



**RICHARD E. WORKMAN**  
Sports & Wellness  
Complex



## Jr. NBA Cheerleading Registration Form: K – 1<sup>st</sup> Grade

Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

I \_\_\_\_\_ (Parent/Guardian) have enrolled \_\_\_\_\_ (Child's Name) in a program of strenuous physical activity, offered by The Workman Sports & Wellness Complex (WSWC). I hereby affirm that I am or the above person is in good physical condition and does not suffer from any disability that would prevent or limit participation in this program. In consideration of myself, my heirs and assigns, hereby release by the WSWC from any claims, demands, and causes of action arising from my or the above named person's participation in any of the above stated programs, and I hereby release the WSWC, from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls, tears, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries and any other illness, soreness or injury however caused occurring before, during or after participation in any other of the above stated programs offered at the WSWC or at any time, while in the vicinity of the premises of the above stated business, or in any activity sponsored, represented, or organized by the WSWC, for any reason. I agree that my or my child's picture or likeness can be represented and published in any by the WSWC. By signing, I hereby affirm that I have read and fully understand and agree with the above waiver.

Signature of Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

- **Registration opens Tuesday June 26<sup>th</sup> and Closes Friday August 31<sup>st</sup>**
- **Eligible for dual participation with the Jr. NBA and the Cheerleading program**
- **Please circle the appropriate uniform size from the list below**

**Select Uniform Size: (Circle one)**

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

### **Practice Day & Times**

**Saturdays: Group 1: 10am-11am**

**Group 2: 11:15am-12:15pm**

**Fee: Member: \$80.00**

**Non-Member: \$100.00**

**For Office Use Only:** Payment Method: Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_ Amount \_\_\_\_\_

Date Paid \_\_\_\_\_ Processed \_\_\_\_\_ Employee \_\_\_\_\_

## **Jr. NBA Cheerleading**

The Jr. NBA Cheerleading program at the Workman Sports and Wellness Complex has been designed to offer those who wish to cheer, the chance to get active and have fun cheering during our Jr. NBA Basketball season. Cheerleading will help build self-confidence and self-esteem while developing social skills and healthy relationships.

Participants will learn the fundamentals of cheerleading including basic motions, jumps, cheers and chants. Participants practice once a week and will take their skills to the court to cheer during designated games. We believe that character development is an essential element of sports. Caring, honesty, respect, and responsibility are values we will help instill in our participants. We put safety first and emphasize a positive atmosphere in all our youth sports programs.

A full practice schedule and game participation schedule will be provided to the parents of registered participants prior to the first day of practice. Practices will start the following Saturday at your assigned groups designated time. Uniforms will be purchased at the end of registration.

- Uniforms are included in the program price (Shoes not included)
- Practice groups will be divided into groups of 10 -15 depending on the number of registered participants
- Each group will have one scheduled practice per week
- Each practice will last for approximately one hour
- Participants can expect to cheer at between 8 & 10 games throughout the season
- Groups can expect to cheer at games that correspond with their age group

*\*Schedules are subject to change for weather or other unforeseen circumstances*