



JUST CHEER ALL-STAR PROGRAM 2021-2022

At JuST Cheer it is our mission to provide high-quality coaching and teaching, in the areas of stunting and tumbling. It is our mission to teach each athlete the life lessons of hard work, teamwork, sportsmanship, and integrity. We strive to produce athletes who are confident and will become positive and constructive members of society.

WHY CAN'T WE ALL... JUST CHEER?!

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022

What does it take to be a JuST Cheer All Star?

- A great attitude
- Dedication
- Practice
- Hard, physical work
- **Perfect attendance**
- Be a team player and encourage your teammates
- BE FLEXIBLE...BODY AND SOUL

EVALUATION PROCEDURE

- **Thoroughly read through the ENTIRE Informational Packet** (this is a separate packet)
- Register online at www.Justcheerallstars.com and pay **\$35** Evaluation Fee (\$25 before May 1st)
- Turn in all Registration forms included in this packet, upon arrival for evaluations.
 - a. Registration and Release Form
 - b. Athlete Evaluation Form
 - c. Pain Reliever Consent
- **Important Dates:**
 - Evaluations: **May 22nd & May 23rd** (Pick a day)
 - Team Reveal: **May 27th**
 - First practice: **June 1st** (All forms due Plus Gym fee payment)

WHAT SHOULD AN ATHLETE WEAR/ BRING?

- Black shorts
- Black T shirt or sports bra
- Sneakers
- Hair in a ponytail and bow
- Fitted face mask
- Please attach a 3x4 or wallet size headshot to your **completed** Athlete Evaluation Packet

Presentation is considered! RELAX AND HAVE FUN!!!

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022

TEAM PLACEMENT & EVALUATION PROCESS

During the evaluation process, each athlete will showcase their jumps, standing tumbling, and running tumbling. A 1-2 8/count choreography set may be taught, to better assess retention and choreography skills. Requested tumbling skills will be based off of your athlete evaluation skill sheet, which can be found on a separate page within this packet. Athletes will be separated into small groups during the evaluation process. After the conclusion of our evaluations, our staff will then place all registered athletes accurately on a team that is best suitable for all.

Team placement emails will be sent out Thursday, May 27th, detailing the team or teams your athlete has been placed on. Please keep in mind, athletes are subject to move up or down in levels. Your child will stay on their original level/team as long as they:

1. Maintain/improve the skills that were showcased during evaluations, with the same technique
2. Are able to successfully fill a stunt, jump or tumbling position.
3. Abide by all the rules and regulations of our program

Mandatory program/ team meetings will be relayed in your final team placement email. Please keep in mind meetings may be held virtually over Zoom. All Scheduled meetings are mandatory and full attendance is expected.

We expect to have teams in all age levels and many skill levels within each group. These age groups are as follows: *Subject to change per USASF*

Tiny Pre-Team (Exhibition)/ Novice: 3 to 6 years old: Birth year of 2014-6/1/18

Tiny: 5 to 6 years old: Birth year of 2014-2016

Mini: 5 to 8 Years old: Birth year of 2012-2016

Youth: 5 to 11 Years old: Birth year of 2009-2016

Junior: 6 to 15 Years old: Birth year of 2005-2015

Senior (levels 1-5): 12 to 18 Years old: Birth year of 6/1/02-2009

Senior 6: 13- 18 Years old: Birth year as of 6/1/02-2008

All-Star cheerleading is scored based upon the execution of **tumbling, jumps, dance, motion technique, tosses, stunting, performance and choreography**. Athletes will be placed on teams based upon their abilities as well as their mental mindset. Although tumbling skills are not the final determination regarding team placement, **we have listed tumbling skills preferred at each level for your benefit**. There may be multiple teams at each level (ex. Junior 3 and Senior 3), and your child will be placed where the coaches feel your child will best help a team.

Please be sure to PRINT, COMPLETE and RETURN pages 4-7 at the start of your scheduled Evaluations*

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022



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: _____	Emergency Contact #: _____
Relation: _____	

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: _____

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022



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: _____

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022



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

JUST CHEER ALL-STARS ATHLETE EVALUATION PACKET 2021-2022



Athlete Name: _____

Birthday: _____

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. Skills showcased during evaluations will be based off the highest level of skills marked off. Skills selected must be demonstrated on the floor **unassisted**.

	<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
L E V E L 1	<ul style="list-style-type: none"> ○ Forward Roll ○ Backward Roll ○ Cartwheel ○ Bridge Kick Over 	<ul style="list-style-type: none"> ○ Valdez ○ Front Walkover ○ Handstand Forward Roll ○ Back Walkover 	<ul style="list-style-type: none"> ○ Switch Kick Back Walkovers ○ Front walkover into back series ○ Back Walkover Series
L E V E L 2	<ul style="list-style-type: none"> ○ Standing BHS ○ Jumps pause BHS ○ BHS pause BHS ○ Round off BHS ○ Flyspring 	<ul style="list-style-type: none"> ○ Straight Jump BHS ○ BWO BHS ○ BHS Step Out RO BHS ○ RO BHS Series 	<ul style="list-style-type: none"> ○ BWO BHS Step Out into Specialty ○ FWO RO BHS Series ○ Specialty Series ○ Front Bounder Step Out
L E V E L 3	<ul style="list-style-type: none"> ○ Standing 2 BHS ○ Jumps to BHS ○ RO Tuck ○ RO BHS Tuck 	<ul style="list-style-type: none"> ○ Standing 3 BHS ○ 2 Jumps to 2 BHS ○ FWO RO BHS Tuck ○ RO BHS Step Out RO BHS Tuck ○ Punch Front 	<ul style="list-style-type: none"> ○ 3 Jumps to 3 BHS ○ Jump BHS Jump BHS ○ Jump BHS Step Out RO BHS Tuck ○ FWO RO BHS Step Out RO BHS Tuck
L E V E L 4	<ul style="list-style-type: none"> ○ Standing Tuck ○ Standing 2 BHS Tuck ○ Jump to BHS Tuck ○ RO BHS Layout 	<ul style="list-style-type: none"> ○ 2 Jumps to BHS Tuck ○ FWO RO BHS Layout ○ Standing BHS Tuck ○ Cartwheel Tuck 	<ul style="list-style-type: none"> ○ Specialty Pass ○ RO BHS Whip BHS Layout ○ Punch Front RO BHS Layout ○ RO Whip BHS Layout
L E V E L 5	<ul style="list-style-type: none"> ○ Jumps to Tuck ○ BHS series to Tuck. ○ RO Full ○ RO BHS Full 	<ul style="list-style-type: none"> ○ Jump BHS Tuck ○ BHS series to layout ○ FWO RO BHS Full 	<ul style="list-style-type: none"> ○ Jump BHS series to Whips/Layouts ○ BHS Whip BHS Layout ○ Punch front step out to Full ○ RO Whip BHS Full
L E V E L 6	<ul style="list-style-type: none"> ○ Jumps to Tuck ○ Standing Full ○ BHS series to Full ○ RO BHS Full ○ Cartwheel Full 	<ul style="list-style-type: none"> ○ Jumps BHS series to Full ○ BHS whip BHS Series to full ○ RO BHS Double Full ○ Punch front step out or whip through to Full 	<ul style="list-style-type: none"> ○ BHS series to Double Full ○ Jump BHS Series to Double Full ○ BHS Whip BHS to Double Full ○ Specialty Series into Double Full

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Athlete Phone #

Gym Program in 2020-21

Team & Level in 2020-21

of years in All Star

Parent Phone #

Parent Name

Team/Division/Level Request ****

****These requests will be considered, but no guarantees are made. Specific requests for ride sharing/siblings/practice times etc. that are realistic, significant, and valid are accommodated when it doesn't hinder overall rosters. Requesting to fly, to be on an older team than your normal age group, or to be on a team with higher- level skills than the ones you currently have are unlikely accommodations that cannot/ will not be made, as this will directly impact the final roster selection.

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

MAIN

SIDE

BACK

FLYER*

FRONT

* A flyer is a very demanding position on any team. It requires an extreme amount of focus, personality and often many additional hours of intense training. Prior experience is a plus but not a necessity. Criteria to be considered will include size (i.e., height and weight) in comparison to each athlete's potential age group/team, flexibility, balance, personality and poise. Being chosen as a flyer at the start of the season will not eliminate nor guarantee an athlete's position as a flyer for the season.

What is the HIGHEST level of stunts you have competed? (Mark one)

1 2 3 4 5 6

Are you interested in being a cross-over? (Team to be selected by coaches/owners)

YES

NO

*A Crossover is an athlete that will be placed on a team, either higher or lower in level, in addition to their Original team placement. An additional Crossover fee will apply. Please refer to the informational packet (Page 7), for more information.

Official OFFICE USE ONLY:

Jumps

1-Poor technique/ 5- Perfect technique (Consider height, form, pointed toe, timing to counts)

Toe Touch 1 2 3 4 5 **R- Hurdler** 1 2 3 4 5 **L- Hurdler** 1 2 3 4 5 **Pike** 1 2 3 4 5

Jump Series 1 2 3 4 5

Coaches Comments: _____

Tumbling

1-Poor technique/ 5- Perfect technique (Consider form of skills, height, speed, etc.)

Technique on overall standing tumbling displayed 1 2 3 4 5

Technique on overall running tumbling displayed 1 2 3 4 5

Coaches Comments: _____ Recommended tumbling level _____

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PAIN RELIEVER CONSENT

Just Cheer All Stars ***will not*** provide Tylenol, Ibuprofen or Aleve to any athlete without written permission and consent from a parent or guardian. Please indicate your preference by checking the appropriate option along with your signature.

_____ NO, I do not want medication provided to my child.

_____ YES, my child may be provided any of the medication listed above.

_____ YES, my child may be provided and administered medicine only from the following list:

1. _____
2. _____
3. _____

Parents Signature: _____ Date: ____/____/____

Athlete Name: _____