

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

ATHLETE INFORMATION

First Name: _____ Middle Initial: _____ Last Name: _____
 Street Address: _____ Apt #: _____ City: _____ State: _____ ZIP: _____
 Gender (Please Circle): **F** **M** D.O.B.: ____ / ____ / ____ Age Currently : _____
 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 2018-2019: _____

Team/Level in 2018-2019: _____

Team/Division/Level Request for 2019-2020: _____

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.

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



TEAM PLACEMENT INFORMATION

TEAM PLACEMENT OVERVIEW

Athletes should wear proper athletic clothing, and arrive 30 minutes prior to their scheduled placement time. Our goal for this 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

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 (Restricted)	LEVEL 6 (Worlds)
STANDING: <ul style="list-style-type: none"> • Forward Roll • Backward Roll • Backbend • Handstand 	STANDING: <ul style="list-style-type: none"> • L-BWO • Valdez • Switch Kick BWO • Back Extension Roll • Handstand Forward Roll 	STANDING: <ul style="list-style-type: none"> • BHS Step Out • BWO BHS • Back Extension Roll BHS • Standing 2 BHS • Valdez BHS 	STANDING: <ul style="list-style-type: none"> • Jump 2 BHS Jump • 3 BHS • BWO 2 BHS 	STANDING: <ul style="list-style-type: none"> • Jump 2 BHS Tuck • BHS Tuck • Standing Tuck 	STANDING: <ul style="list-style-type: none"> • Jump 2 BHS Layout • 2 BHS to Full • BHS Layout • Jump Tuck 	STANDING: <ul style="list-style-type: none"> • Jump 2 BHS to Full • BHS to Full • Triple Jump Tuck • Standing Full • 2 BHS to Double Full
RUNNING: <ul style="list-style-type: none"> • Cartwheel • Round Off 	RUNNING: <ul style="list-style-type: none"> • Round Off • Cartwheel Switch Kick BWO • FWO Cartwheel BWO 	RUNNING: <ul style="list-style-type: none"> • Power Hurdle FWO ROBHS Series 	RUNNING: <ul style="list-style-type: none"> • PH FWO ROBHS Tuck • Ariel • Punch Front 	RUNNING: <ul style="list-style-type: none"> • 2 Step FWO ROBHS Layout • Advanced Specialty Combination to Layout (Whip/Punch Front) • Cartwheel Tuck 	RUNNING: <ul style="list-style-type: none"> • Running FWO ROBHS Full • Advanced Specialty Combination to Full (Whip/Punch Front /Onodi) 	RUNNING: <ul style="list-style-type: none"> • Advanced Specialty Combination to Full/Double (Whip/Punch Front /Arabian/Onodi)



PROGRAM OVERVIEW & PRICING

TINY



Overview: The SJS Tiny Program is for athletes ages 2.5-6 years old. Our teams are split by age and skill level to form 3 teams per season. All teams in our Tiny Program are full year. Tiny Exhibition (2.5-3 years old) practices 45 minutes in summer and 1 hour during the school year. Tiny Novice (4-6 years old) practices 1 hour in the summer and adds an optional 1-hour tumble class during the school year. Tiny Prep/1 (5-6 years old) practices 1 hour in the summer and increases to an hour and fifteen minutes during the school year with the addition of a 1 hour optional tumble class year round. All teams are non-travel with the exception of Tiny Prep/1 who will attend 1 overnight competition.

Levels Offered: 1.1

**Monthly Fee Includes: Monthly training, choreography, competition fees, admin fee, USASF fee, and competition makeup.*

One-Time Registration Fee:	\$145
One-Time Music Fee:	\$80
One-Time Gift Fee:	\$25
One-Time Practice Wear Fee:	\$85
Recurring Monthly Fee:	
Tiny Exhibition:	\$125
Tiny Novice:	\$200
Tiny Prep/1:	\$215

HEAT



Overview: The SJS Heat Program is for athletes ages 7-18 years old. This is a FULL YEAR NON-TRAVEL All Star Prep Program, perfect for families and athletes seeking a more minimal time and financial commitment than traditional all-star cheerleading. All teams in our Heat Program are full year and will practice 1.5 hours in the Summer and will add a 2nd day of practice for 1.5 hours during the school year. A 1.5 hour tumble class is also included in your monthly tuition, but is not mandatory. All SJS Heat teams will attend local competitions only!

Levels Offered: 1.1, 2.1, 2.2

**Monthly Fee Includes: Monthly training, choreography, competition fees, admin fee, USASF fee, and competition makeup.*

One-Time Registration Fee:	\$145
One-Time Music Fee:	\$80
One-Time Gift Fee:	\$25
One-Time Practice Wear Fee:	\$85
Recurring Monthly Fee:	\$250

INTENSITY



Overview: The SJS Intensity Program is for athletes ages 7-18 years old. Established in 1996, this is our traditional and premier All-Star Program. All teams in our Intensity Program are full year and will practice twice a week for 2 hours in the Summer with an optional 1 hour tumbling class. During the school year, the optional tumbling class becomes mandatory and increases to 1.5 hours. Intensity teams attend approximately 8 local competitions and 2 overnight competitions. In addition, teams will aim to qualify for an end of season travel event (ex. *The Summit or Cheerleading Worlds*) which is not included in this pricing.

Levels Offered: 1.1, 2.1, 1, 2, 3, 4, 5, 6

**Monthly Fee Includes: Monthly training, choreography, competition fees, admin fee, USASF fee and competition makeup. An additional payment may be due (up to \$250) if bid competitions are added.*

One-Time Registration Fee:	\$185
One-Time Music Fee:	\$105
One-Time Gift Fee:	\$55
One-Time Practice Wear Fee:	\$175
Recurring Monthly Fee:	\$310

WORLDS TEAMS:

One-Time Registration Fee:	\$185
One-Time Music Fee:	\$200
One-Time Gift Fee:	\$55
One-Time Practice Wear Fee:	\$175
Recurring Monthly Fee:	\$335