

# Destiny Cheer

## 2009-2010 Registration Information

ATHLETES NAME: \_\_\_\_\_ SCHOOL (09/10): \_\_\_\_\_

AGE AS OF May 31, 2009: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ GRADE (09/10): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_

ATHLETE CELL PHONE: \_\_\_\_\_ ATHLETE EMAIL: \_\_\_\_\_

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? \_\_\_\_\_



## 2009-2010 Team Placement Self-Evaluation

ATHLETE NAME: \_\_\_\_\_ AGE AS OF May 31, 2009 \_\_\_\_\_

PREVIOUS CHEERLEADING EXPERIENCE (if any): \_\_\_\_\_

**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:**

**TUMBLING:**

Skill	Base	Back	Flyer	Skill	With Spotter	Without Spotter
Elevator Prep				Forward Roll		
Prep w/straight cradle				Handstand		
Double Base Thigh Stand				Cartwheel		
Straight Up Extension				Round-off		
Liberty at Prep Level				Back Handspring (BHS)		
Handstand to Shoulder Sit				Round-off BHS		
Ground Up Liberty				Front Walkover to BHS		
Full Twist Cradle from Prep				Toe Touch BHS		
Full Twist Cradle from Extension				Round-off Back Tuck		
Double Full Twist Cradle from Prep				Round-off BHS Back Tuck		
Single Full Twist Cradle from Single Leg Extended Stunt				Standing Back Tuck		
360° to Smoosh (Full-Around)				Standing BHS Back Tuck		
Double Full Twist Cradle from Single Leg Extended Stunt				Round-off BHS Layout		
Basket Toss to Extension				Round-off BHS Full Twist		

360° to Liberty					Toe Touch Back Tuck		
					Punch Front		
					Round-off BHS Double Full		

**TOSSES:**

Skill	Base	Back	Flyer
Straight Ride			
Barrel 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.**



## Inherent Risk of Cheerleading

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as there is with 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: \_\_\_\_\_

**ACKNOWLEDGEMENT OF RISK, ABSOLUTE RELEASE OF LIABILITY, MEDICAL AUTHORIZATION**

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

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_