

2025 -2026

FIERCE ATHLETICS

Season 5 Handbook



www.fierceathleticsva.com



Thank you for your interest in Fierce Cheer Athletics. We offer a full range of programs, ensuring that every athlete can follow their own best path of progression.

This handbook details the commitment and financial obligations required to participate in competitive Rec cheerleading as part of our program.

If you have any questions about any information in this Handbook, or our program, please don't hesitate to contact us.

When you become a member of Fierce Athletics, you become part of our family. We thank you for the opportunity to contribute to the growth and development of your athlete.

We can't wait to have you join us for Season 5!

Prepare to be Fierce!

Deborah Graham - Gym Owner

Fierceathleticsva@gmail.com

Charlotte Sinkler - Athlete Accounts

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Gym # (804) 638-9218

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Overview & Expectations

Please review this handbook thoroughly and contact the office if you have any questions. Once you have reviewed this information, sign the accompanying paperwork, and return to us on your athlete's designated tryout date.

Always use the 2025 - 2026 Program Handbook as your first resource if you have questions throughout the season.

As a program, we pride ourselves on not only the talent, but also on the class and dignity of our athletes, coaches, and parents. All members and parents/guardians of the Fierce Athletics program are bound by the following policies, as well as our Code of Conduct, and are expected to meet these sets of principles and expectations on and off the mat.

Parents and athletes should be aware that Competitive Cheerleading is a large time and financial commitment. Members of our program are expected to make Fierce Athletics priority over any other extracurricular activities.

Our season last 11 months. The final competition date depends upon the athlete's team. All our teams usually compete through May, due to invitation or bid-only events.

ATTENDANCE POLICY

**** If you cannot commit to the attendance policy, please do not tryout. ****

A master absence record will be kept throughout the year to record all absences and the nature of the absence. Absences will be reviewed on an individual basis. However, anything beyond 3 absences will be grounds for dismissal from the program.

Athletes are to attend practices if they are sick or hurt – they must sit on the sidelines and/or wear a mask to prevent spreading germs. If the athlete has an injury that prevents active participation at practice, a written note from the doctor must be provided. In either case, it is important that the athlete be present for any changes that may affect him/her.

If an athlete takes an absence, they are required to notify a coach as soon as possible so that a substitute can fill their spot.

We understand that there will be times when cheerleaders cannot attend practice, whether it is a serious illness, funeral, school event, etc. We have allowed these 3 absences for this reason.

Coaches reserve the right to replace an athlete who misses practice the week before a competition. If a competition is missed for any reason above, the athlete will not receive any gifts (medals, jackets, etc.) and will not be placed on a bid team if a bid is won.

Absolutely NO ABSENCES allowed:

- The week before competition
- On competition day (s)
- Mandatory camps or events
- The month of March/April for any team attending post season events

Please submit all planned vacations and absences in writing at the beginning of the season. Unplanned absences must be submitted via email as soon as the absence is known. Vacations after July are expected to be scheduled so that they do not interfere with Fierce Activities.

****All athletes will practice once a week during the months of June and July. Starting in August, most teams will begin to meet twice a week for practice.****

BEHAVIOR & SOCIAL MEDIA

All athletes and parents are expected to promote friendship through support, encouragement, and respect. As a representative of Fierce Athletics, showing respect for (and good sportsmanship towards) the coaching staff, other teams and hosting organizations is always expected.

Negativity, gossip, pettiness or hostility towards another athlete, staff member or parent will not be tolerated and can be grounds for immediate dismissal. If a parent or anyone is observed speaking negatively about, verbally assaulting, or threatening a team, coach, parent, or athlete, he/she will be addressed and/or asked to leave immediately. If the behavior continues to be an issue, the athlete will be removed from the program and will not be allowed to return the following year.

No athlete or parent may post inappropriate messages on a social media platform (Facebook – including team FB pages, Twitter, Instagram, Fierce Boards, group chats, etc.) about another program or individual or Fierce staff.

Inappropriate message content can include, but is not limited to, sexual/nude photos, photos showing drug or alcohol use (actual or implied), or photos showing inappropriate or vulgar gestures or innuendo.

Any program member who posts inappropriate content on any social media platform will be dismissed from the program.

No bullying will be tolerated, either in person or on social media, texts or group chats. Any athlete who bullies will be dismissed from the program.

No team videos are allowed to be posted publicly on any social media platform including YouTube or any website without permission from the Gym Owner. All choreography, including dances, stunts, music, etc. should be highly protected.



COMMUNICATION

There is no excuse for being uninformed when the information has been provided. Athletes and parents are responsible for staying up to date with information about the program, schedule, events, etc.

It is mandatory for at least one parent/guardian to be part of the following group:

- GroupMe—for your athlete's team
- Fierce Facebook & Instagram Page

Any program information that is communicated should be assumed confidential to Fierce Athletics program members only unless explicitly stated otherwise. Athletes are strongly discouraged from contacting the coaches or staff directly through text or other social media platforms for matters unrelated to absences, tardiness, or injury.

COMPETITION BEHAVIOR & DRESS CODE

Athletes and parents are expected to exemplify good sportsmanship & behavior during competitions. All program members are required to show positive support for all athletes, coaches, fans, and judges. No one may approach any event staff or judges, other team athletes, parents, supporters, or coaching staff, and make negative or derogatory comments.

Athletes must arrive “mat-ready” to each competition. At no time may an athlete be partially in uniform (including unfinished or incomplete makeup or hair) at the venue. All jewelry must be removed. Competition shoes must be always worn. Slippers, boots, flip flops, etc. are not allowed to be worn while in uniform (to or from the venue, or inside). All non-uniform items such as sunglasses, phones, iPads, and backpacks must be put away by team meet-up time and any braces/tape needed to perform must be applied.

Per USASF rules, uniforms with exposed midriffs are not allowed off the competition mat and must be covered. Only Fierce Athletics branded attire is allowed (jacket, t-shirt) to be worn over the uniform at the competition.

During competition months (October – May), athletes may not have any unnatural hair color (pinks, blues, greens, etc.) unless covered by a hair piece. Tattoos should be covered by the uniform or appropriately masked, and any body piercings should be removed for safety purposes.

If there are any questions or concerns that need attention, please use the following communication chain of command:

Team Mom > Team Coach > Gym Director > Gym Owner

EVALUATION & TEAM PLACEMENT

Athlete placement is driven by the mastery, consistency, and technical expertise of all the skills in a level. One or two skills that are executed does not mean that the athlete is prepared to successfully compete within that level. We believe that skill perfection over progression creates more cohesive, successful teams and better athletes. Athlete position is also a large component of team placement – teams will be structured so that we can max out the scores in all the performed skills and execution. Additional athlete attributes such as attitude, leadership, drive, and overall commitment are factored into the evaluation and team placement process.

Please also know athletes will not be placed on the same team due to ridesharing and/or friendships. Team placements will be based off skill level, position needs, and overall team balance to ensure the best competitive experience for everyone.

Please remember that athletes are going through the evaluation process to become not just a member of a team, but most importantly, a member of the Fierce Athletics family.

Throughout the season, and when deemed in the best interest of the athlete, team, and/or program. Fierce Athletics retains the right to:

- Place its athletes on the team(s) it feels will best suit them and the program.
- Move, replace, add, suspend or dismiss an athlete for a period of time or indefinitely from the program based on criteria including but not limited to:
 - Attendance
 - Conduct
 - Skills
 - Finances
 - Parent conflicts
 - Decide the roles and/or positions an athlete will have on their team.
 - Request that an athlete or team take additional classes or camps to improve their skills.

Anyone threatening to quit or pull their athlete from a team will be dismissed from the program.

PRACTICES

Practices may be changed or added at any time during the season with proper notice. If a practice is cancelled, make-up practices may or may not be added at the discretion of the Gym Owner.

Formal practice attire will be worn to all designated practices. Please do not tumble in loose fitting t-shirts or shorts. This is a safety hazard to our instructors and to the athlete during spotting.

Only coaches and athletes are allowed in the gym. Parents/guests must remain in the athlete area. Practices are closed to all parents/guests until the last 30 minutes of practice. However, due to safety concerns, guests may NOT communicate at ANY TIME with athletes or coaches on the gym floor. Any type of communication or any attempt to communicate with anyone inside the gym via yelling, waving, whistling, clapping, etc. will be asked to leave the facility immediately. The coaches reserve the right to close practices at any time for any reason.

All athletes and parents are expected to respect the privilege of the use of our facility. No gum, food, candy or sodas are permitted in the gym area. Only water and Gatorade are allowed. Trash should be disposed of in the appropriate receptacles and bathrooms should be kept neat. Athlete cellphones must be turned off and put away during practice. Parents who need to reach an athlete in an emergency should contact the office for assistance.

Fierce Athletics assumes NO responsibility for any lost or damaged personal items that are brought into the facility.

SUMMER PRACTICES

During the months of June and July, teams will practice regularly on weekdays in preparation for choreography camp.

*Please note that if an athlete is unable to fulfil his or her commitment, team assignments as presented at The Team Reveal event may be modified.

PRIVATE TUMBLE LESSONS

Privates are an extra opportunity for athletes to grow and excel their skills. While there can be value in the results they provide, they must be conducted in the following way. Lessons are setup through the FIERCE class portal.

There are 4 requirements to do a Private Lesson:

1. You are registered as a Fierce Private Lesson Athlete.
2. Athletes will pay a non-refundable & non-transferrable \$10.00 reservation fee per person per lesson through the portal to sign up for your private lesson. The remainder of the lesson will be paid directly to the coach at the time of the lesson.

If you have a balance of any type after the 15th of the Month you will NOT BE ALLOWED TO DO PRIVATES until the balance is paid in full.

- Open Gym is open tumbling times at the gym for levels 1-4

OPEN GYM

- Please check the calendar for days and times of open gym
- You can also sign up for open tumble under Classes and pay online
- Open Gym is 1 hour for \$15.00—athletes are welcome to use the entire hour, 45 mins or 30 mins.
- Space is limited and will be reserved first to those who signed up online first. For those signing up and paying at the gym can do so if space is available.

PROGRAM WITHDRAWAL OR DISMISSAL

Should an athlete choose to leave the program at any time prior to the end of the season, a 30 - day written notice is required.

In the event that an athlete withdraws from the program OR is dismissed, any fees that are due within the following 30 calendar days (of receipt of written withdrawal notification) will be drafted from your account on the 30th day. This includes (but is not limited to) any competition or miscellaneous fees, pre ordered merchandise, and/or monthly tuition charges.

All apparel and merchandise purchased for participation in Fierce Cheer Athletics Va are non-refundable and non-returnable. If an athlete voluntarily leaves the program or is dismissed for any reason, any apparel, merchandise, or items ordered or distributed remain the property of Fierce Cheer Athletics Va. We will not issue refunds, exchanges, or transfers for any purchased items, nor will we provide uncollected merchandise to individuals who are no longer part of the program.

In addition to these fees due, there will be a \$500 re-choreography fee drafted from your account for each athlete that leaves after Routine Skills Camp and/or Choreography Camp, and prior to the end of the season. (This fee is non-negotiable and is charged when the athlete leaves the program, regardless of if the athlete voluntarily withdrew or was dismissed.)

Athletes that choose to leave prior to the end of the season or are dismissed from the program will not be invited to try out for our program the following season. The Gym , Owner reserves the right to refuse program re-admittance after any length of time for anyone who was previously dismissed from the program.

ATHLETE CODE OF CONDUCT

Being a part of the Fierce Cheer Athletics family gives athletes a special opportunity to develop not only physical conditioning and athletic skill, but also teaches and reinforces the character traits needed for success in life. Therefore, as a Fierce athlete, I agree to abide by the following:

COMMITMENT

- I understand that my team is depending on me to fulfill my responsibilities as a team member. I will be committed to the program, my coaches, my teammates, and myself, striving to reach both the team's goals and my personal goals.
- I will arrive at practice and competitions on time with a positive attitude, and I will work hard to achieve the goals set by my coaches. I realize that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner.
- I will maintain and/or improve the skills I performed at tryouts through hard work and dedication, understanding that such maintenance and improvements are required to be competitive within my level.
- I understand that team/position placements are about what is needed to be successful and not about any one element in the routine. I understand it is sometimes necessary for athletes to be moved from one position to another, dependent upon what is best for the overall success of the team, and I will abide by the decisions made by the coaches or Fierce Athletics staff.
- I understand that during practice, all team, position, and routine decisions are left to the discretion of the coaches. If I have a concern or an opinion that conflicts with a decision, I will address it with the coach outside of practice, and at a mutually agreed upon time (but NOT before 24 hours has passed).
- I understand that the coaches may request to practice longer than the regularly scheduled time or add additional practices, classes, or competitions if deemed necessary.
- I understand that practice time is meant for the review, modification and perfection of the routine and team skills.
- I will maintain healthy behaviors, such as the proper nutritional and physical conditioning requirements for this sport.
- I will not participate in the illegal consumption of tobacco, alcohol or drugs. **I understand that doing so will result in the IMMEDIATE dismissal from Fierce Athletics.**

NO EXCEPTIONS.

CONDUCT

- I will be honest.
- I will be an example of team spirit, encourage others and contribute to good morale.
- I will put the good of the team ahead of my personal gain. I will work well with teammates to achieve team goals.
- I will be committed and strive to excel. When faced with difficulty or challenges, I will persevere, give 100% effort, and not give up in the face of setbacks.
- I will control anger and frustration and refrain from displays of temper, bad language, or inappropriate behavior.
- I will accept losing and winning graciously. I will congratulate opponents, not sulk, or display other negative behaviors.
- I will accept responsibility for my actions on and off the mat. I will not make excuses or blame others.
- I will actively support teammates and others. I will listen, try to understand and be fair to others.
- I will treat others as I would want to be treated.
- I will refrain from gossiping or using any form of verbal confrontation. I will only speak positively about the program and/or coaches and not comment negatively or give an opinion openly regarding any Fierce athlete, practice, or routines. This includes all social media, Facebook, Twitter, Instagram, etc.

DISCIPLINE

If any Program Expectations (including, but not limited to the codes of conduct) are compromised, the following actions will occur:

- 1st Violation – Meeting or phone call with the athlete and/or the parent defining the problem.
- 2nd Violation – The athlete may be removed from the team or program.

FINANCIAL POLICIES

A schedule of fees and payment due dates is listed in this handbook. Parents and/or the responsible adult party will be asked to sign an acknowledgement of Financial Policies for the 2025-2026 season and will be responsible for keeping his/her athlete account (s) current and in good standing.

When registering, **all** athletes must maintain a debit or credit card on file as part of their unique account information in the Sports Engine GoMotion software system. Payment of all tuition and program fees will be made via automatic bank draft **ONLY** through this system (unless previously approved by the Gym Owner).

Monthly tuition fees are due and will be drafted on the 1st of each month. Monthly fees are not prorated for any reason. All other fees are due and drafted on the exact due date as listed on the Schedule of Fees in this Hand- book. Invoices are available online. Any errors or concerns with invoices or payment must be directed to the Gym Owner.

Declined drafts will incur an immediate \$20.00 NSF fee. If payment is declined, alternate payment must be made in the form of cashier's check or cash within three (3) business days of NSF notice and must be submitted in person at the gym. A late fee of \$10 will be assessed for any payments made past one (1) calendar day of due date.

Failure to meet the deadline for payments, and lack of reasonable and fair communication regarding payment will result in the athlete's loss of services (sitting out of practice) and/or dismissal from the program. Coaches reserve the right to replace the athlete if this happens. No exceptions.

IMPORTANT: If your account is delinquent by more than ten (10) calendar days, Fierce Athletics reserves the right to:

- Withhold services (e.g., private lessons, classes, etc.)
- Withhold uniforms, practice wear, bows, etc.
- Withhold Pro Shop in-house purchases or/and preorder purchases.
- Withhold team and/or individual pictures.

FINANCIAL POLICIES

All travel reservations, accommodations and/or plans are the sole responsibility of the athlete and athlete's family, unless otherwise noted by Fierce Athletics. Fierce Athletics is not responsible for reimbursing travel expenses to athletes or individuals in the unforeseen cancelling of events, athlete's loss of skills, injury, or athlete's removal from the program.

Some out-of-town competitions are "Stay-to-Play" and require that **all** travelers book a specific hotel through a designated travel agency. Athletes and parents will be notified of "Stay-to-Play" competitions in advance.

All competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is cancelled by Fierce Athletics, every effort will be made to replace it with a comparable event, if possible. In the event that the team does not have a postseason bid, owners will make the decision whether or not to add an additional competition. This may require further competition fees.

All program payments are NON-REFUNDABLE this includes but not limited to tuition, competition fees, apparel, etc. Fierce Athletics reserves the right to turn over all delinquent accounts to a collection agency and the parent/ responsible party will be responsible for all additional costs incurred.

LOGOS & PROPRIETARY MERCHANDISE

Fierce Athletics, is a registered trademark. There is to be absolutely no creation that has Fierce, or any version of its logo on any form of apparel or any other items for distribution. All items will be sold through our Pro Shop. If items are found being created, sold or distributed, Fierce reserves the right to dismiss your athlete from the program



UNIFORMS

Uniforms are designed and produced exclusively for our program by Glitter Starz. Date and time for uniform fittings will be announced after evaluations. Athletes are expected to keep all Fierce Athletics uniforms (including bow and shoes), practice wear and warm-ups in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be assigned to the athlete.

2025 - 2026 COMPETITION SCHEDULE

****Projected schedule will be released a few weeks after tryouts.****

Other important Dates

Team Placement – Email will be sent

Choreography – TBA

Date	Competition	Team Attending

Other important Dates

Team Placement – TBD June

Choreo Camp- TBD August

Gym Closings

Memorial Day- May 26th

Independence Day- July 3rd–6th

Labor Day – September 1st

Thanksgiving- November 26th—30th

Winter Break- December 24nd – January 2nd

Spring Break- TBD

**** Teams that have received bids to The Summit or WILL have mandatory practice in March/ April.**

2025 –2026 SCHEDULE OF FEES

Full Season 5 (5-18yrs old)

Date	Charge	Amount
May		
Early/OnTime/Late	Annual Registration	\$55/\$75/\$95
New/ Replacing	Practice Wear	\$75
Optional	Program Warmups Jacket	\$90
	Travel Comp Gifts	\$100
Optional	Backpacks	\$65
June		
6/1	June Tuition	\$95
6/1	Comp Fees 1/6	\$105
6/1	Choreo Fee ½	\$100
July		
7/1	July Tuition	\$95
7/1	Comp Fees 2/6	\$105
7/1	Choreo Fee 2/2	\$100
August		
8/1	August Tuition	\$95
8/1	Comp Fees 3/6	\$105
8/1	Program Bow	\$30
September		
9/1	September Tuition	\$95
9/1	Comp Fees 4/6	\$105
9/1	Uniform 1/2	\$150
October		
10/1	October Tuition	\$95
10/1	Comp Fees 5/6	\$105
10/1	Uniform 2/2	\$150
November		
11/1	November Tuition	\$95
11/1	Comp Fees 6/6	\$105
December		
12/1	December Tuition	\$95
January		
1/1	January Tuition	\$95
1/1	Coaches Fees	\$75
February		
2/1	February Tuition	\$95
2/1	Banquet Fees	\$50
March		
3/1	March Tuition	\$95
3/1	Coaches Fees	\$75
April		
4/1	April Tuition	\$95

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

Competition Makeup (\$35-\$40)
 Athlete/family travel expenses to and from competitions
 Cheer Shoes
 Individual & Team Pictures
 Optional gear such as backpack, jacket, pro shop items, etc.
 Specialty Classes or Clinics

Bid Events

Junior and Senior teams will be competing to earn a bid to The Summit in Tampa, FL.

Tiny and Youth teams will be competing to earn a bid to the Finale or US Finals location determined once bid is awarded. In the event that a bid is awarded, the following fees will be due:

Bid Event Fee: \$TDB

The Bid Event Fee will be due within 30 days of receiving bid OR event registration deadline (whichever is first). The final amount will be determined by the event location and will be finalized by the Gym Owner within 48 hours of the team's bid receipt. This fee covers additional expenses such as improved choreography, added practices, coaches' travel, and athlete practice and/or spirit wear, etc.

Competition Fee: (Varies depending on Event)

The competition fees and additional travel package fees will be paid directly to the event company. Typically, a deposit of up to \$100 per person must be paid within 15 days of receiving a bid, with the balance due within 90 days.

2025 - 2026 TRYOUT

EVALUATION INFORMATION

Ages 5-7 Do not have to attend evals but are welcome to do so!	Ages 8-14	Ages 10- 18	Athletes (10-14) can chose which time to try out on or do both time slots. Athletes will be placed by skill level!
Tumbling, Jumps & Material Day	Saturday May 24 th 10am-12pm	Saturday May 24th 12pm –2pm	Athletes will learn a dance, tumble sequence & jump combination. This allows us to see skill and coordination.
Stunt Evaluations #1	Sunday May 25th 10am –12pm	Sunday May 25th 12pm –2pm	
Stunt Evaluations #2	Call backs will be emailed out		Athlete's will be grouped according to executed level of skill.
Team Placement Evals	June 2025!!!! Team Placement Practices will begin first week of June. Team Signing day—week after		Team Placement Announcements will be emailed out!
	Individual Evals can be held for late registrations until August 31st!		Full year teams will practice twice a week starting in mid August.

Evaluation Attire

Blue Navy, purple, black and/or white attire

Tank tops, tees or sports bras

Team Reveal

Team placement cards will be distributed through email. We hope to have emails out to everyone no earlier than 5:00pm & no later than 8:00pm. Once emails have been sent, ANY & ALL concerns must be tabled until the end of the weekend. Respectfully - Do not contact us or any of the Fierce staff members until AFTER the weekend.

Evaluation/Registration Paperwork

The following completed paperwork must be turned in to the front office no later than the first day of evaluations:

- Athlete Skill Evaluation Form
- Copy of Birth Certificate
- Copy of Medical Insurance Card
- Headshot Photo attached to Athlete Evaluation Form (non-returnable)
- Athlete Roster Card
- Release of Liability & Assumption of Risk
- Photo Release
- Medical Authorization & Release
- Acknowledgement of Program Handbook

2025 –2026 SCHEDULE OF FEES

Half Season 5 (5-18yrs old)

Date	Charge	Amount
	October	
	Annual Registration	\$95
New/Replacing	Practice Wear	\$75
Optional	Program Warmups Jacket	\$90
	Travel Comp Gifts	\$100
Optional	Backpacks	\$65
	November	
11/1	November Tuition	\$105
11/1	Uniform	\$300
11/1	Comp Bow	\$30
	December	
12/1	December Tuition	\$105
12/1	Comp Fees 1/4	\$105
12/1	Choreo Fee	\$150
	January	
1/1	January Tuition	\$105
1/1	Comp Fees 2/4	\$105
1/1	Coaches Fees	\$75
	February	
2/1	February Tuition	\$105
2/1	Comp Fees 3/4	\$105
2/1	Banquet Fees	\$50
	March	
3/1	March Tuition	\$105
3/1	Comp Fees 4/4	\$105
3/1	Coaches Fees	\$75
	April	
4/1	April Tuition	\$105

Other Fees

The items and amounts listed on this schedule do not include other expenses such as:

Competition Makeup (\$35-\$40)
 Athlete/family travel expenses to and from competitions
 Cheer Shoes
 Individual & Team Pictures
 Optional gear such as backpack, jacket, pro shop items, etc.
 Specialty Classes or Clinics

Competition : Half season teams will participate in 3 to 4 competitions.. With their season ending at the end of March.

2025 - 2026 TRYOUT (Half Season)

EVALUATION INFORMATION

Ages 5-7 Do not have to attend evals but are welcome to do so!	Ages 8-14	Ages 10- 18	Athletes (10-14) can chose which time to try out on. Athletes will be placed by skill level!
Tumbling, Jumps & Material Day	Saturday Oct.4th 10am-12pm	Saturday Oct.4th 12pm –2pm	Athletes will learn a dance, tumble sequence & jump combination. This allows us to see skill and coordination.
Stunt Evaluations #1	Sunday Oct. 5th 10am –12pm	Sunday Oct.5th 12pm –2pm	
Stunt Evaluations #2	Call backs will be emailed out (if needed)		Athlete's will be grouped according to executed level of skill.
Team Placement	Oct. 19, 2025!!!! Practices will begin that week, with meeting coaches and Team Mom!		Team Placement Announcements will be emailed out!
	Individual Evals can be held for late registrations until Oct. 31st		Half Season teams will practice 1 day a week!

Evaluation Attire

Blue Navy, purple, black and/or white attire
Tank tops, tees or sports bras
Spandex-type shorts or Nike Pros

Team Reveal

Team placement cards will be distributed through email. We hope to have emails out to everyone no earlier than 5:00pm & no later than 8:00pm. Once emails have been sent, ANY & ALL concerns must be tabled until the end of the weekend. Respectfully - Do not contact us or any of the Fierce staff members until AFTER the weekend.

Evaluation/Registration Paperwork

The following completed paperwork must be turned in to the front office no later than the first day of evaluations:

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- Photo Release
- Medical Authorization & Release
- Acknowledgement of Program Handbook

SKILLS BY LEVEL—TUMBLING

LEVEL	Beginner	Intermediate	Advances
1	Forward Roll Backward Roll Bridge Cartwheel Round Off	Bridge Kick Over Jump to Forward Roll Handstand Forward Roll Standing Back Walkover Front Walk Over	Back Walkover Series Specialty Series (Connected beg/int/adv skills)
2	Standing BHS Jumps Pause BHS BHS pause BHS Round of BHS	BWO - BHS BHS Step out in RO BHS RO BHS Series Front Handspring *BWO – Back Walkover *RO – Round Off	BWO BHS to Specialty FWO BHS Series Specialty Series (Connected beg/int/adv skills) *FWO – Front Walkover
3	Standing 2 BHS Jump to BHS RO Tuck RO BHS Tuck	Standing 3 BHS Jumps to BHS Jumps to 2 BHS FWO RO BHS Tuck Punch Front	Jumps to 3 BHS Jump BHS step out to RO BHS Tuck Punch Front pause RO BHS Tuck Specialty Series to Tuck
4	Standing Tuck Standing BHS Tuck Jump to BHS Tuck RO Layout	Jumps to BHS Tuck RO BHS Series Layout FWO to RO BHS Layout Punch front RO BHS Tuck	Punch Front or Whip to RO BHS Layout Jumps to BHS Series Tuck Specialty Series to Layout (connected beg/int/adv skills)

SKILLS BY LEVEL—STUNTING

Level 1	Level 2	Level 3	Level
Thigh level stunts Elevators and cradles Extensions in pyramids	Extensions 1 leg stunts at chest level. Straight basket tosses Extended 1 legs in pyramids	Extended 1 leg stunts 2 leg full downs Full ups to prep level assisted flips Single skill or twisting baskets Begin-	1 leg double down High tick toes 1 ½ or double ups to extended Kick double baskets Elite pyramid skills

FIERCE CHEER ATHLETICS

PERSONAL EVALUATION CHECKLIST

All athletes must complete the tasks below and submit required documentation to the Fierce Athletics office in order to participate in evaluations. Thank you in advance for your cooperation!

- **Athlete/Family Profile created through GoMotion**
- **Athlete/Family Account updated with credit card on file**
- **Evaluation registration completed & fee paid**
- **Completed Athlete Skill Evaluation Form***
- **Copy of Birth Certificate***
- **Copy of Medical Insurance Card***
- **Headshot Photo attached to Athlete Evaluation Form (non-returnable) ***
- **Completed Athlete Roster Card***
- **Signed Release of Liability & Assumption of Risk***
- **Signed Photo Release***
- **Signed Medical Authorization & Release***
- **Signed Acknowledgement of Program Handbook***

FIERCE ATHLETE SKILL EVALUATION FORM

ATHLETE FIRST & LAST NAME

Date of Birth

Age as of 12/31/25

Grade (2025-2026)

Primary contact Number

Parent/Guardian Name

Are you interested in being a crossover? Y N

What is your preferred stunt position? Flyer Base Backspot

Are you willing to cheer on a Fierce team regardless of Level? Y N

Gym/Program Name cheered at in 2023-2024

Level cheered in 2024-2025

Of years cheerleading _____

FIERCE 2025 –2026 ATHLETE ROSTER CARD

ATHLETES FIRST NAME

ATHLETES LAST NAME

STREET ADDRESS

CITY, STATE & ZIP

BIRTH DATE

AGE AS OF 12/31/25

SCHOOL NAME & GRADE 2024-2025

ATHLETE EMAIL ADDRESS (IF APPLICABLE)

ATHLETE CELL PHONE (IF APPLICABLE)

PARENT / GUARDIAN NAME

PARENT / GUARDIAN EMAIL ADDRESS

PARENT/GUARDIAN CELL PHONE

SIBLING ATHLETE(S)

TSHIRT SIZE: _____ SHORTS SIZE: _____ SHOE SIZE: _____ JACKET SIZE: _____

SUMMER VACATION / KNOWN ABSENSE DATES:

JULY 2025: _____ AUGUST 2025: _____

SEPTEMBER 2025: _____

2025-2026	Athlete Forms Received	
Team Placement	Birth Certificate	
	Medical Insurance Completed	
	Release of Liability	
	Photo Release Form	
	Medical Authorization	
	Acknowledgement Program Handbook Form	

FIERCE CHEER ATHLETICS

RELEASE OF LIABILITY & ASSUMPTION OF RISK

I, _____, hereby certify that I am the parent or legal guardian of _____ who is under the age of eighteen. As the parent or legal guardian and in consideration for the membership granted herein, I hereby, agree to release and hold Fierce Cheer Athletics, LLC, as well as its owners, agents, officers, directors, shareholders, instructors and employees (collectively referred to herein as "FCA"), harmless from any liability, claim, injury, damage, loss or cause of action which may result from participation in any way related to cheerleading, dance or gymnastics instruction and the use of the facility and its equipment. I agree to indemnify and hold harmless FCA from all Third-Party Claims against it relating to my child/athlete.

I understand there are inherent risks associated with the cheerleading, dance, or gymnastics programs in which I propose to be Involved, including but not limited to sudden changes in blood pressure, irregularities of heartbeat, dizziness, fainting, strained muscles, sprains, and broken bones. I have freely, knowingly, and voluntarily undertaken these programs and certify that my child is in good physical condition and is able to utilize FCA's equipment and facility. I have no knowledge of any condition, physical or mental, which would prevent or limit my athlete (s) from participating in these programs. I agree that FCA has no ability to independently investigate the health or physical condition of my athlete (s) as it relates to his/her/their ability to tolerate the proposed programs. I understand that FCA is relying upon my certification to them that I have obtained appropriate clearance for my athlete (s) to engage in such programs from competent medical professionals.

If I ever have reason to believe that my child is not in good physical condition, I will notify FCA in writing with my specific concerns and the timeframe for which any limitations shall need to be in place for my child/athlete. I will be sure to always keep the current emergency contact information on file with FCA.

I further release and agree to hold harmless the owner and operator of the real estate where such training will occur from any obvious defects in the premises, including but not limited to FCA, parking areas, common areas and walkways. I understand all terms of this agreement and have had the opportunity to ask questions before signing.

Parent/Legal Guardian Signature

Witness Signature

Date

Printed Witness Name and Phone Number

FIERCE CHEER ATHLETICS

PHOTO RELEASE

I hereby authorize Fierce Cheer Athletics, LLC, hereafter referred to as "FCA," to publish photographs taken of my minor child or children listed below for use in FCA print, online and video-based marketing materials, as well as other FCA publications.

I hereby release and hold harmless FCA from any reasonable expectations of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize FCA to use their likenesses.

I further acknowledge that participation is voluntary and that neither I, the minor child, nor minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or FCA publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release FCA, its contractors, its employees and any third parties involved in the creation or publication of FCA publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Name (please print) signature Date

Address City, State & Zip Code

Relationship to athlete _____

Names and ages of minor children

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

FIERCE CHEER ATHLETICS EMERGENCY MEDICAL AUTHORIZATION & RELEASE

EMERGENCY PROCEDURES

For minor injuries, Fierce Cheer Athletics (“FCA”) policy is to call the Emergency Contacts and/or Parent/Guardian listed on this Medical Authorization form and follow their directions. In the rare case of a more serious injury, FCA policy is to first call 911, then call the Emergency Contact listed below.

MINOR INJURIES /MEDICATION

FCA will provide bandages for minor scrapes & cuts. FCA will NOT provide medications.

EMERGENCY TREATMENT PRE-AUTHORIZATION

I authorize FCA and its representatives to consent to medical treatment for my child. I also give FCA permission to administer the necessary emergency care to my child to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to FCA instruction, practices, or performances. I also assume responsibility for cost of treatment.

Parent/Legal Guardian Signature

Witness Signature

Printed Name

Athlete’s Name

Date of Birth

List any allergies: _____

Current Medications: _____

Current Medical Issues: _____

Other important instructions or information: _____

Emergency Contact #1

Emergency Contact #2

Relationship to Athlete

Relationship to Athlete

Emergency Contact #1 Phone

Emergency Contact #2 Phone

Health Insurance Company

Policy/Group Number

Policy Holder Name

Policy Holder Date of Birth

FIERCE CHEER ATHLETICS

ACKNOWLEDGEMENT OF PROGRAM HANDBOOK

I, _____ the parent/guardian of
_____, acknowledge I received a copy of the 2025-2026 Program Handbook.

I understand and agree to abide by all the rules, regulations and policies set forth in this Handbook.

_____ (Initial)

I further acknowledge that I have read, understand and agree to abide by all Financial Policies.

_____ (Initial)

I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet the skill requirements.

_____ (Initial)

Parent / Guardian Signature _____

Date: _____

I, _____ acknowledge I received a copy of the 2025- 2026 Program Handbook,

I understand and agree to abide by all the rules, regulations and policies set forth in this Handbook.

_____ (Athlete's Initial)

I further acknowledge that I have read, understand and agree to abide by all Financial Policies.

_____ (Athlete's Initial)

Athlete Signature: _____

Parent / Guardian Signature _____

Date: _____