

FORMULACHEER

2025-2026 Half Season Packet



65 Oakwood Road. Lake Zurich , IL 60047

www.formulacheer.com

formulacheerinfo@gmail.com

WHO WE ARE

Formula Cheer is the newest D1 all-star cheerleading program in Illinois. We provide a safe, clean and cheerful environment under the guidance of knowledgeable, personable and fun-loving cheer and tumbling professionals. Although we are new to the community, we bring over 28 years of coaching experience.

OUR MISSION

Formula Cheer's mission is to provide an encouraging, exciting and enriching atmosphere, while teaching skills to develop strong character, positive attitudes and responsibility. The way we conduct ourselves is a direct reflection of the goals and principles of Formula Cheer.

EVALUATIONS: December 1, 2025 5:30pm

- Please refer to our website for slot times available.
- \$45 Evaluation fee
- Each time slot is grouped by level of ability and will focus on jump, tumbling, stunting technique.
- Mini, Youth, Junior , Senior.

ANNOUNCEMENTS/PLACEMENTS

Teams will be announced via email by December 1, 2025 by 12AM

Formula Cheer teams will be created according to age, selected level and skills with athletes that benefit the programs dynamic. Parent and athletes full commitment to our program and teams is imperative. Thus providing an equal opportunity for the athletes to expand and develop. All athletes who do not maintain their skills that they have performed at evaluations may be moved to a different team.



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Half Season Practice/Placement Details

Formula Cheer forms teams based off of athletes present at evaluations.

Practice times and days will be consistent unless special practices are needed to be added. Reasonable notice will be given to plan accordingly. All athletes are expected to attend the additional practices during the week of a scheduled competitions, advance notice will be given. All athletes must attend ALL practices 14 days prior to a competition, otherwise we can not guarantee the athletes position in the routine for that competition.

- Minimal time for working on advanced skills during scheduled practice times will be given.
- Athletes who are not in choreographed tumbling will be given tasks to advance their level appropriate skills.
- Athlete placement is not guaranteed at anytime during the season. Athletes will be continuously evaluated on skill advancement or regression.

Crossovers: These athlete's are initially with a primary team and may be asked to work with a secondary team throughout the season.

- Athletes must attend all practices of initial and secondary team.
- There will be no additional tuition fee for crossovers, but they are responsible for travel/apparel/competition fees.
- Crossover athletes may have division and level differences on each team.



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FORMULA CHEER HALF SEASON EVALUATION GUIDELINES

Criteria

- Athleticism
- Tumbling Ability
- Stunting Position/Ability
- Jump execution
- Leadership abilities
- Performance ability
- Acceptance of instructions

Tryout Checklist

- Create an online account on our customer portal
- Health & Membership Wavier
- Register for evaluations through customer portal
- Expectations Agreement
- Participation Agreement
- Pay authorization form
- Pay Formula Cheer Annual Membership fee \$50

Formula Cheer is committed to a safe and positive training facility, providing our athletes with professionally trained, motivated, USASF certified coaches.

Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to "catch up" on some of the items that are spread out over the entire season. Costs may vary depending on team and commitment level. teams will attend local or travel competitions such as U.S. Finals or Nationals if bid given other end of the year events, travel and competition fees are additional expenses not included.

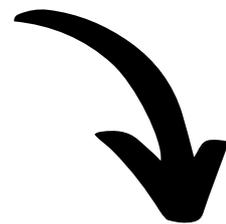
Tuition is due on the 1st of each month starting December 2, 2025.

IMPORTANT DATES

- Evaluations: December 1, 2025
- First Practice: Week of December 1, 2025
- Choreography: December 5th & 6th, 2025 times TBD (December 7 TBD)
- Holiday Break: Dec. 20, 2025 - Jan. 4, 2026 No Practice (Practice resumes the week of January 5th)
- Spring Break: March 21- 29th, 2026 No Practice (Practice resumes the week of March 30, 2026)
- No Practice: March 6, 2026 (make up March 7, 2026)
- Team Photos/ Showcase: April 18th, 2026- Times TBD
- Team Banquet : May day/ times TBD.



Competition Dates:



2/7/26- CSG- Schaumburg

2/22/26-Premier - CLC, Grayslake

3/8/26- Battle Royal, CLC, Grayslake

5/2-5/3/26- Grand Finale, Lake County Fair Grounds

4/18/26-Formula Cheer Showcase, Our Gym- times TBD

PRACTICES

Practices for all teams will have two set days during the week throughout the season. Times and days will be consistent unless special practices are needed to be added. A reasonable notice will be given to plan accordingly. All athletes are expected to attend the additional practices, when needed.

Team A: Tuesday/Friday Practice are 2x per week for 2 hours each. There may be extra practice on week of/or before competitions, advance notice will be provided.

OR

Team B: Thursday/Friday Practice are 2x per week for 2 hours each. There may be extra practice on week of/or before competitions, advance notice will be provided.

- *4 Local Competitions and 1 showcase*
- *Tuition: \$290/monthly*



HALF SEASON TUITION DUE DATES:

December 1st: *Tuition *Apparel Package F:\$290.00
*Registration Fee *Uniform(additional) M:\$226.00

January 1st: *Tuition *Choreography F:\$290.00
*Bow M:\$226.00

February 1st: *Tuition F:\$290.00
*Music M:\$226.00

March 1st: *Tuition *Competition Fees F:\$290.00
*Coaches Travel Fee M:\$226.00

April 1st: *Tuition *Competition Fees F:\$290.00
*Coaches Travel Fee M:\$226.00

\$20 late fee after the 7th of each month

Tuition and fees will be even distributed throughout the month season. If Additional Expenses are needed/wanted they then will be added to your monthly dues.

Female Monthly Tuition \$290

Male Monthly Tuition \$226



HALF SEASON TUITION BREAKDOWN:

Tuition: Female \$186x5 Male \$226x5

| | |
|---|-------|
| Competition Fee | \$175 |
| Coach Travel Fee | \$175 |
| Choreo. Camp | \$100 |
| Music | \$30 |
| Competition Bow | \$20 |
| Practice Attire Package: 2-FC Practice Bows,1-FC | \$20 |

**TOTAL COST:
HALF SEASON:
\$1,450**

**ADDITIONAL
EXPENSES (if
needed): \$510**

Additional Expenses

(Optional/If needed)

| | |
|--|----------|
| Formula Cheer Annual Membership Mandatory | \$50 |
| Uniform Rental Mandatory- charged on 1st practice date | \$155 |
| Warm-up Jersey | \$60 |
| Shoes | \$90-100 |
| Backpack(Embroidered name & logo) | \$145 |

Sibling Discounts:

Sibling Discount: 15% off the 2nd athlete on a team.

\$20 late fee after the 7th of each month

Tuition and fees are evenly distributed throughout the month for the entire season. If Additional Expenses are needed/wanted they then will be added to your monthly dues. End of year events/practice wear for events/gifts are NOT included in tuition fees, these items will be additional cost.



Formula Cheer Member Information

Turn this page in with your paperwork.

Athlete Name:

D.O.B. (Age as of December 31st, 2025):

M/F:

School:

Grade:

Athlete's Cell:

Athlete's E-mail:

Athlete's T-shirt Size: YS YM YL AS AM AL

Do you use an inhaler?

How Often?

Are you allergic to any medications?

Any other allergies?

Are you currently taking any medications?

What medication and for what condition?

Please list any past injuries:

Parent Information (Fill out if a new member).

Mother's Name:

Father's Name:

Parent's E-mail:

Home Address:

City:

Zip:

Home Phone #:

Mother's Cell #:

Work Phone #:

Father's Cell #:

Work Phone #:



TRYOUT FORM

Questionare:

Have you cheered before? Yes___No___if so where?

What group/level were you on most recently?

Are you interested in crossing over for the season of 2025-2026?

Which stunt position were you most recently? (check all the apply)

None Flyer Main Base Side Base Backspot

What extra curricular activities are you currently attending during the 2025-2026 season?

Vacation 2025-2026

You are allowed 2 "freebie" practices during the school year. All planned absences must be submitted two weeks prior to be excused.

Please indicate your vacation plans for our season. Choreography the week of December 5/6 (possibly 7th), 2025 is mandatory to attend.

Date:

Date:



PAY AUTHORIZATION

Parent Information:

Athlete Name: _____

Parent/ Guardian Name:

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

I _____, authorize Formula Cheer to charge my credit card below on agreed upon charges. I understand that my information will be saved on file for future transactions on my account.

Print Name of Parent/ Legal Guardian:

Signature of Parent/ Legal Guardian:

Payment Information:

Credit/ Debit Card: _____

Account #: _____

Name on credit card: _____

Exp. Date: _____ CVC Code: _____

Billing Address, City, State, Zip:

Signature of Cardholder:

Print Name of Parent/ Legal Guardian:

Signature of Parent/ Legal Guardian:



UNIFORM RENTAL AGREEMENT

Terms and conditions

This Uniform Rental Agreement is entered into on December 2, 2025, by and between Formula Cheer and Athletes Name _____.

1. Formula Cheer agrees to rent the following uniforms to the Athlete:
- Formula Cheer Uniform Shell & Skirt
2. The rental period shall commence on December 2, 2025 and terminate on April 28, 2026.
3. The parent/ guardian agrees to pay Formula Cheer a rental fee of \$155.00 for the entire rental period.
4. Care of Uniforms: The athlete agrees to take proper care of the uniforms and return them in the same condition as received, reasonable wear and tear excepted. The renter must Dry Clean the uniform before returning April 28, 2026.
5. Failure to return on time will result in a charge for the full uniform price of \$250.00 The parent/guardian shall notify the Owner in advance if an extension is needed.
6. The uniforms remain the property of Formula Cheer. The athlete shall not alter or modify the uniforms in any way.

Signature: _____

Date: _____

Formula Cheer Expectations and Participation Agreement

I understand the time commitment necessary to be a part of the Formula Cheer program and agree to attend all functions.

Appearance

- o I will not wear any jewelry to practices, performances, or events. I will not get any new piercings once the season begins.
- o I will keep my uniform, practice wear, and shoes clean for all events.
- o I realize that I must dress in proper competition attire at all competitions and team functions

Practice

- o I will make it my responsibility to learn any choreography or material missed before the next practice.
- o I will refrain from unnecessary conversation during practice. No cell phone use is allowed during practice.
- o I will refrain from bringing food and drinks (except water) into the gym. I also realize that gum is strictly forbidden in the gym.
- o I will not allow any persons (family members and friends included) to distract me or interrupt me during my practice session. In return, I will not interrupt any other team practices.
- o For safety: hair must be pulled back in a ponytail, away from the face, fingernails should be trimmed short.

Skill Check-in

- o Summer: Skill check-in's will be once a week, I must throw my highest skill that was performed at evaluations. If athlete does not throw skill two weeks in a row, athlete may be moved down a level based on coaches discretion.
- o Fall: Skill check-in's will occur during full out routines once athletes have gone through choreography. I understand that I must throw my skills in full out routines. If skills are not thrown two times in a row, athlete may be moved down a level based on coaches discretion.

Competitions

- o I realize that I must be courteous to all officials, coaches, hosts, and competitors at team functions. In addition, I will accept my team placement in a dignified manner with no criticism or comments.
- o Team members must be prompt to competition locations as per competition information e-mails.
- o Please be competition ready (fully dressed) at the specified meet time unless otherwise instructed by your team coach.
- o Team member's hair and make-up should be worn according to the standard set by Formula Cheer. No unnatural hair color is allowed. All jewelry must be removed. Competition companies will not let you take the floor while wearing jewelry.
- o I will give my belongings to someone who is not on the team to hold until the competition is over.
- o I will attend every awards schedule. I will not chew gum, bring food, or a phone to the awards ceremony.

Attendance

- o I agree to be punctual to all cheerleading practices, competitions, and performances. On time is being on the mat, with shoes on when practice begins.
- o I will have my parents notify the coaches of all expected absences at least two weeks prior to the absence by e-mail. I am allowed 2 "freebie absences". A missed practice will be unexcused if two-week notice is not given. No unexcused absences are allowed. Only a total of 3 summer practices may be missed for vacation unless approved by the coaching staff. If I am sick, my parent must notify my coach via e-mail by 3:00 for school year practices.
- o I will always attend Formula Cheer regular and extra practices. I understand that my team depends on me and I will not miss due to homework, other activities, and other nonemergency situations.
- o I will keep my coach personally informed of any injuries I have that could prevent me from participating at a practice or event.
- o I realize that only excused absences are allowed. I also realize that having an injury that prevents me from practicing does not excuse me from attending practice. A doctor note is required to sit out of practice after the first missed practice.
- o I realize that I must attend ALL practice 14 days prior to any team performance, no absences are allowed. Failed to participate will result in my choreographed spot to be removed for that competition.
- o I realize that all my coaches' decisions on uniforms and competition schedules are final and are not up for discussion.
- o I realize that my commitment to the Formula Cheer program takes priority over any other activities in which I am involved.
- o I will not attend ski club or any high-risk activity the week of a competition. I will consult with my coach on dates I may attend ski club.

Behavior

- o I will not use foul language or behave inappropriately. Unsportsmanlike behavior or disrespect to another athlete or team is inappropriate and will not be tolerated.
- o I realize that if excessive talking/distracting of others occurs repeatedly during practices (after meeting with coach and guardian), I can be kicked off the team.
- o I will set a positive example whether in or out of my uniform.
- o I will always treat my fellow teammates and my coaches with respect.
- o I will personally discuss any problems I have with my coach.
- o Tobacco, alcohol, and illegal substance consumption will result in immediate dismissal from our program.

Misc.

- o I realize I may be removed from my team for excessive absences or tardiness at the discretion of the coach without refund of all fees paid.
- o I realize that the Formula Cheer organization is not responsible for my lost belongings.
- o I understand that it is the team that succeeds together and fails together.
- o I understand that I may not post any part of our routine, performance, or practices on social media.
- o Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to "catch up" on some of the items that are spread out over the entire season. Cost may vary depending on team and commitment level.

I understand that if I break any of the Formula Cheer Team member guidelines as outlined in this agreement, I could lose my right to perform and/or lose my position as a Formula Cheer cheerleader. Under these circumstances I will not be entitled to any refunds. Any violation in the above list of expectations may lead to removal from the Formula Cheer team.

Cheerleader Signature _____ Date _____



Formula Cheer Parent Expectations and Agreement

I am aware of the time commitment necessary for my child to participate in the Formula Cheer Cheerleading Program.

Finances

- I realize my child may be removed from my team for excessive absences or tardiness at the discretion of the coach without a refund of all fees paid. 5 tardies equal one unexcused absence.
- Anyone threatening to quit will be asked to leave immediately; no refunds will be given.
- I will be responsible for all fees associated with my child being a part of Formula Cheer. These fees include monthly tuition, choreography, music, coaches fees, uniform/bow, registration fee, spectator fees, and travel expenses. Full Year Teams Only - Youth Summit/Summit and End of the Season Travel Competition fees- will have extra competition fees.
- I understand that my account must be cleared at a - 0 - balance prior to my child participating in practice or competition. I realize that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, all monies that have been deposited for me are completely non-refundable including uniform, clothing, and unused fees. I will be charged the monthly tuition for the rest of the season if I choose to leave the program.
- I understand Formula Cheer is like no other business. We value our customers, and we base our decisions solely on the needs of the team. Customers hire us because we know what is best for the team and their child, as a member of the team.
- Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to "catch up" on some of the items that are spread out over the entire season. Cost may vary depending on team and commitment level. Some teams will stay locally, while others will compete farther away.

Team Aspects

- I understand that all coaching decisions are made by the Formula Cheer coaching staff, and I fully support those decisions; I will not interfere with the coaching of Formula Cheer at practices or performances.
- I will not discuss my personal coaching issues with another parent or my child.
- A true family supports each other in all situations. We, at Formula Cheer like to think of you as our family. Please take the time to support all teams at the competitions. The athletes appreciate the cheers, and it creates a strong presence.
- I will not place the blame of a weak performance or missed skill in a routine on my child or any other Formula Cheer athlete. I understand that my child's team succeeds together and fails together.
- I will respect the duties of the Formula Cheer staff. I will not approach them at any event in a negative manner.
- Parents are expected to set an example to not only their own athletes but to all our team members. Please make sure that your actions do not interfere with the responsibilities that you have as a representative of Formula Cheer.
- If I have a problem concerning the coaching of MY CHILD, I will personally direct my issue via e-mail to my coach away from the gym, practice site, performance, or any Formula Cheer event.
- I will direct my complaints, problems, and sensitive issues regarding the coaches and program directly to Shaina Schultz via e-mail.
- I am aware that challenges will make the team, and ultimately my child, a better athlete.
- I will not allow my child to attend ski club or any high-risk activity the week of any competition or performance.

Attendance

- I will be sure that my child attends all regularly scheduled practices and is on-time. In addition, I will be sure that my child is available to attend extra practices the weekend prior to and the week of any Formula Cheer performance or event.
- I understand that my child will be given two "freebie" absences throughout the entire season. I will use them wisely as I know that any absence negatively affects the team. They may not be used the week of or prior to a competition.
- I will e-mail my child's coach by 3:00 p.m. if my child is sick and cannot attend practice. I will Formula Cheer at 224-228-3320 and leave a message for my child's coach if I cannot e-mail prior to 3:00. I will explain the absence in my message.
- I understand that I am not allowed in the coaching area (gym or competition facility) during a team practice. I am aware that this includes pre-warm-up, warm-up, & team discussions at competitions.
- I understand that my athlete is not allowed to miss practices up to 14 days prior to a competition. I understand that if my athlete does miss a practice, he/she could be replaced in the routine for that event.
- I understand that (practices are closed to athletes and coaches only; unless invited) and the parent area is available for parents to occasionally watch the progress of practices. I will only speak positively about the program and/or coaches. In addition, I will not comment or give my opinion regarding any Formula Cheer athlete, the practice, or the routine.

Competitions

- I will not approach competition judges or officials at any event. I understand that competition judging is subjective, and I may not agree with the outcome of judging scores. Parents should not have any contact with a competition official for any reason.
- I will represent the Formula Cheer program at competitions and events with good sportsmanship. I will only speak positively about the program as well as competitors.

Misc.

- I will not post any Formula Cheer routine, performance, or practice on social media until the season is over. This is a USASF rule.

I understand that if at any time I should fail to follow the above or if I act in a manner that jeopardizes the name and reputation of Formula Cheer my child may be removed from the team. Any violation in the above list of expectations may lead to the removal of my child from the Formula Cheer team.

Parent Signature _____ Date _____

FORMULA CHEER LLC - Waiver Release Form
65 Oakwood Rd Lake Zurich, IL 60047

Please Print: All Names listed below are considered participants ("The Participants")

Parent/Guardian Name: _____ Last Name: _____

Parent/Guardian Name: _____ Last Name: _____

Home Phone: _____ Email 1: _____ Email 2: _____

Address: _____ City: _____ State: _____ Zip: _____

Child's Name: _____ Last Name: _____ Gender: _____ D.O.B. _____

Do any participants have any health concerns or allergies that we should know about?

(list whom as well) _____

Medical Release: My child has no physical or health conditions that would limit his or her participation in athletic activities or present a known and undue risk of transmitting any virus and/or disease to other participants in these activities. We hereby give permission for the Participants to participate in activities at FORMULA CHEER LLC ("the Club") and to work on all the necessary equipment. In the event of an emergency, I hereby authorize the Club and its employees, owners, agents and volunteers (collectively "Representatives") to take any steps they deem necessary to obtain emergency medical care for the participants and I hereby release FORMULA CHEER LLC and its Representatives from any liability, financial or otherwise, incurred during and for such emergency treatment.

Photograph Release: The Club's Activities may be photographed and/or videotaped. As parent or legal guardian, I give my permission to the Club for me and my child to be photographed and/or videotaped with the understanding that the photographs/video may be used for such purposes as training, video presentation, publicity, marketing and similar reasons.

Payment Release: Payment is required at time of reservation. No refunds are given for cancellations. Should you need to modify your participation, please contact the front desk and a credit to your account can be provided. If the Club's facility is forced to close temporarily due to a force majeure event, an "act of God", pandemic, virus, public health crisis or an unusual circumstance (i.e. power outage, etc.) parents will be notified via email, and social media as quickly as possible. Make up opportunities will be provided for these situations but you will not be entitled to a refund of your payment.

Release: I understand and acknowledge the risks and dangers associated with my, and/or my child's participation in the Club's activities including, without limitation, the potential for serious bodily injury and possible exposure to illness. I expressly assume all risks and responsibility for and damages, liabilities, losses, or expenses, including without limitation attorneys' fees and costs, which may result from or relate to me and/or my child's participation in events and activities at or sponsored by the club. I further release, waive, and discharge the Club and its Representatives from any claims, demands and actions of any kind and from any liability for injury or damages of any kind suffered by the above child by his/her participation in any of the Club's program, activity and other participation in any event the Club hosts, sponsors or which my child attends.

I further agree that if, despite this release, I, the minor, and/or anyone on behalf of me and/or the minor, makes a claim against any Representative as defined above, I will indemnify, defend, save and hold harmless each Representative from any litigation expenses, attorneys' fees, loss, liability, damage, or costs arising from or related to any such claim.

I expressly agree that this release and waiver intended to be as broad and inclusive as is permissible by the laws of the State of Illinois. If any portion of this agreement is held invalid, it is agreed that the balance of this waiver shall continue in full force and effect. I agree to comply with policies and procedures of the Club.

Representation of Authority of Parent or Legal Guardian - The undersigned represents and warrants to the Club that he/she is a participant or acting as parent or legally appointed guardian of all participants listed above. I understand that I may be required to provide proof that I am the parent or legally appointed guardian of all participants, if applicable. The Club reserves the right to terminate the participant's participation in the Club activities and events in its discretion without reimbursement for fees and costs previously paid to the Club.

Parent/Guardian Signature

Parent/Guardian Printed Name

Date

