



***Gymnastics, Tumbling,  
and Cheer***

## Fall/Spring Program August 20, 2018—May 24, 2019

Sponsored by DSU Continuing Education

### **REGISTRATION:**

Registration opens Monday, July 30 through Wednesday, August 15 for Fusion classes starting August 20.

Space is very limited in each category, and spots will be filled on a **first come/first serve basis**. All returning participants from the previous Fall/Spring and the Summer **MUST COMPLETE A NEW APPLICATION** if they plan to attend the Fall 2018 classes. Applications and classes DO NOT roll over from the summer to the fall session!!!

To register, please complete this application and return it to 239 Kent Wyatt Hall (Continuing Education office) at Delta State University. Included must be the payment information and \$30 equipment fee. Applications can be faxed/scanned/dropped off. If you scan/fax an application, please call our office immediately with payment information by credit card. Applications will not be processed unless all information is included.

You will receive a confirmation email, after registration has closed, to confirm your child's spot. Applications received after desired category is full or after registration is closed will be added to a Waiting List **IF** space is not available in another class.

### **WAITING LIST:**

Once our program has started on August 20, new interested participants must be placed on the waiting list until the new four week session starts and we have an opening for them. To be placed on the waiting list, please call our office. New participants ARE NOT ALLOWED to start in the middle of a session unless we contact you directly to do so.

### **ENROLLMENT/DROP NOTICE**

Each participant will be automatically registered for all Program Sessions August 20, 2018—May 24, 2019. Your enrollment rolls over month to month between August to May.

***To remove your child from the program, we must receive a written notice two weeks in advance of the final current session date.*** If we do not receive your drop notice two weeks before the new session starts, you are responsible for the next sessions payment.

### **PAYMENT INFORMATION:**

**A one time \$30 Non-refundable Equipment Fee is due with your application.** \$30 Equipment fee CAN NOT be drafted!!! It must be paid by check, cash, or credit card at time application is turned in.

Payment options for the fall program are:

- In full payment of the \$30 Equipment Fee plus Session 1—4 (Aug 20—Dec 14) due with application. In full payment for Session 5-9 (Dec. 31—May 24) will be due on January 7.
- **Draft payment** (voided check required with application). Draft payment from your checking account would be taken out during each 4-week session date for participant payment. *\*Due to staff/time constraints, drafts may come out on any date within the 4 week session.*

*Our office accepts Cash, Check, or Credit Card (3% additional fee charged with credit card transactions).*

For more info, waiting list, or registration, please contact  
DSU Continuing Education  
at 662-846-4833 or [ejoel@deltastate.edu](mailto:ejoel@deltastate.edu)

**DELTA STATE  
UNIVERSITY**   
**Join in. Stand out.**

## INSTRUCTOR/CLASS LOCATION

Amanda McCall Povall is the head coach for Fusion Gymnastics, Tumbling, and Cheer. We also have a team of Assistant coaches as part of our staff that will assist in coaching classes. DSU has the right to substitute any instructor due to illness, vacation, or change of instructor status.

Classes will be held at the Fusion Gym at 3868 Hwy 61 North (next door to Crocker Auto).

### DRESS CODE:

Hair should always be pulled up and out of face for every class.

**Female Gymnasts:** wear leotards. Gym Shorts, leotard shorts, or cotton shorts may be worn over the leotard. No jeans, zippered shorts, belts or jewelry are allowed. No shoes will be worn during practice.

**Male Gymnasts:** Little Ninjas or our male gymnasts wear gym shorts and a t-shirt. No shoes will be worn during practice.

**Cheer/Tumbling:** Gym shorts, tight leggings, and a fitted tank or tee. No loose clothing that will get in the way of tumbling. You are welcome to wear a leo with shorts, if interested. Tennis shoes or cheer shoes for school cheerleaders.

### DROP OFF/PICK UP FOR CLASSES

Our gym is equipped with a Parent Viewing room for those that would like to stay and watch practice. Parents are not allowed on the gym floor at any time.

**NEW POLICY:** Parents/guardians of children ages 4 and under are REQUIRED to stay at the gym in the parent room during class time. See pg 7 for a signature page of who has approval to stay with your child during classes.

Please drop your child off on time for their class. They should not arrive earlier than 15 minutes before their class and pick up should be immediately following class, no later than 15 minutes after their class is over. There is no supervision in the Parent room before your child's class. Small/Young children should be accompanied by an adult until the coach takes them.

**PICK UP:** To receive your child after class, please come into the parent room and pick them up. Car pool lines and walking your child out to your car WILL NOT be used.

\*See map on page 3 for traffic flow and parking at facility

### CLASSES/LEVEL PROGRESSION:

#### **Once a Week Class:**

Participants registering for the Summer Program will be signed up for once a week classes. Once a week classes meet one hour a week for the 4-week session.

#### **Twice a Week Class:**

Participants are ENCOURAGED to take classes twice a week, WITH A DISCOUNTED FEE, to accelerate their skill building. Participants who take twice a week are known to push through class levels faster and have the opportunity to move up to team at a faster rate than someone who may only take once a week. Twice a week offers a LARGE DISCOUNT for the second class, to those that are interested. **Mix/Match Classes—Take a Gymnastics class and pair it with a cheer/tumbling class!!**

### SESSION DATES:

***\*Please notice that sessions are 4-week sessions***

**Session 1:** August 20—Sept. 14

**Session 6:** Jan 28—Feb 22

**Session 2:** Sept 17—Oct 12

**Session 7:** Feb. 25—March 29

**Session 3:** Oct 15—Nov 9

**Session 8:** April 1—April 26

**Session 4:** Nov 12—Dec 14

**Session 9:** April 29—May 24

**Session 5:** Dec 31—Jan. 25

#### ***Holiday Breaks (gym closed):***

- |   |                                    |                                      |
|---|------------------------------------|--------------------------------------|
| - <b>Labor Day</b> (Sept. 3). Make up day will be held on Nov. 19 | - <b>Thanksgiving</b> (Nov. 20—23) | - <b>Christmas</b> (Dec. 17—Dec. 28) |
| - <b>New Years</b> (Dec. 31 and Jan. 1). Make up day TBA          |                                    | - <b>Spring Break</b> (March 11—15)  |



## **Fusion Gymnastics, Tumbling, and Cheer Programs**

- **NEW!!! NEW!!! NEW!!! Hayes Cooper Bus Drop Off/Homework-Tutoring Session**—If your HCC child is registered for a class at 3:30pm, let the HCC Bus drop them off at 3pm at the gym and our DSU Education Majors will help them with homework and tutor your student until their class starts at 3:30pm. Sign up on page 5 for this service. Small extra cost is applied.
- **Parent and Tot**—Learn to move around the gym in fun exercises and exploration with different movements, rolls, jumps, and more. Children ages 18mths to 3 yrs old. Parent will join child on gym floor.
- **Little Ninja**—Get your little athlete started on the right foot!!! Little Ninjas will give your son physical and mental advantage for any sport. They will learn basic gymnastics, Coordination, Flexibility, strength, endurance, overcoming fears, discipline, and socialization. BOYS ONLY, Ages 3 to 5.
- **Ninja Warrior**—This class will help give your son the mental advantage they need for any sport. They will learn basic gymnastics, coordination, flexibility, strength, endurance, overcoming fears, discipline, and socialization. For Boys Only ages 6 to 10.
- **Preschool Gymnastics**—3 and 4 year olds learn basic gymnastics skills and the social concepts of taking turns, listening, following directions, and sharing. The objective of Preschool gymnastics is to heighten body awareness, promote social development, and have fun!
- **Beginner Gymnastics**—For ages 5 and up, no skill requirements.
- **Intermediate Gymnastics**—For ages 5 and up, must have cartwheel, round-off, and back roll to progress to this level.
- **Advanced Gymnastics**— For ages 5 and up, must have kick-over, cartwheel, round-off, and back roll. \$50 per month for once a week.
- **Preteam Gymnastics**—(competitive route) For ages 5 and up, must have pull-over on bars, kick-over, cartwheel, round-off, and backroll. This level is for participants that **ARE** interested in working towards and joining the Competition team within the next 2 years. Pre-team gymnastics meets TWICE A WEEK for 1 hour and 30 minutes at each class period.
- **Gymnastics Competition Team** (by Invitation ONLY) - Competition team members in levels 1—5 compete in USA Gymnastics compulsory routines on vault, bars, beam, and floor. Levels 6—10 and Xcel gymnasts compete in routines choreographed exclusively for them. The music, tumbling, and dance elements are chosen with the individual gymnast's personality and skill strengths in mind.
- **Competitive Tumbling and Trampoline(T&T)**—T&T includes competition in trampoline, double mini, and tumbling. Both boys and girls can participate in all three events or specialize in one area. This is a great program for the busy school athlete or cheerleader.
- **T&T Preteam**—Preteam assist members with the skills needed to qualify for the Level 4 competitive team. They must have a round off and two back handsprings before moving up to competition level.
- **Recreational Cheer Tumbling**—A progression of skills, drills and strength training to help athletes develop new tumbling, jumps, and acrobatic skills. The tumble trampoline and training mats allow for more repetition and minimal stress on the body which leads to a more accelerated learning pace. This is the ideal class for future and current cheerleaders or the gymnasts that desires more tumbling practice. Classes offered for **Preschool** (Ages 3 and 4), **Beginner** (age 5+, no requirements), **Intermediate** (age 5+, must have cartwheel, round-off, handstand), **Advanced** (age5+, must have kick-over and front limber), **Jr High/High School** (7th grade—12th grade). Jr high/High School classes will also work on tryout drills through the year so that they are ready to tryout for their school in the spring.
- **Private Lessons Available**—30 minutes per lesson for any level gymnast (contact coach for scheduling)
- **Birthday Parties at Fusion**—We offer a gymnastics, Nerf Wars, or Ninja Warrior birthday party for all ages. Let us entertain your guest for 1 hour in the gym with obstacle courses, games, and more. You will have 30 minutes of gifts and food time in our party room.



Name: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Current Age: \_\_\_\_\_ School: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Fusion Schedule: (Check 1st and 2nd choice) SPACE IS LIMITED IN EACH TIME SLOT!!!**

\_\_\_\_\_ **Hayes Cooper 3pm-3:30pm Bus drop off/Homework—Tutoring Session (once a week Offered M-Th) - \$15 per 4 wk session**

<u>MONDAYS:</u>	<u>Class:</u>	<u>Cost Per 4-week Session</u>
_____ 2:45—3:30pm	Preschool Gymnastics (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Beginner Gymnastics	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Beginner Cheer/Tumbling	\$53 once a wk/\$84 twice a wk
_____ 4:30—5:30pm	Intermediate Gymnastics	\$53 once a wk/\$84 twice a wk
_____ 5:30—6:15pm	Preschool Gymnastics (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 5:30—6:30pm	Ninja Warrior (Boys only Ages 6-10)	\$53 once a wk/\$84 twice a wk
_____ 6:15—7:15pm	Beginner Gymnastics	\$53 once a wk/\$84 twice a wk
<u>Tuesdays:</u>		
_____ 2:45 to 3:30pm	Little Ninja's (Boys Only Ages 3 -5)	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Intermediate/Advanced Gymnastics	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Intermediate/Advanced Cheer/Tumbling	\$53 once a wk/\$84 twice a wk
_____ 3:30—5:00pm	T&T Preteam	\$74 once a wk/\$105 twice a wk.
_____ 5:30—6:15pm	Preschool Cheer/Tumbling (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 6:15—7:15pm	Beginner/Intermediate Gymnastics	\$53 once a wk/\$84 twice a wk
<u>Wednesday:</u>		
_____ 2:45—3:30pm	Preschool Gymnastics (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Beginner Gymnastics	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Beginner Cheer/Tumbling	\$53 once a wk/\$84 twice a wk
_____ 4:30—5:30pm	Jr High/High School Cheer/Tumbling	\$53 once a wk/\$84 twice a wk
_____ 5:30—6:15pm	Little Ninja's (BOYS ONLY Ages 3 -5)	\$53 once a wk/\$84 twice a wk
<u>THURSDAYS:</u>		
_____ 2:45—3:30pm	Preschool Cheer/Tumbling (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Intermediate/Advanced Gymnastics	\$53 once a wk/\$84 twice a wk
_____ 3:30—4:30pm	Intermediate/Advanced Cheer/Tumbling	\$53 once a wk/\$84 twice a wk
_____ 3:30—5:00pm	T&T Preteam	\$74 once a wk/\$105 twice a wk.
_____ 5:30—6:15pm	Preschool Gymnastics (Ages 3 and 4)	\$53 once a wk/\$84 twice a wk
_____ 6:15—7:15pm	Intermediate/Advanced Gymnastics	\$53 once a wk/\$84 twice a wk
<u>FRIDAYS:</u>		
_____ 2:15—2:45pm	Parent and Tot (18 months to 3 yrs)	\$30 per 4 week session

Equipment Fee Payment (Non-Refundable \$30.00):

\_\_\_\_\_ Cash \_\_\_\_\_ Check (Payable to DSU) \_\_\_\_\_ Credit Card (additional 3% charge)

Session Payment Information Received:

\_\_\_\_\_ Voided check for draft \_\_\_\_\_ Check/Cash/CC n full payment for Session 1 -4 \_\_\_\_\_ Check/Cash/CC in full payment for Session 5-9

**Payment Information**  
**(Office Use ONLY):**

**Assumption of Risk and Release Form**  
**General Participation in Student Activities**  
**Delta State University**

**2018 Edition**

**This is a Release of Legal Rights – Read and Understand Before Signing**

Name of Student: \_\_\_\_\_

Program: Fusion Program with DSU Continuing Education

I, \_\_\_\_\_, (Participant's name) will be participating in Fusion Program ("the Program") offered through Delta State University's Continuing Education. I hereby agree as follows:

1) **Risks**

I understand that participation in the Program may from time to time involve risks. These include risks involved in traveling to and within, and returning from, one or more activities; different standards of design, safety and maintenance of buildings, public places and conveyances; and other matters, if any, which may be described in brochures and other written information concerning this Program which I have received and reviewed. I have made my own investigation and am willing to accept these risks.

2) **Independent Activity**

Although Delta State University ("University") is sponsoring this Program, I understand that I will be participating in activities during the Program, which contains an inherent risk, indemnities, and release Delta State University, its Officers, Directors, Agents, and Employees from any and all liability to personal injury arising from participation in the Program.

3) **Health and Safety**

I have no health-related reasons or problems that preclude or restrict my participation in this Program. If at any time it is necessary for the participant to receive outside or professional medical attention, I hereby give my consent to the Program staff to secure the services and arrange transportation if deemed necessary. If I require medical treatment or hospital care during the Program, the University is not responsible for the cost or quality of such treatment or care.

I hereby authorize the University or a university official to procure all necessary medical assistance while I participate in the Program and to authorize any competent medical person to do all things reasonably necessary to treat any injury or illness that occurs during my participation in the Program. I agree to pay all expenses relating thereto and release the University from any liability or any actions.

I have carefully read this Assumption of Risk and Release Form before signing it. No representations, statements or inducements, oral or written, apart from the foregoing written statement have been made.

This Agreement shall be effective only during acceptance into the Program by Delta State University, and shall be governed by the laws of the state of Mississippi, which shall be the forum for any lawsuits filed under or incident to this Agreement or to the Program.

Date: \_\_\_\_\_ Participant's Name: \_\_\_\_\_

I (a) am the parent or legal guardian of the above participant; (b) have read the foregoing Assumption of Risk and Release Form (including such parts as may subject me to personal financial responsibility); (c) am and will be legally responsible for the obligations and acts of the participant as described in this Assumption of Risk and Release Form, and (d) agree for myself and for the participant to be bound by its terms.

Date: \_\_\_\_\_ Parent/Guardian's Signature: \_\_\_\_\_

**Delta State University**  
**Liability and Medical Release Form**

Participants Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent or Guardian's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Emergency Contact other than Guardian (name and telephone):  
\_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Doctors Name and Number: \_\_\_\_\_

Allergies to Medication/Food: \_\_\_\_\_

Currently taking following Medications: \_\_\_\_\_

Other Medical Conditions: \_\_\_\_\_

I, the undersigned parent or guardian, do hereby grant permission for my child to attend the DSU Continuing Education Gymnastics program. In the event of an injury or illness, I hereby authorize DSU staff to obtain medical treatment for my child at a local area clinic or hospital. I understand participants in the program will not be treated by Delta State's Health Center. I release Delta State University and all its representatives from liability in the exercise of this authority.

I am to assume all charges for medical services provided, including but not limited to doctor fees, lab work, and or x-rays.

Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**AGES 4 AND UNDER CHILD MINORS POLICY**

DUE TO THE CHILD'S MINORS POLICY RELEASED BY DELTA STATE UNIVERSITY, **CHILDREN AGES 4 AND UNDER MUST BE ACCOMPANIED BY AN ADULT DURING CLASSES.** THIS ADULT WILL BE REQUIRED TO SIT IN THE DESIGNATED PARENT AREA DURING THE TIME OF CLASS AND MAY BE CALLED UPON TO ASSIST WITH BATHROOM BREAKS, INJURY, OR DISRUPTIVE BEHAVIOR FROM THIS CHILD DURING THE TIME OF THEIR CLASS.

PLEASE LIST 5 NAMES BELOW, INCLUDING YOURSELF, THAT YOU RELEASE AUTHORITY TO CARE FOR YOUR CHILD DURING THE TIME OF THE CLASS. THIS MAY BE THE BABYSITTER, A CARPOOL FRIEND, GRANDPARENTS, OR SIBLINGS. THE PERSON THAT STAYS THROUGH THE CLASS PERIOD, MUST BE LISTED BELOW SO THAT WE ARE IN COMPLIANCE WITH THE NEW CHILD MINORS POLICY FOR DELTA STATE UNIVERSITY PROGRAMS. FAILURE TO ABIDE BY THE NEW POLICY AND GUARDIAN RULES MAY RESULT IN REMOVAL FROM THE PROGRAM.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

**\*\*YOU ARE RESPONSIBLE FOR NOTIFYING US IF THE ABOVE LIST NEEDS TO BE**

# Parental Permission Form and Signatures

## Permission for student picture to appear in Delta State University publications and Social Media.

During our Non Credit classes, technology will be used to enhance and record activities and lessons. In order to have your child's picture on program publications and materials, we need your approval. Please complete the section below by checking either the first or second box so that we may begin compiling our publications.

	Give Permission	Do Not Give Permission
Photo of student	<input type="checkbox"/>	<input type="checkbox"/>
Group photo or video clip	<input type="checkbox"/>	<input type="checkbox"/>

Name of Student: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## UNDERSTANDING OF ALL POLICIES/GUIDELINES

I, \_\_\_\_\_ (Parent), have read all policies, guidelines, and procedures for the Fall/ Spring 2018-2019 Fusion Program that are listed on Page 1-4 of this application. I understand these procedures and agree to adhere to them as long as my child is in the program.

\*Signature is required below for your child to participate in the program.

Name of Student: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_





Office of Continuing Education

Date: \_\_\_\_\_

I, \_\_\_\_\_, authorize Delta State University to draft \$ \_\_\_\_\_ each 4 week session from my checking account for DSU Fusion Fall/Spring Program for the attendance of \_\_\_\_\_ (child's name). This draft will be taken from my account starting the month of \_\_\_\_\_ and ending May 2019 unless noted otherwise.

All returned drafts will be charged a \$30 processing fee. Once notified of the return draft, you will have 10 days to pay the session fee and processing fee in full. Drafts returned three times will be cancelled immediately and the participants must pay in full for the remainder of the semester.

You are responsible for notifying our office of an account change that will result in your draft information being updated.

***\*Authorizing Name above must match the account name on the check below.***

A voided check is attached.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness

(Attach Voided Check Here)