



What is Intro to Competitive Cheerleading?

Intro is a way for athletes to get the training from our excellent and certified coaching staff, as well as the experience of competition cheer without the cost and commitment. This team will learn everything you need to know for our competition teams. This is great for parents to understand Ultimate Athletics and what we offer to the athletes. Also, for families that are interested in joining the competition teams late in the season, but don't want the start up cost at this point in the year.

What will the Athletes learn?

Each athlete will learn the following:

- ┆ Tumbling
- ┆ Stunting
 - Individual
 - Pyramid
 - Basket Tosses
- ┆ Motions
- ┆ Jumps
- ┆ Dance
- ┆ Team Work
- ┆ Responsibility

There is no age requirement for this team. This is considered a practice team. Ultimate Athletics is aware that this team may have a wide range of ages and want you to understand that we will do our best to separate age groups if at all possible. All Athletes will start as a level 1 and progress accordingly.

Ultimate Athletics will require each parent or guardian to sign a Waiver Form, Medical Release Form and a Gym Membership Form. These forms can be found on our website at www.uacheer.com. Forms will need to be filled out by the 1st practice. There will be forms available at the gym on the 1st day if needed.

Commitment:

Practice Days are every Wednesday from 4:45-6:00pm. *(if you are unable to attend a practice, please let me know ahead of time.)*

December 7th, 14th, 21st, 28th, 2011

January 4th, 11th, 18th, 25th, 2012

Cost:

\$100.00

(Can be divided into 2 monthly payments)

Includes: Instruction, Ultimate Athletics T-Shirt, Gold Shorts, and a Ribbon

Pre Registration: *(please fill out and mail to PO Box 6265, Rochester, MN 55903)*

Athlete Name: _____		Age: _____	DOB: _____
Parent Name: _____		Phone Number: _____	
Email Address: _____			
T-shirt Size: (circle one)	YS	YM	YL AS AM AL AXL
Shorts Size: (circle one)	YS	YM	YL AS AM AL AXL
Parent/Guardian Signature: _____		Date: _____	

If you have any other questions, please feel free to email Sara Lent at ultimateathletics@yahoo.com or call Sara at 507-272-6896