

CALIBER CHEER STARZ



2018-2019 TRY-OUT PACKET

ALL-STAR CHEER OVERVIEW

The sport of cheerleading is broken down into competitive levels by age and skill ability. The United States All-Star Federation (USASF) is the main governing body in our industry. Caliber cheer teams are formed based on the age and skill ability levels that are specified by USASF.

AGE GROUPS

- Tiny: 4-6 years of age
- Mini: 5-8 years of age
- Youth: 5-11 years of age
- Junior: 5-14 years of age
- Senior: 10-18 years of age



LEVEL RUNNING STANDING

Tiny Prep	No prior running tumbling experience required	Handstand, Forward roll, Cartwheel
1	Cartwheel, Round-off, Front/back walkover combinations	Forward/Backward rolls, Backbend Kick over, Front/Back walkovers
2	Round off BHS series, Front walkover R/O BHS, R/O BHS step out or half turn	Back handspring, Back walkover BHS, T-jump back handspring
3	Round off BHS tuck, Punch front, Ariel	Standing 3 BHS, Toe touch BHS

*****TEAMS ARE NOT SIMPLY PUT TOGETHER BASED ON TUMBLING ALONE**

ALL-STAR COMPETITIVE TEAMS

*****The all-star cheer program requires a strong time and financial commitment.**

- Will practice 2 hours twice a week, plus a 1 hour tumbling class once a week (**\$225/month**)
- Attend 8-10 competitions throughout the competitive season
- Traveling outside of the Houston area, and possibly out of state
- Mandatory team choreography camp during summer



ALL STAR-PREP TEAMS

All-star prep teams are a great introduction into the sport of competitive cheer. They have reduced time and financial commitments. These athletes will learn a routine that includes tumbling, stunting, jumping, and dance just like our all-star teams. The difference is that their routine is shorter, and they will attend less competitions than our all-star athletes. Being on this team will give athletes exposure to a competitive atmosphere while learning how to work together to achieve a common goal.

- Practices 1 hour & 15 minutes twice a week, plus 1 hour tumbling class once a week (**\$188/month**)
- 4-6 competitions for the competitive season
- Most competitions are located in the greater Houston area
- Mandatory team choreography camp during summer

TRYOUT INFORMATION

An informative parent meeting will be held on Saturday, March 31st at 1:00PM in the Atascocita Rowland/Ballard pre-school building. During this meeting, we will review the estimated financial obligations, time commitment, and answer any questions that parents may have regarding our competitive program.

During the try-out process, athletes will be asked to perform standing tumbling, running tumbling, and jumps.

CURRENT ATHLETES

All current all-star athletes will try out during their practices the week of April 16th. Athletes will be evaluated with their current team in a comfortable, fun, relaxed, environment. There will be no try-out fees for current athletes.

NEW ATHLETES

All new athletes will have tryouts on Saturday, April 21st. During the try-out process, athletes will be asked to perform standing tumbling, running tumbling, and jumps. Tryout times will depend on which level your athlete is trying out for.

3:00pm-4:00pm: Level 1 (tiny, prep, and all-star)

4:00pm-5:00pm: Levels 2 and 3

*****Squad placements will be sent via email by April 23rd.**

TEAM EXPECTATIONS

Absences: All practices are mandatory. If there are planned vacations please let the head coach of your team know several weeks in advance. Below are listed excused absences:

- Contagious illness (must bring a doctor's note)
- Death in family
- School cheerleading (required event)

Please know that if your athlete misses a practice during the week of a competition, they may be removed from the routine for that competition.

Competitions: There are NO excused absences from competitions. Any athlete that misses a competition is subject to removal.

Choreography: Mandatory choreography will be held during the summer.

Practice wear: Practice wear will be ordered in June and must be worn to each practice.



CODE OF CONDUCT ACKNOWLEDGEMENT

_____ As a parent, I am aware of the time commitment and understand that my child must attend and be on time to all practices.

_____ Due to the high importance of each practice, it is imperative that practice times take priority and not be withheld as punishment or coercion for behavior, grades, etc.

_____ Due to USASF rules concerning safety and security of our athletes, no one other than competitors and staff may be allowed in the warm up area or competition floor at an event. Failure to do so may result in forfeit of team placement.

_____ I understand that my account must be cleared (at a zero balance) at least seven working days prior to an event for my child to perform. This includes gym tuition, uniform, and competition fees.

_____ I understand that in order to maintain the safety, discipline, and unity of our squad as a team, it is important for each cheerleader to wear the appropriate practice attire to every practice.

_____ Due to name and copyright protection, all clothing, bows, or other items associated with Caliber Cheer and our logo must be approved by Carley Ungerecht prior to purchase and/or distribution.

_____ As the competition season progresses, I understand that it is sometimes necessary for athletes to be moved from one team to another. This is the coach's prerogative in order to utilize each child's skills to his/her advantage of the team.

_____ I understand that if I quit or am removed from the program, I will not be entitled to a refund of any tuition, fees, uniform costs, or any other expenses associated with the gym or team.

_____ I have read the contents of this packet and understand and agree to abide by the information and guidelines.

I understand and agree to this "code of conduct"

Athlete signature _____

Date _____

Parent signature _____

Date _____

STATE OF TEXAS WAIVER AND RELEASE / COUNTY OF HARRIS

I fully understand that *Ballard Academy of Gymnastics LLC, and/or Rowland Interests L.P.*, hereinafter referred to as Rowland/Ballard, staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the Rowland/Ballard staff to render first aid to my child or children in the event of any injury or illness, and if deemed necessary by the Rowland/Ballard staff to call our doctor and to seek medical help, including transportation by a Rowland/Ballard staff member or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the Rowland/Ballard staff deem this to be necessary.

And; we the staff of Rowland/Ballard recognize our obligation to make our students and their parents aware of the risks and hazards associated with the activities of gymnastics, trampoline, tumbling, cheerleading, and dance. By the very nature of the activity, Rowland/Ballard programs carry a risk of physical injury. No matter how careful the student and coach are, no matter how many spotters are used, no matter what height is used or landing surface exist, the risk cannot be eliminated. Reduced yes, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations and muscle pulls. The risk also includes, and always includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the neck, back, or head. Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coaches' instructions. Rowland/Ballard, its coaches, instructors, and other staff members, will not accept responsibility for injuries sustained by any student during the course of any of the Rowland/Ballard programs, or open workouts or in the case of any exhibition, competition, or clinic in which he or she may participate while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by Rowland/Ballard I, my executors, or other representatives, waive and release all rights and claims for damages that I or my child may have against Rowland/Ballard and/or its representatives whether paid or volunteer. I also affirm that I now have and will continue to provide proper hospitalization health, and accident insurance coverage which I consider adequate for both my child's protection and my own protection. I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics, trampoline, tumbling, cheerleading, dance, or any other Rowland/Ballard program and injury. The parent should warn the child according to what the parent feels is appropriate. Rowland/Ballard will only warn the child through "Safety Messages" and our teaching style and progressions.

Child Name: _____

Age: _____

Parent/Guardian Name

(print): _____

Parent/Guardian

Signature: _____

Date: _____

Phone: _____

Cell: _____

Email: _____

2018-2019 ATHLETE INFORMATION FORM

Student's Name: _____

Date of Birth: _____

Age as of Aug. 31st 2018: _____

Sex: M / F

Street: _____

City: _____ Zip: _____

Parent's/Guardians Name: _____

Parent's Email: _____

Parents Cell phone number: _____

Please turn in forms and fees listed below prior to try-out date:

- "code of conduct acknowledgment page" from packet
- Athlete information form
- A signed waiver
- A copy of your athlete's birth certificate
- For NEW athletes, pay \$10 try-out fee