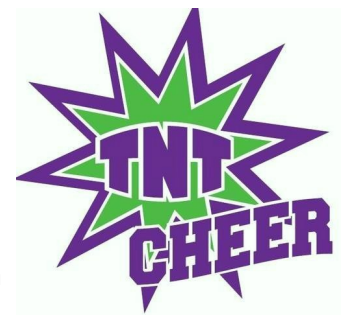


TNT Cheer, LLC
All Star Prep Cheer
2018-2019



Welcome to TNT Cheer, LLC. We are ecstatic that you have expressed interest in the Cedar Valley's only gym dedicated to all things cheer!! TNT Cheer has both competitive All Star Cheer (full season) and All Star Prep Cheer (half season) teams in addition to non-competitive, recreational cheer teams. Our entire All Star staff is credentialed through the United States All Star Federation (USASF).

Learn to jump, stunt, dance, and tumble in a safe and fun environment. Improve team building skills, confidence, and keep fit too. All ages, girls and boys are welcome with no experience necessary. Our goal every day is to teach our athletes the values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. It is our goal to be the very best cheer program in the area, if not the country. Each and every family is important to us and our program. We invite you to come and see what it is like to be #3FTNTP4L!!!

TEAMS

Evaluations are held for placing athletes on the best team for them. Everyone will make a team where they will be successful. We select teams to be the most competitive in each age and level. Teams will be formed based on the athletes who attend evaluations; therefore specific teams and their age/skill level will not be decided until after evaluations. Teams are formed based on BOTH age AND skill level, giving priority to making well rounded teams that will succeed throughout the year. Skill levels for tryouts are primarily based on tumbling and stunting level, but also the coaches' knowledge of the athlete's athletic ability, maturity, and coachability. Age and Skill Levels in All Star Cheer are determined by the United States All Star Federation (USASF); see the charts on page 4 for the age requirements and basic skills for each level. An athlete may perform the skills listed during evaluations; however, this does not guarantee they will make a team of that skill level. Evaluations are based on the pool of athletes who tryout. Teams are also determined by age. Some exceptions to age may be made depending on the athlete's maturity level and the specific needs of a team; however it is our belief that athlete's typically excel on teams that are age appropriate.

EVALUATIONS (formerly known as TRYOUTS)

We do not hold traditional "tryouts" as we have a team for EVERYONE at TNT Cheer regardless of experience or skills. For those who are interested in joining TNT Cheer's All Star Prep Cheer program, a two hour evaluation will be held on Sunday, August 26th at 3:00 PM where we get to know your athlete to determine the proper team placement and ensure your athlete is on a team that offers them the most success. This is also an opportunity for you and your athlete to ensure TNT Cheer is the right fit for your family. Athletes are to wear a sports bra/tank top/t-shirt, shorts, clean tennis shoes, have hair tied back, have all jewelry removed, and bring a water bottle. Athletes must be registered to attend evaluations by contacting TNT Cheer through email at info@tntcheer.org.

- All Star Prep Team Placement will be announced via email on Tuesday, August 28th including the schedule for the 2018-2019 season.
- A Mandatory Parent and Athlete Meeting will be held on Thursday, August 30th at 7:00 to go over team placement, the 2018-2019 TNT Cheer All Star Prep Handbook, in addition this being your opportunity to commit to the 2018-2019 TNT Cheer All Star Prep program:

PRACTICE

- All Star Prep: One 2-hour team practice per week beginning in September through March; schedule TBD after evaluations

For practice, a clean pair of tennis shoes are required. It is up to your coach's discretion as to what should be worn to each practice. In addition, it is up to each coach's discretion on the attendance policy for each team and this will be discussed further during the team placement. Extra practices will be added as we approach competition season if necessary.

COMPETITIONS

Below is the 2018-2019 competition schedule. Competitions are MANDATORY for all athletes.

Date	Competition Name	Location	Teams
1/13/2018	Cornhusker Championship	Mid America Center, Council Bluffs, IA	ALL TEAMS
3/20/2019	Tournament of Champions	Northern Illinois University, DeKalb, IL	ALL TEAMS

COST

At TNT Cheer, we use a "budget billing" payment system for All Star Prep and this includes monthly tuition, two TNT shirts, USASF membership fee, competition fees, coaches' fees, choreography, and music. The only items not included are one-time items that can be used for multiple seasons in addition to travel expenses and optional items.

- All Star Prep: \$115 per month, September through March
 - Will attend 2 one day competitions
 - Choreography will be in-house during practice

Additional fees or "hidden" fees include:

- Uniform - \$150 for All Star Prep – Due October 1st
- Competition bow - \$35 – Due November 1st
- Shoes - \$30-\$100 (several options will be given to fit your needs) – Due November 1st

Optional fees include:

- Back-pack - \$115 – Due December 1st

All fees are due on or before the 1st of each month September through March for All Star Prep. You can pay online by all major credit cards or in person by cash, check, money order, or all major credit cards. On the 6th of each month, any outstanding balance will be charged to your credit card that we have on file along with a \$30 late fee. If you have any questions about your account, please do not hesitate to call. Also, any returned payments will be charged a \$30 returned payment fee.

There are no refunds if you leave the program for any reason. If you begin the month, you are responsible for that month's payment. Also, there will be no refunds made to anyone who is asked to leave the program. If there is a financial problem, please contact the office immediately. Your coach will not be able to advise you on these matters.

ALL FEES FROM PRIOR SEASONS MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO PARTICIPATE IN THE UPCOMING SEASON.

CONTACT US NOW BY EMAIL AT INFO@TNTCHEER.ORG OR BY PHONE AT 319-234-1147 WITH ANY QUESTIONS AND BE SURE TO RESERVE YOUR SPOT IN THE REQUIRED ALL STAR PREP CHEER EVALUATION BY EMAIL AT INFO@TNTCHEER.ORG.

TNT Cheer, LLC maintains the right to refuse services at ANY time.

Any Questions may be addressed to:

TNT Cheer, LLC

info@tntcheer.org

(319) 234-1147

www.tntcheer.com

6023 Chancellor Dr, Cedar Falls, IA 50613

USASF Age Requirements

Tiny Prep: No younger than age 5 and no older than age 6 as of 8/31/2018

Mini Prep: No younger than age 5 and no older than age 8 as of 8/31/2018

Youth Prep: No younger than age 5 and no older than age 11 as of 8/31/2018

Junior Prep: No younger than age 5 and no older than age 14 as of 8/31/2018

Senior Prep: No younger than age 10 and no older than age 17 as of 8/31/2018

USASF Basic Skill Levels

Standing/Running Tumbling Skills:

Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> ___ Forward Roll ___ Cartwheel ___ Round-off ___ Bridge ___ Bridge/Kick-over ___ Backbend ___ Backbend/Kick-over ___ Front Limber ___ Front Walkover ___ <i>Combination-2 or more skills</i> ___ Forward Roll/Cartwheel ___ Round-off/Backbend ___ 3 or more skills 	<ul style="list-style-type: none"> ___ Front Walk-over ___ Back Walk-over ___ Back Handspring ___ <i>Combination-2 or more skills</i> ___ Back Handspring/ ___ Forward Roll ___ Back Walk-over/ ___ Back Hand Spring ___ <i>Running Skills</i> ___ Round-off BHS ___ Round-off BHS series ___ Front Walk into BHS series 	<ul style="list-style-type: none"> ___ Back Handspring ___ Standing BHS series ___ Toe Touch/BHS ___ Dbl Toe Touch/BHS series ___ <i>Running Skills</i> ___ Round-off BHS series (3 or more) Aerial ___ Cartwheel ___ Round-off Back Tuck ___ Round-off BHS/Tuck ___ Series with a tuck ___ FrontTuck(Punch) 	<ul style="list-style-type: none"> ___ Standing BHS series ___ Standing BHS into back tuck ___ Standing Back Tuck ___ Triple Toe Touch ___ Touch/BHS- Tuck ___ Standing Front Tuck ___ Jump combo into front tuck ___ <i>Running Skills</i> ___ Round-off BHS series with a tuck ___ Round-off BHS series with a layout ___ Round-off BHS series with a layout/step-out ___ Whip Series ___ Specialty series into a layout position 	<ul style="list-style-type: none"> ___ Standing Back Tuck ___ Standing BHS into back tuck ___ Triple Toe Touch/Back Tuck ___ Standing Full ___ 4-5 Jump combo into Tuck ___ Standing BHS/Full Twist ___ <i>Running Skills</i> ___ Round-off BHS series with a layout/step-out ___ Whip Series ___ BHS series into a full twist/double twist ___ Specialty series into a full twist/double twist
Jumps:				
<ul style="list-style-type: none"> ___ Tuck Jump ___ Straddle Jump ___ Toe Touch ___ Combination Jump w/ a re-prep 	<ul style="list-style-type: none"> ___ Toe Touch ___ Pike ___ Hurdler ___ <i>Combination Jumps</i> ___ Dbl Toe Touch ___ Hurdler/Pike ___ Toe Touch/Pike 	<ul style="list-style-type: none"> ___ Dbl Toe Touch ___ Pike ___ Hurdler ___ <i>Combination Jumps</i> ___ Toe Touch/BHS ___ Dbl Toe Touch/BHS ___ Multiple Jump Series 	<ul style="list-style-type: none"> ___ Dbl Toe Touch ___ Pike ___ Hurdler ___ <i>Combination Jumps</i> ___ Dbl Toe Touch/BHS-Tuck ___ Multiple Jump Series/BHS-Tuck 	<ul style="list-style-type: none"> ___ Triple Toe Touch ___ Pike ___ Hurdler ___ <i>Combination Jumps</i> ___ Triple Toe Touch/Back Tuck ___ Multiple Jump Series/BHS-Full Twist
Dance/Motions:				
<ul style="list-style-type: none"> ___ Basic Motion Technique ___ Correct Placement ___ Able to count music ___ Able to hit motions on correct beat ___ Formation changes while dancing ___ Performs basic level changes 	<ul style="list-style-type: none"> ___ Intermediate Motion Technique ___ Tight/correct placement ___ Synchronization with others ___ Formation changes while dancing ___ Performs intermediate level changes ___ Intermediate Footwork ___ Energy/Visual 	<ul style="list-style-type: none"> ___ Intermediate Motion Technique ___ Tight/correct placement ___ Able to perform ½ beats ___ Synchronization with others ___ Formation changes while dancing ___ Performs intermediate level changes ___ Intermediate Footwork ___ Energy/Visual 	<ul style="list-style-type: none"> ___ Advanced Motion Technique ___ Tight/correct placement ___ Able to perform ½ beats ___ Synchronization with others ___ Intricate moves & level changes ___ Able to perform at a fast pace with high energy & controlled motions ___ Advanced Footwork & Incorporations ___ Energy/Visual 	<ul style="list-style-type: none"> ___ Advanced Motion Technique ___ Tight/correct placement ___ Able to perform ½ beats ___ Synchronization with others ___ Intricate moves & level changes ___ Able to perform at a fast pace with high energy & controlled motions ___ Advanced Footwork & Incorporations ___ Energy/Visual
Stunts:				
<ul style="list-style-type: none"> ___ Thigh Stand ___ Thigh Stand Sequence ___ Below prep level sequence ___ Single leg variation below prep level ___ Elevator/Prep – 2 feet ___ Elevator/Pencil dismnt. ___ Elevator/Cradle ___ Elevator/Turn-Moving ___ Shoulder Sit/Prep ___ Stunttransition – 3 skills 	<ul style="list-style-type: none"> ___ Elevator/Prep – 2 feet ___ Elevator/Step-in ___ Elevator/Cradle ___ Elevator/Extension ___ Express Extension/Cradle ___ Single leg/Prep level ___ Liberty / Arabesque / Scorpion /Scale /Stretch ___ Show & Go/Extension ___ Stunt Transition 4 skills ___ Basket Toss / Straight Ride 	<ul style="list-style-type: none"> ___ Express Extension/ Full Twist Cradle ___ Single leg/Extension ___ Liberty / Arabesque / Scorpion /Scale Heel ___ Stretch/Bow ___ Show & Go/360 ___ Inverted flip transition ___ Stunt Transition 5 skills ___ Basket Toss: ___ Toe Touch / Full Twist / Ball-out/ Star/ Kick 	<ul style="list-style-type: none"> ___ Extension/ Dbl Full ___ Single leg/Extension ___ Liberty / Arabesque / Scorpion/ Scale full ___ Heel Stretch / Bow ___ Overstretch positions ___ Power Press ___ Inverted flip transition/ rewinds ___ Stunt Transition 7 skills ___ Basket Toss: ___ Toe Touch-full / Dbl Full Twist/ Kick Full 	<ul style="list-style-type: none"> ___ Single leg/Extension ___ Arabesque / Scorpion / Scale db/ full ___ Heel Stretch / Bow Over stretch positions ___ Inverted flip transitions/ rewinds ___ Stunt Transition 9 skills ___ Basket Toss: ___ Toe Touch- dbl full / Kick dbl / Pretty-Girl ___ Kick dbl Hitchkick/switchkick double

Athlete Previous Experience

Name: _____

Age as of August 31, 2018: _____

Birthdate: _____ Height: _____

(MM/DD/YY)

Grade 2018-2019: _____

Check ALL tumbling skills you throw ON THE FLOOR & WITHOUT A SPOT		
STANDING	Standing SERIES TUMBLING	RUNNING
<input type="checkbox"/> None or Back Walkover <input type="checkbox"/> Back Handspring <input type="checkbox"/> Standing Tuck <input type="checkbox"/> Jump Tuck <input type="checkbox"/> Standing Full	<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"/> Two BHS to Full <input type="checkbox"/> Back Handspring Full	<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 <input type="checkbox"/> Double full
List any Specialty Skills: 		

Cheer Experience	Stunt position
1. Where (Age and Level)	<input type="checkbox"/> None <input type="checkbox"/> Fly <input type="checkbox"/> Base <input type="checkbox"/> Backspot
2. Where (Age and Level)	<input type="checkbox"/> None <input type="checkbox"/> Fly <input type="checkbox"/> Base <input type="checkbox"/> 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 baskets tosses)
 Level 3 (Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses)
 Level 4 (Ex. Extended one-legged stunts, Double twisting two-legged dismounts, kick-full basket tosses)
 Level 5 (Ex. Double twisting one-legged dismounts, Double twisting basket tosses, full-ups)

Please complete and return on August 26, 2018.

TNT Cheer
Cheer and Tumbling
2018-2019

Child's Full Name: _____ **Birthdate:** ___/___/___ **Grade:** _____
Parent/Guardian's Full Name: _____
Phone Number: _____ **Email Address:** _____

WAIVER

TNT Cheer, LLC Participant Agreement, Release and Assumption of Risk

In consideration of the services of TNT Cheer, LLC, its owners, agents, officers, subcontractors, employees and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "TNT"), I hereby agree to release, discharge and hold harmless TNT, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of TNT pose known and unknown risks which could result in injury, paralysis, death, emotional distress or damage to me, my child, to property, or to third parties. The following describes some, but not all of those risks:

Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistance may be required which you must pay for yourself.

2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with TNT-related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks.

3. I hereby voluntarily release, forever discharge and agree to hold harmless and indemnify TNT from any and all liability, claims, demands, actions or rights of actions, which are related to, arise out of or are in any way connected with my child's participation in TNT-related activities.

4. Should TNT be required to incur attorney's fees and cost to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.

5. I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition.

Please complete and return on August 26, 2018.

WAIVER cont.

6. In the event that I file a lawsuit against TNT, I agree to do solely in the State of Iowa and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect.

7. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against TNT on the basis of any claim from which I have released TNT by signing this Agreement.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Signature of Parent/Guardian or participant: _____

Print Name: _____

Date: _____

PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18)

In consideration of _____ (print minors name ("Minor")) being permitted by TNT to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold TNT from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Signature of Parent/Guardian: _____

Print Name: _____

Date: _____

Please complete and return on August 26, 2018.