



TRYOUT INFORMATION



Thank You for your interest in Cheer Force. We are excited to say that we are going on our 18th competitive cheer season. Our mission at Cheer Force is to provide an opportunity to enhance your child's talent through 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.

Monthly Tuition

Level	Monthly With credit card on file	Monthly tuition without CC on file	Hours	Days per week
Tiny Novice R.	\$85	\$90	1 Hour	1
Novice Mini-Jr	\$160	\$165	3 Hours	2
Prep	\$195	\$200	4 Hours	2
Elite Level 1	\$215	\$220	5 Hours	3
Elite Level 2-4	\$235	\$240	6 Hours	3

* Prices will include free open gym twice a month

* **Elite Level 1:** Includes 2 days: 2 hours of team practice, 1 day of 1 hour tumbling/conditioning. This day will be used to perfect their individual level 1 tumbling skills with good technique. Once good technique is shown the athlete may move on to level 2 tumbling at the coaches discretion.

* **Level 2 & 3:** Includes 2 days, 2 hours of team practice, 1 day of 2 hour tumbling/conditioning. This day will be used to perfect their individual level 2, 3 or 4 tumbling skills with good technique. Once good technique is shown the athlete may move onto the next level of tumbling at the coaches discretion.

* **All Elite Teams:** One of the tumbling/condition days can be changed to a stunting practice throughout the year based on the teams specific needs. Throughout the school year the tumbling/conditioning day may include a Sunday. We have increased the number of hours to help improve the athletes skills as well as to assure the athletes safety while performing upper level skills.

* Team practice days will be Monday/Wednesday or Tuesday/Thursday. In some cases Sunday practice may be scheduled during the months of August- October. This will be announced after teams are formed.

* If card on file is declined your tuition will be considered late. Late charges will be added to your account.

Estimated Financial Obligations

Competitive all star cheerleading requires a significant financial commitment. The following estimated costs are subject to change and while other expenses are not foreseen, they could arise. Please carefully consider the financial responsibility required before committing to the season.

2022-2023 CF Competitive Program Fees					
Fees	All Star Elite	All Star Prep	Novice Mini- Jr	Novice Restricted	Due Date
Practice uniform	\$170	\$170	\$170	\$80	May
Practice uniform includes: 2 practice outfits & 1 practice bow (Novice Restricted only includes 1 practice outfit) *returning athletes must also purchase new practice attire					
USASF Membership Fee	\$50	\$50	\$50	\$50	Pay USASF directly USASF.net
Competition Bow	\$30	\$30	\$30	\$30	Due August
Shoes	\$115 est.	\$115 est.	\$115 est.	White Shoe	Order online
Uniform	\$480 est	\$480 est	TBA	\$170	June 1st
Tiny Novice Restricted : Same Uniform as last year Novice/Prep/Elite: New Uniform Level 4: Same Uniform as last year					
* Warm Up Jacket	\$170	\$170	\$170	\$170	June 1st
* Backpack	\$100	\$100	\$100	\$100	June 1st
**Competition Fee (Split into 3)	\$1,200	\$900	\$650	\$350	3 equal installments July/Aug/Sept
Choreography	\$450 Cash	\$450 Cash	\$450 Cash	\$100 Cash	April 12 \$250 Cash only April 26 \$200 Cash only
*Choreography fee is subject to change					

Note:

- Items marked with * are optional
- **Shoes recommended:** Nfinity Vengeance Shoe or VARSITY LAST PASS 3.0 CHEER SHOES
- **USASF Fee:** New athletes must go online and create an account then follow the prompts. Returning athletes must go online and make a payment. This has to be done in order for the gym to create a roster for each competition. Due August 1
- Any payments made to Bannon's Gymnastix are non-refundable and non-transferable
- **Fee is estimated it may be slightly lower or higher.

Tryouts April 13

Information

Dates	Times	Details
April 3-12	REQUIRED	To register, CF Packet and \$250 cash required (1st payment towards choreography)
Thursday, April 6	6:30 pm	New Athletes- Parent Meeting required in order to tryout. If unable to attend, private meeting available upon request
Monday, April 10	5:30-7:00	Open Workout- Birth Year 2014-2018
Wednesday, April 12	5:30-7:00	Open Workout- Birth Year 2008-2013
April 13 Tryout Day	5:00- TBS	Must pre-register for a time slot. If unable to attend, private tryout is available upon request

*Returning athletes: Parent meeting is not required

	Steps to follow for tryouts
Step 1	Pick up CF Packet
Step 2	New Athlete (only)- Parent Meeting April 6, 6:30pm
Step 3	Turn in the following items: Cash Payment \$250 Evaluation Form Parent Info Form Credit Card Form Athlete Expectation Form Parent Expectation Form Practice Form Competition Form
Step 4	Attend Open Workout (Optional)

TEAM PLACEMENT

Athletes are divided into workout groups based on: age and skill level. Please see the level requirements below. Age requirements can be different for each level/division. CF will always prioritize the healthiest age group for your individual athlete based on age, maturity, experience and skill.

*These age groups may be subject to change according to USASF updates.

*Returning athletes, team participation, practice attendance, competition attendance and overall work ethic will be considered when placing athletes into workout groups.

Skill Level Breakdown: Athletes are evaluated based on their execution of tumbling, jumps and stunts. All are important and taken into consideration when putting together successful teams. Required skills are listed at each level for your benefit. All skills must be maintained to remain on any given level/ team. CF reserves the right to move an athlete from one team to another at any point in the season (up OR down) based on performance, ability, necessity or for any other reason.

Skills must be performed at a **high level of execution** to be considered for placement. This means ALL SKILLS must be performance ready. This is essential for teams to score in the highest ranges on the score sheet at competitions. For the best competitive experience, athletes should always be performing his/her highest level of MASTERED skills. For example, just because an athlete can land on her feet in a standing back at tryouts, does not mean she is a level 4 competitor. She should still be participating on a level 3 team until the skill can be performed in the middle of a routine with flawless technique. Specifically, legs must be completely straight with pointed toes when executing front and back walkovers. Legs must be straight and together in all back handsprings. All air borne skills must be executed with good height and direction (up not back). All tumbling must "stick and stand".



Skill Level Requirements

Level	Tumbling	Jumps	Stunts
Novice	No skills required	No skills required	(MUST BE POTTY TRAINED)
Prep	Handstand forward roll, 2 back walkovers, front walkover	Toe Touch and pike jump	Flyers must demonstrate great front and back flexibility and various body positions
	Cartwheel back walkover		Bases must be able to base a prep level 2-legged stunt
Level 1	Handstand forward roll, 3 back walkovers, front walkover, valdez	Double whip toe touch connected to a front walkover	Flyers must demonstrate great front and back flexibility and various body positions
	Connected front walkover cartwheel 2 back walkovers		Must base a prep level 2-legged stunt, a two man 1 legged stunt with body position
Level 2	Back walkover back handspring pause back handspring	Triple whip jump combination, t-jump back handspring pause back handspring	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs at prep level in various body positions.
	Front walkover round off back handspring, round off back handspring series		Must be able to base extended 2-legged stunt and 1-legged variations at prep level.
Level 3	Three back handsprings, toe touch back handspring	Triple whip jump combination with at least level legs	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs in extended 1-legged stunts in various body positions.
	Front walk-over round off back handspring back tuck OR a round off back handspring back tuck performed at a VERY high level of execution		Bases must hold extended 1-legged stunts.
Level 4	Back tuck, toe touch back handspring back tuck	Triple whip jump combination with above level leg	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs in extended 1-legged stunts in various body positions, single twisting dismount from 1-legged stunts, double twisting dismount from two-legged stunts.
	Specialty pass through to layout (i.e. front walkover, punch front or whip through to layout) OR a round off back handspring layout performed at a VERY high level of execution		Must base a switch up to 1-legged stunts and full up to 2-legged stunts

Bannon's Cheer Force

2023-2024

Evaluation Form

Name_____

Birth Year_____Height_____

ATTACH PHOTO HERE

Grade 2023-2024_____

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

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

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) Athletes that compete on 2 teams will be responsible for both teams competition fees. Would your athlete like to double team? **Yes No**

Turn this page in with your paperwork

Parent Information

Cheer Force Parent Form

Athletes Name_____

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 May 2024

Other Activities my child is involved in outside of competitive cheerleading:
Please note any days/times they may practice

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

Signature_____Date _____

Note: Your endorsement above signifies your intent to participate in Cheer Force tryouts and your interest in joining a Cheer Force All-Star competitive team. Please remember everyone will make a team depending on age and skill level. There are no cuts, athletes will either be on a training team, show team, novice team, prep team or elite 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 2023-2024

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 2023-2024 competitive season. I understand that I am putting down my credit card/debit card and that information will be used if I do not meet payment deadlines to Bannon's Gymnastix/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 _____
CCV: _____

Cardholders Signature _____
Date: _____

Athletes Name _____

Turn this page in with your paperwork

CF Athletes Expectation

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 it is my responsibility to stretch at home to improve my skills.**
5. I understand that I have the right and obligation to ask questions if I do not understand something during my workout.
6. 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.
7. I understand that stealing will not be tolerated.
8. I understand that, if needed, the coach may recommend or require a private lesson to help me improve my skills.
9. **I understand that I must keep my grades in good standing at my school.**
10. I understand that I am expected to be supportive of all of my teammates, regardless of their achievements.
11. I understand that my family comes first, then school, followed by cheerleading.
12. **I understand that once I commit to competition, I am expected to complete the season.**
13. I understand that I am to respect my coaches and other Bannons's Cheer Force staff at all times.
14. I understand that during competition I am required to remain with my team until after the awards ceremony.
15. I understand that I am expected to show up to competition with adequate time to prepare for the competition, both mentally and physically.
16. **I understand that I am expected to show up to competition in full uniform, not in pajamas, sandals or other non uniformed attire.**
17. I understand that I need to look my best when representing Bannons's Cheer Force.
18. I commit that I will always try my hardest to become the strongest, most confident cheerleader I can be!
19. I understand that I must show up to practice with hair pulled up neatly with Cheer Force Practice Attire on.
20. **I understand if I miss a competition I will be removed from the team for the remainder of the season.**
21. **I understand that I have to EARN my position to compete.**
22. **I understand I earn the right to compete through hard work and consistent practice attendance.**
23. **I understand if I miss a practice it is my responsibility to make up for missed practice time. This includes scheduling stunt group practice during open gym**

Cheerleader Signature

Date

Turn this page in with your paperwork

CF Parents Expectation

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 If on a payment plan, effort must be made at least every 30 days. If effort is not made my child will not be able to participate.
6. I understand that I must have a credit card on file and all charges that are due will be run on the due date.
7. I understand that I must purchase the complete team uniform and make up.
8. I understand that I am responsible for my child's travel expenses to and from all competitions.
9. I understand that I am responsible for my child's transportation to and from all workouts & competitions.
10. 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 coaches ASAP.
11. I understand that coaching is to be done by the coaching staff. My job is to be a supportive parent.
12. I understand that, if a problem arises, I have the right and obligation to speak to the coaching staff to resolve the issue.
13. I understand that **gossiping is unacceptable** at or outside of the cheerleading facility including social media, text groups, groupme or private messages. I will be called in for a meeting if there is a problem with my behavior.
14. I understand that, if needed, the coach may recommend or require a private lesson or class to help improve my child's skills.
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. understand that should my athlete discontinue performing the skills that they performed at tryouts, at any time during the season, they can be moved to a more appropriate level team for their current skill level
21. I understand that my **athletes position in the routine can change at anytime throughout the season**. This includes flyer, base, back spotter, front spotter, side base, main base, jump or dance position or any other choreographed position that is in a cheer routine.
22. **I understand changes to athletes position will not always be communicated with a parent. Coaches will communicate changes as they feel is needed.**
23. I understand and will respect coaches personal time.
24. I understand I will not call or text coaches after business hours
25. I understand coaches business hours are Monday -Thursday 12:00-8:30pm, I understand coaches will return phone calls, text or e-mails as soon as possible
26. I understand my child has to EARN their position to compete.

CF Parents Expectation...Cont'd

- 27. I understand my child can earn the right to compete through hard work and consistent practice attendance.
- 28. I understand if I my child misses a practice it is the athletes responsibility to make up for missed practice time. This includes scheduling stunt group practice during open gym as well as their conditioning form
- 29. I understand extra practice may be necessary throughout the season. There will be an additional cost for added practice times, unless it is a make up for missed practice due to cancelation from team coach or gym.
- 30. **I understand if my balance is over due my athlete will not be able to participate in practice or competition.**
- 31. I understand and have read the above rules and if broken it is and can be grounds for dismissal.

Parent Signature

Date

Turn this page in with your paperwork

Practices

Practice Attire:

All athletes are required to purchase the 2023 CF practice attire

Attendance

Competitions:

You must attend the four practices prior to a competition. Missing may result in being pulled from the routine or placement change in 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 an additional charge for extended or additional practices not to exceed \$10 per hour per athlete. This is common around National season

Sick Days:

If your child is sick and feels they cannot workout, you “the parent” must call or text the coaches. We ask that if they are sick, have been around someone who is sick, or even question your health currently that you avoid the gym.

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 coaches and try to limit missing scheduled practices.

Parent Signature

Date

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Competitions

Competition Schedule:

The 2023 competition schedule will be released by August 1. **All competitions are mandatory.** The calendar goes out early enough to plan accordingly. Season is from April 2023- May 2024. 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. Most competitions are held on Saturdays for the exception of nationals. Local competitions are held at the George R Brown Convention Center, NRG Arena, Berry Center 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. The away competitions are hosted in cities such as Dallas, San Antonio, Las Vegas, Colorado, Louisiana or Florida. Nationals season there is a chance that athletes will compete on a Friday. Athlete may be required to miss school.

This season CF will do our very best to try and arrange for local competition based on Varsity competition schedules.

-Parents are responsible for their own travel arrangements

Parent Signature

Date

Turn this page in with your paperwork

Contact Information

Coaches	Title	Contact
Jessica Barton	Director	cfjess@ymail.com
Jennifer Gibbens	Head Coach	cfjenn@ymail.com
Samantha Attaway	Head Coach	samantha.szota@gmail.com

Important Dates for 2022-2023 Gym Closings

Date	Gym Closed
May 29, 2023	Memorial Day
May 29-June 3, 2023	Gym Closed
July 3-4, 2023	Independence Day
September 4, 2023	Labor Day
November 22-25, 2023	Thanksgiving
December 23-26, 2023	Christmas Break

* Days schools are closed, teams may have early practice times *

Tentative Choreography

July 2023

* Dates have not been confirmed, only tentative we will let you know ASAP *

* Try to avoid travel July 8-22

Choreography is Mandatory for all CF Athletes.