

TRYOUT AGREEMENTS & FORMS - STERLING MARYLAND TWISTERS 2023 – 2024

HANOVER:

7460 New Ridge Road, Suite 100
Hanover, MD 21076
Phone: 410-766-8729 Fax: 410-766-7517



STERLING:

23714 Overland Drive, Units 100 & 110
Sterling, VA 20166
Phone: 703-665-2284 Fax: 703-665-2213

PLEASE NOTE: Athletes CANNOT tryout in both gyms. Pick one gym to tryout in. You can request to be considered for the other location by making a note on your tryout packet.

WALK-IN Evaluations are on Saturday 5/20/23 at 4:30pm.

This session will be for all ages and all levels.

DO NOT COME EARLIER.

Please bring a wallet-size photo and a copy of your athlete's birth certificate.

If you are unable to come to evaluations on 5/20, please email hale.ashley43@gmail.com to arrange a late tryout. Late tryout dates are May 25, June 8, and June 15.

You MUST schedule an appointment for one of those days.

PLEASE PLAN TO STAY THE ENTIRE TIME FOR EVALUATIONS AND CALLBACKS

Use the Birth Year below to determine when your athlete should come to tryout evaluations

Saturday 5/20/23 – Plan to stay for the entire time

Callbacks Sunday 5/21/23

Plan to stay for the entire time

Time	Birth year		Level	Time
9:00-10:00am	2016-2020	No walk-ins	Levels 5 & 6 + U18	10:00am-11:30am
10:30am-12:00pm	2014-2015	No walk-ins	Level 4	12:00-1:30pm
12:30-2:00pm	2011-2013	No walk-ins	Levels 2 & 3	2:00-3:30pm
2:30-4:30pm	6/1/04-2010	No walk-ins	Level 1	4:00-5:30pm
4:30-6:30pm	Non Tumbling		No Sunday callbacks for Tiny Novice. They WILL have callbacks during the week. See the schedule below.	
4:30-5:30pm	WALK-INS all ages, all levels			
Athletes will receive a slip of paper when they leave Evaluations telling them when to return for Callbacks on Sunday				

All Athletes will be required to attend additional callback dates below based on level

Day	Level	Time
Monday 5/22/23	Levels 5 & 6 + Non Tumbling	6:00-8:00pm
Tuesday 5/23/23	Levels 3 & 4	6:00-8:00pm
Wednesday 5/24/23	Tiny Novice Levels 1 & 2	6:00-7:00pm 6:00-8:00pm
Thursdays 5/25/23	Worlds callback – by invitation only	6:00-8:00pm

Additional photographs or short videos may be taken of your athlete's tryout process to enable us to place her/him appropriately.

Team Announcements will be in person at the Sterling Gym on Friday 6/2/23.

Tiny/Mini @ 6:00-7:00pm Youth, Junior, Senior @ 7:30-8:30pm

Practices will begin the week of June 5th.

***SAVE THE DATE* Mandatory stunt camps will be the week of June 26-30, 2023.**

The decision is up to you, but only the best wear black and blue!

Program Descriptions

Full Year Allstar Elite – Travel Teams

- Allstar Elite Teams will be comprised of Levels 1-6.
- Elite Teams will practice 2 days a week and Worlds teams will practice 3 days a week. Schedules will be available after team placement.
- The Allstar Elite teams will compete mostly at two-day events where bids to the post season are awarded. Teams will travel based on their competitiveness on the national circuit, not necessarily because of level.
- Allstar Elite teams typically compete at 6-8 events in a season. These teams can plan on attending 1-2 travel events a year, not including the post season. A travel event may be in-state or out-of-state.
- The season runs from June through April of the following year, and the post season ends in early May.
- Pricing will vary based on level.

Full Year Allstar Prep – Non-travel teams

- The following levels are offered in the Full Year Prep Program: Level 1.1, Level 2.1, Level 2.2, Level 3.1, and Level 3.2. The first number refers to the stunting level and the second number is the tumbling level.
- Prep Teams will practice 2 days a week. Schedules will be available after team placement.
- If the Allstar Elite Program is attending a 2-day event, the Prep Teams may compete at the same event but on only one day.
- Prep teams typically compete at 6 events per season.
- Prep Teams are not always awarded the same prizes by the competition company as the Allstar Elite Teams.
- Prep Teams compete locally and do not travel.
- Prep teams are not eligible to attend post-season events.

Winter Cheer Allstar Prep (Winter team tryouts will be in November)

- Our Winter Cheer Teams (also called Half Year teams) are a great introduction to the world of Maryland Twisters and Allstar Cheerleading. With less time and financial commitment, this Program is perfect for those high school and rec athletes that want to extend their season.
- The following levels are offered in the Prep Division: Level 1.1, Level 2.1, Level 2.2, Level 3.1, and Level 3.2. The first number refers to the stunting level and the second number is the tumbling level.
- Teams begin practicing twice a week in November.
- Winter Cheer Prep Teams typically compete at 4 events in a season.
- Prep Teams compete locally and do not travel.
- The season runs November through April.
- Pricing for Winter Teams is all inclusive for tuition and competition fees. There will be an additional fee to purchase a uniform and bow.



Maryland Twisters 2023 – 2024 STERLING

ATHLETE TRYOUT # _____

ATTACH WALLET-SIZE PICTURE TO THIS FORM

ATHLETE INFORMATION:

PLEASE BE SURE TO PUT THE CORRECT DATE OF BIRTH FOR YOUR ATHLETE!!!

Athlete's Name _____ Date of Birth _____ Age _____

Address _____ City _____ State _____ Zip _____

Athlete's Home Phone # _____ Athlete's Cell Phone # _____

Returning Athlete from last season? Yes No If coming from another gym, where? _____

Highest Tumbling level mastered: _____ Stunt experience: Base Main Base Back Spot Flyer None

Are you interested in being a full-year crossover athlete? (Additional fees will apply): Yes No

What type of team are you tryout out for? Please check all that apply.

Travel Team: ALL Elite teams will be travel teams. They will travel to at least 1-2 National competitions per season, meaning they will travel out of town which may require an airplane flight.

Non-Travel team: ALL Non-travel teams will be prep teams. They will travel to regional competitions, i.e., Richmond, Ocean City

PARENT/GUARDIAN INFORMATION:

Parent/Guardian's Name _____ Email _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

Parent/Guardian's Name _____ Email _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

EMERGENCY CONTACT INFORMATION (Other Than Parent):

Emergency Contact _____ Relationship to Athlete _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

INSURANCE INFORMATION:

Insurance Carrier _____ Policy# _____

Carrier's Phone # _____ Group # _____

Medical Conditions/Allergies _____

I allow my child to be given the following medication(s), if necessary, while at the gym: Tylenol, Advil, Pepto Bismol.

I, the undersigned parent/Guardian/Athlete do hereby give consent for the above athlete to participate in the training and activities held at Maryland Twisters and accept responsibility for all costs incurred by myself or my athlete. I have completely filled out this form in its entirety and attest that all information given is factual.

Signature of Parent/Guardian Date

MARYLAND TWISTERS, INC.

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Maryland Twisters, Inc., its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf, I hereby agree to release, discharge, and hold harmless Maryland Twisters, Inc. on behalf of myself, my minor children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or [CHILD'S NAME] _____ (hereinafter referred to as the "Minor") engage in while on the premises or under the auspices of Maryland Twisters, Inc. pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to the Minor, to me, to property, or to third parties. The following describes some, but not all, of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. When traveling to and from shows, competitions and exhibitions raise the possibilities of any manner of transportation accidents. In any event, if you and/or the Minor are injured, medical assistance may be required which you must pay for yourself.
2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with Maryland Twisters, Inc. related activities, regardless of the age of the Minor and/or whether or not the Minor is presumed to be able to assume those risks, including but not limited to performance of stunts and use of trampolines. My participation and that of the Minor is purely voluntary. No one has forced or coerced the Minor or me to participate. I elect for the Minor and/or myself to participate in such activities in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify Maryland Twisters, Inc. from any and all liability claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with the Minor's and/or my participation in Maryland Twisters, Inc. related activities.
4. Should Maryland Twisters, Inc. be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse it for such fees and costs.
5. In the event that I and/or the Minor file a lawsuit against Maryland Twisters, such suit shall be brought in the State of Maryland, and the substantive and procedural laws in that jurisdiction shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect. This agreement shall be deemed to have been jointly drafted by the parties for all purposes involving its construction and enforcement.
6. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of the Minor in this activity, I and/or the Minor may be found by court of law to have waived the right to maintain a lawsuit against Maryland Twisters, Inc. on the basis of any claim from which I have released Maryland Twisters, Inc. either personally and/or as the parent, natural guardian and/or legal guardian of the Minor by signing this Agreement.
7. I hereby give Maryland Twisters, Inc. and its affiliates the unrestricted right and permission to copyright and re-use, publish, and republish photographic portraits and pictures of the Minor and/or myself of pictures in which the Minor and/or myself may be included, in whole or in part, separately or in conjunction with other photographs, in any medium now or hereafter known, and for any purpose whatsoever, including but not limited to illustration, art, promotion, or advertising.
8. In case of an emergency, I grant permission to Maryland Twisters, Inc. and its personnel, to have authority, at my expense, in the event I cannot be reached, to utilize the most convenient volunteer rescue squad vehicle or ambulance to transport the Minor and/or myself to the hospital and if necessary, I authorize medical treatment. I verify that the Minor and/or myself have passed a medical examination within the last twelve months and are capable of participating in cheerleading, gymnastics, dance and related activities.
9. All monies paid to Maryland Twisters in any capacity are NON-REFUNDABLE, NON-TRANSFERRABLE, and UNASSIGNABLE regardless of reason. I agree that any attempt by Maryland Twisters, Inc. to collect monies not paid by myself resulting in a collection agency, attorney, or court involvement, I will be responsible for the payment of all collection fees, court costs and attorneys' fees incurred by Maryland Twisters, Inc. and/or myself. I understand that late fees and/or penalties may be applied to all past due payments and/or returned checks.
10. I acknowledge that Maryland Twisters, Inc. has the right to either suspend or dismiss any participant/customer for any offence, by participant of family member, which we deem detrimental to the entire Maryland Twisters, Inc. organization.

I have had sufficient opportunity to read this entire document. I have been given the opportunity to consult an attorney for any reason regarding this document or in the event I did not understand any provision of this document. By signing below, I have read the document and understand it and I agree to be bound by its terms.

Parent/Guardian Signature: _____ Print Name: _____ Date: _____

Sign here →

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

In consideration of _____ (print minor's name) ("Minor") being permitted by Maryland Twisters, Inc. to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold Maryland Twisters, Inc. from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature: _____ Print Name: _____ Date: _____

→
If athlete is a Minor sign here also



Maryland Twisters 2023 – 2024

Agreements/Policies: Code of Conduct, Technique Policy, Handbook Acknowledgement

→ Parent MUST initial each section and sign at the bottom.

I have shared this information with my athlete and they are aware of these Policies and Agreements.

→ Code of Conduct for Athletes and Parents

I recognize that parents are the most important role models for their children and athletics help achieve a sense of teamwork, self-worth, and sportsmanship. I encourage my child to play by the rules and respect the rights of others. I understand that it is important to enforce the rules of the Maryland Twisters, respect the sport of cheerleading, and not criticize the judges' decisions during or after a competition. In addition, Athletes of the Maryland Twisters are expected to follow the rules of the program and remain in good standing with their fellow teammates and coaches.

→ Technique Policy

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move on to the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. A tumbling portfolio will be kept on each athlete on what skills they will be allowed to work on in classes, privates, and team practices. An athlete must be signed off in several level appropriate skills in order to move forward in tumbling. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the Twisters staff.

→ Stay to Play Policy Many competitions have implemented a Stay to Play Policy which requires **ALL** performers, coaches and spectators to make **ALL** room reservations through the housing company designated by the competition producer. Teams and/or individuals that don't abide by this policy will be ineligible to participate.

→ Handbook Acknowledgement

I will request the Maryland Twisters 2023-2024 Athlete & Parent Handbook from the Maryland Twisters office. I will read and share this document with my athlete. I fully understand this document is a contract between myself, my family, and the Maryland Twisters.

→ June Training is Mandatory

I understand that June training is mandatory. All athletes are subject to be moved to another team or level based on how they do during June training.

Your signature below indicates your acknowledgement of, and agreement to these policies:

→ _____
Parent's Signature & Date

Parent's Printed Name

MARYLAND TWISTERS, INC.

STATEMENT OF FINANCIAL COMMITMENT – 2023-2024

I have read and fully understand my financial commitment to the Maryland Twisters, Inc. outlined in the handbook and below.

I understand that my commitment is for the 2023-2024 competitive season once my athlete is placed on a team. **Monthly Tuition and Allstar Fees are due the 1st of the month. I have a grace period until the 10th of the month. After that my account will automatically be charged a \$25 late fee.**

I understand that I am strongly encouraged to sign up for FACTS, the automatic debit system used by Maryland Twisters, Inc. to collect monthly Tuition and Allstar Fees. I understand that failure to have my monthly fees processed through FACTS will result in an additional administrative monthly fee of \$10.

I understand that if my FACTS payment returns three times, I will be taken off the FACTS system and will be subject to the \$10 administrative monthly fee. In addition, my payments will be due on the first of each month payable in cash or credit card only. After the 10th of the month, a late fee of \$25 will automatically be charged to my account.

I understand that if I am fundraising and paying at the gym instead of using FACTS, I WILL be charged the \$10 administrative monthly fee regardless of whether or not my account is current or I carry a balance. Additionally, my payments are still due by the 1st of the month regardless of whether or not my fundraising money has come in.

I understand that costs associated with attending Worlds, the Summit, The One, and any other awarded event not on our competition schedule, are NOT included in the Allstar Fees. Parents are responsible for any additional costs to attend these competitions including covering expenses for coaches. I understand that the turn-around time for paying these fees may be short once a bid is received.

I understand if I miss ANY scheduled payments, my athlete risks the chance of being removed from practice or immediately removed from the Maryland Twisters, Inc. program. I understand my athlete will NOT be allowed to attend classes, private lessons, attend Twister's functions or receive uniform, practice wear, warm-ups, team photos, etc. or purchase items from our Pro Shop if Maryland Twisters, Inc. accounts become past due.

I understand that I will forfeit ANY monies paid, if I choose to leave a team, decline an alternate position, or I am asked to leave the program.

I understand that if my athlete quits or is removed from a team an Inconvenience Fee will be assessed: \$500 after August 1, and \$1000 after December 1, and I will not be refunded any monies paid. This includes tuition, Allstar fees, Worlds fees, Summit fees, or any fees associated with award events. Any current balance owed on my account will also be due.

I understand that ALL monies paid are non-refundable.

I understand that Maryland Twisters, Inc. has the right to require payment in FULL (ENTIRE SEASON) for monies owed for pre-rendered services, uniforms, etc., if there were payment issues in previous years/seasons with The Maryland Twisters, Inc.

I understand that if my account has a past due balance, any monies received by MDT will be applied to the balance before being applied to post-season competition fees.

I understand that I am entering into this program of my own free will.

Parent Signature _____ Date _____

Parent Name Printed _____

Pre-Participation Physical Evaluation

(This section to be completed by physician/nurse practitioner/physician assistant)

PHYSICAL EXAMINATION

NAME _____
 HEIGHT _____ WEIGHT _____ PULSE _____ BP _____

DATE OF EXAM _____
 DATE OF BIRTH _____

	NORMAL	ABNORMAL FINDING	INITIALS
<u>MEDICAL</u>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Skin			
<u>MUSCULOSKELETAL</u>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle/Foot			

CLEARANCE This section MUST be filled out and signed physician, nurse practitioner, physician assistant

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____
- Not cleared for [Sport(s)]: _____ Reason: _____
- Recommendation: _____

Name of physician/nurse practitioner/physician assistant _____ Date: _____
 Address: _____ Phone: _____
 Signature of physician/nurse practitioner/physician assistant: _____

The section below to be completed by athlete and parent/guardian:

Name: _____ Sex: _____ Age: _____ Date of Birth: _____ Grade: _____
 Address: _____

Explain "Yes" answers below.

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up/sports physical? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have any allergies? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you currently taking any medications, including inhalants? If yes, what? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you cough, wheeze, or have trouble breathing during or after activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have an ongoing or chronic illness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are you currently diagnosed with any condition(s) that would affect your sport? | <input type="checkbox"/> | <input type="checkbox"/> |

Explain "Yes" answers here: _____

We hereby state that, to the best of our knowledge, our answers to the above questions are complete and correct.

Signature of Athlete: _____ Signature of parent/guardian: _____ Date: _____