



Parkview Panthers Tumbling / Stunt Release Form 2019 Fall Season



Skills Checklist

Check skills you have mastered (meaning you can do it 10 out of 10 times)

Tumbling

☐ Standing back hand-spring
☐ Standing back tuck
☐ Standing back hand-spring back tuck
☐ Toe touch back tuck

☐ Round-off back hand-spring
☐ Round-off back hand-spring back tuck
☐ Round-off back hand-spring layout
☐ Round-off back hand-spring full twist

Any tumbling skills you have that are not listed above: _____

Stunts

What is your primary stunting position? Base: _____ Flyer: _____ Spot: _____

Check the skills you have mastered (meaning you can do it 10 out of 10 times)

☐ Liberty
☐ Arabesque
☐ Heel Stretch
☐ Thigh Stand
☐ L-stand*

☐ Half Extension*
☐ Star Sit*
☐ Torch*
☐ Cradle*
☐ Full Extension*

4th grade and older

Any stunting skills you have that are not listed above: _____

Cheerleading Background/Experience/Achievements: _____

Cheerleading or Sports Related Injuries: _____

I, _____, acknowledge that my daughter/son,

_____, will be tumbling with Mountain Park Athletic Association (MPAA) Cheerleading.

I agree to, by signing this agreement, release the coaches, volunteers, youth coaches, Mountain Park Athletic Association (MPAA) and its staff from any claim of negligence and/or injury, by ourselves, our daughter/son, our heirs, executors, and assigns from liability arising from claims for damage for injury to our daughter/son and any claims for loss of damage to his/her property which may arise out of his/her participation in Mountain Park Athletic Association (MPAA). I also acknowledge that we will provide medical insurance on our daughter/son.

Name of Parent/Guardian

Signature of Parent/Guardian

Name of Child

Date