

Evaluation Info

Tryout Fee:

Returning All Star Athletes: FREE if turned in on or before April 20th

New Athletes: \$50 if turned in on or before April 20th

\$100 if turned in after April 20th for ANY Athlete

These dates are strictly enforced, no exceptions.

An athlete must attend ONLY ONE of the Tryout Evaluation Days.

Birth Year	New Athlete	Returning Athletes
		Express Pass
2019-2013	Thursday May 22 nd 5:00-7:00pm	Saturday May 24 th 1:00-4:00pm
	Or	Or
	Friday May 23 rd 5:00-7:00pm	Any of the New Athlete Tryout Days
2019-2013	Thursday May 22 nd 7:00pm	Saturday May 24 th 3:00-4:00pm
Flyer Tryout	Or	Or
[Additional \$25]	Friday May 23 rd 7:00pm	Any of the New Athlete Flyer Tryouts [All Flyers looking to Level Up must attend Flyer Tryouts]
2012-2006	Thursday May 22 nd 5:00-7:00pm	Saturday May 24 th 4:00-6:00pm
	Or	Or
	Friday May 23 rd 5:00-7:00pm	Any of the New Athlete Tryout Days
2012-2006	Thursday May 22 nd 7:00pm	Saturday May 24 th 4:00-5:00pm
Flyer Tryout	Or	Or
[Additional \$25]	Friday May 23 rd 7:00pm	Any of the New Athlete Flyer Tryouts [All Flyers looking to Level Up must attend Flyer Tryouts]

Private Tryout Prices: \$75 if Paid in Full by April 20th or \$100 after April 20th Private Flyer Tryout \$75

New Teams Will Begin Practice on June 2nd
Special note: The viewing area will be closed during evaluations.

Evaluation Process

Candidates will learn a short routine which will be on the Express Cheer Website and perform it to the best of their ability. They will then have an opportunity to show any different running tumbling passes, standing tumbling or jumps that they would like us to see.

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.

Some athletes may not be ready for the structure that is mandatory in our practices. These cheerleaders will be offered a position in our All-Star Prep program - IMPACT.

<u>Just because you can perform certain tumbling skills does not guarantee a spot on a specific team</u>. Express is looking for strong motions, jumps, choreography, a strong work ethic, and an all-around athlete.

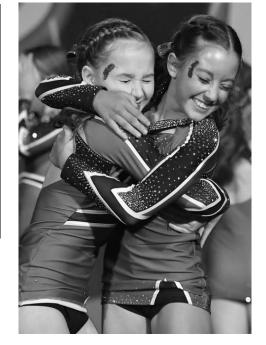
Announcement of Teams

Athletes will receive an email with a link to the All-Star Team Reveal Video. The Team Reveal Video will be released the week of May 26^{th.}
Athletes will receive an e-mail with further information by Saturday, May 31st.

Teams will begin practice the week of June 2nd.

Pricing

	1 st Athlete	2 nd Athlete	Male Athletes	Payment Due Date
All Star Down Payment *	\$375	\$328	\$325	Due with Packet
June **	\$375	\$328	\$325	June 1st
July ***	\$375	\$328	\$325	June 20 th
August ****	\$375	\$328	\$325	July 20 th
September *****	\$375	\$328	\$325	August 20th
October	\$375	\$328	\$325	September 20 th
November	\$375	\$328	\$325	October 20th
December	\$375	\$328	\$325	November 20 th
January	\$375	\$328	\$325	December 20 th
February	\$375	\$328	\$325	January 20 th
March	\$375	\$328	\$325	February 20 th
April	\$375	\$328	\$325	March 20th



Everyone MUST enroll in our Auto Pay Program!

All Star Down Payment is due at the time of turning in the packet,

this includes May payment (Competition Fees, Uniform Rental) along with the Registration Fee (if needed). All payments must be made prior to each athlete's first Try Out Evaluation.

All Star Athletes may add a tumbling or specialty skills class for a 10% discount.

Tuition includes: Uniform Rental Fee, Monthly Team Tuition, Competition Fees, and All Star Training Classes.

Not included: USASF Membership (Approximately \$50), Registration Fee (\$60), Practice Wear (\$200), Competition Bow (\$25), Choreography and Music (\$150), Coaches Travel (\$150), End of Season Event Fee (Includes Tank Top, and Coaches Travel \$250)

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

Late Try Outs: Any athlete who joins Express Cheer after Try Outs will be required to pay back due monthly installment of Squad Fees. These Squad Fees cover Uniform Rental Fee, Competition Fees.

\$255 per month May – August

\$220 per month September – December

\$170 per month January – April

Express is a 12-month program. All financial obligations must be paid in full by March 20^{th} , 2026. Tuition payments are due on the 20^{th} prior to each month.

^{*}Tryout Fee- Amount Based on Date Turned in

^{**}Practice Wear - \$200

^{***} Choreography/Music Fee \$150

^{****} Coaches Travel Fee- \$150

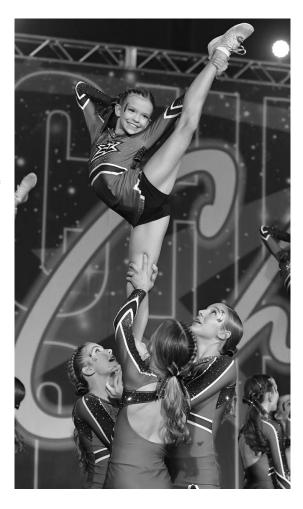
^{*****} Competition Bow- \$25

Absences

Absence Policy

Unexcused absences must be approved by a member of Express Cheer Staff at least two weeks prior to 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). 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, Rising 6th Graders/Freshman, National Charity League, etc. All other sports that conflict with Express practices are NOT EXCUSED. Due to the size of the commitment, we do not allow our all-stars to participate in any other sports or activities that will cause numerous or ongoing conflicts with practices or competitions. Athletes who are late or miss practice may be required to condition at the following practice.

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. We will verify with school administrators or the school if we think someone is being dishonest. Be prepared to show documentation for absences.



NO absences are permitted the week of an event, excused or unexcused.

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 mental or physical 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.

Summer Absence Policy

Athletes are allowed up to 4 absences (that is two weeks) for family vacations during the months of June -August 11th. However, athletes cannot miss choreography sessions. Absences may be in conjunction with any of the listed summer breaks, please plan accordingly. Additional absences will jeopardize an athlete's placement, in sections of the routine and their place on their prospective team.

Competition & Event Absence Policy

ALL COMPETITIONS AND EVENTS ARE MANDATORY. Missing an event or competition will result in the athlete being placed in an alternate position or removal from the team. Do not plan family vacation or trips during or around competitions/events, 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, as well as excessive tardiness will jeopardize your athlete's roll on the team.

NO ABSENCE WILL BE ALLOWED ONE WEEK PRIOR TO A REGIONAL EVENT OR TWO WEEKS PRIOR TO A NATIONAL'S EVENT. 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.



All Star Info:

Tuition does not pay for the right to perform or compete. Failure to pay tuition by the 1st of each month will result in athletes sitting out of practice. If you are carrying a balance on your account, your athlete will not be able to take additional classes or private lessons until your team tuition has been paid. There are NO Refunds.

Individuals must continue to meet

the skill level requirements. If an athlete is not able to perform the necessary skills required for their level, they will be required to enroll in a tumbling or specialty class. Any athlete who refuses to perform required skills for their level may be sat out or sent home at the discretion of the coaching staff. We will not allow athletes to progress without proper technique. If you do not agree with or understand our training methods, then you should not cheer at Express Cheer. Only perfected skills will be choreographed into routines.

Practices

All practices are closed to boyfriends/girlfriends and athletes from other gyms. Practices will be closed during January and February. One week prior to regional competitions and two weeks prior to national competitions, parents will be asked to follow a drop off policy. Cells phones will be taken up at the beginning of practices. No jewelry will be worn at practices. There is no videotaping or recording of practice. Lost, misplaced, or damaged clothing will be replaced at your expense. Any athlete late or dressed incorrectly will condition at the end of practice. Remember we are training champions and teaching responsibility.

Team Rep

Most communication is done through email, posted on social media and dispensed by our Team Reps. It is your responsibility to make sure your online account is current and that your contact information is up to date with your Team Rep.



2025-2026 Important Dates

Please Check ALL CLOSING Dates Carefully

We will have practice The Sunday after Thanksgiving NOVEMBER 30TH
ALL ATHELTES WILL BE REQUIRED TO BE AT THESE PRACTICES

Important Events and Closing Dates:

May 26^{th} – May 30^{th} – Gym Closed

June 2nd – Summer Practices Begin

June 30th – July 11th – Closed for 4th of July

TBD- Mandatory Choreography

August 11th – Fall Practices Start

August 31st & September 1st – Closed for Labor Day

October 12th & 13th – Closed for Fall Break

November 23rd- 28th – Closed for Thanksgiving Break

NOVEMBER 30th – TEAM PRACTICES RESUME

December 21st- January 4th - Closed for Winter Break

February 13th-16th – Closed for Presidents Day

March 15th – 21st – Closed for Spring Break

March 22nd – TEAM PRACTICES RESUME
April 5th – Closed for Easter

Competition & Event Dates:

November 16th – NTGU Fall - Denton, TX
December 6th & 7th – Spirit Celebration - Dallas TX
January 24th & 25th - ACA- Fort Worth, TX
February 14th & 15th – CHEERSPORT, Atlanta, GA
February 27th - March 1st – NCA Nationals - Houston, TX
March 28th – March Madness- Garland, TX

End of Season Events

(Teams must earn bids to these events) April 16^{th} - 19^{th} -All Star Worlds, Orlando, FL April 23^{rd} & 24^{th} - Youth Summit, Tampa, FL April 24^{th} - 27^{th} - The Cheerleading Worlds , Orlando, FL April 30^{th} -May 3^{rd} - The Summit - Orlando FL

Please remember that these dates are tentative.

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



Try Out Form

thlete's Name:Birth Year:				
Parent ³	's Email:			
	Date of Birth:	,		
	2025-2026	Grade:		
	School:			
Do You cheer fo	or your School?	Yes No If	yes, Which Squa	d
Please C	Circle THREE	Teams you wo	ould like to Ti	ry Out for
Level One	Level Two	Level Three	Level Four	Level Five
Extraordinary	Extravagance	Executioners	Exceptional	Exotic
Excellence	Extreme	Explicit	(4.2)	Worlds
Explosion	Executives		Exclusive	Exalted
If your athle	ete makes a team, but	choose not to accept t	he position, there wil	l be no refund
Retu	rning All Star	Athletes Please	Initial those th	at Apply:
		ing at my currented and will not be		Express to put me
	•	outs and Perform	ing a Higher-Le	vel Tryout
Routir				
	on a Level 2 Team and	g to Level Up <u>MUST</u> are looking to Level U		ttend Tryouts and
	•	vel One All Star I		ould like the



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 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 event or 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
	 National Charity League Rising Freshman/6th Grade Night
	Express Cheer athletes are required to attend all Events and Competitions. Everyone will receive an Event and Competition schedule and if you cannot attend any of the Events or 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.
[, erms and	(parent), understand, accept, and agree to all of the conditions within the Express Cheer Evaluation Packet.
Signature	
	Dut

Payment Contract Agreement

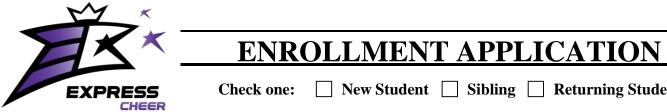
Student's Name						
Parent's Name:						
Phone Number:	E-Mail Address:					
Home Address:		City:	State:	_Zip:		
(parent's initials)	I acknowledge that, under the charged a registration fee on month prior. If fees are not	ce a year and all tu	iition will be p	ayable on the 20	th of each	
(parent's initials)	Tuition does not change bas	ed on the number of	or length of pra	actices in any me	onth.	
(parent's initials)	It is also acknowledged that ME OF ANY OBLIGATION NO REFUNDS OR MAKENON-ATTENDANCE OR West to pay for all uniform pieces.	NS TO PAY THE T UP CLASSES FOI VITHDRAWAL.	ΓUITON AGR R TUITON PΑ I further ackno	EED UPON, AND SHALL BE owledge that I was	ND THAT MADE FOR ill be required	
(parent's initials)	I further acknowledge that unreason, I may be responsible writing.					
(parent's initials)	I understand that if my athlet reason, their uniform will nee If it is not returned, I will be	ed to be returned w	vithin one weel	k of their resigna		
(parent's initials)	In addition, I understand by s credit card on file for any out 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 1 st 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 install right to continue with the coll necessary to recover the full a cancellation of this agreemen all Express Cheer related acti	ections process an amount of debt incl t and/or exclusion	d take whateve luding but not	er action is deem limited to	ied	
(parent's initials)	I acknowledge that I must alv	ways have two form	ns of payment	on file.		
		,	ı			

Parent/Guardian Signature



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 20 th prior to each month.
A late fee of \$25 will be assessed for payments received after the 1st of each month unless prior arrangements have been made.
Customer Information:
Name:
Athlete's Name:
<u>Credit Card Information</u> 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 20 th of each month prior.
Signature Date:



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EXPRESS Check one: New Student Sibling Returning Student						
PARENT/GUARDIAN	INFORMA'	TION (Person responsible for the account)				
Guardian First Nan	ne	Guardian Last Name	Cel	l Phone Number	Allow	
					Texting	
					Ü	
					4.47	
Guardian First Na	me	Guardian Last Name	Cel	l Phone Number	Allow	
					Texting	
	Ma	iling Address		Home Phone Nui	nber	
	City, S	tate, Zip Code		Email Address		
	J=1,5 ; =					
STUDENT INFORMA						
Student's First	Name	Student's Last Name		Birth date	Age	
G 1		M P I C PP D I PP AII 1	1/ 0			
Gender		Medical Conditions, Disabilities, Allergies	and/or Co	ncerns		
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 disconine 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 causedby 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. It.C., 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 mate						
in full force and effect. X	Parent/Guardian Si	gnature	note to be inv	Date		
OFFICE USE ONLY	System Ent	ry Follow Up Email				

TEAM REPRESENTATIVE FORM

List All phone contacts where you can be reached ANY TIME!

NAME OF ATHLETE	DOB	AGE
NAME OF PARENT OR LEGAL GUARI	DIAN	
MOM/GUARDIAN'S CELL PHONE		
MOM/GUARDIAN'S E-MAIL		
DAD/GUARDIAN'S CELL PHONE		
DAD/GUARDIAN'S E-MAIL		
ATHLETE'S CELL PHONE		
ATHLETE'S E-MAIL		
ATHLETE'S JACKET SIZE	ATH	LETE'S SWEATSHIRT SIZE
MEDICAL CONDITIONS, DISABILITIE	CS, ALLERGIES AND/OR CO	NCERNS
EMERGENCY CONTACT NAME & PHO	ONE	
Express Cheer & Dance Competition	Release Waiver:	
I,	vities without my presence. low for said activities, I wil	I also understand that if my ll be required to be present at me provided in competition
Parent Print & Signature		Date
Athlete Print & Signature		Date



ABSENCE REQUEST FORM

NAMI	E OF ATHLETE:		DATE:		
TEAM	[:				
REQU	ESTING TO BE ABS	SENT:			
MON	ГН:	DAY:	TIME:		
SCHO	OL ACTIVITY:				
VACA	TION/OTHER:				
WILL	YOU BE ABLE TO A	TTEND ANY PORT	ION OF THE SCHEDULE	ED PRACTICE?	
YES	- OR - NO				
IS SO	WHICH PART?				
(athlete's initials)			ACTIVITIES FOR A GRA	DE ARE THE ONLY	
(athlete's initials)		AT MY ABSENCE CA	AN AND WILL AFFECT	THE REST OF THE TEAM	
(athlete's initials)			UNT OR STUNT GROUP FORMATIONS WILL BE	WILL NOT BE ABLE TO AFFECTED BY MY	
(athlete's initials)	I PROMISE TO LE PRACTICE.	CARN ANY NEW OR	CHANGED MATERIAL	PRIOR TO MY NEXT	
(athlete's initials)	I UNDERSTAND A MEMBER OF A TI		OPARDIZE MY POSITIO	N AS A PERMANENT	
ATHL	ETE'S NAME		PARENT'S NAME		
ATHL	ETE'S SIGNATURE		PARENT'S SIGNAU	RE	