

TSA CHEER

2018-2019

Information Packet



twist and shout dance and cheer

305 W Oak Street

Mahomet, IL

twistandshoutdance@yahoo.com

www.twistandshoutdanceandcheer.com

JOIN US FOR OUR 10TH SEASON

*“I am a member of a team, I defer to
it and sacrifice for it, because the
team, not the individual is the
ultimate champion”*

Welcome to the Family

WHAT IS ALL-STAR CHEERLEADING?

All-Star cheerleading isn't what you imagine when you think about the traditional role of cheerleaders standing on the sidelines, leading cheers. All-Star cheerleaders have taken the athletic activity of cheerleading to a place where they can train and combine elements of tumbling, stunting, dance, acrobatics and traditional cheerleading skills such as jumps and arm motions to help them to obtain superior levels inside the gym. These skills are combined and choreographed into a two-and-a-half-minute routine that challenges the imagination! All-Star cheerleaders have taken the sport of cheerleading to a new level! Of course, like any team sport, competitive cheer requires time, dedication, and commitment both physically, mentally and financially from the cheerleaders and their families. Our goal here at TSA is to help cheerleaders perfect their skills while growing and learning in a fun and structured environment surrounded by supportive teammates, great families, and a wonderful coaching staff. At TSA, you not only will fill a role on the team, but will also become a member of our extended family! We hope you choose to participate in evaluations and become a part of our competitive All-Star Cheerleading program.

OUR MISSION

To create an environment where young athletes will learn the value of teamwork, commitment and hard work. We strive to produce a confident athlete that will consistently be an asset in the future.

OUR COMMITMENT TO YOU

The staff at TSA will do their very best for you at all times. We want to be a fully credentialed USASF All-Star staff and are in the process of achieving these credentials. We will be nationally certified in the safety of tumbling, stunts and jumps in the sport of cheerleading. We are also certified in CPR and first aid. We will require a medical liability waiver to be completed by the parent/family and squad members to be kept on file annually. We at TSA have liability insurance but will not cover medical expenses or supplemental medical expenses that may occur. Every athlete must have their own insurance coverage to participate in our program and should assume that injuries and medical expenses may occur. But our goal at TSA is to create a safe and knowledgeable environment for all of our athletes. We will do our very best to keep your kids safe.

ATHLETE COMMITMENT

All-Star Competitive Cheerleading is a very intense sport. At TSA, we take our cheerleading teams very seriously and expect our athletes and parents to take them seriously as well. Every cheerleader must be prepared to fulfill an 11-month commitment (June 1-April 30). This will be made up of weekly

practices, tumbling, competitions, appearances, fundraisers and at least one large national competition. Practices are mandatory and we expect 100% attendance. Other sports have the luxury of taking someone from the bench and putting them in practice or in the game in place of the missing athlete. In cheerleading, we have no substitutes. Every single person chosen to be on our squad plays a vital role and MUST be present for team practices to be productive. We understand that our cheerleaders are athletes and may be involved in other extracurricular activities beyond TSA. We are committed to planning our practices and competitions as far in advance as possible to allow our athletes to schedule accordingly. TSA will work hard to build our practice schedule to avoid conflicts with Jr. High and Sr. High cheerleading allowing our athletes the opportunity to support their school teams and still be part of the exciting TSA Family. We do our best to plan around other activities however, please keep in mind that TSA must remain your priority if conflicts do arise. Missing TSA practices for school events, dances, practices, games, family outings, parties, wedding etc. are considered unexcused absences and will be counted as such. If you choose to join any sport other than school cheer, please make sure those practices and games will not conflict with TSA events. Speak with the coaching staff of your extracurricular activity and make certain you will have their support and cooperation in making TSA functions your priority. If there is an activity that is optional for your school and it is scheduled simultaneously while TSA has a practice, we expect attendance at our practice. TSA coaches reserve the right to sit you out of a competition or remove you from the team for excessive absences. Our attendance policy is spelled out in this information packet.

PARENT COMMITMENT

Having an athlete on a TSA team, is a commitment for you as well. As with any All-Star team, there are fees and payments associated with participating on this team. It is the responsibility of you, as the parent, to make your payments on time. A 20% tuition discount will be offered for those paying annual tuition fees in advance. If payments are not made on or before the due dates, your athlete will sit out. If you would like to discuss a payment plan please contact Stephanie. You can also assist your athlete by getting them to TSA on time, having them prepared for practices and/or competitions and communicating your feelings to the coaches and/or Stephanie in a professional manner.

PARENT MEETINGS

Parent meetings will be scheduled after team placements have been made. Practice schedules and season calendars will be passed out at this time.

USASF CHEER AGE GRID (AS OF AUGUST 31, 2018)

Tiny (level 1) – 5-6 year olds

Mini (levels 1-2) – 5-8 year olds

Youth (levels 1-3) – 5-11 year olds

Youth (level 4) – 8-11 year olds

Youth (level 5 R) – 9-11 year olds

R = Restricted

Junior (levels 1-3) – 5-14 year olds

Junior (level 4) – 8-14 year olds

Junior (level 5) – 9-14 year olds

Senior (levels 1-5 R)) – 11-18 year olds

Senior (level 5) – 13-18 year olds

The cheerleaders and teams are 'leveled' based on their ability and skill levels they perform at, much like competitive gymnastics. This allows teams to compete fairly at similar ability levels and for each cheerleader to be able to follow the proper progression through skills and levels.

TUMBLING GUIDELINES

LEVEL 1

STANDING TUMBLING SKILLS: Forward roll, straddle roll, hand stand, hand stand forward roll, front lumber, front walk over, cartwheel, backward roll, back extension roll, push up to backbend, standing backbend, backbend kick over, back walkover, connected skills including cartwheel/back walk over.

RUNNING TUMBLING SKILLS: Round off, cartwheel back walkover, front walk over to cartwheel/round off, cartwheel 1/2 turn front walkover.

LEVEL 2

STANDING TUMBLING SKILLS: Standing back handspring (BHS), BHS step out, back extension roll BHS, back walkover BHS.

RUNNING TUMBLING SKILLS: Cartwheel BHS, round off BHS, round off BHS step out, round off BHS series, round off BHS series step out, round off BHS step out to round off BHS front walkover to round off/front walkover to BHS series.

LEVEL 3

STANDING TUMBLING SKILLS: Series BHS, jump to BHS, jump to BHS series, BHS series jump BHS series, BHS step out BHS combo.

RUNNING TUMBLING SKILLS: Ariel, punch front forward roll, punch front, round off tuck, round off BHS back tuck, round off BHS series to back tuck, front walkover to round off BHS back tuck, front walkover to round off BHS series back tuck.

LEVEL 4

STANDING TUMBLING SKILLS: Standing back tuck, BHS back tuck, series to back tuck, jump BHS back tuck, back walkover BHS back tuck, BHS series to layout, BHS back tuck BHS back tuck, BHS back tuck BHS layout, jump to BHS series to back tuck/layout, BHS whip to BHS series to back tuck/layout.

RUNNING TUMBLING SKILLS: Cartwheel back tuck, round off layout, round off BHS layout/layout step out/x-out, round off series to layout, front walkover through to layout, punch front step out to layout, round off BHS series to layout, round off BHS whip BHS to layout, punch front step out BHS whip BHS to back tuck, punch front step out BHS whip BHS to layout, front handspring punch front, front handspring punch front through to round off BHS back tuck/layout.

LEVEL 5

STANDING TUMBLING SKILLS: Jump back tuck, standing full, BHS full, series to full, jump BHS full, BHS series to full, jump BHS series to full, BHS whip to BHS series to full, series to double full, jump BHS series to double full, BHS whip to BHS series to double full.

RUNNING TUMBLING SKILLS: Cartwheel/round off full, round off BHS full, front walkover through to full, punch front step out to full, round off BHS whip to full, round off Arabian round off BHS full, round off BHS full BHS series to full, round off double full, round off BHS double full, front walkover through to double full, punch front step out to double full, round off BHS whip to double full, round off Arabian round off BHS double full, round off BHS full to BHS series to double full, round off BHS double full to BHS series to double full.

EVALUATIONS

We will be charging a \$50 evaluation fee for the 2018-2019 season of which \$30 will be applied to the athlete's USASF annual membership fee and \$10 will be applied to a TSA practice t-shirt when the athlete joins TSA. Evaluations will be held during open gyms May 17 and 24 as well as during our open house May 31. All are from 6:30-8:30. Please note that evaluations are closed to anyone other than athletes and coaches. Much of evaluation is based on potential so it is beneficial for an athlete to attempt the most difficult skills they can perform SAFELY. Athletes should be aware of their limitations and should not attempt skills beyond their current level of experience. There will be no spotting during evaluations. Tumbling is a major factor in team placement but competition score sheets are made up of several sections that we also consider such as jumps, stunting, and performance ability. It is important that each athlete works on all areas for evaluations.

NO PREVIOUS EXPERIENCE IS NECESSARY TO BE EVALUATED

PLEASE WEAR A T-SHIRT OR TANK TOP WITH A SPORTS BRA, BOOTIE SHORTS, A BOW AND CHEER SHOES

* If you are unable to attend evaluations please contact Stephanie to set up a private evaluation.

TEAM PLACEMENTS

Team placement is based upon skill, experience, and team size. All Athletes will demonstrate their skill in jumps, tumbling, motions, stunting, facials and choreography. Team placement will be based on age, maturity and overall abilities across all skill sets. In some cases, an athlete may not have the required minimum tumbling skills to make a certain level team, but possess other skills that would be beneficial to a certain team. Team rosters will be comprised of members whose talents provide the best chances for success at competitions. If you are new to our program you may wonder if your child will have the same opportunities as our returning members. At TSA, the new season puts everyone on an even playing field. TSA reserves the right to evaluate all athletes on their previous years of participation. Attendance, attitude, conduct and skills are some areas that will be considered. All returning TSA athletes must attend evaluations to be considered for a 2018-2019 team placement. Our coaches are confident in their placement of athletes. The best interest of our athletes and teams comes first at TSA. We ask that you trust the judgement of the TSA coaches and understand that we have placed each athlete on a squad that is best suitable for them and the makeup of our teams. If you have any concerns about the placement of YOUR athlete, you may communicate your concerns to the coaches and/or Stephanie.

PRACTICES

We take the time that our squads are together seriously and we expect you to do the same. Most teams will have two practices each week. One of those practices may be on a weekend day. PRACTICES ARE MANDATORY! When one member is absent, it can keep a whole team from achieving their goals. The definition of a team is a number of people that are associated together in work or activity; a cooperatively functioning group. A team cannot function without your attendance and commitment. The staff reserves the right to remove squad members from a performance and possibly the team if practices are missed. Please know that practice time is used for team related activities. Limited time is spent with the athletes individually. Please know that team practice time is for team related activities such as perfecting the routine, learning the pyramid, stunting, choreography and routine related tumbling. Limited time is spent with individual team members. We recommend participation in additional level

based tumbling classes or scheduling tumbling privates to enhance individual skills and progression.

* During competition season, TSA reserves the right to schedule extra MANDATORY practices.

* Athletes will be required to wear designated practice wear to all practices this season. Hair must be completely pulled back into a high ponytail with a bow for all practices. No jewelry allowed!

* Summer practices are a vital part of the season. The summer is when stunt groups are formed and routine placement is set. Please let the coaches know right away of any vacations that are planned.

CROSSOVERS

Athletes are first and foremost a rostered member of their primary team. If an athlete is crossing over to another team they must attend all practices of both teams. Crossover athletes are still expected to also attend their level based rec tumbling class. Crossover athletes will be responsible for paying the tuition of the highest-level squad they are on. They will receive free tuition for their second team but will be responsible for all competition and crossover fees.

SUMMER CAMPS

The athletes will be participating in a MANDATORY summer skills camp. As soon as the dates have been determined we will let everyone know.

ATTENDANCE

Practice attendance will be monitored and tracked this season. You are allowed 3 excused absences.

Excused Examples

Family emergencies

School activity for a grade

High fever

Contagious illness

Unexcused Examples

Social events (birthday parties, dances, etc)

Hair or nail appointments

Homework (please plan accordingly)

Non-contagious illness

Part time jobs (share schedule with employer)

* All absences must be communicated with the head coach of the athlete's team. If you choose to have an unexcused absence the coaches will discuss an appropriate consequence.

* All athletes as well as coaches should arrive for practice 15 minutes ahead of their scheduled practice start time. This means hair done, shoes on, no gum, no eating, jewelry out and ready to go. Cell phones need to be stored away and in silent mode. You are expected to be 100% ready to be on the floor when practice begins. Please note that full attendance is important and excessive tardiness will not be tolerated.

* TSA coaches will be holding closed practices. No one is allowed in the gym area unless invited by a coach. We will be inviting parents to come into the gym and watch the progression of the teams on a monthly basis. Dates will be communicated by the coaches.

SCHOOL CHEER

We will be following all IHSA and ICCA rules for high school members that would like to be able to participate and compete not only for TSA but for their school as well.

CELL PHONES

No cell phones will be allowed out during practices. Phones may be kept in lockers, either turned off or silent. Phones need to be left untouched during the entire practice – including during breaks – we expect 100% focus and concentration at all practices!

PIERCINGS

Piercings are not allowed at any of our competitions. If you feel it is necessary to put a new hole in your body, please have it done as soon as possible so that it can be healed before our first competition. If you have any piercings that cannot be removed yet you will have to properly cover them all for ALL practices, tumbling classes or events where you will be representing TSA. All piercings can be ripped out during tumbling and/or stunting so please take any necessary precautions.

FUNDRAISING

The cost of competitive cheerleading can be expensive. We are committed to providing opportunities to help you raise money to help defray these costs. You will have the opportunity to fundraise to help cover expenses. There will be a number of fundraisers held throughout the year. Every member is 100% responsible for their participation in these fundraisers. They benefit you not us. We want to make it easier on all of you to be able to participate at TSA. The money you raise can be used toward any of the expenses including monthly tuition.

TEAM BONDING

We at TSA find team bonding very important. We want our athletes to have a strong bond on and off the floor. We will be scheduling 2-4 bonding events throughout the season, more if kids are interested. Such events might include bowling, gym lock-ins, swimming, movies, pizza/pasta parties, cookouts, etc. All ideas are encouraged and welcome.

* We will not force anyone to participate in team bonding but it is highly encouraged and will be a lot of fun for the kids and coaches.

“The greater the loyalty of a group toward the group, the greater is the motivation among the members to achieve the goals of the group and the greater the probability that the group will achieve its goals!”

UNIFORMS

All uniform costs and additional items purchased are non-refundable. Parents are required to sign a confirmation of their athlete's uniform order. PARTIAL UNIFORM PAYMENT OF \$150.00 IS DUE AT FITTING – sometime in June. The remaining uniform balance will be due in August. TSA will not be responsible for uniforms that do not fit upon arrival. TSA will not assume responsibility to purchase or re-sell used uniforms.

TRAVEL

There must be a parent or chaperone in every room, no exceptions. Each athlete must have a chaperone at every competition. It is not your coach, team representative or TSA staff's responsibility to be your child's chaperone. It is your responsibility to pay the hotel directly for your room. TSA will reserve room blocks at the hotel of our choice. Some competitions are stay-to-play which means we have to book our rooms at an approved hotel in order to participate. Safety is a major factor when choosing a hotel. Be prepared to pay around \$150.00 per night for accommodations. We will do our best to negotiate a lower rate; however, we want everyone to have an idea what to expect.

IMPORTANT DATES

TBD	Skills Camp
August 17-19	Choreography
October (TBD)	Showcase
April (TBD)	Team Photos
TBD	D2 Summit

STUDIO/GYM CLOSINGS

May 28	Memorial Day
July 2-8	Summer Break
September 3	Labor Day
November 19-25	Fall Break
December 24-January 6	Winter Break
March 18-March 24	Spring Break

COMPETITIONS

Our teams participate in both 1 day and 2 day competitions. There are multiple costs incurred when attending competitions including registration fees, food, travel and hotel rooms. All teams will travel. Competition season begins in November of 2018 and will run through April of 2019. We are planning to attend at least one Major National Competition that may require extra travel expenses.

2018-2019 POSSIBLE COMPETITIONS

11/4/2018	CSG Dress Rehearsal^	Springfield, IL
11/17-18/2018	Athletic Championships	St. Louis, MO
12/1-2/2018	Nations Choice Holiday Classic*	DeKalb, IL
1/13/2019	UCA Midwest Championship^	Peoria, IL
2/2/2019	Cheer Sport^	DeKalb, IL
3/2-3/2019	American Classic^	Schaumburg, IL
3/30-31/2019	LIVE!^	Indianapolis, IN
4/7/2019	Mardi Gras Spirit Spectacular	St. Louis, MO
4/13-15/2019	US Finals**	Chicago, IL
TBD	D2 Summit**	Orlando, FL

^ Possible Prep Competitions

* Teams only compete 1 of the 2 competition days based on squad levels

** Attendance at these events is based on bids received

“Coming together is a beginning, keeping together is progress, working together is success!”

WEATHER CANCELLATIONS

If the weather becomes unsafe to attend practices Stephanie and the coaching staff will make a decision to cancel practice and close the gym. All weather-related cancellations will be posted on the WCIA channel 3 SnowBear closings list on illinoishomepage.net as well as on our Twist and Shout and TSA social media outlets. If Mahomet schools close or cancel evening activities due to weather, Twist and Shout/TSA will close for recreational classes. If we feel that the roads/weather are okay, we will still hold All-Star practices. An email will be sent out once we have discussed the road conditions.

2018-2019 TSA STAFF

Carrie Bushman - Coach	carean7@hotmail.com	217-841-6283
Kristi Coy - Coach	kristikozak@gmail.com	815-409-2578
Steve Dale - Coach	stevedale25@hotmail.com	217-474-2356
Chandler Denby - Coach	denbyc2@gmail.com	217-493-1901
Stephanie Denby - Owner	twistandshoutdance@yahoo.com	217-493-8852
Melody Dreger - Coach	chscheercoach05@yahoo.com	217-377-5826
Kylie Schutte - Coach	kchriste10@gmail.com	217-369-7752

TSA 2018-2019 MONTHLY TUITION FEES

SENIORS/JUNIORS/YOUTH

- \$100.00 per month
(June 2018-April 2019)
- 4 hours of practice per week
- All-Star open gyms
- Level based rec tumbling class

MINI PREP

- \$60.00 per month
(July 2018-March 2019)
- 3 hours of practice per week
- All-Star open gyms
- Level based rec tumbling class

SIBLING TUITION DISCOUNT

First child = Full price - Second child = 20% off tuition - Third child = 30% off tuition

TUITION PAID IN FULL

Tuition paid in full for the season = 20% off tuition

REFER A FRIEND

Refer a friend that joins TSA and receive \$100 tuition credit (One credit/family/season)

ADDITIONAL EXPENSES

Juniors & Seniors Mini Prep

USASF Annual Membership Fee	\$30	\$30
Skills Camp	\$50	N/A
Choreography & Music	\$250-\$300*	\$150*
Competition Fees	\$800*	\$350-\$400*
Crossover Competition Fees	\$500*	N/A
Uniform (males)	\$250-\$350*	\$100-\$150*
Uniform (females)	\$300-\$375*	\$150-\$200*
Shoes (all white cheer shoe)	On Own	On Own
Competition Bow	\$30-\$35*	\$20-\$25*
Program T-Shirts	\$30 (3)	\$20 (2)
Team Practice Wear (3 pieces)	\$75	\$75
Warm Up Jacket (optional)	\$75-\$150*	\$75-\$150*
Team Backpack (optional)	\$95-\$125*	\$95-\$125*

Competition makeup will be discussed at individual team meetings

*approximate cost

A monthly fee payment schedule will be handed out after evaluations are complete.

There will BE NO REFUNDS made to anyone who is asked to leave the program or that quits a team.

FORM CHECKLIST

REGISTRATION FORM (Pink)

EVALUATION FORM (Green)

SIGNED PROGRAM RULES (Blue)

SIGNED FINANCIAL COMMITMENT FORM (Yellow)

COPY OF BIRTH CERTIFICATE

COPY OF INSURANCE INFORMATION

RECENT PHOTO OF ATHLETE

PHOTO/VIDEO RELEASE FORM (Orange)

USASF INFORMATION FORM (Red)

WAIVER (White)

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TSA MAHOMET 2018-2019 PROGRAM RULES

If you ever have a problem, with anything, please do not hesitate to contact your coach or Stephanie. We are here for YOU! If you have any questions or concerns that need immediate attention please use the following chain of command: Team Mom/Representative – Head Coach – Owner

- It is your responsibility to wear the appropriate practice wear to every practice.
- Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags must be taken into the gym and stored in lockers. NO items are to be left in the gym hallways and phones must be turned off or on silent when practice starts.
- NO GOSSIP about any other teams (All-Star or School). NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches or staff. It is much better to address a problem than to listen to idle gossip.
- No profanity or abusive language.
- Appropriate attire is required.
- Please keep in mind the gym is not a babysitting service. We want our All-Stars to use the gym as much as possible, but no child should be dropped off at the gym unsupervised or without being in a scheduled lesson.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
- During practice, all squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- NO ONE OTHER THAN THE OWNER OR COACHES IS ALLOWED TO POST TSA MAHOMET MUSIC, CHOREOGRAPHY, ROUTINES, STUNTS, ETC ON ANY WEBSITES OR SOCIAL MEDIA. THIS INCLUDES, BUT IS NOT LIMITED TO “MYSPACE”, “FACEBOOK”, “YOUTUBE”, “INSTAGRAM”, ETC.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the Owner and coach's decision.
- Practices may be changed or added at any time during the season.
- Threatening to quit or pull your child from a squad will not be tolerated.
- Please do not take valuables to the gym; we are not responsible for unattended items.
- Only cheerleaders and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumbling classes. This is extremely distracting to all involved.
- The coaches reserve the right to close practices at ANY time for ANY reason. The only person allowed to come in during a closed practice is the team representative.
- It is the parent's responsibility to know what is going on with your squad. Check your emails, Team Group Me, TSA Family Facebook page (new) and the Twist and Shout website frequently.
- Withholding a child from practice or a competition should never be used as a form of punishment.
- Athletes should be able to handle school work and All-Star practices; homework is not an acceptable excuse for missing practice.

- Each team will be assigned other TSA Mahomet teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assigned teams. The kids appreciate and feed off of a large crowd cheering them on!
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials or judges for any reason.
- Parents are never allowed to represent TSA Mahomet under any circumstances concerning accommodations, competitions or any other situation.
- TSA Mahomet cheerleaders, family and friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the Owner.
- We have a rule at TSA Mahomet called the "24 Hour Rule". This rule has been created with the best interest of our athletes, coaches, and families in mind. If you are upset after a practice, in the gym, or at a competition, we ask that you wait 24 hours to address the issue (of course if there is an injury involved, it is a different situation). In the heat of the moment, we all can say things that we do not mean. Most problems are resolved on their own 24 hours later or seen in a different light. This is a rule that we can teach athletes to exercise in everyday life as a life lesson. It is a positive rule for TSA Mahomet as a whole!
- Anonymous emails, letters, texts, twitters, etc. will be ignored.
- The Owner may change, add or subtract any rule at any time.

GOOD SPORTSMANSHIP, POLITE MANNERS AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES.

THIS PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.

I have read and fully understand all policies, rules and expectations in the evaluation packet. I understand that I am entering into this All-Star program of my own free will. I understand what is expected of me as a parent and an All-Star cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a TSA parent and athlete.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

TSA 2018-2019 REGISTRATION FORM

ATHLETE INFORMATION

Athlete Name _____
Street Address _____
City _____ State _____ Zip Code _____
(18-19 School Year) School _____ Grade _____ On School Squad _____
Birth Date _____ Home Phone Number _____
Athletes Cell _____ E-Mail _____
Medical Conditions/Allergies _____

(PLEASE ATTACH A COPY OF ATHLETES BIRTH CERTIFICATE)

PARENT INFORMATION

MOTHER'S NAME

Last: _____ First: _____
Home Phone: _____ Cell Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____
Work Phone: _____

FATHER'S NAME

Last: _____ First: _____
Home Phone: _____ Cell Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____
Work Phone: _____

Emergency Contact (Name, Number of someone other than Parent)

Name: _____ Cell Phone: _____

INSURANCE INFORMATION

Insurance Carrier: _____ Policy #: _____
Carrier's Phone: _____ Group#: _____

(PLEASE ATTACH A COPY OF YOUR INSURANCE INFO)

WELCOME TO THE FAMILY!!

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

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TSA EVALUATION FORM 2018-2019

Athlete Name _____

Athlete Age as of August 31, 2018 _____

Athlete Birthdate _____

Grade (18-19 School Year) _____

Have you cheered before (Please Circle One) YES NO

If yes, where have you cheered? _____

CHECK ALL TUMBLING SKILLS YOU CAN PERFORM ON THE FLOOR WITHOUT A SPOT:

STANDING TUMBLING:

None or Back Walkover

Standing Back Handspring

Standing Tuck

Jump Back Handspring

Jump Tuck

Standing Full

Standing Multiple Back Handsprings

Standing Two Back Handsprings to Tuck

Standing Back Handspring to Tuck

Standing Two Back Handsprings to Layout

Standing Back Handspring to Layout

Standing Two Back Handspring to Full

Standing Back Handspring to Full

RUNNING TUMBLING:

None or Round-Off

Running Round-Off Back Handspring

Running Round-Off Tuck

Running Round-Off Back Handspring Multiples

Running Round-Off Back Handspring Tuck

Running Round-Off Layout

Running Round-Off Back Handspring Layout

Running Round-Off Full

Running Round-Off Back Handspring Full

Running Round-Off Back Handspring Double Full

AT WHICH STUNT POSITION DO YOU HAVE EXPERIENCE? (CIRCLE ALL THAT APPLY)

None

Flyer

Base

Back spot

CHECK YOUR MOST ADVANCED STUNTING SKILL LEVEL:

___ Level 1 – Example – No experience or level 1 Stunt, Preps

___ Level 2 – Example – Preps, Extensions, One-Leg at Prep, Straight Cradle Dismounts, ½ Up to Extension, Straight Ride Basket Toss

___ Level 3 – Example – Extended One-Legged Stunts, Full Twisting Two-Legged Dismounts, Full-Up to prep, Single Trick Basket Tosses

___ Level 4 – Example – Extended One-Legged Stunts, Double Twisting Dismount Two-Legged Stunts, Full Twisting Dismount One-Legged Stunts, Kick-Full Basket or Double Twisting Basket

___ Level 5 – Example – Double Twisting One-Legged Dismounts, Kick Double Basket, Double-Ups

ARE YOU WILLING TO CHEER FOR ANY TSA MAHOMET TEAM, REGARDLESS OF TEAM LEVEL?

_____Yes _____No

If No, please circle level on which you are willing to cheer and explain why:

1 - 2 - 3 - 4 - 5 Why? _____

WHAT ARE YOUR STRENGTHS? _____

WHAT WOULD BE YOUR BEST CONTRIBUTION AS A TEAM MEMBER? _____

WOULD YOU BE WILLING TO CROSS OVER AND COMPETE ON TWO TEAMS FOR THE 2018-2019 SEASON? Yes _____ No _____

*Tuition fees apply to the highest-level team you are on - You will ONLY be charged for ONE TEAM.
(Competition crossover fees are an added expense)

Please circle ATHLETE sizes:

T-Shirt: Youth XS - Youth S - Youth M - Youth L - Youth XL
Adult XS - Adult S - Adult M - Adult L - Adult XL

Jacket: Youth XS - Youth S - Youth M - Youth L - Youth XL
Adult XS - Adult S - Adult M - Adult L - Adult XL

Shorts: Youth XS - Youth S - Youth M - Youth L - Youth XL
Adult XS - Adult S - Adult M - Adult L - Adult XL

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

TSA 2018-2019
STATEMENT OF FINANCIAL COMMITMENT

2018-2019 ALL-STAR SEASON PAYMENT POLICY

We would like for you to provide a blank check this season. This will be entered into our computer program and used for the minimum monthly fees. If you do not want to set up automatic withdrawal then you may pay by check or cash before the 5th of each month; however, if you have not paid by the 5th your checking account will be automatically drafted. Please arrange your payment method with Stephanie.

PLEASE VOID A CHECK AND STAPLE TO THIS FORM!

There will be a \$25.00 fee on returned checks.

I have read and fully understand my financial commitment to TSA MAHOMET outlined in the tryout packet. I understand that my commitment is for the 2018-2019 All-Star competitive season. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Athlete(s) Name _____

Parent Signature _____ *Date* _____

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

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TSA 2018-2019
PHOTO/VIDEO RELEASE

I hereby authorize TSA/Twist and Shout to publish photographs taken of my minor child or children listed below for use in TSA/Twist and Shout's print, online and video-based marketing materials, as well as other TSA/Twist and Shout publications.

I hereby release and hold harmless TSA/Twist and Shout from any reasonable expectation of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below that I have full authority to consent and authorize TSA/Twist and Shout to use their likenesses.

I further acknowledge that participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or other TSA/Twist and Shout publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release TSA/Twist and Shout, its contractors, its employees and any third parties involved in the creation or publication of TSA/Twist and Shout publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor child/children listed below.

Parent Name (please print) _____

Signature _____ Date _____

Street Address _____

City _____ State _____ Zip _____

Relationship to child/children _____

Names & Ages of Minor Children:

Name _____ Age: _____

Name _____ Age: _____

Name _____ Age: _____

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

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TWIST AND SHOUT DANCE AND CHEER/TSA

305 W Oak Street – Mahomet, IL

Liability Release Form

(Please read this form carefully and sign it)

_____ (participants name) has my permission to participate in events/activities at Twist and Shout. I fully understand that I, the parent/guardian, and my son/daughter must abide by all rules and guidelines set forth by Twist and Shout.

I _____ (participants name or parent/guardian name if participant is under 18) understand that by the very nature of the activity, cheerleading and tumbling carries a risk of physical injury up to and including death. No matter how careful the cheerleader, tumbler and coach are; no matter how many spotters are used; no matter what height is used and what landing surfaces exist, the risk cannot be eliminated. Reduced, yes, but never eliminated.

I understand that the Twist and Shout staff members are not physicians or medical practitioners of any kind. I hereby give permission to the Twist and Shout staff to render temporary or basic first aid to my child(ren) or myself in the event of injury or illness. I agree to hold harmless Twist and Shout, and its owners/staff for any injury, whether such injury results from the negligence of Twist and Shout or its officers, agents, or staff, or some other cause, resulting from rendering basic first aid.

I understand that by taking part in any activity/event at Twist and Shout, there is a possibility of injury or sickness to me/my daughter/my son (myself/advisor/coach/chaperone). In the event that I cannot be reached, I hereby authorize Twist and Shout and its employees, whether paid or volunteer, to give consent for my son/daughter to receive medical treatment including transportation by a Twist and Shout staff member or its representatives, whether paid or volunteer, to any health care facility or hospital, or calling of paramedics or ambulance for said child should the Twist and Shout staff deem necessary. I do hereby grant permission to hospital staff members to administer immediate treatment to my child should she/he be injured, or to me (myself/ advisor/ coach/chaperone).

I understand and affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage, for both my child and my own protection.

I also agree to hold harmless Twist and Shout and its staff or the event facility whether such injury results from the negligence of Twist and Shout or its officers, agents or staff, or some other cause, as a result of my daughter's/son's participation or my (myself/advisor/coach/chaperone) participation in any Twist and Shout event.

It is agreed that I, my spouse, child(ren), my heir(s), and executors, forever waive and release any and all rights and claims for damages, whether such damage, loss or injury results from the negligence of Twist and Shout or its officers, agents or employees, or some other cause, that I, my spouse, my child(ren) or my heir(s), and executors may have at any time against Twist and Shout or its representatives, shareholders and staff whether paid or volunteer, for any injuries or damages in connection participation in programs or activities related to Twist and Shout. The risks involved with such activity are fully understood.

By signing below, I agree to this release of liability:

_____ **Date** _____

Participants Signature (Parent must sign if Participant is under 18 years of age)

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK

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USASF

Athlete User Account

Email/Username * _____

Athlete Information

Preferred First Name * _____

Legal First Name * _____

Legal Middle Name _____

Legal Last Name * _____

Nick Name _____

Gender * Male Female

Date of Birth * _____

Street Address 1 * _____

Street Address 2

City * _____

State * _____

Zip Code * _____

Cell Phone* _____

* REQUIRED INFORMATION