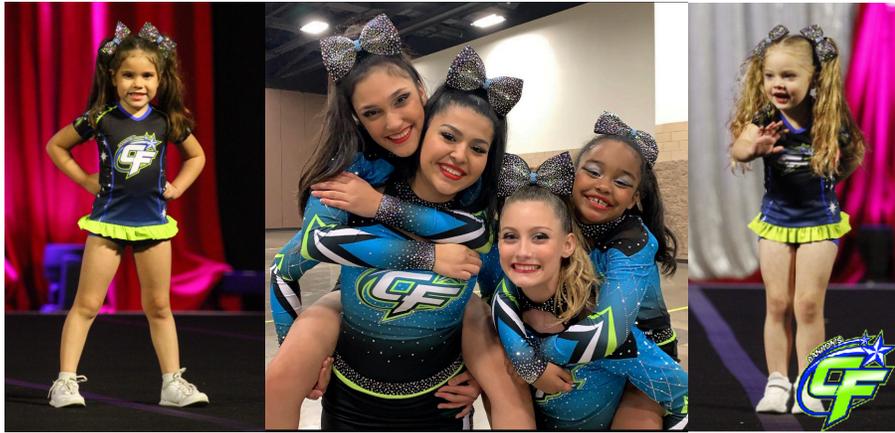




**Interested in Competitive cheerleading?
We want you to join our family for our 16th season**



Questions: Contact Jessica 281-444-4755 or cfjess@ymail.com
All athletes trying out will be placed on a CF team or Training Team.
Bannons Gymnastix 4721Strack Rd. Houston, TX 77069



Thank You for your interest in Cheer Force. We are excited to say that we are going on our 16th competitive cheer season. Our mission at Cheer Force is to provide an opportunity to enhance your child's talent through team work, self-confidence and determination. We hope your child can find a sense of competitiveness, learning, fun and love for the sport of cheerleading.

Monthly Tuition

Level	Monthly With credit card on file	Monthly tuition without CC on file or late	Hours	Days per week
Novice Team	\$80	\$85	1 Hour	1
Prep Level 1	\$150	\$160	4 Hours	2
Elite Level 1	\$190	\$200	5 Hours	3
2 & 3	\$220	\$235	6 Hours	3

* **Elite Level 1:** Includes 2 days: 2 hours of team practice, 1 day of 1 hour tumbling/conditioning. This day will be used to perfect their individual level 1 tumbling skills with good technique. Once good technique is shown the athlete may move on to level 2 tumbling at the coaches discretion.

* **Level 2 & 3:** Includes 3 days, 2 hours of team practice, 1 days of 2 hour tumbling/conditioning. This day will be used to perfect their individual level 2, 3 or 4 tumbling skills with good technique. Once good technique is shown the athlete may move onto the next level of tumbling at the coaches discretion.

* **Level 2 & 3:** One of the tumbling/condition days can be changed to a stunting practice throughout the year based on the teams specific needs. Throughout the school year the tumbling/conditioning day may include a Sunday. We have increased the number of hours to help improve the athletes skills as well as to assure the athletes safety while performing upper level skills.

* Team practice days will be Monday/Wednesday or Tuesday/Thursday this will be announced after tryouts

* If card on file is declined your tuition will be considered late. Late charges will be added to your account.

Current/New Members checklist

Item	Cost	Due Date
Uniform	Level 1-3 \$470	June 1st
Competition Bow	\$30	Due September 1st
Practice uniform	\$75 each set Set includes: 1 bra & 1 bottom 1 Set will be mandatory for uniformity	April 1st
* Warm Up Jacket	\$160	June 1st
USASF Membership Fee	\$30 USASF.net	Due July 1st
* Back Pack	\$70	Due August 1st
Shoes	\$115	Order online
Competition Fee	\$850 Est. (On the high side)	5 payments: June 15th \$170 July 15th \$170 August 15 \$170 September 15 \$170 October 1 \$170
Choreography & Music May 21-23, 2021	\$400 Cash *Subject to change	March 12 \$100 Cash only March 22 \$100 Cash only April 19 \$200 Cash only

Note:

- * Items marked with * are optional this season to help offset cost due to the pandemic. **Shoes recommend:** Nfinity Vengeance Shoe or VARSITY LAST PASS 3.0 CHEER SHOES
- * **USASF Fee:** You must go online new athletes create an account returning athletes go online and make a payment. This has to be done in order for the gym to enter the athletes as well as create a roster for competition.
- * Any payments made to Bannon's Gymnastix are non-refundable and non-transferable.

Skill Expectations

We believe in drilling technique and demanding a higher level of execution. This results in better overall tumbling quality and higher execution scores at competitions. More importantly, our athletes are much safer at practice and at competition because they are executing skills they can consistently complete with strong technique.

This is what we are expecting from our athletes in order to move up in levels. Strong to excellent technique on the skills below.

Level 1 –Jump connected backward roll, bridge kick over, back walkover, front walkover, cartwheel, round off. (All of these skills should have straight legs and pointed toes with a strong land/stand).

***A bonus skill for Level 1** could be a standing back handspring with average to low technique.

Level 2–Standing back handspring, back walkover back handspring, round off series of back handsprings (3 or more), front walkover or back handspring step out specialty pass to series of back handsprings. (All of these skills should have legs squeezed together, straight legs, and pointed toes with a strong land/ stand)

***A bonus skill for Level 2** would be a strong standing two back handsprings with average to low technique

Level 3–Multiple jump combo to a series of standing back handsprings, standing series of back handsprings (3 or more), round off back handspring back tuck, punch front, specialty running pass of front walkover, back handspring step-out, or punch front pause to round off series of back handsprings to back tuck. (All of these skills should have straight legs, pointed toes, and legs together on back handsprings. The back tucks should have tall sets and then tight tucks with a strong land/stand)

***Bonus skills for Level 3** would be standing back tuck, standing series of back handsprings to back tuck, or round off back handspring layout with average to low technique

Level 4–Multiple standing back tucks, multiple whip jumps to back handspring back tuck, standing one handspring to layout and/or back handspring tuck/whip to two back handsprings to layout, round off back handspring layout, level appropriate specialty pass of punch front, whip, or bounding whips to round off back handspring layout. (All of these skills should have straight legs, pointed toes, and legs together. The layouts should have tall sets, pull into a straight body (hollow position hold for the entire flip), and then a strong land/stand).

***Bonus skills for Level 4** would be multiple jump combination to back tuck and round off back handspring full with average to low technique

Bannon's Cheer Force 2021-2022

Evaluation Form

Name _____

Age as of December 31, 2021 _____

ATTACH PHOTO HERE

Birth day _____ Height _____
(Mm/dd/yy)

Grade 2021-2022 _____

Check ALL tumbling skills you perform ON THE FLOOR & WITHOUT A SPOT

STANDING Standing	SERIES TUMBLING	RUNNING
<input type="checkbox"/> None	<input type="checkbox"/> Multiple Back	<input type="checkbox"/> None or Round-Off
<input type="checkbox"/> Back Walkover	Handsprings	<input type="checkbox"/> Back handspring
<input type="checkbox"/> Back Handspring	<input type="checkbox"/> Two BHS to tuck	<input type="checkbox"/> Back tuck
<input type="checkbox"/> Standing Tuck	<input type="checkbox"/> Back Handspring Tuck	<input type="checkbox"/> Layout
<input type="checkbox"/> Jump Tuck	<input type="checkbox"/> Two BHS to Layout	<input type="checkbox"/> Full
	<input type="checkbox"/> Back Handspring Layout	

List any Specialty skills:

Stunt experience position (Circle all that apply)			
None	Fly	Base	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 basket tosses
- Level 3 Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses
- Level 4 Ex. Double twisting two-legged dismounts, kick-full basket tosses
- Level 5 Ex. Double twisting one-legged dismounts, Double twisting basket tosses, full-ups

Are you willing to cheer for any Cheer Force team, regardless of level? Yes No_ If no, please explain why:

Are you willing to double team? (Compete on 2 teams) Athletes that compete on 2 teams will be responsible for both teams competition fees. Would your athlete like to double team? **Yes No**

Turn this page in with your paperwork

Parent Information

Cheer Force Parent Form

Athletes Name _____

Mom Name:	Mom Cell:
Dad Name:	Dad Cell:
E-mail:	

All CF members are required to have a credit card on file. Monthly Auto- pay will be run on the first of the month. If you wish to **not** use the card on file another method of payment must be brought in before the first of the month. If payments have not been received credit card on file will be charged.

Vacation Plans:

Please note any days you are planning on being out of town during the Summer and through Christmas break.

I, _____ (parent), have read, understand and agree to abide by the rules, policies & guidelines set forth by Bannon's Cheer Force/Gymnastix in this evaluation packet.

Signature _____ Date _____

I, _____ (athlete), have read, understand and agree to abide by the rules, policies & guidelines set forth by Bannon's Cheer Force/Gymnastix in this tryout packet.

Signature _____ Date _____

Note: Your endorsement above signifies your intent to participate in Cheer Force evaluations and your interest in joining a Cheer Force All-Star competitive team. Please remember everyone will make a team depending on skill level. There are no cuts athletes will either be on a training team, show team, prep team or Level 1-4. Any payments made to Bannon's Gymnastix are non-refundable and non-transferable. I understand if I choose to leave or am asked to leave the program I am responsible for all charges on my account.

Turn this page in with your paperwork

Cheer Force
2021-2022

Financial Commitment

I have read and fully understand my financial commitment to Bannon's Cheer Force outlined in this evaluation packet. I understand that my commitment is for the 2020-2021 competitive season. I understand that I am giving my credit card/debit card information and that information will be used if I do not meet payment deadlines to Bannon's Cheer Force. I understand that I forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Everyone is required to submit credit card information and to be on auto-pay. Accounts are due before the first of every month. Auto-pay will be drafted the 1st of every month. Your credit card will be charged for any outstanding balance on the 15th of that month.

Non-payment and/or declined credit card will result in a \$35.00 late fee.

You do have the option to pay prior to the 1st of the month with cash, check, money order or cashiers check. If your card information changes, you must fill out a new authorization form.

Parents Signature _____ Date _____

*Credit card information once entered into our system will be shredded.

=====

Name as It Appears on this Card: _____
Billing Address _____
Zip Code _____

Type of Card:

Visa Mastercard Discover

Credit Card # _____

Exp. Date _____

CCV: _____

Cardholders Signature _____

Date: _____

Athletes Name _____

Turn this page in with your paperwork

CF Athletes Expectation...

1. **I understand that I must tell my coach when I am feeling ill or have an injury that may hinder my workout.**
2. I understand that coaching is to be done by the coaching staff, not my parents.
3. I understand that it is my responsibility to keep myself healthy and do rehabilitation on any injury that I may have.
4. **I understand that it is my responsibility to stretch at home to improve my skills.**
5. I understand that I have the right and obligation to ask questions if I do not understand something during my workout.
6. I understand that gossiping is unacceptable at or outside of the cheerleading facility, and that I may be called in for a meeting if there is a problem with my behavior.
7. I understand that stealing will not be tolerated.
8. I understand that, if needed, the coach may recommend or require a private lesson to help me improve my skills.
9. **I understand that I must keep my grades in good standing at my school.**
10. I understand that I am expected to be supportive of all of my teammates, regardless of their achievements.
11. I understand that my family comes first, then school, followed by cheerleading.
12. **I understand that once I commit to competition, I am expected to complete the season.**
13. I understand that I am to respect my coaches and other Bannon's Cheer Force staff at all times.
14. I understand that during competition I am required to remain with my team until after the awards ceremony.
15. I understand that I am expected to show up to competition with adequate time to prepare for the competition, both mentally and physically.
16. **I understand that I am expected to show up to competition in full uniform, not in pajamas, sandals or other non uniformed attire.**
17. I understand that I need to look my best when representing Bannon's Cheer Force.
18. I commit that I will always try my hardest to become the strongest, most confident cheerleader I can be!
19. I understand that I must show up to practice with hair pulled up neatly with Cheer Force Practice Attire on.
20. **I understand if I miss a competition I will be removed from the team for the remainder of the season.**
21. **I understand that I have to EARN my position to compete.**
22. **I understand I earn the right to compete through hard work and consistent practice attendance.**
23. **I understand if I miss a practice it is my responsibility to make up for missed practice time. This includes scheduling stunt group practice during open gym**

Cheerleader Signature

Date

Turn this page in

CF Parents Expectation...

- I understand that tuition is due before the first of the month**
- I understand that I am responsible for all fees that are required for competition, and that said dues are to be paid in full according to payment schedule.
- I understand that if tuition, uniform, choreography and competition fees are not up to date, my child will not be allowed to participate**
- I understand that if an athlete leaves the program for any reason, is dismissed or resigns, there will be no refunds or transfers from any payments made to Bannon's Cheer Force/Bannon's Gymnastix or Choreographer**
- I understand If on a payment plan, effort must be made at least every 30 days. If effort is not made my child will not be able to participate.
- I understand that I must have a credit card on file and all charges that are due will be run on the due date.
- I understand that I must purchase the complete team uniform and make up.
- I understand that I am responsible for my child's travel expenses to and from all competition.
- I understand that I am responsible for my child's transportation to and from all workouts & competitions.
- I understand that all cheerleaders are to be dropped off and picked up in a timely fashion. If, for any reason, I am running late, I will notify the coaches ASAP.
- I understand that coaching is to be done by the coaching staff. My job is to be a supportive parent.
- I understand that, if a problem arises, I have the right and obligation to speak to the coaching staff to resolve the issue.
- I understand that **gossiping is unacceptable** at or outside of the cheerleading facility including social media, text groups, groupme or private messages. I will be called in for a meeting if there is a problem with my behavior.
- I understand that, if needed, the coach may recommend or require a private lesson or class to help improve my child's skills.
- I understand that the Bannon's Cheer Force staff, not the parents, decides on uniforms & competition locations.
- I understand that I am to notify the coaches if my child is ill, injured, or missing practice for personal reasons.**
- I understand when my child misses practice that other teammates are affected
- I understand that I am expected to be supportive of all of the team members, regardless of their achievements.

CF Parents Expectation...

19. I understand that I am expected to drop my child off at competition with adequate time to prepare for the competition, both mentally and physically.
20. **I understand if my child misses a competition they will be removed from the team for the remainder of the season**
21. I understand that should my athlete discontinue performing the skills that they performed at evaluations, at any time during the season, they can be moved to a more appropriate level team for their current skill level
22. I understand that my **athletes position in the routine can change at anytime throughout the season**. This includes flyer, base, back spotter, front spotter, side base, main base, jump or dance position or any other choreographed position that is in a cheer routine.
23. **I understand changes to athletes position will not always be communicated with a parent. Coaches will communicate changes as they feel is needed.**
24. I understand and will respect coaches personal time.
25. I understand I will not call or text coaches after business hours
26. I understand coaches business hours are Monday -Thursday 10:30am-8:30pm, I understand coaches will return phone calls, text or e-mails as soon as possible
27. I understand practices will be CLOSED to viewing beginning June 2020 and will remain closed throughout the season.
28. I understand I can watch the first and last 15 minutes of practice. (This will begin once we are allowed to have larger numbers in the gym)
29. I understand If on a payment plan, effort must be made at least every 30 days. If effort is not mad my child will not be able to participate.
30. I understand my child hast to EARN their position to compete.
31. I understand my child can earn the right to compete through hard work and consistent practice attendance.
32. I understand if I my child misses a practice it is the athletes responsibility to make up for missed practice time. This includes scheduling stunt group practice during open gym
33. I understand extra practice may be necessary throughout the season. There will be an additional cost for added practice times, unless it is a make up for missed practice due to cancelation from team coach or gym.
34. I understand that this season is like no other season, Bannon's will follow CDC and government policy. Last minute changes may occur in order to be compliant
35. I understand and will follow all medical guidelines Bannon's requires to assure the safety off all athletes and coaching staff.
36. I understand and have read the above rules and if broken it is and can be grounds for dismissal.

Parent Signature

Date

Turn this page in with your paperwork

Practices

Practice Attire:

All Athletes are encouraged to purchase and wear CF practice attire to all practices.

Attendance

Competitions:

You must attend the four practices prior to a competition. Missing may result in being pulled from the routine or placement change in the routine for that competition and for the remainder of the season.

Please note:

Prior to competitions Extended and Additional practices **may be added**. These hours and practices are mandatory. There will be additional charge for extended or additional practices not to exceed \$10 per hour per athlete. This is common around National season

Sick Days:

If your child is sick and feels they cannot workout, you “the parent” must call or text the coaches. We ask that if they are sick, have been around someone who is sick, or even question your health currently that you avoid the gym.

This includes common colds, allergies, vomiting, diarrhea or unusual rashes. Students must be fever free 72 hours before allowed to return to activities. If illness occurs the week of competition, the coaches will make a decision to change athletes position (for that competition) based on the best interest of the team.

If you are exhibiting any symptoms AT ALL, please do not come to the facility and let our staff know as soon as possible.

Summer Vacations:

We use the summer to get ahead of our competition!! Many students get stronger and advance their skills during the summer months. Practices are mandatory. However we do understand that summertime is when families take vacations. Please notify the coaches as soon as possible

Parent Signature

Date

Turn this page in with your paperwork

Competitions

Competition Schedule:

The 2020 competition schedule will be released by August 1. This may change due to the unknown in the cheer world. CF may release a preliminary schedule to help parents have a guideline. This can change at any moment based on regulations by the government. **All competitions are mandatory.** The calendar goes out early enough to plan accordingly. Season is from March 2021- May 2022. This is a year long commitment.

* If an athlete leaves the program for any reason, is dismissed or resigns, there will be **no refunds** or **transfers** from any payments made to Bannon's Cheer Force/Gymnastix and choreographers.

IN-Town Competitions

Competitions are held within the surrounding Houston area. Most competitions are held on Saturdays for the exception of nationals. Local competitions are held at the George R Brown Convention Center, NRG Arena or Moody Gardens.

-Parents are responsible for getting their athlete to and from the competition.

OUT-Of-Town Competitions

In some cases, such as National events, it will be necessary to travel out of town and stay overnight. The away competitions are hosted in cities such as Dallas, San Antonio, Louisiana or Florida. Nationals season there is a chance that athletes will compete on a Friday. Athlete maybe required to miss school.

This season CF will do our very best to try and arrange for local competition based on Varsity competition schedules.

-Parents are responsible for their own travel arrangements

Parent Signature

Date

Turn this page in with your paperwork

Extra Classes

**** If your child is chosen as a flyer we highly recommend joining a flexibility/ flyer class.**

Please understand flyer positions can change due to loss of skills or struggle the group maybe having.

**** If your child is STRUGGLING with tumbling this class is MANDATORY***

Ex. Kylie is on a level one team. Her monthly tuition is \$130 she would like to join a conditioning class (\$40). Her monthly tuition will now be \$170 per month.

Stretch and Jump Class

Class will help with flexibility and improve jump technique. *Class will start in the summer TBA*

Conditioning Class

This class works on building the strength and cardio of the athlete. The stronger the athlete is the easier the skills will be to obtain. *Class will start TBA*

Flyer/Stretch Class

Flyer Class: Time and date TBA Flexibility/

Flying: Class will start in the summer

Tumbling Class

This class is broken down into 3 levels CF

Level 1 Tumbling (Backwalkovers) CF

Level 2 Tumbling (Backhandsprings) CF

Level 3-5 Tumbling (Back tucks)

Parent Signature

Date

Turn this page in with your paperwork

Contact Information

Coaches	Contact
Jessica Barton Director	cfjess@ymail.com
Jennifer Gibbens	cfjenn@ymail.com
Bailey Cox	cheerforce12345@gmail.com
Kendall Crummey	kendallc2002@gmail.com
Curtis Williams	curtis.williamson@yahoo.com

Important Dates for 2021-2022 Gym Closings

Date	Gym Closed
May 31, 2021	Memorial Day
July 4, 2021	Independence Day
September 6, 2021	Labor Day
November 25-28, 2021	Thanksgiving
December 24-31	Christmas Break

Choreography

May 21-23, 2021

Choreography is Mandatory for all CF Athletes.