



2008-2009 Registration Information

ATHLETES NAME: _____ SCHOOL (08/09): _____

AGE AS OF May 31, 2008: _____ BIRTHDATE: _____ GRADE (08/09): _____

ADDRESS: _____ HOME PHONE: _____

CITY: _____ STATE: _____ ZIPCODE: _____

ATHLETE CELL PHONE: _____ ATHLETE SS#: _____

ATHLETE EMAIL ADDRESS: _____

MOMS NAME: _____ MOMS EMAIL: _____

MOMS WRK #: _____ MOMS CELL #: _____

DADS NAME: _____ DADS EMAIL: _____

DADS WRK #: _____ DADS CELL #: _____

ACCOUNT INFORMATION SHOULD BE SENT TO : (Circle) MOTHER FATHER

EMERGENCY CONTACT (other than parent) _____ PHONE: _____

WHERE DID YOU HEAR ABOUT US? _____

Acknowledgement of Risk, Absolute Release of Liability, Medical Authorization, Appearance Agreement

As legal guardian of _____, I recognize that potentially severe injuries, including but not limited to permanent paralysis or death can occur in sports or activities involving height or motion, including but not limited to dance, tumbling, trampoline and cheerleading. Being fully aware of these dangers, I voluntarily consent to the aforementioned person participating in all Destiny Cheer programs and activities and accept all risks associated with that participation.

In consideration for allowing my child to use these facilities, I, on my own behalf and the behalf of my child and our respective heirs, administrators, executors and successors, hereby forever release and covenant not to sue Destiny Cheer, its officers, directors, share holders, employees, volunteers and all others associated with the company from all liability for any all damages and injuries suffered by my child while under the instruction, supervision, or control of Destiny Cheer.

In the event of an emergency and I am unable to be reached, I would like my above mentioned child to be taken to a hospital for medical treatment and I hold Destiny cheer and its representatives harmless in their execution of this action. Additionally, I hereby agree to individually provide for all possible future medical expenses which may be incurred by my child as a result of any injury sustained while participating at or for Destiny Cheer.

I understand that Destiny Cheer may produce promotional material about the program. I understand that my son/daughter may be included in videotape or photography taken. I hereby grant Destiny Cheer, its successors, signees, licensees, sponsors, any television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape my son/daughter and further to utilize my son/daughter's name, face, likeness, voice and appearance as part of the program, and in advertising and promotion of the program, without reservation or limitation. In granting this license, I understand that Destiny Cheer is under no obligation to exercise any of its rights, licenses and privileges herein granted.

I have read and understand this acknowledgement of risk and waiver of liability and medical authorization and I voluntarily affix my name in agreement.

Parent Signature: _____ Date: _____



Inherent Risk of Cheerleading

Cheerleading is reasonable safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity which includes, but not limited to, jumping, stunting, motions, and tumbling. Destiny Cheer recommends each athlete undergo a physical examination by his/her physician before beginning any cheerleading activity. Each athlete must inform their coach of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

Make sure you consistently abide by the following guidelines:

1. NEVER stunt or tumble unless a coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and competitions).
4. Do not attempt a stunt that you do not know how to perform safely.
5. Always use attentive spotters when learning to stunt.
6. Always cheer in an area free from obstruction.
7. Do not stunt on uneven ground, wet surfaces, or concrete.
8. Never talk, laugh, or mess around when performing stunts.
9. Report all injuries to the coach as soon as they occur.
10. Follow all trainer and doctor recommendations.
11. Always wear shoes and clothing appropriate for cheerleading.
12. Never wear jewelry of any kind when cheering (practice and competition).
13. Never chew gum or candy while cheering (practice and competition).
14. Always have your hair secured away from your face.
15. Keep fingernails at a reasonable length. NO fake fingernails.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance and advice at any time.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in this activity.

Parent Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

Destiny Cheer

2008-2009 Team Placement Self-Evaluation

ATHLETE NAME: _____ AGE AS OF May 31, 2008 _____

PREVIOUS CHEERLEADING EXPERIENCE (if any): _____

TEAM REQUEST: (circle one)

Travel Team

Non-Travel Team

SELF EVALUATION OF EXISTING SKILLS – mark all skills in which you can complete successfully and consistently. You may be asked to perform these skills during the evaluation period.

STUNTING:

Skill	Base	Back	Flyer
Elevator Prep			
Prep w/straight cradle			
Double Base Thigh Stand			
Straight Up Extension			
Liberty at Prep Level			
Handstand to Shoulder Sit			
Ground Up Liberty			
Full Twist Cradle from Prep			
Full Twist Cradle from Extension			
Double Full Twist Cradle from Prep			
Single Full Twist Cradle from Single Leg Extended Stunt			
360° to Smoosh (Full-Around)			
Double Full Twist Cradle from Single Leg Extended Stunt			
Basket Toss to Extension			
360° to Liberty			

TUMBLING:

Skill	With Spotter	Without Spotter
Forward Roll		
Handstand		
Cartwheel		
Round-off		
Back Handspring (BHS)		
Round-off BHS		
Front Walkover to BHS		
Toe Touch BHS		
Round-off Back Tuck		
Round-off BHS Back Tuck		
Standing Back Tuck		
Standing BHS Back Tuck		
Round-off BHS Layout		
Round-off BHS Full Twist		
Toe Touch Back Tuck		
Punch Front		
Round-off BHS Double Full		

TOSSES:

Skill	Base	Back	Flyer
Straight Ride			
Log Role			
Toe Touch			
Kick Arch (bottle rocket)			
Full Twisting Straight Ride			
Double Full Twisting Straight Ride			
Kick Full			
Kick Double Full			
Helicopter 180°			

Reminder:

No skills are needed to make a team. This is to help us in team placement.