SIGN UP PACKET

CARDINAL ATHLETICS COMPETITION CHEER

2023-2024 SEASON



What the Cardinals are all about:

Here at the Cardinal gym we aim to teach our cheerleaders the sport of cheerleading. We do this by teaching them proper technique, commitment and most importantly; sportsmanship. Our main goal for every season is to create a safe atmosphere for our cheerleaders so they feel like they have a *forever family with the Cardinals.*

**COMPLETE THIS PACKET AND HAND IN ALL PAPERWORK TO RECEIVE THE INFORMATIONAL PACKET, WHICH HAS ALL THE DETAILS ABOUT EVALUATIONS, THE TRYOUT PROCESS AND MORE.**

\*Anything is red is to highlight the importance\*

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**Registration Cost:**

Breakdown of total price:

**Competitive Teams**

Registration Cost: $390

Uniform: $310

*Monthly* facility fee: $40

**Chicks (exhibition teams)**

Registration Cost: $300

*Monthly* facility fee: $40

**Crossover Fees**

Addition $50 towards registration

**Sibling Discounts:**

Second Child Registration Cost: $365

Second Child *monthly* facility fee: $70 for both

Timeline of Costs

**April 29th**

Nonrefundable $40 deposit to sign up

**September 1st**

$100 towards registration

**October 1st**

Total registration is due, there are no refunds.

All sponsors are due

How to Pay Facility Fees:

Venmo to @paula-sturla, credit-card (fee will apply) or bring money in an envelope with the cheerleader’s name to the gym the first day of each month.

Fundraising

Sponsors:

Cheerleaders can go out and get sponsors to cover their registration. Feel free to get as many sponsors as needed. If anyone gets enough sponsors to cover the full registration fee, then whatever money is left over can go towards monthly facility fees or uniform costs.

Sponsors are **due by October 1st.**

Sponsor my Uniform

We will have a specific fundraiser for anyone who needs a new uniform. Cheerleaders can get family & friends to sponsor any part of their uniform. Anything received will come off of the uniform cost.

Fundraisers:

To run such a great competition program with little money, we strive on our fundraisers. This upcoming season we will have many new and old fundraisers! We ask that everyone tries to participate and shows support for our program by attending whatever they can!

The following are just some of the fundraisers we did last season…

* Pocketbook Bingo
* Raffle books
* Apparel Sales
* Wendys Night
* Panera Night
* Cornhole Tournament

We have many fundraisers planned for next season including hopefully hosting our own competition!

Competitions and Practices

Competitions:

Each year we do about 6-8 competitions. We do mostly local competitions and a few sleep away competitions. We will send out a competition schedule once Coach Paula has booked all of our competitions for the season.

***We ask that everyone blocks off each day of competition so that we can assure that everyone is there. We do not get a performance schedule until a few days before, so please block off the entire day of our competitions.***

Practices:

All teams with the exception of Chicks should expect to have two practices a week for an hour and a half at the Cardinal Gym. As competitions get closer we may add a few practices at a spring floor gym as well. Cheerleaders are expected to be at practices *5-10 minutes early* to have shoes on and stretch and to be ready and on the mat precisely at practice time ready to go.

Missing Practice

We will have multiple alternates for every team this season. If athletes miss practice we will call in an alternate to learn their routine. Please read our guidelines about missing practices:

EVERY practice is MANDATORY!

What Counts as an Excused Absence

1. When a child is too sick to come to practice. We ask that if a child is not contagious they still come watch practice.
2. If any athlete has a conflict with another Fall or Spring sport or a school event they must tell us *at least 3 weeks* in advance AND they must try to attend both the practice and the other event.

If an athlete misses the practice before the competition they will not be allowed to compete, although attendance at the competition is still mandatory.

If an athlete misses a competition they will not be allowed to compete in the next competition, although attendance at that competition is still mandatory.

Summer Schedule:

During this summer we will offer a Cheer Program, Stunt Classes, Stunting and Tumbling Privates, Tumbling Camps, Tumbling Clinics and Tumbling Classes.

Communication and Reminders:

All communication will be send through the TeamSnap app and will be posted in our private Facebook group. Please ask Coach Paula to add you to our Facebook group.

Travel Competition:

For our 2023-2024 season we will have a new travel competition planned. After teams are made we will make a decision on which teams will be attending this travel competition. We will offer plenty of individual fundraising. If there is a financial conflict or an athlete cannot attend, please just let us know during sign ups. We want all of our athletes to experience a great season either way.

The locations of our travel competition options will be Florida, Nashville, Myrtle Beach, Las Vegas and more!

Crossover Application 2023/2024 Season

What is a Crossover?

Cheerleaders who are on two Cardinal teams during a single season.

Benefits of Being a Crossover?

Not only do crossovers benefit the teams they are on, but being on two teams helps to improve cheerleader’s skills and build relationships with both teams.

Who Should be a Crossover?

Any cheerleader who meets the following criteria should consider being a crossover: (1) dedication showed at practices and at competitions (2) loyalty to the Cardinal Athletic competition program (3) a good teammate to all of the cheerleaders in our program (4) a role model at cheer and outside of cheer

Things to Remember…

* Extra charge for being a crossover additional $50 for registration
* If you apply to be a crossover you are signing up to possibly be on two teams where you are needed the most, ***that does not necessarily mean you will be moved up as a crossover***. Some crossovers will be placed on a lower team along with their primary team.
* **Not everyone** who applies to be a crossover will be chosen. Crossovers are based on what each team needs

Name: Crossover Form

[ ] If chosen, I would like to be on 2 teams this season.

[ ] If chosen, I understand it could be for a lower level team.

[ ] If chosen, I understand I have to attend all practices and be fully committed to both of my teams.

[ ] If chosen, and I cannot keep up with one or more of my teams, I accept that I will be limited to only one of my teams in which would benefit from my skills the most.

[ ] If chosen, I understand that as a crossover I will be put on the team where the coaches need someone and that will best help our program

[ ] If chosen, I will not ask to be removed from either of my teams and if I have to I understand that I will be taken off the higher level team.

Code of Conduct

Cardinals Competition Cheer 2023/2024

No one will be placed on a team until this form is filled out

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_ Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Please check all that apply)

By signing up and joining Cardinals Competition Cheer, I understand that…

[ ] I will be placed on a team where I am needed and on a team that is best for me.

[ ] I will keep a positive attitude and be happy with whatever team I make.

[ ] I am expected to be at every practice on time, 5-10 minutes early.

[ ] I am expected to be at every competition at the time I am supposed to be there, until after awards.

[ ] I am expected to support my teammates and other teams throughout the entire season.

[ ] I am expected to keep a positive attitude and demonstrate sportsmanship as much as I can throughout the season, this includes to other teams as well.

[ ] My coaches know what they are doing and will look out for their cheerleaders to make sure everyone is ok and the team gets along.

[ ] If I am late or miss too many practices, my coaches will have to take me out of any important position in the routine.

[ ] I will provide a positive attitude towards my team, coaches and other Cardinals throughout the entire season.

[ ] I understand that I am role model to any and all younger cheerleaders and I will act as such.

[ ] I will be committed to this program and work hard throughout the season.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summer Vacation Form

The following dates I will be unavailable for any practice, tumbling or evaluations.

[ ] I am in full understanding that if I miss any of the summer practices or evaluations I will have to learn what I missed on my own time.

June:

1. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

July

1. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

August

1. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Vacation/Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*If you have a vacation or an event planned in September please read the information about missing practices and then let Coach Paula or Coach Tori know\*\*

Evaluation Form

Please write neat so we can read.

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I Prefer to be Called: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade as of September 2023: \_\_\_\_\_\_\_\_Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years I Have Cheered: \_\_\_\_\_\_\_\_ Years I Have Done Competition Cheer: \_\_\_\_\_\_\_\_

List all of the programs you have cheered for and when…

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Level of stunting (list the highest level you have stunted for in a routine)

Flying: \_\_\_\_\_\_\_\_ Main Basing: \_\_\_\_\_\_\_\_ Side Basing: \_\_\_\_\_\_\_\_ Backing: \_\_\_\_\_\_\_

List, in order of preference, the stunting positions you have done in a routine…

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Level of tumbling ON DEAD MAT (circle one according to the tumbling skills sheet):

Beginner Limited Level 1 Level 1 Elite Level 1

 Level 2 Elite Level 2 Level 3

Elite Level 3 Level 4 Elite Level 4 YCADA Level 4

Tumbling Skills Sheet

Beginner: forward roll, cartwheel

Limited Level 1: round off, handstand forward roll, backwards roll, bridge

Level 1: FWO, BWO

Elite Level 1: valdez, BWO series, BWO switch

Level 2: BHS, CW BHS series, RO BHS series, BWO BHS, BWO BHS step out

Elite Level 2: BWO BHS BWO, BWO switch BHS, Valdez BHS, FWO RO BHS series, RO BHS step out BWO BHS series

Level 3: BWO BHS series, BHS series, Jump BHS series, RO BHS tuck, RO BHS series tuck, aerial

Elite Level 3: BHS series jump BHS, Jump BHS Jump BHS, FWO aerial, FWO RO BHS tuck

Level 4: standing tuck, BHS series tuck, BWO tuck, FWO RO BHS layout, RO BHS layout, RO BHS layout step out, RO BHS X-out

Elite Level 4: Jump BHS series tuck, BHS step out tuck, RO tuck BHS tuck

YCADA Level 4: Jumps to tuck, RO full, RO BHS full

Key Words

BWO- back walkover FWO- front walkover

BHS- back handspring RO- round off

CW- cartwheel Series- multiple skills in a row

Name:

Skill Check Form

This form is so that we can properly assign you to an evaluation session that will fit your skill range. Your session will be assigned according to the skills you have and what the coaches see at the pre-evaluations.

\*Please only mark off the skills that you have done, tumbling skills must be able to perform on dead-mat, no spring floor\* Please be prepared to show us all of the skills listed at evaluations\*

Stunting:

Base Back Flyer

[ ] [ ] [ ] Ground Stunts (mouse, or knee stands)

[ ] [ ] [ ] Thigh Stunts (thigh stands, one leg thigh stands)

[ ] [ ] [ ] Prep Stunt

[ ] [ ] [ ] Prep 1 Leg Stunt

[ ] [ ] [ ] Extension

[ ] [ ] [ ] 1 Leg Extension

[ ] [ ] [ ] Cradles

[ ] [ ] [ ] Twist Cradles (from prep and extension)

[ ] [ ] [ ] 1 Leg Twist Cradles (from extension)

[ ] [ ] [ ] Double Twist Cradles

[ ] [ ] [ ] Anything else \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tumbling:

[ ] Cartwheel and Forward Roll [ ] Bridge and Roundoff

[ ] Back Bend kick Over [ ] Back Walkover

[ ] Front Walkover [ ] Double Back Walkover

[ ] Standing Back Handspring [ ] Toe Touch Back Handspring

[ ] Back Walkover Back Handspring [ ] Roundoff Back Handspring

[ ] Roundoff Multiple Back Handsprings (please write how many you can do\_\_\_)

[ ] Standing Multiple Back Handsprings (please write how many you can do \_\_\_)

[ ] Aerial [ ] Roundoff Back Tuck

[ ] Roundoff Back Handspring Back Tuck

[ ] Standing Back Handspring Back Tuck

[ ] Roundoff or Roundoff Back Handspring Layout

[ ] Standing Back Tuck [ ] Toe Touch Back Tuck

[ ] Roundoff Full or Roundoff Back Handspring Full

[ ] Cartwheel Full [ ] Standing Full

[ ] Anything else\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_