

Check all that apply:

- Intensity     Heat  
 Tiny         Dance  
 Force         Classes/Private



For Office Use Only:

Team/Class: _____
Reg Date: _____
Amt Paid: _____
Pmt Method: _____

## ATHLETE REGISTRATION & RELEASE FORMS

### 2018-2019 SEASON

#### ATHLETE INFORMATION

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt #: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Gender (Please Circle):    **F**    **M**        D.O.B.: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_        Age (On 8/31/18): \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Mobile Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Email: \_\_\_\_\_

#### PARENT/GUARDIAN INFORMATION

##### Parent/Guardian 1

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt #: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Mobile Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Email: \_\_\_\_\_

##### Parent/Guardian 2

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt #: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Mobile Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_    Email: \_\_\_\_\_

#### MEDICAL INFORMATION

Please list any physical/psychological limitations, health conditions, injuries, or weakness that may affect the athlete's participation and/or performance: \_\_\_\_\_

\_\_\_\_\_

Allergies: \_\_\_\_\_        Medications: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_        Policy #: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ / Relation: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_



## ATHLETE QUESTIONNAIRE

### BACKGROUND INFORMATION

Gym/Program in 2017-2018: \_\_\_\_\_

Team/Level in 2017-2018: \_\_\_\_\_

Team/Division/Level Request for 2018-2019: \_\_\_\_\_

Any other important information/requests (carpool/practice nights, etc.): \_\_\_\_\_

*These requests are only considered and not guaranteed. Athletes will be placed according to where skills will be most utilized, by proper age and skill level, and for what is best for each team. Specific requests for commute/carpools/sibling practice times, etc. that are realistic, significant, and valid are accommodated only when it doesn't hinder overall rosters. Requesting to fly, be on an older team, or to be on a team with higher-level skills are unlikely to make an impact on the athlete's final roster selection.*

Are you trying out anywhere else this season? If yes, where? \_\_\_\_\_

Are you interested in being a Crossover Athlete this season?      YES      NO

*Crossover athletes are expected to attend all cheer practices for both of their teams, which is a total of 8 hours per week (4 hours for each team).*

### CHEERLEADING EXPERIENCE

If you have cheered before, what role(s) did you play in stunting?:  
(Check all that apply.)

Main Base     Side Base     Backspot     Flyer

What is the highest level of stunts you have competed?:  
(Circle one.)

1      2      3      4      5      6

What running tumbling skill did you compete in your routine last year: \_\_\_\_\_

What standing tumbling skill did you compete in your routine last year: \_\_\_\_\_

Are you open to learning a new stunting position other than what you have prior experience in?      YES      NO

Which dates/weeks (if any) will you be missing during the summer for school cheer, camp, family vacation or other commitments that you cannot reschedule? (These are not approved for excused absences, but may help us to plan for choreography, extra practices, etc.): \_\_\_\_\_

Do you play any other sports that would take precedence over Cheer?      YES      NO

**MANDATORY STUNT CAMP: JULY 27-31**



## TEAM PLACEMENT INFORMATION

### TEAM PLACEMENT OVERVIEW

Athlete's should wear proper athletic clothing, and arrive 30 minutes prior to their scheduled placement time. Our goal for the 2018-2019 season is to get our teams to the Summit or USASF Worlds. In order to be competitive in the new season, each athlete will be put through a competition simulated routine of jumps, tumbling and dance. Initial team placements will be based on presence, stamina, and execution of required skills per level. Exceptions may be made based on stunting positions available on any given team. Rosters may fluctuate throughout the summer, and coaches reserve the right to make roster changes at any time throughout the season. Giving your athletes the best and most successful experience in the sport of All Star Cheerleading is what South Jersey Storm aims to do.

### EVALUATION PROCESS

- ⚡ **2-8 Counts** of Jumping Jacks Focusing on Motion Placement of High V's/Cleans *(1-8 Count Break)*
- ⚡ **2-8 Counts** of High Knees *(1-8 Count Break)*
- ⚡ **2-8 Counts** of Jumps (4 Consecutive Advanced Jumps) could be followed by a Level Appropriate Tumbling Skill *(3-8 Count Break)*  
*Example: jumps to back handspring, tuck, or fulls*
- ⚡ **2-8 Counts** of Standing Level Appropriate Tumbling Skill *(3-8 Count Break)*
- ⚡ **2-8 Counts** of Level Appropriate Running Tumbling Skill *(3-8 Count Break)*
- ⚡ **2-8 Counts** of Additional Skills that You would like to Showcase. Standing or Running. *(2-8 Count Break)*
- ⚡ **2-8 Counts** of Dance

Athlete's evaluation will be done to eight count music and will show stamina as well as how conditioned their skills are within a routine like setting. The music will prompt athletes for each section. Athletes will be expected to have excellent technique in skills being performed. Please see the skill list and be prepared to show the requirements for the level at which you have perfected!



# ATHLETE TUMBLING SKILL SET SUGGESTIONS

## 2018-2019 SEASON

PREP		LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 Restricted	LEVEL 5 Worlds
<b>STANDING:</b> <ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• Backward Roll</li> <li>• Backbend</li> <li>• Handstand</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• L-BWO</li> <li>• Valdez</li> <li>• Switch Kick BWO</li> <li>• Back Extension Roll</li> <li>• Handstand Forward Roll</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• BHS Step Out</li> <li>• BWO BHS</li> <li>• Back Extension Roll BHS</li> <li>• Standing 2 BHS</li> <li>• Valdez BHS</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• Jump 2 BHS Jump</li> <li>• 3 BHS</li> <li>• BWO 2 BHS</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• Jump 2 BHS Tuck</li> <li>• BHS Tuck</li> <li>• Standing Tuck</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• Jump 2 BHS Layout</li> <li>• 2 BHS to Full</li> <li>• BHS Layout</li> <li>• Jump Tuck</li> </ul>	<b>STANDING:</b> <ul style="list-style-type: none"> <li>• Jump 2 BHS to Full</li> <li>• BHS to Full</li> <li>• Triple Jump Tuck</li> <li>• Standing Full</li> <li>• 2 BHS to Double Full</li> </ul>	
<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Round Off</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• Round Off</li> <li>• Cartwheel Switch Kick BWO</li> <li>• FWO Cartwheel BWO</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• Power Hurdle FWO ROBHS Series</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• PH FWO ROBHS Tuck</li> <li>• Ariel</li> <li>• Punch Front</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• 2 Step FWO ROBHS Layout</li> <li>• Advanced Specialty Combination to Layout (Whip/Punch Front)</li> <li>• Cartwheel Tuck</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• Running FWO ROBHS Full</li> <li>• Advanced Specialty Combination to Full (Whip/Punch Front /Onodi)</li> </ul>	<b>RUNNING:</b> <ul style="list-style-type: none"> <li>• Advanced Specialty Combination to Full/Double (Whip/Punch Front /Arabian/Onodi)</li> </ul>	



## PROGRAM OVERVIEW & PRICING

### 2018-2019 SEASON

#### TINY



**Overview:** The South Jersey Storm Tiny Program is made up of beginner cheerleaders ages 2 and a half to 6 years old! Consisting of 4 teams, Mommy and Me (2.5-3 year olds), Tiny Exhibition (3-4 year olds), Tiny Prep (5-6 year olds) and Tiny Level 1 (5-6 year olds) the teams practice 1 to 3 hours per week depending on age! Our tiny teams attend 4-5 competitions throughout the 12 month program. Tiny Level 1 will also attend 1 overnight competition.

**Levels Offered:** 1.1, 1

*\*Monthly Fee Includes: Monthly Training Fee, Choreography, Music, National Fees, Practice Clothes, USASF Fees, Admin Fee, and Makeup.*

**One-Time Registration Fee: \$150**

**One-Time Music & Gift Fee: \$85**

#### Monthly Fee

Tiny Mommy & Me: \$110\*

Tiny Exhibition: \$150\*

Tiny 1 Prep: \$175\*

Tiny 1: \$225\*

#### HEAT



**Overview:** If you have a cheerleader who is looking to get started with his/her all star cheerleading career, look no further than our full year, non-travel prep teams! Storm's Heat Program was launched in 2011 and has been growing ever since. This program is a full-year all-star cheerleading prep program, designed for families who are seeking a more lenient time and financial commitment. Heat teams are comprised of cheerleaders from 7 to 18 years of age (beginner-to-intermediate) and practice one time per week for three hours. Teams will attend 6 to 8 LOCAL competitions only!

**Levels Offered:** 1.1, 2.1, 3.1

*\*Monthly Fee Includes: Monthly Training Fee, Choreography, Music, National Fees, Stunt Camp, Practice Clothes, USASF Fee, Admin Fee, Makeup, and Weekly Open Tumble Session.*

**One-Time Registration Fee: \$150**

**One-Time Music & Gift Fee: \$85**

**Monthly Fee: \$210\***

#### INTENSITY



**Overview:** South Jersey Storm began its Intensity Program back in 1996 and is our original competitive cheerleading program. Intensity is a 12-month program consisting of both all star and all star prep teams. Athletes are boys and girls ages 7-18 (beginners to advanced). Intensity teams practice twice a week for 2 hours with 1 to 1.5 hours of tumbling on the weekend. Intensity teams attend approximately 8 local competitions and 2 overnight competitions.

**Levels Offered:** 1, 2, 3, 4, 5

*\*Monthly Fee Includes: Monthly Training Fee, Choreography, Music, National Fees, Stunt Camp, Practice Clothes, USASF Fee, Admin Fee, Makeup, and Weekly Open Tumble Session.*

**One-Time Registration Fee: \$200**

**One-Time Music & Gift Fee: \$110**

**Monthly Fee: \$315\***

#### WORLD TEAMS:

**One-Time Registration Fee: \$200**

**One-Time Music & Gift Fee: \$135**

**Monthly Fee: \$340\***