



EXPRESS CHEER

Tryout Packet 2023



Impact Elite





IMPACT - Elite Team Information

Express All-Stars – All-Star Prep & Novice Cheer Program

August 2023 – April 2024

Try Outs: August 11th – 13th

Choreography Camp: September 23rd

Practices will begin the week of August 20th, 2023.

Exact Practice Days and Times will be determined after Team Placement.

All Prep Teams will Practice Sundays Only – Beginning Sunday August 20th.

All Novice Teams will Practice During the Week

Evaluation Process

Athletes will have a chance to show us everything we need to see during the evaluation process.

We have many different team levels at Express.

Therefore, if your child has all the required skills, we will find a place for them on a team.

Athletes will have the chance to perform all running and standing tumbling skills that they can perform successfully without a spot as well as jumps, including toe touch, pike, and hurdlers.

Parents will need to attend Evaluations to size their athlete for practice wear and uniform.

Tryout Fee:

Returning Athletes: FREE if turned in on or before July 20th

New Athletes: \$25 if turned in on or before July 20th

\$75 if turned in after July 20th for ANY Athlete

These dates are strictly enforced, no exceptions.

Birth Year	Date
2020-2014	August 12 th
2013-2007	August 13 th
Express Pass	August 11 th

**An athlete must attend ONLY ONE of the Tryout Evaluation Days.
All times are TBD and will be posted and communicated in August.**

Private Tryout Prices:

\$50 if Paid in Full by July 20th or \$75 after July 20th

Pricing

MONTH	1 st Athlete	2 nd Athlete
August*	\$140	\$120
September **	\$255	\$242
October ***	\$255	\$242
November	\$255	\$242
December	\$255	\$242
January	\$255	\$242
February	\$255	\$242
March	\$255	\$242
April	\$255	\$242

*Tryout Fee- Amount Based on Date Turned in

**Practice Wear - \$75

*** Competition Bow- \$15

The August payment is due at the time of turning in the packet, along with the Registration Fee \$40 (if needed).

These payments must be made prior to signing up.

Please note that the monthly fees include:

One Practice per week, Competition Fees, Uniform Rental, Choreography Camp, and Music Fees, Coaches Travel Fees.

Not included: Practice Wear (Sport Bra, Shorts, Tank Top), Bow and Registration fee (if needed)

All teams will compete at a minimum of one out of town event; you will be responsible for travel, lodging, meals, etc.



Impact Elite Athletes may add a tumbling or specialty skills class for a 10% discount.

Tuition is due on the 20th of each month prior to the month you will be attending.

For example, September's tuition is due by August 20th.

All tuition payments are considered late on the 1st of the month and will be assessed a Late Fee of \$20.



***New* to Impact Elite**

All Impact Elite Teams (Novice and Prep) will travel to an out-of-town end of Season Event.

Please be aware if you try out for Impact Elite and are placed on a Prep Team you will practice on Sundays. Some athletes/families may not be ready for the structure and commitment that is mandatory for the Impact Elite Program. These cheerleaders will be offered a position in our Half Year program - IMPACT.



2023-2024 Important Dates

Please Check ALL CLOSING Dates Carefully

Important Events and Closing Dates:

May 29th – June 2nd – Gym Closed

June 5th – Off Season Impact Begins

July 3rd- 14th – Closed for 4th of July

August 11th - 13th – Impact Elite Tryouts

August 20th – Fall Practices Start

September 1st-4th – Closed for Labor Day

September 23rd – Mandatory Choreography Camp

October 6th – 9th – Closed for Fall Break

November 20th-24th – Closed for Thanksgiving Break

November 26th – TEAM PRACTICES RESUME

December 22nd- January 6th – Closed for Winter Break

January 7th – TEAM PRACTICES RESUME

March 10th -17th – Closed for Spring Break

March 18th – TEAM PRACTICES RESUME

March 29th - 31st – Closed for Easter

Competition Dates:

December 9th or 10th – Christmas Classic - TBD

January 20th or 21st – Express Fest – Frisco, TX

February 10th or 11th – NTGU MEGA Nationals - Irving, TX

April 6th or 7th – NTGU Spring – Denton, TX

April 13th – Kalahari - Round Rock, TX

Please remember that these dates are tentative.

Practices and Events can be added, deleted, or substituted without notice.

Absences

Absence Policy

An Absence Request Form must be submitted TWO weeks prior to the absence. All absence requests submitted less than two weeks prior to the absence will be unexcused. Forms are located in the lobby and in our document section on our website. Be prepared to show documentation for absences. NO absences are permitted the week of an event, excused or unexcused. Unexcused absences must be approved by a member of Express Cheer Staff at least two weeks prior the date of the absence(s). No unexcused absence will be allowed at any practice that involves choreography. An excused absence is limited to mandatory school functions for a grade, death in the family or contagious illness (fever, vomiting, diarrhea). We will verify with school administrators or the school if we think someone is being dishonest. Exceeding the 2 allowed unexcused absence will put your athlete's position on the team in jeopardy at the coach's discretion. Missing practice for any other reason than those listed above will result in an unexcused absence. This includes but is not limited to; homework, no ride, work, cotillion, etc. All other sports that conflict with Express practices are NOT EXCUSED. Athletes who are late or miss practice may be required to condition at the following practice.

All athletes must attend practice even when they are sick. Athletes may not be required to participate but must be present and must provide a doctor's note with detailed information regarding illness, treatment, and length of recovery. This includes dental, medical and all other health related issues that would prohibit an athlete from participating. Extended sicknesses or injuries may jeopardize an athlete's position on the team. Athletes may also be removed from their team and the program for not following the Absence Policy. Understanding that this is a team sport is key. Commitment from all athletes for all practices is the only way we can set our teams up to have a successful season.

Competition Absence Policy

Do not plan family vacation or trips during or around competitions, if you have done so you must inform Express Cheer in writing before you are admitted onto a team. Understand that this is team sport and that if one person is missing, it is basically a waste of time for everyone else. Missing or skipping practices jeopardizes your athlete's role on the team.

NO ABSENCE WILL BE ALLOWED THE WEEK PRIOR TO ANY EVENT/ COMPETITION. Missing a practice during these weeks may result in the athlete being moved to an alternate position or being dismissed from the team.

Code of Conduct

It is understood that Express Cheer reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.

A member of Express Cheer must be a strong representative at all times. We expect that you will keep your social media clean and family friendly at all times. Remember you are a direct reflection of Express Cheer. If you are caught demonstrating abusive behavior, lying, or any form of negative behavior it will be grounds for removal. Express Cheer will not tolerate gossiping, pettiness, back talking or any disrespect to teammates or instructors. After warning a team member, a parent will be notified of the problem. If the issue is not resolved it will be grounds for removal.

Please be aware that inappropriate displays of behavior FROM PARENTS to office staff, instructors, athletes or other parents at events or inside Express Cheer can also result in removal of athletes from teams.

The use of Spirit Athletics LLC, Express Cheer DBA or any other subsidiary of our companies is strictly prohibited. It is prohibited to use our name in emails, social media formats, apparel, or other promotional material. No portion of our routines, music, dances, stunts, transitions, etc., should ever be used in any forum outside of our program.



IMPACT Off-Season

IMPACT Elite offers an off-season training program for the Summer Sessions.

Off-season focuses on tumbling, jumps, motions, stunts, and choreography.

We HIGHLY suggest that IMPACT – ELITE candidates attend one session of IMPACT Off-Season.



Off-Season Tinys- 60 min Training- \$90/Session

Off-Season Returning Athletes- 90Min training- \$120/Session

Off-Season New Athletes- 90Min training- \$120/Session

Days and Times of Trainings will be Released with the Summer Schedule.

Impact Packets turned in before June 5th will receive \$20 off your IMPACT Off-Season cost/per session.

Contact Kiki@expresscheer.com, call 972-731-5888, or visit the Office to sign up for Impact Off-Season



Impact Elite Prep & Novice Try Out Form

Athlete's Name: _____ Birth Year: _____

Parent's Email: _____

Athlete's Email: _____

Date of Birth: _____

Grade: _____

School: _____

Do You cheer for your School? Yes No

If yes, Which Squad _____

Please Initial One:

_____ My athlete cannot practice on Sundays and would not like to be considered for a Prep Team. (They would only be placed on a Novice Team, which will practice during the week, Exact practice days will be determined after Tryouts)

_____ My Athlete is available to Practice on Sundays and Weekdays and would like to be considered for any Impact Elite Team.



ENROLLMENT APPLICATION

Check one: New Student Sibling Returning Student

PARENT/GUARDIAN INFORMATION (Person responsible for the account)

Mother/Guardian First Name	Mother/Guardian Last Name	Cell Phone Number	Allow Texting
Father/Guardian First Name	Father/Guardian Last Name	Cell Phone Number	Allow Texting
Mailing Address		Home Phone Number	
City, State, Zip Code		Email Address	

STUDENT INFORMATION (One Form Per Student)

Student's First Name	Student's Last Name	Birth date	Age
Gender	Medical Conditions, Disabilities, Allergies and/or Concerns		

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, ACCOUNT POLICIES AND MEDIA RELEASE

In consideration of the above-named students/participants participating in the programs of Express Cheer, a Spirit Athletics company, I represent that I understand the nature of the above enrolled activities and that I am, or my children are qualified, in good health, and in proper physical condition to participate in such activities. I acknowledge that if I believe event conditions are unsafe, I or my children will immediately discontinue participation in the activities. I fully understand that these activities involve risks of serious bodily injury, including permanent disability, paralysis, and death, which may be caused by my or my children's own actions, or inactions, those of others participating in the activities, the conditions in which the activities take place, or the negligence of the "releasees" named below; and that there may be other risks either result or my or my children's participation in these activities.

I hereby release, discharge, and covenant not to sue Express Cheer, Spirit Athletics LLC, its respective owners, partners, administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I hereby approve, agree, and release any photographs, video, or audio recording ("MEDIA" herein) taken by employees or agents of Express Cheer that include a depiction of my child during activities held at Express Cheer or any public event that includes Express Cheer, for use in whole or in part, in marketing, social media and/or training material or any other form deemed acceptable by Express Cheer. I hereby release and discharge Express Cheer, Spirit Athletics LLC, from all claims, damages, or relief due to the use of such media. I hereby grant, assign, and transfer to Express Cheer all rights and interest therein at no charge.

I understand an enrollment fee of \$40 per student (maximum of \$80 per family) is due on each anniversary date of enrollment. Class Make Ups must be arranged by contacting the main office staff or the online portal. Make Ups are not guaranteed and are available only if there are class openings. To qualify for make ups, students must be actively enrolled in classes and/or programs. Furthermore, I agree to contact the office staff in writing, in person, by phone or via the online portal to change or withdraw from class.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT AND MEDIA RELEASE, 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 and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

X _____ Date

Parent/Guardian Signature

OFFICE USE ONLY	System Entry _____	Follow Up Email _____
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Acceptance of Terms & Conditions

Please take a moment and read carefully to ensure that you fully understand the time and financial commitment required for Express. You will need to initial each section and sign at the bottom of the page.

- _____ I understand that I will forfeit any monies paid if I choose to leave a team or are asked to leave the program. I also understand that I am entering into the Express program of my own free will. There are NO REFUNDS!
- _____ You must advise your coach in advance if your child will be arriving late or leaving early from practices.
- _____ If a student is injured or sick and not contagious, they are required to attend practice, not participate.
- _____ Express athletes are required to attend all practices. If habitual absences occur; athletes may be removed from the team without notice and no refund will be provided. Also, please note that if an athlete misses practices the week prior to a performance, regional or local competition, and/or two weeks prior to a national competition it is at the discretion of Express and its coaches whether or not they perform.
- _____ An excused absence is limited to mandatory school functions for a grade, death in the family or contagious illness. Missing practice for any other reason other than the four listed previously will also result in an UNEXCUSED absence. This includes, but is not limited to:
- ◆ Too much home work / studying (please plan ahead)
 - ◆ Don't have a ride (again, please plan ahead)
 - ◆ Work
 - ◆ School Sports
 - ◆ Cotillion
- _____ Express athletes are required to attend all competitions. Everyone will receive a competition schedule and if you cannot attend the competitions, then you should not join the team.
- _____ Tuition does not pay for the right to perform. Individuals must continue to meet the skill level requirements. Failure to pay tuition will result in an athlete sitting out of practice.
- _____ It is understood that Express reserves the right to move your child to another team during the season and/or dismiss an athlete from any practice or remove them from a team if their behavior or parents' behavior is deemed inappropriate. In the instance that an athlete quits or gets dismissed from a team, a \$750 cancellation fee will be processed immediately.
- _____ Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from teams. This applies in all situations. Including, but are not limited to: practices, performances and competitions.
- _____ I understand that team practices cannot be made up and in the event that practices are cancelled or there are global or local events out of the control of Spirit Athletics LLC (DBA – Express Cheer & Dance) or its subsidiaries, that limit our ability to provide services, I will be responsible for the duration of my contract and Spirit Athletics LLC (DBA – Express Cheer & Dance) or its subsidiaries will do everything in their power to provide substitute services and to make each family/customer whole.

I, _____ (parent), understand, accept, and agree to all of the terms and conditions within the Express Cheer Evaluation Packet.

Signature _____ Date _____

Payment Contract Agreement

Student's Name: _____

Parent's Name: _____

Phone Number: _____ E-Mail Address: _____

Home Address: _____ City: _____ State: _____ Zip: _____

(parent's initials)

I acknowledge that, under the terms of this Agreement, the above-named student will be charged a registration fee once a year and all tuition will be payable on the 20th of each month prior. If fees are not paid on time, I acknowledge that late fees will be charged.

(parent's initials)

Tuition does not change based on the number or length of practices in any month.

(parent's initials)

It is also acknowledged that FAILURE TO ATTEND PRACTICES WILL NOT RELIEVE ME OF ANY OBLIGATIONS TO PAY THE TUITON AGREED UPON, AND THAT NO REFUNDS OR MAKE-UP CLASSES FOR TUITON PAID SHALL BE MADE FOR NON-ATTENDANCE OR WITHDRAWAL. I further acknowledge that I will be required to pay for all uniform pieces, and trips and expenses not included in Express tuition.

(parent's initials)

I further acknowledge that under the payment plan, if I withdraw my athlete for any reason, I may be responsible for additional fees. **All resignations must be received in writing.**

(parent's initials)

I understand that if my athlete is no longer a part of an Express Cheer team for any reason, their uniform will need to be returned within one week of their resignation. If it is not returned, I will be charged the full price of the uniform.

(parent's initials)

In addition, I understand by signing this page, I give Express the right to run the credit card on file for any outstanding balance on the 1st of each month, or for the cancellation fee of \$750.

(parent's initials)

I understand that carrying a balance on my account will hinder my athlete from taking additional classes or private lessons until team tuition has been paid. In addition, if monthly tuition is not paid by the 1st of each month, my athlete will sit out of practice until the account is current.

(parent's initials)

I acknowledge the monthly tuition does not include any additional charges (late interest, penalties, unbilled attorneys' fees, etc.) upon signing this agreement I agree to pay additional charges or fees which are incurred if it becomes necessary to collect the amount referenced in agreement.

(parent's initials)

I understand that if any installment is late or missed, Express Cheer reserves the right to continue with the collections process and take whatever action is deemed necessary to recover the full amount of debt including but not limited to cancellation of this agreement and/or exclusion of your child from participation in all Express Cheer related activities.

Parent/Guardian Signature / /
Date

Participant Signature / /
Date



Authorization Agreement for Collections

_____ (Name) hereby authorize Express Cheer to automatically bill my credit card/bank account my athlete's monthly tuition and any and all fees associated with his/her classes/squad. All requested information is required. Each month, your credit card /bank account will be billed for the amount indicated and your charges will appear on your statement. Any athlete/parent who wishes to change or cease payments entirely from the automatic payment system **must notify Express Cheer in writing no less than 2 weeks prior to the automatic debit date.** It is the cardholder's responsibility to maintain the correct information. We acknowledge that the origination of transactions to our account must comply with the provisions of the U.S. law. **Please note that you are required to put both forms of payment on file.** You may check the type of payment you would like us to first process. Express reserves the right to process the second form of payment if your primary payment is declined.

Monthly Tuition is due on or before the 20th prior to each month.

A late fee of \$20 will be assessed for payments received after the 1st of each month unless prior arrangements have been made.

Customer Information:

Name: _____

Athlete's Name: _____

Credit Card Information _____ Please use this as my primary payment.

Account Number: _____ Exp. Date: _____ Security Code: _____

Billing Address associated with credit card:

Town: _____ St: _____ Zip: _____

Bank Account Information _____ Please use this as my primary payment.

Name on Account _____

Name of the Banking Institution _____

Routing Number _____

Account Number _____

I authorize, Express Cheer to automatically charge my credit card/bank account on file in the amount due, each month. I understand that my payment is to be withdrawn on the 20th of each month prior.

Signature _____ Date: _____

All returned payments, declined credit cards, and/or expires cards will result in a \$35 non-sufficient funds fee.



ABSENCE REQUEST FORM

NAME OF ATHLETE: _____ DATE: _____

TEAM: _____

REQUESTING TO BE ABSENT:

MONTH: _____ DAY: _____ TIME: _____

SCHOOL ACTIVITY: _____

VACATION/OTHER: _____

WILL YOU BE ABLE TO ATTEND ANY PORTION OF THE SCHEDULED PRACTICE?

YES - OR - NO

IS SO WHICH PART? _____

1. I KNOW THAT SCHOOL RELATED ACTIVITIES FOR A GRADE ARE THE ONLY EXCUSED ABSENCES.
2. I AM AWARE THAT MY ABSENCE CAN AND WILL AFFECT THE REST OF THE TEAM PRACTICE.
3. I KNOW THAT MY PARTICULAR STUNT OR STUNT GROUP WILL NOT BE ABLE TO PRACTICE AND ALL SPACING AND FORMATIONS WILL BE AFFECTED BY MY ABSENCE.
4. I PROMISE TO LEARN ANY NEW OR CHANGED MATERIAL PRIOR TO MY NEXT PRACTICE.
5. I UNDERSTAND UNAPPROVED ABSENCES MAY JEOPARDIZE AN ATHLETE'S POSITION AS A PERMANENT MEMBER OF A TEAM.

ATHLETE'S NAME

PARENT'S NAME

ATHLETE'S SIGNATURE

PARENT'S SIGNATURE

COACHES NAME

COACHES SIGNATURE

APPROVED: YES - OR- NO

COMMENTS: