



RATIO CHEER

Ratio Cheer

Application for Cheerleading Tryouts

2020-2021

My child, _____ has my permission to be a cheerleader for Ratio Cheer. I understand that she must abide by the rules and regulations set forth by the coaches, and be present for all practices and competitions. I have read all of the requirements in this packet and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter to ride with the coaches and/or other parents when necessary. I understand all costs involved as stated in the packet.

I understand that all forms attached must be completed and turned in by **July 23rd**, or my child will not be allowed to tryout. I understand that my child must attend the tryout session, or my child will not be considered for a cheerleading position. I understand that my daughter will be evaluated, and we agree to abide by the decision of the coaches.

I understand by the very nature of the activity, cheerleading, stunting, and tumbling carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Ratio Cheer or any of its personnel responsible in the case of accident or injury at any time.

| | | | |
|--------------------|----------------|--------------------|----------------|
| _____ | ____/____/____ | _____ | ____/____/____ |
| Parent or Guardian | Date | Parent or Guardian | Date |

I am interested in being a cheerleader for Ratio Cheer. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches of Ratio Cheer. I promise to cooperate and follow the instructions of the cheerleading coaches.

Athlete Signature: _____ Date: ____/____/____

Cheerleader Information 2020-21

Name _____ Current Age _____

Parent/s Names _____

Address _____

Home Phone _____ Parent/s cell phone _____

Email Address _____

Primary Care Physician _____ Phone Number _____

Address _____

Allergies _____ List all previous injuries _____

Current medications _____

Please consider me for the following:

Check all that apply:

_____ Interested in competitions

_____ Rec cheer only

Authorization

Video and Photography Release:

I understand that my child's photograph/video may be taken during the course of class instruction or during a special event. I hereby grant my permission for the resulting video and/or photograph to be used for any and all publicity and printing purposes.

I understand that in any activity the potential exists for injury, minimal to catastrophic. Ratio Dance and Cheer, it's employees and owners shall not be responsible for losses and damage associated with participation in any activity. I hereby release Ratio Dance and Cheer staff to render first aid in the event of any injury or illness, to see medical assistance if deemed necessary and to transport to a medical facility or to call an ambulance.

Parent Signature _____ Date _____

Ratio Cheer Information 2020-21

1. Conduct

- A. In order to uphold an excellent reputation, it is important that athletes follow these guidelines:
 - Strive for perfect attendance
 - Follow all studio/gym rules.
 - Respect the coaches and all other staff members.
 - Maintain a positive attitude in everything you do.
 - Treat all members of the cheerleading squad with kindness and support.
- B. Failure to adhere to the guidelines above can result in a temporary or permanent suspension from any squad.
- C. Members of the Ratio Cheer squad should refrain from dying their hair any unnatural colors during each season (colors of the rainbow).

2. Tryouts (July 24th / 25th)

- A. Tryout workshops will be held on July 24th and July 25th. During the workshops you will learn: a group dance and group chants, all to be performed at tryouts. You will also work on jumps and tumbling. The coaches will be evaluating attitude, effort, and cooperation at each of the workshops.
- B. Please arrive five minutes prior to the tryout time listed for instructions and warm up. Attendance is mandatory! Candidates should wear black shorts and a **plain white T-shirt**. Hair should be in a low ponytail. (Please feel free to wear a bow if you have one!)
- C. The coaches will determine the size of the squads according to the number trying out and level of talent.
- D. Candidates will be judged on a group dance, group chants, jumps, motion technique, expression, and enthusiasm.
- E. Candidates will be notified if they made the cheer team and what level by email prior to July 28th.

3. Practices

- A. Cheerleaders must arrive at practice on time, dressed, and ready for a focused practice.
- B. Athletes are to follow the dress code and wear proper practice attire.
- C. No gum; no jewelry
- D. Hair up off face
- E. Athletes will respect each other and the coaches
- F. Nails must be kept shorter or at fingertips
- G. Any braces or tape needed to practice/perform must be applied prior to warm up.
- H. Levels 1 and 2 will practice for 45 minutes at a time and levels 3 and 4 will practice for an hour each.

2020-2021 Levels 1-4 Goals

| Level | Stunting | Tumbling |
|-------------------|--|---|
| 1 Firecrackers | Knee level stunts; Prep level stunts | Little to no tumbling; Cartwheels/round offs |
| 2 Heat | Prep level stunts; Extended level stunts | Cartwheels/round offs; Front/back walkovers |
| 3 Blaze | Pyramids; Extended level stunts; One legged stunts | Front/back walk overs; Front/back handsprings |
| 4 Inferno | Pyramids; One legged stunts; Baskets | Front/back handsprings; Tucks |