

Cheer Force Tryouts

March 27th & 28th	
<p style="text-align: center;">5:00-6:30 (Mon & Tues)</p> <p style="text-align: center;">(Ages 4-8)</p>	<p style="text-align: center;">No Skills to Front/Back walkover- Single Back Handspring</p>
<p style="text-align: center;">6:30-8:00 (Mon & Tues)</p>	<p style="text-align: center;">Series of front/back handsprings to tucks/layouts <i>(Level 2-3 skills must be performed without a spot)</i></p>

March 29th & 30th	
<p style="text-align: center;">6:30-8:00 (Wed & Thur)</p> <p style="text-align: center;">(Ages 9-up)</p>	<p style="text-align: center;">No Skills to Front/Back walkover- Single Back Handspring</p>

Flyer Tryouts March 23	
<p style="text-align: center;">6:30-8:00 (Thursday)</p>	<p>Requirements to attend flyer tryouts: Must have Right and Left splits **Attending Flyer tryouts will <i>not</i> guarantee your athlete will be a flyer this season.</p>



Questions: Contact Jessica 281-444-4755 or cfjess@ymail.com
All athletes trying out will be placed on a CF team

CHEER FORCE

Thank You for your interest in Cheer Force. We are excited to say that we are going on our 11th competitive cheer season. Our mission at Cheer Force is to provide an opportunity to enhance your child's talent thru team work, self-confidence and determination. We hope your child can find a sense of competitiveness, learning, fun and love for the sport of cheerleading.

Understanding competitive cheer:

Competitive cheer is broken down into 6 levels. Each level is determined by skills and technique.

Level 1	Level 2	Level 3	Level 4	Level 5
Tumbling				
Cartwheels Round off Back walkover Front walkover Backward roll Forward roll	Standing Backhandspring Round off – backhandspring Series of backhandsprings Front handsprings Backwalkover backhandspring	Jumps to backhandsprings Roundoff Tuck Roundoff backhandspring backtuck Standing series backhandsprings Front Flip Front handspring to round off	Standing: Back tuck Backhand springs back tuck Jumps to tuck Layouts Front flip to back tumbling	Standing twisting Fulls/doubles Series of Backhandsprings to full
Stunting				
Prep level	One leg at prep level Two leg at extension No twisting	One leg at extension Twist from two leg Inverted stunts	Twist from off of one leg Double twisting from two leg	Flipping in stunts Double twisting in one and two legged stunts

Skill Expectations For Moving Up Levels

This year, more than any year before, we are going to be drilling technique and demanding a higher level of execution, for an athlete to make a particular level or team. This is going to result in better overall tumbling quality resulting in higher execution scores at competitions. More importantly, our athletes will be much safer at practices and at competitions because they will be executing skills they can consistently complete with strong technique.

This season, this is what we are wanting from our athletes in order to move up in levels. Strong to excellent technique on the skills below.

Level 1 –Jump connected backward roll, bridge kick over, back walkover, front walkover, cartwheel, round off. (All of these skills should have straight legs and pointed toes with a strong land/stand).

***A bonus skill for Level 1** could be a standing back handspring with average to low technique.

Level 2–Standing back handspring, back walkover back handspring, round off series of back handsprings (3 or more), front walkover or back handspring step out specialty pass to series of back handsprings. (All of these skills should have legs squeezed together, straight legs, and pointed toes with a strong land/stand)

***A bonus skill for Level 2** would be a strong standing two back handsprings with average to low technique

Level 3–Multiple jump combo to a series of standing back handsprings, standing series of back handsprings (3 or more), round off back handspring back tuck, punch front, specialty running pass of front walkover, back handspring step-out, or punch front pause to round off series of back handsprings to back tuck. (All of these skills should have straight legs, pointed toes, and legs together on back handsprings. The back tucks should have tall sets and then tight tucks with a strong land/stand)

***Bonus skills for Level 3** would be standing back tuck, standing series of back handsprings to back tuck, or round off back handspring layout with average to low technique

Level 4–Multiple standing back tucks, multiple whip jumps to back handspring back tuck, standing one handspring to layout and/or back handspring tuck/whip to two back handsprings to layout, round off back handspring layout, level appropriate specialty pass of punch front, whip, or bounding whips to round off back handspring layout. (All of these skills should have straight legs, pointed toes, and legs together. The layouts should have tall sets, pull into a straight body (hollow position hold for the entire flip), and then a strong land/stand).

***Bonus skills for Level 4** would be multiple jump combination to back tuck and round off back handspring full with average to low technique

Monthly Tuition

Level	Monthly	Hours	Days per week
Show Team	\$70	1 Hour	1
1	\$130	4 Hours	2
2	\$130	4 Hours	2
3-4	\$130	5 Hours	3

Current/New Members checklist

Item	Cost	Due Date
Uniform (only new athletes)	Level 1-3 \$390 Payment due at fitting	June 12th Sizing 6:30-8:00 p.m.
Practice uniform	\$150 Includes: 2 sports bras, 2 spunks, Capri pants & Tank Top	April 3rd Sizing April 3 rd -6 th 5:30-8:00 PM
Warm Ups	TBA	TBA
USASF Membership Fee	\$35	Due May 31 st
Back Pack	\$70	
Hanging bag (Optional)	\$60	Payment due at fitting
Shoes	\$110 Payment due at fitting	April 10 th 5:30-6:45PM
Competition Fee	\$800 Est. (On the high side)	5 payments: May 1st \$300 June 1 st \$125 July 1 st \$125 August 1 st \$125 September 1 st \$125
Choreography & Music	\$400 Cash *Subject to change	Due April 3rd
CF Team Camp Friday-Sunday	\$200est. Optional but highly recommended	Camp Date August 18-19

Note: Any payments made to Bannon's Gymnastix are non-refundable and non-transferable. USASF is the governing body for competitive cheerleading

Bannon's Cheer Force 2017-2018

Evaluation Form

Name _____

ATTACH PHOTO HERE

Age as of August 31, 2017 _____

Birthdate _____ Height _____
(Mm/dd/yy)

Grade 2017-2018 _____

Check ALL tumbling skills you perform ON THE FLOOR & WITHOUT A SPOT

STANDING Standing	SERIES TUMBLING	RUNNING
<input type="checkbox"/> None <input type="checkbox"/> Back Walkover <input type="checkbox"/> Back Handspring <input type="checkbox"/> Standing Tuck <input type="checkbox"/> Jump Tuck	<input type="checkbox"/> Multiple Back Handsprings <input type="checkbox"/> Two BHS to tuck <input type="checkbox"/> Back Handspring Tuck <input type="checkbox"/> Two BHS to Layout <input type="checkbox"/> Back Handspring Layout	<input type="checkbox"/> None or Round-Off <input type="checkbox"/> Back handspring <input type="checkbox"/> Back tuck <input type="checkbox"/> Layout <input type="checkbox"/> Full
List any Specialty skills:		

Stunt experience position (Circle all that apply)			
None	Fly	Base	Backspot

Check 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. Double twisting two-legged dismounts, kick-full basket tosses
- Level 5 Ex. Double twisting one-legged dismounts, Double twisting basket tosses, full-ups

Are you willing to cheer for any Cheer Force team, regardless of level? Yes__ No__ If no, please explain why:

Are you willing to double team?(Compete on 2 teams) Yes__ No__

Turn this page in with your paperwork

Cheer Force Parent Form

Athletes Name _____

Parent Information

Mom Name:	Mom Cell:
Dad Name:	Dad Cell:
E-mail:	

All CF members are required to have a credit card on file. Monthly Auto-pay will be run on the first of the month. If you wish to **not** use the card on file another method of payment must be brought in before the first of the month. If payments have not been received credit card on file will be charged.

Vacation Plans:

Please note any days you are planning on being out of town during the Summer and through Christmas break.

I, _____ (parent), have read, understand and agree to abide by the rules, policies & guidelines set forth by Bannons Cheer Force/Gymnastix in this evaluation packet.

Signature _____ Date _____

I, _____ (athlete), have read, understand and agree to abide by the rules, policies & guidelines set forth by Bannons Cheer Force/Gymnastix in this tryout packet.

Signature _____ Date _____

Note: Your endorsement above signifies your intent to participate in Cheer Force evaluations and your interest in joining a Cheer Force All-Star competitive team. Please remember everyone will make a team depending on skill level. There are no cuts athletes will either be on a training team, show team, prep team or Level 1-4. Any payments made to Bannon's Gymnastix are non-refundable and non-transferable. I understand if I choose to leave or am asked to leave the program I am responsible for all charges on my account.

Turn this page in with your paperwork

Cheer Force
2017-2018

Financial Commitment

I have read and fully understand my financial commitment to Bannon's Cheer Force outlined in this evaluation packet. I understand that my commitment is for the 2017-2018 competitive season. I understand that I am giving my credit card/debit card information and that information will be used if I do not meet payment deadlines to Bannon's Cheer Force. I understand that I 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.

Everyone is required to submit credit card information and to be on auto-pay. Accounts are due before the first of every month. Auto-pay will be drafted the 1st of every month. Your credit card will be charged for any outstanding balance on the 15th of that month.

Non-payment and/or declined credit card will result in a \$35.00 late fee.

You do have the option to pay prior to the 1st of the month with cash, check, money order or cashiers check. If your card information changes, you must fill out a new authorization form.

Parents Signature _____ Date _____

*Credit card information once entered into our system will be shredded.

=====

Name as It Appears on this Card: _____

Billing Address _____

Zip Code _____

Type of Card:

Visa Mastercard Discover

Credit Card # _____

Exp. Date _____

Cardholders Signature _____

Date: _____

Athletes Name _____

Turn this page in with your paperwork

CF Athletes I Understand...

- 1. I understand that I must tell my coach when I am feeling ill or have an injury that may hinder my workout.**
2. I understand that coaching is to be done by the coaching staff, not my parents.
3. I understand that it is my responsibility to keep myself healthy and do rehabilitation on any injury that I may have.
4. I understand that I have the right and obligation to ask questions if I do not understand something during my workout.
5. I understand that gossiping is unacceptable at or outside of the cheerleading facility, and that I may be called in for a meeting if there is a problem with my behavior.
6. I understand that stealing will not be tolerated.
7. I understand that, if needed, the coach may recommend or require a private lesson to help me improve my skills.
- 8. I understand that I must keep my grades in good standing at my school.**
9. I understand that I am expected to be supportive of all of my teammates, regardless of their achievements.
10. I understand that my family comes first, then school, followed by cheerleading.
- 11. I understand that once I commit to competition, I am expected to complete the season.**
12. I understand that I am to respect my coaches and other Bannon's Cheer Force staff at all times.
13. I understand that during competition I am required to remain with my team until after the awards ceremony.
14. I understand that I am expected to show up to competition with adequate time to prepare for the competition, both mentally and physically.
- 15. I understand that I am expected to show up to competition in full uniform, not in pajamas, sandals or other non uniformed attire.**
16. I understand that I need to look my best when representing Bannon's Cheer Force.
17. I commit that I will always try my hardest to become the strongest, most confident cheerleader I can be!
18. I understand that I must show up to practice with hair pulled up neatly with Cheer Force Practice Attire on.
- 19. I understand if I miss a competition I will be removed from the team for the remainder of the season.**

Cheerleader Signature

Date

Turn this page in with your paperwork

CF Parents I Understand...

- 1. I understand that tuition is due before the first of the month**
2. I understand that I am responsible for all fees that are required for competition, and that said dues are to be paid in full according to payment schedule.
- 3. I understand that if tuition, uniform, choreography and competition fees are not up to date, my child will not be allowed to participate**
- 4. I understand that if an athlete leaves the program for any reason, is dismissed or resigns, there will be no refunds or transfers from any payments made to Bannon's Cheer Force/Bannon's Gymnastix or Choreographer**
5. I understand that I must have a credit card on file and all charges that are due will be run on the due date.
6. I understand that I must purchase the complete team uniform and make up.
7. I understand that I am responsible for my child's travel expenses to and from all competition.
8. I understand that I am responsible for my child's transportation to and from all workouts & competitions.
9. I understand that all cheerleaders are to be dropped off and picked up in a timely fashion. If, for any reason, I am running late, I will notify the office ASAP.
10. I understand that coaching is to be done by the coaching staff. My job is to be a supportive parent.
11. I understand that, if a problem arises, I have the right and obligation to speak to the coaching staff to resolve the issue.
12. I understand that gossiping is unacceptable at or outside of the cheerleading facility, and that I will be called in for a meeting if there is a problem with my behavior.
13. I understand that, if needed, the coach may recommend or require a private lesson or class to help improve my child's skills.
14. I understand that the Bannon's Cheer Force staff, not the parents, decides on uniforms & competition locations.
- 15. I understand that I am to notify the coaches if my child is ill, injured, or missing practice for personal reasons.**
16. I understand when my child misses practice that other teammates are affected
17. I understand that I am expected to be supportive of all of the team members, regardless of their achievements.
18. I understand that I am expected to drop my child off at competition with adequate time to prepare for the competition, both mentally and physically.
- 19. I understand if my child misses a competition they will be removed from the team for the remainder of the season**
20. I understand that should my athlete discontinue performing the skills that they performed at evaluations, at any time during the season, they can be moved to a more appropriate level team for their current skill level
21. I understand and have read the above rules if broken it is and can be grounds for dismissal.

Parent Signature

Date

Turn this page in with your paperwork



ATHLETE IDENTIFICATION INFORMATION MEMBERSHIP APPLICATION

INSTRUCTIONS: Use this application for athletes that have MF/FR been entered in the USASF Athlete ID and Membership system. This may include athletes that are new to all star cheer and dance OR athletes that were a part of a program that did not participate in athlete ID during previous seasons. **DO NOT create a new Athlete ID for an all star athlete who has participated during a previous season with a different program and may already be in the system.**

This form is to be completed by the parent and given to the gym owner or program administrator of the current program for which the athlete is enrolled. They will then enter the information in the USASF Athlete ID and Membership system. **DO NOT MAIL THIS FORM OR BIRTH CERTIFICATES to the USASF office.**

ATHLETE FULL NAME (as printed on your birth certificate)

FIRST MIDDLE LAST

NICK NAME (The "first name" you go by if different from your given name) _____

DATE OF BIRTH _____ PROOF OF AGE PROVIDED Yes No
MONTH DAY YEAR

I authorize the above listed gym to upload the birth certificate for this athlete: Yes No Parent/Guardian Initials _____

GENDER Female Male

E-MAIL ADDRESSES:

Athlete E-mail (if applicable) _____

Parent E-mail (required) _____

HOME ADDRESS:

STREET ADDRESS CITY, STATE, ZIP CODE

ATHLETE: PLEASE READ ALL MEMBERSHIP TERMS BEFORE SIGNING

1. I fully understand and accept the terms and conditions listed on the attached page entitled *Athlete Membership Terms and Conditions*, allowing my participation in any USASF Member Event Producer event.
2. The birthdate above is correct and can be verified by providing a birth certificate.
3. I fully understand that failure to provide a birth certificate upon request or providing a birth certificate that has been altered or falsified may result in disciplinary action, including but not limited to, restriction of membership or ineligibility.

Athlete Signature _____ Date Signed _____

All athletes' ages 12 and older must sign this form

PARENT: PLEASE READ ALL MEMBERSHIP TERMS BEFORE SIGNING

1. I fully understand and accept the terms and conditions listed on the attached page entitled *Athlete Membership Terms and Conditions*, allowing my child's participation in any USASF Member Event Producer event.
2. The birthdate above is correct and can be verified by providing a birth certificate.
3. I fully understand that failure to provide a birth certificate upon request or providing a birth certificate that has been altered or falsified may result in disciplinary action, including but not limited to, restriction of membership or ineligibility for my child.

Parent or Guardian Signature _____ Date Signed _____

Evaluation Form Check List

	Check List
	Evaluation Form
	Parent Form
	Financial Commitment
	Athlete I Understand Form
	Parent I Understand Form

Turn in this page with your paper work

Try-outs 2017-2018

Try-outs:

All athletes ages 4 and up interested in competing in the 2017-2018 season will participate in Tryouts.

Try-outs will be open practice environment. Each athlete will be judged on the following skills; standing tumbling, run tumbling, jumps and stunting.

1. Athletes must have strong to excellent technique on the entire skill set to make that level.

This means they need to be able to compete a specialty running pass, an elite standing pass, and do all other standing tumbling requirements at that level with strong to excellent technique in order to make that level. (With the acceptance of level 1)

2. Cheerleaders will be placed on a team according to their age, and their ability that was demonstrated through their evaluation. Depending on the circumstance, and if a coach feels it is necessary, your child may be moved to a different team during the course of the year.
4. The level of the teams will not be determined until all teams are established. Even after teams and level are determined, they are still subject to change throughout the season at coach's discretion.
5. If an athlete leaves the program for any reason, is dismissed or resigns, there will be **no refunds** or **transfers** from any payments made to Bannon's Cheer Force/Gymnastix
6. **Try-outs are closed for viewing (no parents or friends allowed to watch)**
7. Parents/Guardian must sign the athlete in each day of tryouts

Team Placement

Evaluation Results:

1. Results will be e-mailed once rosters are established. This will take some time. CF staff wants to make sure we form the best competitive teams as possible.
2. A parent meeting will be held the first week of practice (TBA). If parents do not attend the parent meeting Cheer Force is to assume that you will not be participating.
3. **Practices will begin the week of April 10th. Failure to attend the first week of practice will result in losing your position on the team. This also applies to all returning Cheer Force athletes. The \$400 (non-refundable) towards choreography fee must be taken care of before the first practice.**
4. Before dropping off your child for Tryouts; Please make sure your child is registered.
5. Athlete's placement is based on their age and skill. At coaches discretion some athletes will be placed due to needs of a particular team. Specific team placement is not final.
6. **Teams will still be evaluated throughout the next few months to ensure each is built to succeed. The Cheer Force staff reserves the right to move athletes from one team to another due to attendance, loss of skill, team chemistry, dedication, attitude, etc.**

Age Divisions:

Age divisions are based on age as of August 31, 2017. This allows squads to be organized so that athletes will be training with his or her peers. It is not uncommon for an athlete to remain on the same team for more than one or two years. It is important that all teams have appropriate age groups to ensure the maturity and strength of each team

Practices

ROLE AS A PARENT:

Parents are not allowed on the floor at anytime. The parent lobby is designed to be a positive atmosphere where parents can enjoy watching his or her athlete doing what they love. If at anytime the parent lobby becomes anything other than this, practices can and will be closed at Coach's discretions. Please remember your role as a parent in the Cheer Force program; to be a positive influence on your athlete's experience. This means parent gossip will not be tolerated and will result in closed practices.

Practice Attire:

All Athletes will be required purchase and wear the appropriate CF practice attire at all practices. Returning will need to order the new practice wear.

Attendance

Competitions:

You must attend the four practices prior to a competition. Missing will result in being pulled from the routine for that competition and for the remainder of the season.

Please note:

Prior to competitions Extended and Additional practices **may be added**. These hours and practices are mandatory. There will be no additional charge for extended or additional practices.

Sick Days:

If you are sick and feel you cannot workout, you must attend the practice and watch from the side for any changes that may affect the routine. If you are contagious, please call and notify the coaches.

Summer Vacations:

We use the summer to get ahead of our competition!! Many students get stronger and advance their skills during the summer months. Practices are mandatory. However we do understand that summertime is when families take vacations. Please notify the staff as soon as possible

Competitions

Competition Schedule:

The 2017-2018 competition schedule will be released by July 1st 2017. **All competitions are mandatory.** The calendar goes out early enough to plan accordingly. Season is from April 2017- March 2018. This is a year long commitment.

* If an athlete leaves the program for any reason, is dismissed or resigns, there will be **no refunds** or **transfers** from any payments made to Bannon's Cheer Force/Gymnastix and choreographers.

IN-Town Competitions

Competitions are held within the surrounding Houston area (San Antonio/Dallas). Most competitions are held on Saturdays for the exception on nationals. Local competitions are held at the George R Brown Convention Center, NRG Arena or Moody Gardens.

-Parents are responsible for getting their athlete to and from the competition.

OUT-Of-Town Competitions

In some cases, such as National events, it will be necessary to travel out of town and stay overnight. This is usually 1-2 competitions per year. The away competitions are hosted in cities such as Dallas and San Antonio.

-Parents are responsible for their own travel arrangements

Travel Team

Travel team will attend local and out of state competitions. Example of out of state competition: Disney World, California, New York, Cruise out of Galveston. These are just examples. Competitions will not be determined until dates and locations of the competitions are released. (1-3 competitions maybe out of state).

CF coaches will be very selective on who is placed on this team. CF coaches will look at **attendance**, loss of skill, team chemistry, dedication, attitude, etc.

Extra Classes

We offer a variety of classes to improve your child's skills. Classes are not mandatory.

How much is an extra class on top of cheer? \$40 extra

Ex. McKenna is on a level one team her monthly tuition is \$125 she would like to join a conditioning class (\$40). Her monthly tuition will now be \$165 per month.

Stretch and Jump Class

This class is to help with flexibility and to help improve technique in the jumps.
Class will start in the summer

Conditioning Class

This class works on building the strength and cardio of the athlete. The stronger the athlete is the easier the skills will be to obtain. *Class will start in the summer*

Flyer/Stretch Class

Flyer Class: Time and date TBA

Flexibility/Flying: Class will start in the summer

***** If your child is chosen as a flyer this season this class is MANDATORY*****

Please understand flyer positions can change due to loss of skills or struggle the group maybe having.

Tumbling Class

This class is broken down into 3 levels

CF Level 1 Tumbling (Backwalkovers)

CF Level 2 Tumbling (Backhandsprings)

CF Level 3-5 Tumbling (Back tucks)

***** If your child is STRUGGLING with tumbling this class is MANDATORY*****

Contact Information

Coaches	Contact
Jessica Barton Director	cfjess@ymail.com
Samantha Attaway	cfcoachsam@gmail.com
Jennifer Gibbens	cfjenn@ymail.com

Important Dates for 2017-2018 Gym Closings

May 29th – June 4th

July 4th

August we will close for 1 week (TBA)

September 4th - Labor Day

October 31st- Halloween (Tentative)

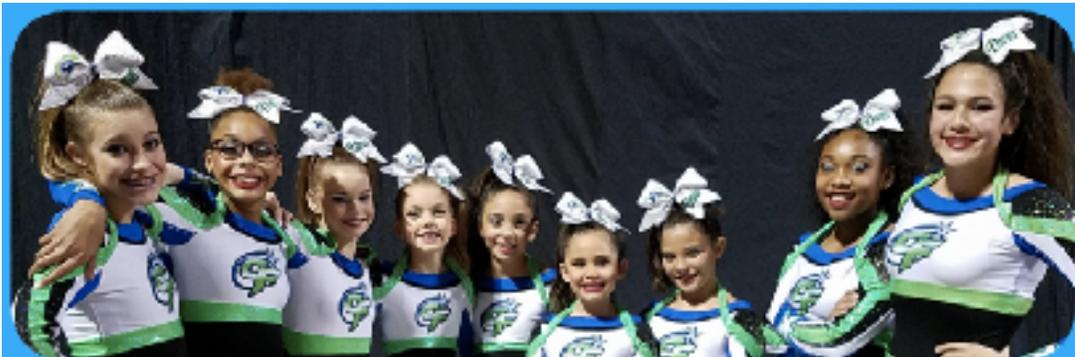
November 22nd-25th Thanksgiving Holiday

December 23rd-January 3rd – Christmas Break

Choreography

We will give you 2-3 week notice before scheduling choreography. Choreography is Mandatory for all CF Athletes.

Cheer Force



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