. It is your responsibility to update your information with us if your information changes (Eg. Bank account number, card number, exp. date, etc.).
6. **An athlete's account must be current and in good standing to participate in practices, competitions, or special events.**
7. United reserves the right to remove an athlete from their team at any time for failure to keep up with financial obligations.
8. All tuition/fees must be current before an athlete may collect any clothing, uniform, or other retail items.
9. If an athlete chooses to leave or if asked to leave United for any reason before the season is over, **any and all funds are completely non-refundable.**
10. United reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.

FUNDRAISING

**United offers many fundraising opportunities throughout the season to help pay for tuition, uniforms, team fees, etc.

1. All fundraising must be cleared through the owner, Abbey Kramer.
2. Each fundraiser will be organized by volunteers. Please let Abbey Kramer know if you are interested in assisting or leading a fundraiser.
3. Fundraising is for the United All Stars program. If you choose to leave the program mid season or are dismissed from the program all monies stay with the United All Stars fundraising program.

United All Stars Prep Age Groups (Levels 1-3 only, Routine Time Limit 2:00 and no tosses permitted)

Pre-Team Tiny – Ages 3-6 (Exhibition - Routine Time Limit: 1:30)

Tiny - Ages 5-6

Mini – Ages 5-8

Youth – Ages 6-11

Junior – Ages 8-14

Senior – Ages 11-18

(Ages go by the athlete's age as of August 31, 2017)

This chart provides guidelines as to what judges are looking for regarding scoring potential for each area of all star cheerleading routines at each level! To reach a maximum score, 75% or more of the athletes on the team must be executing/involved in the skill listed. For tumbling, judges are looking for 75% or more of the squad executing combinations of the skills listed. Scores increase based on quantity, creativity, difficulty and variety of skills performed.

Category	Score	Level 1	Level 2	Level 3	Level 4	Level 5 Restricted	Level 5
Standing Tumbling	Minimum	Forward Roll	Back Handspring	Multiple Handsprings	Back Tuck	Too Touch Back Tuck	Too Touch Back Tuck
	Maximum	Maximum, Back Ext. Roll, Front & Back Walkover, Cartwheel	Basic Back Walkover Back Handspring	Jump Multiple Back Handsprings	Too Touch Back Handspring Layout	Back handspring Full	Back handspring Double Full/ Standing Full
Running Tumbling	Minimum	Round Off	Round Off Back Handspring	Round Off Back Tuck	Round Off Back Layout	Round Off Backhandspring Full	Round Off Backhandspring Full
	Maximum	Front Walkover Roundoff Back Walkover Series	Front Handspring Round Off Back Handspring	Punch Front Round Off Back Handspring Tuck	Punch Front Step Out Round Off Back Handspring Layout	Punch Front Step Out Round Off Back Handspring Full	Punch Front Arabian Round Off Back Handspring Double
Stunt Body Positions	Minimum	Two Leg High Stunts	Two Leg Extended Stunts	Single Leg Extended Stunts	Single Leg Extended Stunts	Single Leg Extended Stunts	Single Leg Extended Stunts
	Maximum	Two Leg Prep Stunts + Single Leg Below Prep	Two Leg Extended Stunts + Single Leg Prep Stunts	Single Leg Extended Stunts with Strength & Flexibility	Single Leg Extended Stunts with Strength & Flexibility	Single Leg Extended Stunts with Strength & Flexibility	Single Leg Extended Stunts with Strength & Flexibility
Stunt Transitions	Minimum	1/4 Turns, Tick Tocks, Ground Level Inversions	1/2 Turns, Tick Tocks, Ground Level Inversions to Non Ground Level	1/1 Turn to Prep, Tick Tocks, Below Prep Level Inversions, Down Inversions from Below Prep Level	Express Ups, 1/1 Turn to Extension, Tick Tocks, Release to Extensions, Down Inversions from Prep Level, Full Down from Single Leg, Double Down from 2 Legs	1/1 Turn to Extended Single Leg Stunt, Prep Standing Tick Tocks, Double Downs from Single Leg Stunt, Downward Inversion from Prep Level	2/1 Turn to Extended Single Leg Stunt, Double Downs from Single Leg Stunt, Downward Inversions from Extension, Prep Standing Tick Tocks
	Maximum	7+ Transitions - some combined - some in direct succession of one another with creativity, variety, and visual appeal					
Pyramids	Minimum	1/4 Turns, Tick Tocks, Connected Two Leg Extensions	1/2 Turns, Tick Tocks, Fake Release Moves	Release Moves, Fake Braced Flips, 1/1 Turn Transitions	Double Braced Flips, Single Braced Release Moves, Full Down from Single Leg, Double Down from Two Legs	Single Braced Flips, Inversions Over Stunts, Double Down from Single Leg, Single Braced Flip, Double Down Discounts	Single Braced Flips with Turns, Inversions Over Stunts, Downward Inversions from Extension
	Maximum	7+ Transitions - some combined - some in direct succession of one another with creativity, variety, and visual appeal					
Tosses	Minimum	Not Permitted	Straight Ride	Too Touch Kick	Double Twist	Switch Kick Full	Kick Double
	Maximum	Not Permitted	Straight Ride	Full Twist	Kick Full	Kick Double	Switch Kick Double
Jumps	Maximum	Four connected jumps or three connected jumps and one other jump in the routine					
Dance	Maximum	Dance is expected to be innovative - age appropriate, have at least 3 different formations, visual elements - difficult footwork/formations, level changes, and executed well in order to score high at any level					
Performance	Maximum	Did the athletes display confidence? Were they fun to watch? Did the routine flow well? Was choreography difficult, innovative and entertaining?					
Perfection	Maximum	Athletes are expected to execute their routine elements with a high level of perfection in all areas of cheer					

LEVEL TUMBLING REQUIREMENTS - Please attend evaluations based on these tumbling guidelines:

(You are considered a specific level if you have mastered all of the following skills)

Pre- Team Tiny: Forward Rolls and Cartwheels only

Level 1: Front walkover, back walkover, running front walkover - roundoff back walkover, back extension roll, handstand forward roll, forward roll, back roll, cartwheel on both sides.

Level 2: Back walkover back handspring, back handspring step out back walkover back handspring, front walkover round off back handspring, front walkover front handspring, straight jump to back handspring.

Level 3: Front tuck, standing series back handspring toe touch back handspring, front walkover round off back handspring tuck.

Monthly Tuition: Includes team shirt, competition bow, USASF Membership fee, choreography/music fee, competition/coaches fees, practice fee, 1 tumbling class.

Teams	September-March
Pre -Team Tiny	\$95
Mini, Youth, Junior, Senior	\$150
Unlimited Jump and Flex	Additional \$20 per month
Unlimited Tumbling	Additional \$20 per month

Additional Fees Billed Separately:

- Yearly Registration Fee - \$30
- Commitment Fee - \$200
- Uniform - \$200
- Shoes - Can be any white cheer shoe purchased on your own. Varsity VForce can be purchased through the gym for \$101.89.
- No show white socks
- Make Up
- Spirit Wear, Backpacks, Warm up Jackets - (All are optional)
- Travel/Food expenses for competitions
- End of Year Event US Finals or The ONE (\$50-\$100)

Sibling discounts for our All Star athletes are 15% off monthly tuition for the second child and 30% off for the third, fourth, etc.

Practice Schedule: Detailed Schedule will be announced after squad placements are released May 26th.

SUMMER:

Limited Travel (Prep) teams are strongly encouraged to tumble 1 hour a week throughout the summer.

During the School Year: We will begin team practices after Labor Day the week of September 10th.

Pre-Team Tiny Exhibition will practice 1 hour a week plus 1 hour of tumbling.

Youth, Junior and Senior Teams will practice 2 hours 1 day a week plus 1 hour of tumbling.

*****Jump and Flex is optional and available for an additional fee of \$20 a month*****

*****Unlimited tumbling can be added on to your monthly tuition for \$20 a month*****

SAVE THE DATES

June 5th - New Tumbling Session Begins (\$85 for 8 weeks - includes unlimited tumbling)

July 3rd-6th - Gym Closed

July 22nd - The Cheerleader Magazine Stunt Clinic - 10am-12:30pm and 1:30-4pm (optional)

July 23rd - Shelby County Fair Cheerleading Demo

(Additional Practices will be scheduled for those that want to participate!)

August 27th - Mandatory Stunt Clinic Time: TBA/Uniform Payment Due

September 1st - First Monthly Tuition Due

September 4th - Closed for Labor Day

September 10th - Practices start

November TBA- Winter Wonderland Parade 6:30pm

November 24 -26 - Closed for Thanksgiving

December 24th -26th - Closed for Christmas Break

December 31st -January 1st - Closed for New Years

NEWFor one of the team bonding events athletes will be required to participate in one community event raising funds for a any cause. Team Parents will be responsible for planning this event. **If you are interested in being a team parent please e-mail Abbey.**

**United All Stars Limited Travel Teams
Competition Schedule
2017-2018**

Schedule is tentative - we try to make minimal changes throughout the season. This will be updated as soon as Bid Events are released after Summit.

January 13, 2018 - CCE - Beach Ball Blast
Dayton Convention Center
Dayton, OH

January 21, 2018 - Cheer Max
Columbus, OH

February 11, 2018 Sunday – GMCE - Go Red Cheer & Dance Championships
Hobart Arena
Troy, OH

March 4th, 2018, Saturday - Spring Fling D2 Exclusive
Dayton Convention Center
Dayton, OH

March 23, 2018- Saturday- American Cheer Power
Columbus Convention Center
Columbus, Ohio

**U.S. Finals - April 7-8, 2018— Indianapolis, IN
The ONE - TBA**



720 W. Russell Rd. • Sidney, Ohio 45365 • (937) 492-2825 • unitedtumblingacademy@gmail.com

Family Registration Form

Mother: _____ Cell: _____
Father: _____ Cell: _____
Guardian: _____ Cell: _____

Home Contact Information

Phone: _____ Contact Name: _____
Address: _____
City: _____ State: _____ Zip: _____
E-mail Address: _____

Emergency Contact

Name: _____ Phone: _____

Person responsible for paying account:

Name: _____ Phone: _____
Signature: _____

First Child:

First: _____ Last: _____ Gender: _____
Birthdate: _____ Age: _____
School: _____ Grade: _____

Second Child:

First: _____ Last: _____ Gender: _____
Birthdate: _____ Age: _____
School: _____ Grade: _____

Third Child:

First: _____ Last: _____ Gender: _____
Birthdate: _____ Age: _____
School: _____ Grade: _____

How did you hear about us? _____

Office Use Only

Date Paid:	Classes Enrolled:
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United Tumbling Academy, LLC

Medical Waiver

Athlete's Name: _____

Date of Birth: _____ Age: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone(s): _____

Email Address: _____

Child SS #: _____ Parent/Guardian SS#: _____

Insurance Carrier: _____ Policy No.: _____

Any medications allergic to: _____

Emergency Contact: _____ Phone: _____

I, the undersigned Parent/Guardian, do hereby give consent for my son/daughter to participate in the training and activities provided by the United Tumbling Academy, LLC program. I am fully aware of the nature of the activities involved and the possibility of injury and/or death, which may arise from such activities. In case of illness, injury, and/or death that may arise directly or indirectly as a result of participation and/or travel to or from the activity or training (i.e. clinic, camp, out of town activity or events), I do hereby grant my permission to the United Tumbling Academy, LLC program to seek immediate treatment for my child should he/she be injured. I hereby release the United Tumbling Academy, LLC program, including its officers, shareholders, agents, coaches and employees from any liability to the above named participant, or any person claiming through him/her, arising from injury to the person or property of the above-named participant. This release includes any claims of negligence, and is intended to be as broad as permissible under the State of Ohio or any other state in which the participant may be injured. In the event of any activities that are locally or nationally televised, I give the United Tumbling Academy, LLC program the right and permission to film, photograph, or videotape my son/daughter for any reproductions associated or in any way connected with said televised events, in particular, for use in any promotional purpose.

Parent/Guardian Signature

Date

Print Name

Date

United Tumbling Academy, LLC

United All Stars Medication Waiver

I, _____, parent/legal guardian of _____, who is an athlete at United Tumbling Academy give permission to the Certified Coaches to dispense medicine to my athlete. I acknowledge different medicines have different purposes. Therefore, staff and/or Certified Coaches have my permission to disperse medicine according to signs and symptoms or specific problem/injury. Medications that may be available include name brand or generic Alieve, Tylenol, Ibuprofen, Pepto Bismol, Imodium, Tums, medi-lyte (or other electrolyte replacements). If there are any medications you do not wish for your son/daughter to take please list below. I also acknowledge certain medications may be contraindicated based on prescription drugs that my athlete takes on a daily basis, therefore I agree to notify the program office and/or coach as soon as there are any changes in medication my athlete takes daily. This document will serve as written permission to dispense OTC (over the counter) medicine as the Certified Coach sees fit, and has available. I acknowledge that these medications will only be dispersed in emergency situations. If my athlete requires any medication that is not OTC but needs to take during a practice or at a competition and I will not be present, proper notification will be given to the Head coach.

*If my athlete requires an Inhaler or epipen for asthma or allergies I will provide an extra one for the United staff during the athletic season.

Medications I do not give my athlete permission to have:

List Prescriptions taken on a Regular Basis and Purpose:

I have read, understand and agree to all of the above statements regarding dispersion of medications to my athlete during or related to athletics. Should I have any further questions I will contact the owner, Abbey Kramer.

Parent/Guardian Signature

Date

Print Name

Date

United Tumbling Academy, LLC

United All Stars Commitment Statement

I have received a copy of the United Tumbling Academy, LLC, United All Stars Cheerleading Team Packet. I have read all of the information provided in this packet and agree to abide by all the rules and regulations. In addition, I will commit myself to the time involved in practice, camp, and competition. I am fully aware that the competitive cheerleading is a large financial responsibility and I will commit to United as per financial requirements of a team member. I further acknowledge that I am aware that actions that do not align with the expectations of United according to the rules, regulations, policies, expectations, etc outlined in this packet could result in removal of the athlete from the program and no money will be refunded..

I understand that my commitment fee of \$200 is non refundable and must be received prior to being placed on a United All Stars Team. I understand the commitment of the team lasts from August 2017 - May 2018. In order to be successful this season, I will commit to United with a POSITIVE ATTITUDE.

Athlete Signature

Date

Print Athlete Name

Date

Parent/Guardian Signature

Date

Print Name

Date

United All Stars 2017-2018 Roster Information

Cheerleader Name: _____

Street Address: _____

City: _____ County: _____ Zip: _____

School: _____ 2017-2018 Grade: _____

Birth Date: _____

Home Number: _____

Medical Conditions/Allergies: _____

Cheerleader Cell: _____ E-mail: _____

Mom Name: _____ Cell: _____ E-mail: _____

Dad Name: _____ Cell: _____ E-mail: _____

List other information here (guardian name & #, work #'s, etc.): _____

Emergency Contact & #, other than parent: _____

Please Circle Size

<u>T-shirt:</u>	Youth S	Youth M	Youth L	Youth XL	
	Adult XS	Adult S	Adult M	Adult L	Adult XL

<u>Jacket:</u>	Youth S	Youth M	Youth L	Youth XL	
	Adult XS	Adult S	Adult M	Adult L	Adult XL

<u>Shorts:</u>	Youth S	Youth M	Youth L	Youth XL	
	Adult XS	Adult S	Adult M	Adult L	Adult XL

<u>Bra:</u>	Youth S	Youth M	Youth L	Youth XL	
	Adult XS	Adult S	Adult M	Adult L	Adult XL

United All Stars Tryout Evaluation Form 2017

Name: _____

Age: _____ (as of August 31, 2017)

Birthdate: _____

Grade 2017-2018: _____

Height: _____

Have you cheered before? ___ Yes ___ No

If yes, where? _____

How many years have you competed as an All Star

Cheerleader? _____

Are you willing to cheer on more than one squad? _____

Check Preference

Full Travel

Limited Travel



Check **ALL** tumbling skills you have mastered on the **FLOOR & WITHOUT** a spot.

Level 1

Beginner

- Forward Roll
- Backward Roll
- Cartwheel
- Round Off
- Bridge Kick Over

Intermediate

- Jumps to Forward Roll
- Jumps to Backward Roll
- Handstand Forward Roll
- Front Limber
- Back Walkover

Advanced

- Back Extension Roll
- Front Walkover
- Back Walkover Series
- Back Limber
- Specialty Series

Level 2

Beginner

- Standing BHS
- Jumps pause BHS
- BHS pause BHS
- Round Off BHS
- Front Handspring

Intermediate

- Straight Jump BHS
- BWO BHS
- BHS Step out RO BHS
- Round Off BHS Step out ROBHS
- ROBHS Series
- Front Bounder

Advanced

- BWO BHS Step Out to Specialty
- FWO RO BHS Series
- Specialty Series
- Front Bounder Step Out
- FHS Front Bounder

Level 3

Beginner

- Standing 2 BHS
- Jump to BHS
- RO Tuck
- RO BHS Tuck

Intermediate

- Standing 3 BHS
- 3 Jumps to 2 BHS
- FWO RO BHS Tuck
- RO BHS Step Out RO BHS Tuck
- Punch Front

Advanced

- 4 Jumps to 3 BHS
- Jump BHS Jump BHS
- FWO RO BHS Step Out RO BHS Tuck
- Punch Front RO BHS Tuck

Level 4

Beginner

- Standing Tuck
- Standing BHS Tuck
- Jump to RO Tuck
- RO BHS Layout

Intermediate

- 3 Jumps to BHS Tuck
- 3 Jumps pause Tuck
- Standing BHS Layout
- FWO RO BHS Layout

Advanced

- Jumps to BHS Layout
- BHS Whip BHS Layout
- Punch Front RO BHS Layout
- RO Whip BHS Layout
- RO Whip Layout

Level 5

Beginner

- Jumps to Tuck
- 3 BHS Full
- 2 BHS Full
- RO BHS Full
- FWO RO BHS Full

Intermediate

- Standing BHS Full
- Jump 2 BHS Full
- Standing Full
- BHS Whip 2 BHS Full
- Specialty to Full
- RO BHS Double Full

Advanced

- Jump 2 Standing Full
- BHS Series to Double Full
- 2 BHS Whip Double Full
- Standing Specialty to Double Full
- Running Specialty to Double Full

Circle which stunt position do you have experience in? **NONE** **FLYER** **BASE** **BACK SPOT**

Circle your most advanced Stunting skill level

Level 1 (No experience or level 1 stunts, preps)

Level 2 (Ex. Preps, Extensions, Straight cradle dismounts and basket tosses)

Level 3 (Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses)

Level 4 (Ex. Extended one-legged stunts, Double twisting two-legged dismounts, kick full basket tosses)

Level 5 (Ex. Double twisting one-legged dismounts, Kick double twisting basket tosses)

What day of the week would you prefer to have practice on? _____

What are your strengths? _____

What would be your best contribution as a team member? _____

FOR STAFF USE ONLY

STUNT SKILLS:	Flyer	Base	Backspot
Level 1	_____ Prep		_____ one leg/thigh level stunts
Level 2	_____ full extension		_____ one leg/shoulder level stunts
Level 3	_____ one leg/full ext		_____ ext single twist dismount from full extension
Level 4	_____ one leg/full		_____ double twist dismount from full extension
Level 5	_____ double twist dismount	_____ full up/tic toc transitions	_____ kick double basket

Flyer Flexibility: (circle)

Left Stretch:	Weak	Average	Hyperextended
Right Stretch:	Weak	Average	Hyperextended
Bow & Arrow:	Weak	Average	Hyperextended
Scorpion:	Weak	Average	Hyperextended
Needle:	Weak	Average	Hyperextended
Scale:	Weak	Average	Hyperextended
Arabesque:	Weak	Average	Hyperextended

Staff Technique Comments:

Standing Tumbling	Running Tumbling	Jumps	Motions	Stunts/Flexibility

(circle level)

Level Recommendation based on tumbling	1	2	3	4	5
Level Recommendation based on stunting	1	2	3	4	5

United Tumbling Academy, LLC

Credit Card Authorization Form

Athlete's Name: _____

Name on the Card: _____

Type of Card: Visa MC Discover other

Account Number: _____

Expiration Date: _____

Security Code: _____

Billing Address: _____

City, State, Zip: _____

Phone Number: _____

Service you wish to be charged:

Monthly Tuition Additional Tumbling Other

Other Please specify squad and any other services you wish to be charged for:

Amount to be charged the first of every month: _____

By signing this form, you authorize United Tumbling Academy, LLC to charge your card for the amount listed above.

Signed: _____ Date: _____

UNITED ALL STARS

CHEERLEADING VACATION REQUEST FORM

Each cheerleader is required to submit a Vacation Request Form 4 weeks prior to vacation in order to be excused from practice. We are a competitive organization and every member of the team is essential to our success and holds an integral position in their competition routine. This is why we have attendance requirements.

Competition season begins in October. Practice is mandatory two weeks prior to attending a competition. All vacation requests are to be turned into your head coach.

Please complete a separate form for each vacation period. Thank you!

TEAM MEMBER'S NAME _____

VACATION DATES:

Begin Date _____ End Date _____

Number of days requested _____

Parent Signature _____ Date _____