



| 2023-2024 |
ATHLETE HANDBOOK |

Season 5



WELCOME TO RECON ATHLETICS

Thank you for choosing Recon Athletics Cheer & Tumbling as your premier all star cheerleading program! We are embarking upon our 5th competitive season, and we are very excited! Recon Athletics prides itself as one of North Spokane's top cheerleading training centers! Our program has accumulated many National and Regional titles in just 4 years! We are confident this is just the beginning of our legacy of success! Hard work, perseverance, positive reinforcement and the dedicated families involved with our gym, make Recon Athletics a truly unique place to enjoy the sport of all star cheerleading!

"...words cannot express this cheer gym, the family, camaraderie, and love for their athletes. It doesn't matter your income or body type, fancy purses or not, you are loved and 100% supported by all the parents and athletes! This shows in these athletes' work ethic! We finally found the right place"



Our gym strives to create competitive athletes that not only excel on the competition floor, but are upstanding individuals in everyday life. We create leaders and build self-confidence in every single one of our athletes. We hope that when the time comes for our athletes to graduate and move to a new phase in life, they take with them the integrity, character, work ethic, and self-confidence they have gained by being a part of the Recon Athletics Family!

In this packet you will find all the information needed to become a competitive all star cheerleader for Recon Athletics. You will see sections on tryout dates, parent and athlete policies, financial obligations, and other very important information. Please read through every section carefully, and if you have any questions, please feel free to contact us! We look forward to working with not just your athlete, but your family this season!



Adam & Jessica Frankovic

Recon Athletics' Owners
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TRYOUT PROCESS

Thank you for your interest in trying out for a Recon Athletics team for the 2023-2024 season! Your participation in tryouts indicates you are prepared to accept the commitment to Recon Athletics Cheer and Tumbling, outlined in this handbook, and that you trust the organization and its staff to do what is in the best interest of the program!

Unlike school tryouts, our tryout atmosphere will be relaxed and comfortable. In order to accomplish this, tryouts will be closed to all spectators. Only athletes trying out will be allowed in the building. The absence of an audience alleviates the added stress and helps staff properly and thoroughly evaluate all athletes fairly.

Each athlete will be taught a tryout routine and perform this during their individual tryout time. The routine will include their level tumbling, jumps, and a 4-8-count dance choreographed by Recon Staff. We will post this tryout dance as well as an example of each level tumbling in Band, an app we use for communication. This group will be shared with all who attend.

Tryout practice #1 will teach the appropriate level routine, practice #2 will consist of coaches coaching athletes on their skills, looking for coachability and ability to implement coaching. Potential is also evaluated and taken into consideration! Tryout day will consist of athletes performing their tryout routine for the coaches individually. We will have small group call backs if necessary for final team placements, which could include stunting.

NEW THIS SEASON! Flyer tryouts! One of the most coveted positions in the gym is being a flyer. The flyer tryouts will test athletes' ability in body positions, balance and real-time stunting. If you have indicated you are interested in trying out for a flyer position, your flyer tryout will be held separately and does not guarantee you will be selected as a flyer for Season 5. *NOTE: flyers are REQUIRED to take additional classes throughout the season; a flyer's spot is never a permanent position! This is an earned position!

Interest Meetings

Handbook discussion Q & A

Wed., April 5th 5:30pm

Fri., April 14th, 8:30pm

Wed., May 10th, 5:30pm

Tryout Dates & Times

May 23, 24, 25

Level 1: 5-6pm

Level 2: 6-7pm

Level 3/4: 7-8pm

Flyer Tryouts All Levels

May 26th: 5-7 pm

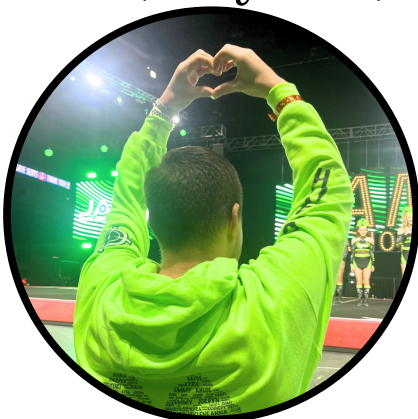
Call Backs: May 26th 7-9pm

REGISTRATION FEE

*Includes a T-shirt and all tryout practices

**If an athlete is moved, amount will be adjusted

Novice \$75 Prep \$100 Elite \$120



TRYOUT PROCESS (CONT)

1. Visit our Registration Portal (app.jackrabbitclass.com/regv2.asp?id) and click on "Register Now" to create an account (NEW MEMBERS ONLY).
2. Once athlete is registered into our system, click "Add Class" and then "Find Event".
3. Select Tryouts 2023 Novice, Prep or Elite. Each tier has a separate event listing and will automatically charge you the correct fee according to your program selection.
4. Prep and Elite athletes will attend their tryout time as outlined above, according to their level. If after day 1 of tryouts, the coaches feel an athlete should move to a different time, we will notify the athlete/parent and fees will be adjusted accordingly.
5. Teams will be announced at our 5th Annual Red Carpet Event (formal). The time and location is yet TBD.

Girls: Tryout Attire

- Solid black sports bra
- Solid black spunks/shorts (example Nike Pro)
- Hair in half up/half down pony on top of head
- No hair in the face (sides)
- Clean athletic shoe (Black preferred) with no show socks

Boys

- Solid black Tank
- Solid black shorts
- No hair in the face
- Clean athletic shoe (Black preferred)



Ability Levels

Athletes need to attend the tryout time according to their tumbling ability. Please use the below as a guide. Athletes need to be proficient in 80% of the skills listed to tryout in the level. Coaches will not be spotting skills and have the right to ask athletes to attend a higher or lower tryout time the following day. Technique in jumps, stunting and the dance will be equally as important in making team decisions!

Level 1 Standing & Running	Back bend KO, BWO, FWO, Jump-BWO Cartwheel, Roundoff, Front Walkover, HS FWD Roll, Connection of 3 skills listed
Level 2 Standing & Running	Standing BHS, BWO BHS, CW BHS, Jump-BHS, Roundoff BHS, BHS Series, FWO BHS, Specialty pass of 3 skills conected
Level 3 Standing & Running	BHS series, Jump-BHS, Aerial, Front punch, Roundoff BHS Tuck, Specialty to tuck
Level 4 Standing & Running	Standing Tuck, BHS Tuck, Jump BHS Tuck, Specialty pass to tuck

FINANCIAL AGREEMENT

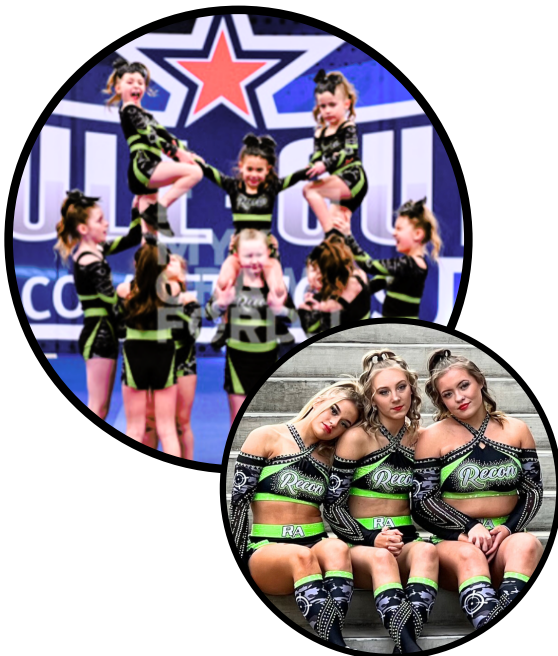
All Star competitive cheerleading requires a financial commitment, and it is very important you read and understand all obligations. We at Recon Athletics want to do our best to make this as affordable as possible. Tuition options are outlined below.

Tuition Policies

- Payments are automatically processed on the 5th of each month for tuition and on the 20th of the month for expenses. There is a processing fee added to all credit/debit card transactions.
- To avoid automatic processing and the processing fees for using credit/debit card, please make your payment by check or cash no later than the 3rd and 18th of each month.
- All members must provide correct and complete credit or debit card information when registering with Recon Athletics. This information is used to process payments if accounts are not paid prior to the due date via check or cash.
- If trying out after the original tryout dates, all past expenses will be due to being the program. These fees include registration, uniform, competition, etc. fees.
- All tuition and fees must be current before an athlete may compete, practice, or collect any clothing, uniform, or other items. There is no exception.
- NO REFUNDS will be given for ANY reason. This includes items not received, competition fees paid and not attended or any other fee prepaid for the season. Items not received are forfeited. This includes if an athlete is removed from the program or voluntarily leaves/quits the program for ANY reason.
- In the instance that an athlete quits or is dismissed from a team, a \$350 cancellation fee will be processed to the account on file immediately. ALL remaining season fees for tuition AND expenses will also be due immediately. By agreeing to this season's commitment, you agree to those fees being charged within 72 hours of exiting the program for ANY reason.

Family Discounts & Additional Class Pricing

- Tuition for additional athletes in the same immediate family participating in any program is 20% off tuition for the second and third child. Any additional athletes will receive 50% off their tuition. Expenses and fees paid to a 3rd party or vendor cannot be discounted.
- Athletes participating in a 2nd team will not incur an additional tuition fee. "Crossover" athletes will be responsible for 2nd team competition entry fees and not charged additional coach travel expense fees.
- In addition to team practices, you may choose to attend designated all star tumbling, conditioning, flexibility or jump classes by level. These classes are offered at a discounted rate of \$30/month for all TEAM athletes. Non-team members can take these classes for \$55/month or \$15.00 per class drop-in. Drop-In pricing is the same for team or non-team athletes.



The D2 Summit, Regional Summit & US Finals

- All Recon Athletics teams will accept bids to end of the season events.
- End of the season events include, but are not limited to The D2 Summit, Regional Summit and The US Finals. These events are in April or May 2024 and range in location from Tacoma, WA to Orlando, FL.
- Discretion of which bids will be accepted and attend is the responsibility of the coaches and staff at Recon Athletics.
- Fees for these events are IN ADDITION to regular season fees outlined below. These fees will include competition fees, coach travel/lodging, stipend, and swag bags as determined by the Staff.

TUITION COSTS

Costs this season will be split into two payments monthly. Tuition, or training costs, will be charged on the 1st and automatically deducted via Jackrabbit on the 5th of each month. Expenses, or third party costs such as uniforms, competition fees etc., will be charged on the 15th and automatically deducted via Jackrabbit on the 20th of each month.

Fees are defined as the following, but not limited to:

Tuition for all star ELITE, all star PREP, and all star NOVICE includes your practice hours per week and ONE flexibility/conditioning class.

Travel Expenses include athlete competition entry fees, coaches' travel and lodging fees. This does NOT include athlete lodging costs, transportation, meals, or any other expenses that arise during travel to and from a competition.

Athlete Expenses include uniform, choreography, music, warm ups & bow. NOT included are athletes USASF membership, required shoes, practice attire and make-up.

*Families who would like to pre-pay their season's tuition will receive a 10% tuition discount, due no later than July 1st, 2023.

**All Travel Expenses have been divided by 10-months (June 2023-March 2024) and, therefore; ALL 10 payments are required once contract is signed whether an athlete completes their contract or not.

★ All Star Elite ★

Allstar Elite is the most competitive program in All Star Cheerleading. The athletes in our Elite program practice 2X a week for 2-2.5 hrs. each and are required to take a conditioning, flexibility or jumps class (Included in tuition price). This ensures athletes are practicing skills outside of their team practices to stay fit and safe in all areas of the sport.

Elite athletes will compete at 8 2-day season events including 1 fly-away competition with the goal of receiving a bid to Regional Summit or The D2 Summit in Orlando, FL. Mini & Youth Elite teams will attend the Regional Summit dependent on the bid awarded as they are not eligible for D2 Summit.

Elite Tuition 4-5 hrs./week	\$165/month
Required Class 45min/week	INCLUDED
Additional Class 45min/week	\$30/month (optional)

Registration 2023-2024 Due upon Registration *Includes T-shirt and Tryout Evaluation!	\$120
Elite Uniform (Includes Socks) Due September 15	\$350
Choreography Due September 15	\$300
Warm Ups Due October 15	\$120
Competition Bow/Cuff Due October 15	\$30
Team Music Fee Due October 15	\$75
Competition Entry Fees (8) Divided by 10 Mo. payments due 15th	\$1400
Coaches Travel Divided by 10 Mo. payments due 15th	\$450
Total Expenses/10 Mo.	\$185/mo

Elite Choreography Dates: September 15-18, 2023

TUITION COSTS (CONT)

★ All Star Prep ★

Allstar Prep is a semi-competitive program in All Star Cheerleading. The athletes in our prep program practice 2X a week for 1-1.5 hrs. each. The all-star prep program is the perfect team for those who want the competitive experience without the added commitment and extra expenses of elite. Prep focuses on training athletes in the basics that will help them be successful members of the elite programs, if they choose, in the future!

Prep athletes will compete at 5 season events with the goal of receiving a bid to the US Finals competition in Tacoma, WA. Prep teams will not attend fly-away competitions and compete only 1-day per competition vs. 2-days as an Elite athlete.

Registration 2023-2024 Due upon Registration Includes a T-shirt and Tryout Evaluation	\$100
Prep Uniform Due September 15th	\$200
Choreography Due September 15th	\$150
Warm Ups Due October 15th	\$120
Competition Bow/Cuff Due October 15th	\$25
Team Music Fee Due October 15th	\$50
Competition Entry Fees (5) Divided by 10 mo/payments Due 15th	\$650
Coaches Travel Divided by 10 mo/payments Due 15th	\$150
Total Expenses/10 Mo.	\$80

Prep Tuition 2-3 hrs./week	\$100/month
Required Class 45min/week	INCLUDED
Additional Class 45min/week	\$30/month (optional)

★ All Star Novice ★ (Ages 3-6)

Allstar Novice is a semi-competitive program in All Star Cheerleading. The athletes in our Novice program practice 1X a week for 1-1.5 hrs. The all star Novice program offered at Recon Athletics is the perfect team for toddler age athletes. Our focus in Tiny-Novice is to introduce the fundamentals of all star cheerleading while also reinforcing hand-eye coordination, following directions in a class setting, and an introduction to music and movement.

Novice athletes will compete at 5 season events with the goal of receiving bid to the US Finals competition in Tacoma, WA. Novice teams will not attend fly-away competitions and compete only 1-day per competition vs. 2-days as an Elite athlete.

All expenses for "PREP" apply to Tiny Novice with the following changes:

Novice Tuition 1-1.5 hrs./week	\$75/month
Registration 2023-2024 Due upon Registration *Includes a T-Shirt	\$75

PRACTICE ATTIRE & SUMMER

Practice Attire

Part of being a team, is dressing like a team. For the 2023-2024 season ALL athletes on ALL teams will be required to wear practice wear. To make this easy on families, we will require the following beginning June 1st. Failure to wear the appropriate attire will result in disciplinary action. As we begin choreography and clean routines and timing, having athletes look the same makes this process easier.

- **Hair:** 2 braids or high clean pony (If this is an issue, we will move to buns) Neon Green Scrunchie (1 will be provided, \$10 for additional/lost)
- **Top:** Plain Black Sports Bra, fitted required. (Safety)
- **Bottoms:** Black Nike Pro Shorts (waistband must be all black or black and white only)
- **Socks-** No Show black
- **Shoes-** Black Cheerleading Shoes (Elite will have a mandatory team shoe required before choreography (TBD))



*Please use deodorant before & during practice!

*ABSOLUTELY NO jewelry!

*Nails must be short

(not seen from palm side of hand)

Summer Practice Expectations

The summer schedule, although more relaxed than the regular season, is still mandatory. We value summer as a time for families and encourage you to take vacations but ask you to plan accordingly if at all possible. Summer schedule will be Tuesday-Thursday leaving Friday-Monday open for vacations and family! We understand some vacations are pre-planned within this window and cannot be changed.

Our staff uses summer to train basics, drill strength and cardio while getting team skills in building and tumbling consistent before choreography in September. Please see the following chart for your expected schedule for the summer 2023.

Program	Practice Required	Class Hour(s)/week
Elite	3 Hr. 1x/week	1-Tumbling & 1- Choice (1- Dance/Sass class per mo.)
Prep	2 Hr. 1x/week	1 class (Tumbling preferred)
Novice	1 Hr. 1x/week	Optional

Summer Closures:

July 4-6th: Independence Day Holiday
August 29-September 4th: Back to School Week

ATTENDANCE

All Star Cheerleading is a TEAM sport that is unique in that every single athlete on the team is important for the team's success. There is no bench or second string- we use every single athlete to make up stunts, formations and visually appealing routines! Due to this, practices are mandatory. We do understand that there are circumstances that may be unavoidable and will work with families in these situations, but outside of extenuating circumstances, we have very strict attendance policy in place for the safety and integrity of our athletes and routines. Please make sure you read and understand these guidelines before making a commitment to a Recon Athletics team.

Attendance & Absence Policy

1. All practices, events, exhibitions, competitions, and any functions deemed necessary by Recon Athletics are mandatory for participation.
2. Competitions are held on Fridays, Saturdays, and Sundays. Our competition season begins in November and ends in May. Any athlete with a regularly scheduled Saturday or Sunday activity that can not be missed should reconsider participation in our program.
3. The following are excused absences from Recon Athletics practices or events (NOT INCLUDING COMPETITIONS)
 - a. Family emergency or death
 - b. School function that results in a grade
 - c. Illness is only excused with a note from the athlete's doctor. If your child has a non-contagious illness, he/she is still required to be at practice.
4. The following are examples of unexcused absences:
 - a. Birthday parties, weddings, anniversaries, family celebrations, dances, hair/nail appts., etc.
 - b. Activities including but not limited to: other sports, piano, etc. If a conflict with outside sports or activities arises, the athlete must notify the coach prior to the season beginning June 1.
5. In the case that your athlete will be absent from any Recon Athletics' practice or event, the coach or program director must be contacted, and approval must be given, in writing.
6. In the case of an emergency, please contact your coach directly and as soon as possible so that modifications to practices/events can be made. DO NOT contact another athlete or parent to communicate for you.
7. Excessive unexcused or excused absences will result in the athlete being removed from any upcoming performance or competition at the discretion of the coaching staff. If the problem persists, we may suspend the athlete to an alternate position or remove the athlete from the program.
8. There is absolutely NO missing practice 2 weeks prior to a competition- no exceptions. This is the time our practices focus on fine-tuning routines for performance. Athletes who miss practice, or are tardy, 2-weeks prior to a competition will be removed from the routine.

Injury Policy

Unfortunately, injuries can occur in this, and any sport. It is important that athletes notify coaches of any injury immediately so that the proper care can be given and restrictions put in place to aid in the healing of the injury as soon as possible. Injuries not reported can create a bigger injury in the long run and hurt the long-term success of the individual and the team.

1. Athletes with injuries requiring any amount of time off, are required to submit a doctor's note with the parameters of the injury and when they are cleared for participation.
2. Athletes are still expected to come to practices to support their teams and learn from the coaching, within reason, while unable to practice.
3. Depending on the time during the season an injury occurs, the athlete's spot in the routine may need to be filled in order for the team to continue practicing and competing. There is no guarantee the athlete will regain their position upon return.
4. Injuries are not to be detailed on social media and should be discussed in detail with the coaching staff FIRST.



2023-2024 COMPETITION SCHEDULE

**All dates and locations subject to change.*

Date	Competition	Location	Elite	Prep/ Novice
11/11	ATC Utah- Challenge	Salt Lake City, UT	X	
12/2-12/3	American Championships	Portland, OR	X	X
1/13-1/14	Aloha Showdown	Portland, OR	X	
1/27-1/28	ATC Bellevue Grand Nationals	Bellevue, WA	X	X
2/10-2/11	Battle in Spokane	Spokane, WA	X	X
2/17-2/18	Cheersport Nationals	Atlanta, GA	X	
3/9-3/10	PacWest	Portland, OR	X	X
4/1	The US Finals	Tacoma, WA	X	X
5/4-5/7	*The D2 Summit	Orlando, FL	*	

Hotel Requirements

*Stay-to-play requirements will be in place for many of these competitions. This means families are required to stay in host hotels to participate in the competitions. These will be posted approximately 4-6 weeks prior to competition dates for booking.

Elite athletes will be required to stay Friday-Sunday (For 2-day competitions)
Prep and Novice will be required to stay Friday-Saturday

*Athletes required to arrive at 9pm prior to the competition on Fridays and check in with their team mom on band. Please plan ahead to send your athlete if you are unable to leave town in time for them to arrive. We will have a short meeting and dismiss athletes for lights out by 10pm.

There is absolutely NO swimming or hot tubbing 24 hours prior to a competition. This dehydrates the athletes and does not set them up for physical success.

PARENT INVOLVEMENT

We would not have the amount of success we have today if it were not for the dedicated and supportive parents. We want every parent to feel comfortable and informed about his/her child; therefore, we make every effort to keep the lines of communication open. It is the parent's responsibility to know what is going on with the program at all times. Here are a few ways we will communicate throughout the season!

E-Mail: ReconAthletics@yahoo.com

TEXT: 509.475.9357

PRINTED Calendars

SOCIAL MEDIA: Recon_Athletics

****BAND AP-** Download Now- Used the most!

(YOU WILL BE INVITED TO YOUR TEAM)

OFFICE PH: 509.290.6756

TEAM & PARENT MEETINGS- Attend them!



Parent Expectations

1. Please contact your coaches with any concerns or questions before or after practice. Gossip with other parents will not answer your questions, and disrupting your coach during practice isn't acceptable or fair to the athletes on the team.
2. Parents, families, and siblings must sit in the designated areas. This is a huge liability and risk to your safety and the safety of others if not followed. The gym, and all equipment, are for staff and athletes in practice only. No exceptions.
3. If your child is hurt, we will notify you if needed. If you are present during an injury, we ask that you allow our trained staff to assess and follow proper protocols for safety. If help is needed, you will be notified.
4. Parents, siblings and athletes are not allowed to spot any athlete in the gym. We discourage this at home as well, as our staff are trained, and we use very specific methods to train athletes in skill progression. Setbacks due to improper spotting or bad habits are extremely hard to fix.
5. There is absolutely NO unsupervised tumbling at any time, on ANY equipment. If you are in the gym and see non-members, or members, on equipment without the permission and direct supervision of staff, PLEASE say something to the person and find a coach/staff member to report to.
6. Perfection before progression is the key to safe and technique-driven skills. We will not allow students to learn advanced skills without perfecting the basics first. Both student and parents need to be patient and remember that you are paying for the process of achieving goals, but not at the expense of your athlete's safety.
7. Parents are welcome to look up information regarding competitions and may find schedules online before the gym gets a final roster/timeline of the event. Please remember everything is subject to change, and the times posted by the coaches/staff are what are expected to be followed. Please do not contact vendors of any kind. Using our gym name or proclaiming to be a staff member, or personnel, is illegal and will not be tolerated.
8. You will not always agree with every decision we make. The staff and owners make decisions for the interest of the gym first, team second, and individual athletes last. We are a TEAM sport!
9. Please trust that our philosophies and past accomplishments prove that we are dedicated to each athlete, family and team's best interest.
10. ASK questions! We are continually learning and do not expect our parents to understand it all either- It is better to ask questions than assume and get overwhelmed! Our staff are educated and passionate about this sport; we want you to be confident and know what your athletes' accomplishments, challenges and journey mean to them, and to us!

GENERAL GYM RULES

When you are a part of our team, you represent yourself, your teammates, your coaches, your family, the community of Spokane and those who have come through our program in the past. Take this responsibility seriously- you are the future of Recon Athletics!

1. No food, drinks, or gum is allowed in the gym area during practice.
2. No cell phones will be allowed in the gym area. Please assure your athlete that their social life will not be destroyed in a 2-hr practice time if they get to their messages after practice! I promise.
3. No playing on the equipment before or after practice.
4. All athletes are expected to behave in a respectful manner and uphold Recon Athletics' rules and policies at all times. Unsatisfactory acts during practice, in school, in the community or at Recon Athletics events may result in his/her immediate removal from practice, competition or the program all together.
5. It is not the job of coaches to monitor social media, as coaches should not be friends with athletes on any social media site. If social media posts are brought to our attention that violate our code of conduct listed above, this is grounds for disciplinary action and may result in dismissal from the program.

Competition Rules

1. No fingernail polish is allowed at competitions unless included in your team "uniform" requirements.
2. No gum, food or drinks in the warm-up area or on the competition floor.
3. Hair must be worn exactly as instructed. 2023-2024 season hair is 1/2 up 1/2 down curled. We may change the hairstyle at anytime.
4. Make up should be worn and applied exactly as instructed.
5. All cheerleaders must be in full uniform at arrival time. This includes hair, make up and uniform on. For awards, teams are required to be in full uniform as upon arrival but are asked to wear their all star warm up jacket over the top. This includes shoes/socks and uniform as performed in.
6. All athletes and parents should be respectful to the competition staff and other athletes, coaches, and parents from our gym and others. We pride ourselves on displaying the best sportsmanship in and out of the venues.
7. Itineraries will be given out prior to the competition. Everyone is expected to adhere to the competition itinerary given by Recon Athletics. Please pay close attention to the arrival times, and arrive with everything already done (hair, make-up, uniform on, etc.) It is tacky to be doing hair and make-up in the hallways or taking up sinks in the bathrooms to get ready.
8. We are a Recon Family; therefore, all athletes are expected to watch all teams from Recon Athletics. Prep and Novice teams are free to leave after the final elite team performance of the day during 1-day competitions. If there are no more Recon teams competing for the day, you may leave after your team awards ceremony AND team photos have been taken. Your coach will excuse you; you may not leave prior to coach's dismissal.

All of the athletes, parents, and fans are a direct reflection of Recon Athletics and should conduct themselves appropriately at all times. Disrespectful or abusive behavior, dishonesty, or any form of negative behavior are grounds for immediate removal from the Recon Athletics program. This includes parents being the reason their athlete is removed. Lets make Season 5 the best yet!



Succeed on Purpose. We are Recon!

Recon Athletics

4310 E. Rowan Suite 500/600
Spokane, WA 99217

Forms & Agreement

Please follow the procedure below to ensure you have completed everything for tryouts.

1. Visit the Jackrabbit link app.jackrabbitclass.com/regv2.asp?id and click the “Register New Athlete” button to create an account (new members), or to update your account (current members).
2. Add your athlete information and “add class” Registration 2023-2024
3. Fill out included registration forms and turn in with your athlete registration fee in the form of cash, check or online through the parent portal on Jackrabbit. (Novice: \$75, Prep \$100, Elite \$120).
4. Please attend tryout time according to the athletes’ ability level (see page 4).
5. Teams will be announced at our Red-Carpet Reveal Party- TBD!

Parent Guardian _____ PH _____

Athlete Name: _____ PH _____

Allergies: _____

Previous Injuries: _____

Does this affect your ability to perform any skills necessary for cheer? If so, what are your limitations?

List your current experience in all-star cheerleading, gymnastics or dance:

HOW DID YOU HEAR ABOUT US: _____ CURRENT TEAM _____ TUMBLING CLASS

_____ FRIEND _____ FACEBOOK _____ INSTAGRAM

OTHER: _____

Tryout Form

Please list all skills you are comfortable performing. Tumbling is only ONE category in determining placement. We will evaluate jumps, dance, and stunting to ensure each team meets the score sheet!

Athlete Name: _____ **Birthdate:** _____

Check all tumbling skills you can do on the spring floor without a spot.

STANDING

- ___ Back Bend
- ___ Back Walkover
- ___ Front Walkover
- ___ Back HS
- ___ Standing Back Tuck
- ___ Aerial

STANDING SERIES

- ___ Multiple Front/Back W/O
- ___ Multiple BHS
- ___ BWO to BHS
- ___ BHS to Tuck

RUNNING

- ___ Cartwheel
- ___ Round Off
- ___ BWO Back HS
- ___ R/O Back Tuck
- ___ Front Punch

List any Specialty tumbling NOT listed above:

Check your most advanced STUNTING level (base, flyer or back)

- ___ Level 1- No experience or one leg stunts below shoulder level, preps
- ___ Level 2- 1 leg stunts at prep, 2 leg extensions, half ups, straight ride basket toss
- ___ Level 3- Extended 1 leg stunts, 2 leg full downs, single trick basket toss
- ___ Level 4- Extended 1 leg stunts, 2 leg double full downs, 2 trick basket toss
- ___ Level 5- 1 leg double full downs, elite transitions, 3 trick basket toss

For the above level, what was your position:

___ Flyer ___ Main Base ___ Secondary Base ___ Back Spot

1. List any conflicting dates or vacations you have planned for this season
(June 1, 2023-May 31, 2024):

- 2. Would you be interested in double teaming (cross competing) ___ YES ___ NO
- 3. Are you willing to cheer for any Recon Athletics team regardless of Level?
___ YES ___ NO: Explain:

What level team are you hoping to be placed on?

LEVEL 1 LEVEL 2 Level 3 Level 4 Level 4.2 Level 5

ACCEPTANCE OF TERMS AND CONDITIONS

Please read and initial beside each item. It is important you fully understand the time and financial commitment you are making.

_____ I understand that I am entering into the Recon Athletics Program of my own free will, and I have thoroughly read and agree to the Recon Athletics' Handbook.

_____ I understand that this is a one-year financial commitment. I also understand that if I fail to honor my one-year commitment, no refund for any reason will be given to me.

_____ I understand that my child has been placed on a team, but can be moved to any other team, at any time, for any reason, at the coaching staff's discretion.

_____ In the event that my child quits or gets dismissed from a team, a \$350 cancellation fee will be processed immediately to the card on file. I also understand any outstanding balances must be paid in full including the remainder of the season tuition and fees.

_____ I understand that I pay for a skill progression process of competitive cheerleading and not for special treatment or squad placement.

_____ I understand communication between cheer companies and Recon Athletics will only be conducted by the Recon Athletics Staff. I will not call cheer companies or approach the company's staff/judges at any time for any reason. I understand that I will receive any relevant information from Recon Athletics.

_____ I understand that my child needs to arrive on time and not leave early for ANY scheduled practices, competitions, or mandatory events.

_____ I understand an excused absence is limited to mandatory school functions that result in a grade, death in the family or contagious illness. All Recon Athletics events, including exhibitions and competitions, are mandatory for all team members. Missing practice for any other reason other than the three listed previously will also result in an unexcused absence. Excessive unexcused or excused absences will result in the athlete being pulled from any upcoming performance or competition at the discretion of the coaching staff. If the problem persists, we may also elect to suspend the athlete to an alternate position or remove the athlete from the Recon Athletics program.

_____ I understand my child must wear the proper practice attire to every scheduled practice. If an article of clothing is lost, I understand I must purchase a replacement.

_____ I understand I will need to get permission from Recon Athletics before using the Recon Athletics logo, name, my child's uniform or any likeness associated with Recon Athletics for apparel, school plays, talent shows, Halloween, etc.

I, _____ (parent/guardian printed name), understand, accept and agree to all of the terms and conditions within the Recon Athletics Handbook. These terms and conditions are applicable from June 1, 2023- May 31, 2024.

Signature _____ Date: _____

2023-2024 Consent and Release of Liability

Athlete Name: _____ Birthday ___/___/_____

Parent Consent

The athlete listed in this registration has my permission to participate in Recon Athletics' program and/or camp/classes for the 2023/2024 years. In consideration for the training and coaching provided by Recon Athletics and its staff, I understand my son/daughter must abide by the rules and regulations set forth by the coaches and staff. I understand that violations of any of these rules may result in the removal from the class/team and/or events.

We acknowledge and recognize that hazards are present in any athletic activity and that injury may result. Recon Athletics' coaches, staff and volunteers will not be liable for injury that occurs during cheerleading practice, contests, or travel to and from cheerleading activities.

Medical Release

I authorize Recon Athletics and its representatives to consent to medical treatment for my child when I cannot be reached to so consent. I am fully aware that any activity involving motion, height or athletic activities creates the possibility of serious injury, paralysis or even death. I further agree to hold Recon Athletics and its staff harmless for any injury or resulting expense(s).

Release of Liability

I release and discharge all rights and claims against Recon Athletics' owners and its staff, and assume responsibility for any accidents, injuries or illness that may occur. I understand it is the responsibility of the parent/guardian to update Recon Athletics when insurance company/policy or Family Doctor changes.

All athletes are REQUIRED to carry primary insurance to participate in any practice/event with Recon Athletics. This is the responsibility of the parent/guardian and not Recon Athletics. I also understand that by joining a competitive or semi-competitive team at Recon Athletics, I will be required to have current membership through the USASF, no later than July 15th, 2023. This is my responsibility and not that of Recon Athletics.

Insurance Provider: _____

Insurance ID Number: _____

Member Name & Number: _____

I, _____, (parent or guardian printed name), understand the risk and liability involved in competitive cheerleading and agree to the above terms outlined in the medical release and Release of Liability. I understand my athletes must have full medical insurance during the dates of June 1, 2023-May 31, 2024 to participate and must have a UASF membership by July 15, 2023

Signature: _____ Date: _____

Relationship to the athlete: _____