

Spirit Athletics - HIGH DESERT CHEER, LLC.

WAIVER FOR SPECIAL NEEDS - Physicians Form

Athlete's Name

All Star Cheerleading is done in a 2 1/2 minute routine, which has jumps, dance, stunts and floor gymnastics. The athlete practices once a week for approximately 1.5 hours. We are trying to define what would be doctor approved for this particular special needs child or adult that would like to participate in the sport. We would like the doctor to initial each space by the skills that can be performed and then sign the bottom of the page.

A definition or explanation of each skill that the special needs athlete would be okay to practice and perform.

Dance would be slow count moves to music and cheers with handclapping.

Jumps - Toe touches

Floor gymnastics/ tumbling

1- Forward Roll

2- Cartwheel/ Roundoff

3- Backhand Spring/ Back Tuck

4- Running Tumbling

Stunts

1- Single stunts with just 4/5 people with a coach behind the stunt.

2- Pyramid with 5 plus people and coaches surrounding the complete pyramid.

Stunts and Pyramids would be very close

There will be contact with athletes and coaches.

All Choreography will be based on what this athlete can do, as well as the other teammates.

Physicians signature

Date