



EXPRESS CHEER

World's Program



TRYOUT INFORMATION

Tryout Routine Videos will be on our Website under the Tryouts Tab: Expresscheer.com

The Worlds Try Out will be run in a clinic type format. Less Pressure, More Learning.

All Athletes will be switching in and out attempting new and old stunting skills with returning Exalted Athletes.

Candidates will learn a short Dance which will be on the Express Cheer Website and perform it to the best of their ability, as well as Jumps.

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.

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

**Mandatory Parent Meeting – Friday May 15th 6:00pm or
Friday May 22nd 6:00pm**

**Tryout Day consist of the Physical Tryout and
Practice Wear Sizing and should take up to Two Hours.**

Practice Wear Sizing takes up to 15min.

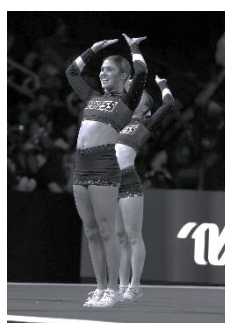
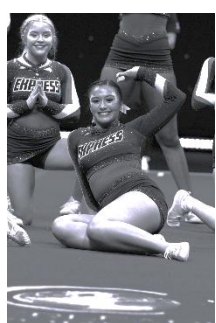
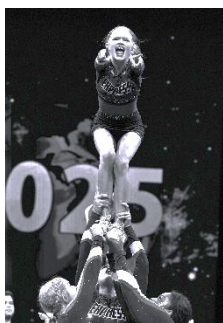
The Physical Tryout takes up to 1.5 hrs.

Birth Year	Tryout Date & Time	Tryout Requirements
2008-2013	Saturday May 30th 10:00am-12:00pm (Tryouts are not come and go- athletes must arrive at 10:00am)	Open Stunt – All Athletes will be switching in and out and trying different positions. The 2013-2007 Tryout Dance- which can be found on our website Jumps- Double Toe, Pike, Right and Left Front Hurdlers

Special note: The viewing area will be closed during evaluations.

If you are trying out for multiple levels/Programs at Express Cheer,
you will be required to attend both sets of Tryouts.

Please grab both packets to ensure you have all information needed.



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 June 1st.

Athletes will receive an e-mail with further information by June 6th.

Teams will begin practice the week of June 8th.

Tryout Fee

Returning All Star Athletes: FREE if turned in on or before April 15th

New Athletes: \$50 if turned in on or before April 15th

\$100 if turned in after April 15th for ANY Athlete

These dates are strictly enforced, no exceptions.

Private Tryout - \$100

New Teams Will Begin Practice on June 8th

Pricing

	1 st Athlete	2 nd Athlete or Male Athletes	Payment Due Date
All Star Down Payment *	\$425	\$375	Due with Packet
June **	\$425	\$375	June 1 st
July ***	\$425	\$375	June 20 th
August ****	\$425	\$375	July 20 th
September ****	\$425	\$375	August 20 th
October	\$425	\$375	September 20 th
November	\$425	\$375	October 20 th
December	\$425	\$375	November 20 th
January	\$425	\$375	December 20 th
February	\$425	\$375	January 20 th
March	\$425	\$375	February 20 th
April	\$425	\$375	March 20 th



*Tryout Fee- Amount Based on Date Turned in

**Practice Wear - \$200 & Competition Bow- \$25

*** Choreography/Music Fee \$200

**** Coaches Travel / Ballroom Rental Fee- \$375 Split over 2 Months
(\$187.50 in August, \$187.50 in September)

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 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 a Boss Basing Class.

Not included: USASF Membership (Approximately \$50), Registration Fee (\$60), Practice Wear (\$200), Competition Bow (\$25), Choreography and Music (\$200), Coaches Travel and Ballroom Rental (\$375), 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.

\$300 per month

May – August

\$275 per month

September – December

\$215 per month

January – April

Express is a 12-month program. All financial obligations must be paid in full by March 20th, 2027.

Tuition payments are due on the 20th prior to each month.

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 10th. 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 can 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 may 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 potential 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 potential 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. Athletes can be placed in an Alternate Position at any time. 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, BAND, 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.



2026-2027 Important Dates

Please Check ALL CLOSING Dates Carefully

We will have practice The Sunday after Thanksgiving NOVEMBER 29TH
ALL ATHELTES WILL BE REQUIRED TO BE AT THESE PRACTICES

Important Events and Closing Dates:

June 1st – 5th – Gym Closed
June 8th – Summer Practices Begin
July 6th -10th – Closed for 4th of July Break
TBD- Mandatory Choreography
August 10th-14th – Gym Closed for Back to School
August 16th – Fall Practices Start
September 6th – 7th – Closed for Labor Day
October 11th & 12th – Closed for Fall Break
November 22nd- 27th – Closed for Thanksgiving Break
NOVEMBER 29th – TEAM PRACTICES RESUME
December 20th- January 3rd – Closed for Winter Break
February 14th & 15th – There will be practices, we are NOT Closed
March 14th – 20th – Closed for Spring Break
March 21st – TEAM PRACTICES RESUME
March 28th – Closed for Easter

Competition & Event Dates:

November 15th – NTGU Fall - Denton, TX
December 12th & 13th -Encore Nationals – Houston, TX
January 30th & 31st - ACA- Fort Worth, TX
February 20th & 21st – Southern Nationals- San Antonio, TX
February 27th & 28th – Main Event- The Spirit Network- Irving TX
March 6th & 7th – Aloha Nationals- Phoenix, AZ
April 3rd & 4th - March Madness- Garland, TX

End of Season Events

(Teams must earn bids to these events)

April 23rd – 26th - The Cheerleading Worlds , Orlando, FL

Please remember that these dates are tentative.
Practices and Events can be added, deleted or substituted without notice.



Try Out Form

Athlete's Name: _____ Birth Year: _____

Parent's Email: _____

Athlete's Email: _____

Athlete's Cell #: _____

Date of Birth: _____

2026-2027 Grade: _____

School: _____

Do You cheer for your School? Yes No

If yes, Which Squad _____

Parents, Please check the Box that Applies.:

If my athlete is not chosen for the Worlds Program, we would like to be considered for another Express Elite Team.

My athlete will only be trying out for the Worlds Program, if they do not make the team, we would NOT like to be considered for another Express Team.

Parents, Please Initial if applicable: [not a required field]

_____ My athlete would like to be considered to Double Team onto another Team at Express outside of the Worlds Program

_____ If the above statement applies, and my athlete is chosen to Double Team, I understand that I will be responsible for additional fees required by both programs.



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 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.

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's initials)

I acknowledge that I must always have two forms of payment on file.

Parent/Guardian 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 \$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: _____

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.



ENROLLMENT APPLICATION

Check one: New Student Sibling Returning Student

PARENT/GUARDIAN INFORMATION (Person responsible for the account)

Guardian First Name	Guardian Last Name	Cell Phone Number	Allow Texting
Guardian First Name	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 \$60 per student (maximum of \$120 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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TEAM REPRESENTATIVE FORM

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

NAME OF ATHLETE

DOB

AGE

NAME OF PARENT OR LEGAL GUARDIAN

GUARDIAN #1 CELL PHONE

GUARDIAN #1 E-MAIL

GUARDIAN #2 CELL PHONE

GUARDIAN #2 E-MAIL

ATHLETE'S CELL PHONE

ATHLETE'S E-MAIL

ATHLETE'S ADDRESS

EMERGENCY CONTACT NAME & PHONE

ATHLETE'S JACKET SIZE

ATHLETE'S SWEATSHIRT SIZE

ATHLETE'S ALLERGIES, MEDICAL CONDITIONS, DISABILITIES

DOES YOUR ATHLETE HAVE SIBLINGS OR FAMILY WHO CHEERS AT EXPRESS?
PLEASE WRITE THEIR NAMES.

ABSENCE REQUEST FORM

NAME OF ATHLETE: _____

REQUESTING TO BE
ABSENT:
(Please list dates)

ADDITIONAL INFORMATION

TEAM: _____

DATE REQUEST IS SUBMITTED: _____

Is this Date Two Weeks prior to the requested date of absence? YES NO

EVENT TYPE: _____
(GAME, VACATION, SCHOOL, ETC.)

TIME OF EVENT: _____

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

YES - OR - NO

IF SO WHICH PART? _____

(athlete's initials)

**I PROMISE TO LEARN ANY NEW OR CHANGED MATERIAL
PRIOR TO MY NEXT PRACTICE.**

(athlete's initials)

**I KNOW THAT SCHOOL RELATED ACTIVITIES FOR A GRADE ARE THE ONLY EXCUSED
ABSENCES.**

(athlete's initials)

**I AM AWARE THAT MY ABSENCE CAN AND WILL AFFECT THE REST OF THE TEAM
PRACTICE.**

(athlete's initials)

**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.**

(athlete's initials)

**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