

Just Cheer All Stars Athlete Waiver 2022-2023



REGISTRATION AND RELEASE FORM



| ATHLETE INFORMATION | PARENT/GUARDIAN INFORMATION |
|---|-----------------------------|
| Name: _____ | Parent/Guardian 1: _____ |
| Address: _____ | Cell Phone #: _____ |
| City: _____ State: _____ Zip: _____ | Work Phone #: _____ |
| Gender: <input type="checkbox"/> M <input type="checkbox"/> F DOB: ____ / ____ / ____ | Email: _____ |
| Social Security # (if 18 or older): _____ | Parent/ Guardian 2: _____ |
| Cell Phone #: _____ | Cell Phone #: _____ |
| Email: _____ | Work Phone #: _____ |
| Facebook: _____ | Email: _____ |

MEDICAL INFORMATION

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

| | |
|--|---------------------------------|
| Allergies: _____ | Insurance Carrier: _____ |
| Medications (list all): _____ | Policy #: _____ |
| _____ | Parent Social Security #: _____ |
| Emergency Contact: _____ Relation: _____ | Emergency Contact #: _____ |

JuST CHEER

ACKNOWLEDGEMENT, AUTHORIZATION AND RELEASE FORM

In consideration for (athlete name) _____ 's participation in the activities provided by JuST Cheer, including but not limited to all aspects of cheerleading, tumbling, trampoline, and dance training and/or competition. I am fully aware that any activity involving motion, height, or athletic activity creates the possibility of serious injury and/or death. I hereby release JuST Cheer, including its officers, shareholders, agents, and employees from any liability to the above named athlete, of the person claiming through him/her, arising from injury to the person or property of the above named athlete occurring on the premise of JuST Cheer, including any event sponsored or sanctioned by JuST Cheer, and/or travel to and from such activities. This release includes but is not limited to any claims of negligence, dangerous condition, latent defect, premises liability, code violation, negligent security, failure to warn, vicarious liability, negligent hiring, negligent supervision, negligent maintenance, or improper/ dangerous equipment; it is intended to be as broad as permissible under New Jersey Law. I am fully aware of the nature of the activities provided and the possibility of injuries arising from such activities. I further agree to hold harmless, indemnify and defend JuST Cheer, including its officers, shareholders, agents and employees from any loss, liability, damage or cost incurred by them due to the above named athlete on the premises or during any event sponsored or sanctioned by JuST Cheer. This release is intended to be binding upon the athlete, his/her heirs, assignees and successor in interest and anyone claiming by or through him/her. In addition, I give JuST Cheer permission to film, photograph, or videotape the above athlete for any reproductions, movies, televised events or promotional print associated or in any way connected with JuST Cheer. I have read and understood the registration form and agree to all terms as stated above. I also attest that all information given is factual. I certify that the athlete is in good health and may participate in any JuST Cheer activities. In case of an emergency requiring medical treatment, the undersigned hereby authorizes JuST Cheer to take the above named athlete to a qualified medical or hospital facility for care and treatment.

| | |
|-----------------------------|-------------------------------------|
| Athlete Name (Print): _____ | Parent/Guardian Name (Print): _____ |
| Athlete Signature: _____ | Parent/Guardian Signature: _____ |
| Date: _____ | Date: _____ |

Athlete Full Name: _____

Athlete Date of Birth: _____/_____/_____

At Just Cheer All Stars our teams are created based off the highly competitive Varsity All Stars scoresheet. Please accurately select skills from the chart below. Athletes must be able to demonstrate selected skills on a spring floor, unassisted. All Athletes will be required to perform our Leveled Routines, according to their specific skill level. Additionally, athletes will be asked to showcase skills one level down from there Leveled Routine.

Just Cheer staff will be evaluating athletes based on the following rubric:

- 1- **Capable**- This means the athlete is capable of the skill, but lacks technique and/or consistency
- 2- **Needs Work**- This means the skill is consistent within the level but lacks technique.
- 3- **Mastered**-This means the skill is performed with mastered technique, precision and consistency

| | <u>BEGINNER</u> | Staff Only | <u>Intermediate</u> | Staff Only | <u>Advanced</u> | Staff Only | | | | | | |
|----------------|---------------------|------------|---------------------|--------------|----------------------------|------------|---|---|------------------------|---|---|---|
| LEVEL 1 | ○ Standing FWO | 1 | 2 | 3 | ○ Valdez | 1 | 2 | 3 | ○ Switch kick BWO | 1 | 2 | 3 |
| | ○ Standing BWO | 1 | 2 | 3 | ○ Standing BWO Series | 1 | 2 | 3 | ○ Switch Kick FWO | 1 | 2 | 3 |
| | ○ Running Round Off | 1 | 2 | 3 | ○ FWO Series | 1 | 2 | 3 | ○ Opposite Leg FWO | 1 | 2 | 3 |
| | ○ Handstand | 1 | 2 | 3 | ○ BWO Snap down | 1 | 2 | 3 | ○ Opposite Leg BWO | 1 | 2 | 3 |
| | ○ Forward Roll | | | | ○ FWO Tic Tok | 1 | 2 | 3 | | | | |
| | ○ Cartwheel BWO | 1 | 2 | 3 | | | | | | | | |
| LEVEL 2 | ○ Standing BHS | 1 | 2 | 3 | ○ Straight Jump BHS | 1 | 2 | 3 | ○ FWO RO BHS Series | 1 | 2 | 3 |
| | ○ Jump Pause BHS | 1 | 2 | 3 | ○ Standing BWO BHS | 1 | 2 | 3 | ○ FWO Front Handspring | 1 | 2 | 3 |
| | ○ BHS pause BHS | 1 | 2 | 3 | ○ RO BHS Series | 1 | 2 | 3 | ○ Front Handspring | 1 | 2 | 3 |
| | ○ Round off BHS | 1 | 2 | 3 | ○ RO BHS Half Turn Rebound | 1 | 2 | 3 | ○ Bounder Step Out | 1 | 2 | 3 |
| | ○ Front Handspring | 1 | 2 | 3 | ○ RO BHS | | | | | | | |
| | | | | ○ Bounder | 1 | 2 | 3 | | | | | |
| | | | | ○ FWO RO BHS | 1 | 2 | 3 | | | | | |

*FWO- Front Walkover / BWO- Back Walkover / RO- Roundoff / BHS- Backhandspring

Coaches Comments

| | BEGINNER | Staff Only | Intermediate | Staff Only | Advanced | Staff Only |
|----------------|------------------|-------------------|--------------------------------|-------------------|---------------------------|-------------------|
| LEVEL 3 | ○ Standing 3 BHS | 1 2 3 | ○ Standing BHS step out BHS | 1 2 3 | ○ BHS BHS Jump BHS | 1 2 3 |
| | ○ Jump to BHS | 1 2 3 | BHS | | ○ Punch Front Stop | 1 2 3 |
| | ○ RO Tuck | 1 2 3 | ○ Punch Front | 1 2 3 | ○ RO BHS Tuck | 1 2 3 |
| | ○ RO BHS Tuck | 1 2 3 | ○ RO Series BHS Tuck | 1 2 3 | ○ Aerial Sashay RO BHS | 1 2 3 |
| | ○ Aerial | 1 2 3 | | | Tuck | |
| LEVEL 4 | ○ Standing Tuck | 1 2 3 | ○ FWO RO BHS Layout | 1 2 3 | ○ RO BHS whip BHS | 1 2 3 |
| | ○ Standing 2 BHS | 1 2 3 | ○ Standing BHS Tuck | 1 2 3 | Layout | |
| | Tuck | | ○ Cartwheel Tuck | 1 2 3 | ○ Punch Front RO BHS | 1 2 3 |
| | ○ RO BHS Layout | 1 2 3 | ○ Jump BHS Tuck | 1 2 3 | Layout | |
| | ○ RO Layout | 1 2 3 | ○ Front Handspring punch front | 1 2 3 | ○ RO Whip BHS Layout | 1 2 3 |
| | | | ○ RO BHS Layout Step out | 1 2 3 | ○ RO BHS whip | 1 2 3 |
| LEVEL 5 | ○ Jump To tuck | 1 2 3 | ○ FWO RO BHS Full | 1 2 3 | ○ Punch Front Step out to | 1 2 3 |
| | ○ RO Full | 1 2 3 | ○ Standing BHS Whip BHS | 1 2 3 | Full | |
| | ○ RO BHS Full | 1 2 3 | Layout | | ○ Ro Whip BHS Full | 1 2 3 |
| | ○ Standing BHS | 1 2 3 | ○ Standing Tuck BHS Series to | 1 2 3 | ○ RO Arabian | 1 2 3 |
| | Series to Layout | | Layout | | ○ Standing BHS Series to | 1 2 3 |
| | | | | Whip Tuck/ Layout | | |

**FWO- Front Walkover / BWO- Back Walkover / RO- Roundoff / BHS- Backhandspring*

Coaches Comments

JUMPS

| | | | |
|------------------------|---|---|---|
| Toe Touch | 1 | 2 | 3 |
| Hurdler | 1 | 2 | 3 |
| Pike | 1 | 2 | 3 |
| Double Jump Connection | 1 | 2 | 3 |

Gym/Program in 2021-2022

Team/Level in 2021-2022

of years in All Stars

Circle the highest level of stunts you have competed: 1 2 3 4 5 6

If you have been on a team before, what role(s) did you play in stunt groups? (Check all that apply)

MAIN BASE

SIDE BASE

BACKSPOT

FLYER

FLYERS: A flyer is a very demanding position on any team. It requires an extreme amount of focus, personality and many additional hours of intense training. All potential flyers **MUST** sign up for the flyer Evaluations in order to be considered for a flying position. Flyer Evaluation Videos must also be viewed and can be found on our website, under the evaluation tab.

Are you interested in being a Cross-over? (Cross-over team will be determined by a Coach)

YES

NO



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK; AND INDEMNITY AGREEMENT (“AGREEMENT”)

I represent that I understand the nature of this activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe or I am unable to safely perform any activity, I will immediately discontinue participation in the activity.

I fully acknowledge, understand, appreciate and agree, that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releasees named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the activity.

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation and exposure.

I hereby release, discharge, and covenant not to sue your business, it's administrators, directors, agents, officers, volunteers, employees, contractors, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activity takes place, (each considered one of the “RELEASEES” herein) from all liability, claims, demands, losses, damages, on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf, makes a claim against any of the RELEASEES, I will indemnify, defend, and hold harmless each of the RELEASEES from any loss, liability, damage, or cost, which any may incur as the result of such a claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, and I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant(s) _____

Date: _____



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK; AND INDEMNITY
AGREEMENT (“AGREEMENT”) *Continued*

PARENTAL CONSENT I, hereby covenant and promise that I am the minor’s parent and/or legal guardian, and on behalf of myself and the minor, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I further understand the risk of exposure to injury and/or infectious diseases, for myself and my child, as a participant, spectator at events, classes or our presence at the facility. I hereby release, discharge, covenant not to sue and AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS each of the RELEASEES from all liability, claims, demands, losses or damages on the minor’s or my account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including, but not limited to injury, negligent rescue operations, and/or exposure to infectious diseases and I further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above RELEASEES, I WILL DEFEND, INDEMNIFY, AND HOLD HARMLESS each of the RELEASEES from any litigation expenses, attorney fees, loss liability, damage, or cost which any RELEASEE may incur as the result of any such claim.

Dated: _____

Dated: _____

Printed Name of Parent/Legal Guardian

Printed Name of Parent/ Legal Guardian

Signature of Parent/Legal Guardian

Signature of Parent/ Legal Guardian
