

2012-2013 EWA FLYERS PARENT HANDBOOK



EWA CHEER TEAM PARENT HANDOUT

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WELCOME TO THE EWA CHEER TEAM

Thank you so much for your interest in the Eagle's Wings Athletics (EWA) Cheer Team! If you are reading this, then your child is on or is possibly joining the EWA Cheer Team. This is an honor and privilege. Competitive Cheerleading is one of the fastest growing sports in the United States and we could not be more thrilled to be a part of this amazing sport and a part of your children's lives.

Eagle's Wings is looking for athletes that are willing to commit a full year to their sport, to work hard to improve individual skills, and to be a loyal teammate. We know this type of program is not for everyone. This team is not "recreational". We train to compete. One of our goals is to create winning routines, but more than that we want to train champions. This type of goal requires strict attendance policies and structured workouts. Please carefully consider these goals when deciding to commit to our team.

You probably have many questions. That is why we have this Cheer Team Parent Information Packet. This packet is provided to the new and veteran EWA Cheer Team parents in an effort to inform them about the goals, policies, and procedures of the EWA gym and cheer team program. It serves as a great resource and guide for the team parents throughout the season. We have tried to provide answers to the most commonly asked questions. If after reading this information packet you still have questions or concerns, please feel free to contact your cheer coaches at the gym, on their cell phone, or by email. Please make sure to follow the proper communicational chain of command. By this we mean contact your coach with questions or concerns directly before contacting the owner/office. Asking one of our team moms, dad or other parents questions is fine too when related to general matters and booster club issues that are not coaching related. Again, we are here to help!

Thanks again for your interest in our EWA Cheer Team Program. We look forward to working with each and every one of you in the 2010-2011 competition season.

Head Cheer Team Coach
Coach Anthony

Gym Owner
Bret Stout

EWA CHEER TEAM

MISSION STATEMENT

To promote a cheer program that is FUN and provides each child the opportunity to develop better physically, emotionally, mentally, and socially through safe and productive activities, and by having a cooperative, open line of communication with parents who are supportive of the gym and the coaches' decisions. We always will try to keep the athletes' best interests at heart with every decision we make and activity that we do.

GOALS

It is important for children to feel comfortable and secure with the activities in which they partake. At EWA we create a wholesome, family-like atmosphere so that each athlete can fit right into our routine. All of the coaches love to be with children and enjoy working with them to reach their goals and become better people. The list below expresses our goals:

- To promote a fun, exciting, long-term experience to each and every cheerleader.
- To promote independence and self-discipline through challenging activities.
- To promote team spirit and collaboration.
- To provide a wholesome environment in which each cheerleader grows in all areas of development through the modeling of appropriate life skills.

Thank you for supporting these goals. We look forward to many more years of coaching cheerleading, and being a special part of children's lives.

EWA CHEER TEAM

COACHES

COACH ANTHONY

HEAD COACH

Coach Anthony has been a Cheer Team coach for 13 years. Anthony was the Head Coach and Chorographer at Severe Cheer for 6 years. This is his fifth season with Eagle's Wings. Coach Anthony is USASF certified. USASF organizes coaching competency in three core subjects; tumbling, stunts and tosses. Through USASF Anthony learned to create a safer environment, by developing standards through proper skill progressions. Coach Anthony's no nonsense approach to cheerleading has won his teams 55 National Titles, 2 NCA Titles, Grand Champion at the inaugural 2012 Amazing Championships, the coveted innovative choreography award at NCA, and CGA coach of the year 3 times throughout his career. Anthony has been a great addition to the Eagle's Wing staff. His goal is to not only create a winning team but to expand the positive life experience of the cheerleaders he coaches.



EWA CHEER TEAM

NESSECITIES

Listed below is an account of items that you will be responsible monetarily for. Not paying your dues in a timely manner shows lack of commitment and is subject to REMOVAL from cheer squad.

SHOES - MUST HAVE BY FIRST PRACTICE

White Cheer Shoe. Each Child is different, so choose shoes accordingly. We recommend High Tops for the ankle support. Some good brands are High Top Reebok, and Nfinity. The High Top Reeboks are available at the Allen Outlet Mall. The Nfinity is available through the internet.

TUTITION \$175.00 per Month

This fee pays for the coaches when taking the teams to competitions whether local or not. This does not include food, gas, mileage, hotels, etc. Those fees are paid by the booster club.

A payment schedule is included on page 9.

PRACTICE WEAR \$125.00

This cost will include 4 practice tops and 4 practice shorts. Each top will have our new logo screen printed on it. The girls will have assigned days for each outfit. Please have the girls follow the practice wear calendar, dressing as a team promotes team spirit!

WARM UPS & TEAM BAG \$210.00

This will be an embroidered jacket with pants for the girls to wear to competition and anytime it is cold outside. The girls are required to wear their team warm ups whenever representing EWA Cheer Team. The team bag is a Black Sling Bag with the logo embroidered on it. It is to be carried to each competition to keep makeup, warm ups and essentials together.

UNIFORM \$275.00

This cost will include the official EWA Cheer Uniform: Top, Skirt, Bloomers and Bow.
Uniform Fitting: TBA

NESSCITIES - CONTINUED

CAMP/CHOREOGRAPHY/MUSIC \$300.00

This fee includes professional choreography and music provided by Anthony. The camp dates will be announced shortly after try-outs.



MAKE-UP \$50.00

This cost covers the make-up all the girls will wear to every competition. It will include eye make-up, blush and lip stick. We will have a meeting closer to competition on how to put on your make-up.

COMPETITION FEES \$700.00

This fee includes 5 regional competitions and 3 national competitions. A TENTATIVE schedule is found on the next page. As more competitions open up we will be able to give you a more concrete schedule. There will also be an admission fee to each competition. Fees range from \$15 - \$25 (\$25 is usually for 2 day events). Admission fees are not covered in your competition fees paid to the gym. There may also be a separate charge for parking which could range anywhere from \$5 - \$15 per event. Concessions can also be pricey, and cost \$10 - \$25. So you may want to bring your own snacks. The Booster Club will provide a healthy snack for the girls.



2012 - 2013 Parent Information Financial Information



Below is an approximation of the expenses that you will incur by participating in the EWA Flyers All Star Cheer Program throughout the 2012-2013 season. If any prices change at any time, families will be notified within a reasonable amount of time.

Approximate Payment Schedule - New and Returning Athletes

Payment	April	May	June	July	August	September	October	November	December	January	February	March	April	Total
Tuition		\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 2,100.00
Ty Outs	\$ 35.00													\$ 35.00
Warm Ups & bag, Practice Wear and Competitive Uniform		\$ 120.00	\$ 120.00	\$ 120.00	\$ 120.00	\$ 120.00								\$ 600.00
Camp/Choreography/Music		\$ 75.00	\$ 75.00	\$ 75.00	\$ 75.00									\$ 300.00
Make Up							\$ 50.00							\$ 50.00
Competition Fee		\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00						\$ 700.00
Booster Club Dues			\$ 50.00											\$ 50.00
See Below **			\$ 350.00											\$ 350.00
USASF Fees \$25.00														\$ 200.00
Total	\$ 35.00	\$ 470.00	\$ 870.00	\$ 470.00	\$ 470.00	\$ 395.00	\$ 325.00	\$ 275.00	\$ 175.00	\$ 375.00	\$ 175.00	\$ 175.00	\$ 175.00	\$ 4,385.00

Booster Club opt out fee is due in May. Join the Booster club and raise \$200.00 for booster club from fund raisers by January. If \$200 dollar goal is not met the difference will be billed to you in January. Options in yellow will effect totals shown in red.

What to Expect at Competition (example)

Schedule	October	November	December	January	February	March	April	Parking	Admission CASH ONLY
Red Line		XX						Free	\$15 to \$20 per day per person
Spirit Celebration		XX						Free	\$15 to \$20 per day per person
Christmas Classic Garland			XX					\$10	\$15 to \$20 per day per person
ACA Ft. Worth				XX				\$5 to \$20	\$15 to \$20 per day per person
Alamo Nationals San Antonio					XX			Free	\$15 to \$20 per day per person
NCA All Star Nationals Dallas						XX		\$5 to \$20	\$20 per day \$35 for weekend
Amazing *** Frisco							XX	\$5 to \$20	\$20 per day per person
All Levels *** Dallas							XX	\$5 to \$20	\$15 per day per person

*** Have to win Qualified National competition for invitation to this competition.
Usually 5 and under is admitted for Free

COMPETITION SCHEDULE

TBA

PRACTICE SCHEDULE

LEVEL 1

1. **Hours** - 4 Hours of Cheer Practice, 1 Hour Tumbling
2. **Ages** - 4 and up
3. **Cost** - \$175 per month
4. **Practice Time** - TBA

LEVEL 2

1. **Hours** - 4 Hours of Cheer Practice, 1 Hour Tumbling
2. **Ages** - ???
3. **Cost** - \$175 per month
4. **Practice Time** - TBA

These prices include a tumbling class that is for the cheerleaders only and will be held by Coach Anthony on a day TBA. If you wish to take an additional tumble class instead of the one provided there will be an additional \$40 added to your tuition. For times and availability of other tumbling classes please check with the front office.

ALL STUNT FLYERS MAY BE REQUIRED TO STAY 15 MINUTES AFTER EACH CLASS FOR STRECHING WITH THE COACHES!

EWA CHEER TEAM

WORKOUT EXPECTATIONS

DO'S

- **DO have fun !!!!!!!!!!!**
- **DO respect yourself!**
- DO respect and listen to your coaches at all times.
- DO respect your teammates.
- DO be a good leader when others are following your example.
- DO cheer for others and support your team.
- DO be prepared, on time and ready to work in the assigned workout attire.
- DO warm up properly at the beginning of workouts.
- DO be aware of your surroundings and understand the potential danger.
- DO concentrate and focus on performing at your best.
- DO set goals and motivate yourself to achieve them.
- DO ask questions when you are confused.
- DO tell your coaches about emergencies - like when you or someone is sick, hurt, in danger, or needs to go to the restroom.

DO NOT'S

- **DO NOT goof off.**
- **DO NOT gossip in or outside of cheer activities. This includes: texting, MySpace, Facebook and email. It can lead to dismissal from the team!!!**
- DO NOT brag, use bad language, or call others names.
- DO NOT "tattle-tell" on others for unimportant issues.
- DO NOT wear jewelry
- DO NOT chew gum
- DO NOT talk to others during their turns.
- DO NOT talk when the coaches are giving instructions or spotting, or when someone is demonstrating.
- DO NOT touch, get on, or go near equipment without permission, direction and or supervision from a coach.

EWA CHEER TEAM

PARENT RESPONSIBILITIES

TRANSPORTATION AND ATTENDANCE

Have reliable transportation for your athlete to and from gym -- on time preferably. Attendance is critical, if we cannot work out as a team we will not perform well as a team! Please do not bring your child to the gym when she is ill (i.e.; running a temperature higher than 99.5 or vomiting). Please contact your daughter's coaches and let them know why she has been absent, and when she is expected to return. If your child has an injury she is still required to come to practice, even if she cannot physically participate. That way she won't miss any changes that might occur.

Attendance is mandatory 2 weeks prior to all competitive meets!!!

EWA BOOSTER CLUB ANNUAL DUES

Being part of the booster club is voluntary. The booster club receives annual dues from each family of \$50 that are due on the first day of the new season and late after the 30th day. A late fee will be assessed. Make checks out to Eagle's Wings Athletics Booster Club –Cheer or EWABC - Cheer, with your son or daughter's name in the memo (and give it to the office). Parents of more than one girl on the cheer team only need to pay one fee for all. For more information on the EWA Cheer Booster Club please see pages 15 - 17 of this handout.

BE UNOBTRUSIVE

Allow the coaches to do their jobs. Only your athlete's coaches need to tell her what skills to do, how to do them, when it is time to learn a new skill, & when it is time to move up. Please do not come into the gym area during workouts unless for an emergency or when invited. If you need to pick up your athlete early, then let the coaches know ahead of time, and tell someone in the office at the time of pick up to get her. After workouts are over you are welcome to have a quick talk with the coaches as long as they have the time & do not need to be coaching another team, class, or private/semi-private lesson. The coaches/owner asks that parents only stay & watch the team workout once a month, but not more. During drop off/pick up times parents should only be in the gym for about 5-10 minutes of the workouts. Also, parents won't see progress as readily when watching too often. If parents need to stay during a workout due to traveling logistics we understand. For these parents we recommend running errands, and when in gym to be "out of sight" as much as possible. Relax & allow your daughter to be in the care of the coaches so that the athletes can progress in a fun, safe, & productive manner, which is what we all want.

EWA CHEER TEAM

PARENT RESPONSIBILITIES - CONTINUED

COACH & PARENT SUPPORT

Parents and coaches need to support each other. **We are working together for a common goal that our children have fun, work and play hard as a team.** Reinforce the need for appropriate behavior during gym workouts for the sake of fun, safe, & productive instruction. Let your coaches know how you and your athlete are enjoying gym. Coaches and parents need to make sure to follow the goals, policies, and procedures for everything to work smoothly.

COMPETITIONS, READ CAREFULLY!

At the competitions many scenarios can result as to the decision made by the meet director. Specific times for your athlete's session for a particular competition will usually come home a week before the competition, along with a map. If you have any questions about how to get to a meet just ask your athlete's coaches. These session times are tentative and can change, but usually they do not change too much; it will always depend on the number of teams in the competition.

Let the competition be a fun day. We usually have the athletes arrive 2 hours before their competition time. **Do Not Be Late!** If circumstances occur that force you to be late, please call the coach and let them know. The athletes need to be there on time to allow us to make sure they are properly prepared when it is their time to perform. They also have to be in warm up at a certain time. The booster club will provide a healthy snack.

At the competitions the coaches will be going back and forth at times signing in the teams, finding out final performance and warm-up times, retrieving score cards, getting possible T-shirts/goodie bags, etc. If you do not see your coaches at the meet, don't panic, they are off doing something meet related and one coach will be with the athletes at all times. The coaches will let you know when the teams are dismissed to go home; it will vary from competition to competition. The athletes are usually required to stay until awards.

EWA CHEER TEAM

The following information is for the parents to use for understanding and enjoyment of the competitions. **DO NOT** use this information to provide direction to your child. Direction need only come from your child's coaches so the girls are consistent and focused in the right direction. Receiving direction from anyone other than the coaches results in creating confusion and stress for the girls.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited.
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Assisted or connected tumbling is prohibited.
- E. Dive rolls are not allowed.

LEVEL 1 STANDING / RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs) Tumbling skills must involve hand support with both hands when passing through the inverted position.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings, and dive rolls are not allowed.

EWA CHEER TEAM

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 2 RUNNING TUMBLING

- A. No flips or aerals allowed.
- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne. (Exception: Round offs)

EWA CHEER TEAM

BOOSTER CLUB

Support from parents is vital to the success of any competitive athletic program. At EWA, this support is provided by the EWA Cheer Booster Club, an organization whose purpose is the financial support of the competitive cheerleading program of the EWA Cheer Team. While close cooperation between the EWA Cheer Booster Club Parents and the Coaching Staff/Owner is essential to accomplish the goals of the EWA Cheer Booster Club, the EWA Cheer Booster Club does not become involved in the conduct of the competitive program, nor does the EWA Cheer Booster Club intrude upon the coaching decisions made by the Coaching Staff/Owner. As a policy of the team every parent or guardian of an EWA Cheer Team member is only considered a member of the EWA Cheer Booster Club (and added to the roster of the EWA Cheer Booster Club members) when they have paid their dues.

Being part of the booster club is voluntary. If you choose not to be a booster club member, you will be billed for your portion of the expenses incurred above the tuition for the amount of **\$350.00**.

Booster Club members are expected to help with fundraisers, complete your volunteer hours and pay your annual dues. Failure to pay dues, put in the necessary volunteer hours at functions, participate in fund raisers and / or other things will likely lead to natural consequences or simple alternate decisions. These can be, but are not limited to having to pay more, being asked to make up time, and/or not receiving the benefits that others receive who have paid their dues and are in good standing by having put in their time for the season.

Primarily, the EWA Cheer Booster Club raises and distributes the money needed each year to fund the on-going activities of the cheer competitive team. Expenses mainly include coaches travel, lodging, food and materials/registration when going to meets, and team building project activities. Other expenses can occur to help the athletes/parents out at times, and the EWA Cheer Booster Club can vote to help out families when in a crisis situation.

The EWA Cheer Booster Club raises this money each year through dues and fundraising events that are organized by the EWA Cheer Booster Club parents. The board has the responsibility for organizing, planning, and supervising the fundraising events. You will receive information from the EWA Cheer Booster Club on how the fundraising events are organized and how parents are selected to work.

Fundraisers include (example)

1. Car Wash.
2. Candles.
3. Christmas Tree Raffle.
4. Butter Braids.

EWA CHEER TEAM - BOOSTER CLUB CONTINUED

During the year the day to day business of the EWA Cheer Booster Club is conducted by the board of Directors, who are nominated and elected annually from the membership to one year terms. The Booster Club as a whole, not just the Board, meets once a month and all members have a responsibility to attend as many as possible. The dates/times for the booster club meetings will be told in advance by the board, and usually these will be on days when the athletes have workouts. Naturally, the board also has meetings that are just for them that the regular booster club parents do not need to attend.

There is an annual team banquet for every athlete on every team from EWA - usually each May or June. At the banquet the athletes (and some parents) receive special awards from the coaches for their seasonal accomplishments - usually one award per cheerleader but possibly more. The banquet is for the previous season's athletes that went from June - May. Therefore, there are usually some new cheerleaders on the team at the beginning of the spring/summer that will naturally not be at the banquet since they were not on the team for the previous season. The EWA Cheer Booster Club usually gives some awards and/or gifts to the athletes and coaches, but these may be done at a party at the end of the season separate from the banquet. The end of the season party (like the banquet) is only for athletes/families from the previous season.

The parents and coaches will at times organize gatherings for the parents to socialize and bond. These and other things are great ways for parents to support the athletes, the coaches, the gym, and each other.

Your thoughts and suggestions are important to the booster club. If you have questions or concerns, then we want to hear from you. Always contact your athlete's coaches directly first with a coaching related question. The Board of Directors is elected to serve the membership of the booster club and can only do their job effectively if you, as a member, communicate with them when the need arises. While every decision that the board makes must be made in context of what is best for the EWA cheer team as a whole, we truly believe that there is no such thing as a stupid question. Please feel free to voice your concerns to the Board.

We cannot stress enough how important your involvement in the EWA Cheer Booster Club is. We plan to have considerable success in the coming year in meeting the financial obligations of the team, and this success is directly attributable to the time and effort that all of the parents have put into support of the EWABC activities. If you have any questions about your membership, please contact any of the board members.

EWA Cheer Booster Club Obligation

I, _____, agree to meet the financial obligations of the EWA Cheer Booster Club for expenses including, but not limited to, all coach's travel and per diem expenses, the End of Season Banquet, cheer team building/bonding activities, cheerleader needs (seasonal bows, spirit supplies, snacks, etc.), and additional competition entrance fees that are not covered by the initial and monthly team fees.

To meet these financial obligations, I agree to the \$50 membership fee which must be submitted to the EWA Booster Club prior to June 15, 2012.

In addition to the membership fee, I understand that I am responsible for raising an additional \$200.00 in fund raisers (not \$200.00 in sales, \$200.00 in booster club contributions) , or by paying the additional \$200.00, or a combination of both before December 31 2012. Any balance carried will be billed to you in January 2013.

Or you may choose to simply pay the \$350.00 Opt out Fee, and not participate in the Booster Club this is also due June 15 2012.

- I wish to join the EWA Cheer Booster Club. I have read and understand that I have the opportunity to offset cost incurred by participating in fund raisers, and that if these cost are not met that I am responsible for the unpaid difference.

- I **do not** wish to join the EWA Cheer Booster Club. I understand that I will be assessed the \$350.00 Booster Club Opt out fee. The Booster Club Opt out fee is due June 15th, 2012. If it is not paid you will be billed on July 1st 2012 for this amount.

Cheerleader Name (please print): _____

Parent Signature: _____ Date: _____

EWA CHEER TEAM

CONTRACT - May 2012 - April 2013

EWA Flyers compliance with the contract is required to ensure a successful season. Breaking the contract will result in a \$300.00 fee paid to your team. This fee is due in the form of a non dated check at your first practice and will be cashed upon termination of contract, or given back un-cashed when the contract is fulfilled. You may not come to practice until we have this contract signed and returned with a check!

- EWA Flyers are required to attend all scheduled competitions. Failure to do so will result in removal from the squad and your \$300.00 check will be cashed.
- EWA Flyers are expected to attend and be on time to all scheduled practices. School functions if they are for a grade, family emergencies, and illnesses are the only excused absences allowed. If you are going to be absent you must notify coaches immediately. Unexcused absences are unacceptable. Lack of practice shows lack of interest and the coaches will give consequences for unexcused absences as they see fit. School functions need a 2 week written notice, and homework is not a school function.
- If you are 1-15 minutes tardy to practice for any reason, 50 toe touches and 50 push ups will be assigned to complete at the END of practice.
- Athletes are to wear specified practice uniforms during practice. Athletes not wearing the appropriate uniform will also have 50 toe touches and 50 push ups to be completed at the END of practice. We are a team and must look like one at all times. If it is cold outside the girls can wear their team warm ups, no other warm ups or jackets are acceptable.
- Clean up after yourselves. Always leave an area better than you found it. Any food, bags, or homework must be cleaned up BEFORE entering your next class. Athletes who leave a mess in the lobby or kitchen area will be asked to clean up that area as well as Windex the floor mirrors in the gym.
- Parents, being in the gym makes your child perform differently. Your team athlete has to perform for the coach many hours a week. Over time it becomes difficult for a child to also perform constantly for parents as well. We would like to encourage you to keep everyday observations to 10-15 minutes per practice. In these sports, improvement is so subtle that constant observation is not necessary.
- Be supportive of the coaches. Reinforce the need for appropriate behavior during gym workouts for the sake of fun, safe, and productive instruction.
- Allow the coach to do his/her job. Only your athlete's coach needs to tell them what skill to do, how to do them, when it is time to learn a new skill, and when it is time to move up to the next level of the team.

Athlete's Signature	Athlete's Printed Name	Date
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Parent's Signature	Parent's Printed Name	Date
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Coaches' Signature	Coaches' Printed Name	Date
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Please return the completed form and check to the office.)

EAGLE'S WINGS ATHLETICS - MEDIA RELEASE FORM

A parent or guardian of each team gymnast who attends EWA-related events is required to read and sign this form. Participants in events are sometimes photographed and/or videotaped for use in media outlets (i.e. newspaper, television, or internet coverage), and at EWA promotional events (such as on posters at or outside the gym, for Allen Celebration, National Gymnastics Day, etc.) or on the EWA website.

Eagle's Wings Athletics (herein referred to as EWA) has my permission to use, distribute, display the name and/or image of my gymnast for public viewing including but not exclusive to the above-mentioned situations. I agree to my gymnast's participation without financial compensation and I understand this releases EWA, its officers and representatives, and any photographer from any future claims, as well as from any liability arising from the use of said name, photograph or videotape.

Please check one, then print names and sign below.

I agree

I do not agree (reasonable efforts will be made to prevent use of image in group settings)

EWA Gymnast Name (Print): _____

EWA Parent Name (Print): _____

EWA Parent Signature: _____

Date: _____

(Please return the completed form to the office.)

EAGLES WINGS ATHLETICS MEDICAL RELEASE FORM

As the parent/legal guardian of: _____

I request that in my absence the above-named athlete be treated and/or admitted to any hospital or medical facility for diagnosis and treatment. I request and authorize physicians, dentists, and staff, duly licensed as Doctors of Medicine or Doctors of Dentistry or other such licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment of the above minor. I have not been given a guarantee as to the results of examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken from the above-named athlete.

Athletes Birth Date: _____ Date of Last Tetanus Booster: _____

Allergies: _____

Other Medical Conditions: _____

Athlete's Physician: _____ Phone #: _____

Parent/Guardian: _____

Street Address: _____ City: _____ State: _____

Zip: _____ Phone #: _____ Cell #: _____

Person Responsible For Charges (if different from above): _____

Street Address: _____ City: _____ State: _____

Zip: _____ Phone #: _____ Cell #: _____

Person To Notify If Parent/Guardian Is Unavailable: _____

Street Address: _____ City: _____ State: _____

Zip: _____ Phone #: _____ Cell #: _____

Insurance Co.: _____ Phone #: _____

Policy Holder: _____ Policy Number: _____

Signature of Parent /Guardian: _____ Date: _____

Sworn to and subscribed before me on the _____ day of _____, Yr _____

Notary Public _____

My Commission expires _____

(Please return the completed form to the office.)

EWA CHEER TEAM

Summer Vacation Form

This form is to inform Eagles Wings of vacation/camps that your athlete will be out of town for from the dates of June 4th thru August 21st.

Athletes Name: _____.

Dates absent _____ Destination _____

Dates absent _____ Destination _____