

**\$25 Tryout Fee**

\$20 for Returning Members  
\$30 For Private Tryout

**WEST COAST RUSH APPLICATION '08 – '09**  
**EVERYONE MAKES A TEAM!!!**

PLEASE ATTACH PHOTO HERE  
YOU MUST BE THE ONLY  
PERSON IN THE PICTURE.

Applicant Name : \_\_\_\_\_ Applicant's Email: \_\_\_\_\_  
Home Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
Home Phone #: \_\_\_\_\_ Applicant Cell Phn #: \_\_\_\_\_  
Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_  
Mother's Cell #: \_\_\_\_\_ Father's Cell #: \_\_\_\_\_

**Billing Information: (Please enter the billing name and address if different from above)**

Parent/Guardian Name(s) : \_\_\_\_\_ Parent Email Address: \_\_\_\_\_  
Home Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

**Emergency Information:**

**Emergency Contact Name/Phone #:** \_\_\_\_\_

**MEDICAL INFORMATION:**

Medical Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_ Physician Phn #: \_\_\_\_\_

Are you allergic to any medications? \_\_\_\_\_

Any known history of medical problems? (Ex. back problems, knee problems, asthma, headaches) \_\_\_\_\_

Circle One: Male / Female Age by May 31, 2008: \_\_\_\_\_ Grade in Sept 08: \_\_\_\_\_ Birth date: \_\_\_\_\_

**Practice Clothes Sizes: (please circle)**

**Shirt/Tank:** YS YM YL S M L XL **Shorts:** YS YM YL S M L XL Shoes: \_\_\_\_\_ Sports Bra: \_\_\_\_\_  
YS - XXL

How did you hear about West Coast Rush? (please be specific: name of friend, magazine, outside billboard, flyers, etc) \_\_\_\_\_

What positive qualities do you have that would be an asset to the team? \_\_\_\_\_

**Do you agree to the time commitments involved, including, but not limited to, two to three 2 1/2 hour practices per week for 12 months, attending any/all scheduled events, any/all special events, and meetings? ( ) YES ( ) NO**

WAIVER STATEMENT – I understand that West Coast Rush has an inherent danger in participation, and that in spite of all precautions and accident preventatives, injuries do occur. I intend to be legally bound and do, hereby, for myself, my heirs, executors, and administrators, waiver, release and forever discharge any and all claims which I may accrue against West Coast Rush and any of its employees for any and all injuries suffered by me while participating in West Coast Rush events. I have read and agree to abide by ALL the 2008-2009 West Coast Rush guidelines, including all financial responsibilities, and the 12 month commitment.

**I understand that West Coast Rush, LLC produces promotional material about their program. I understand that my son/daughter may be included in videotape or photography taken during this season. I hereby grant West Coast Rush, LLC, its successors, assignees, licensees, sponsors, any television networks and all other commercial exhibitors the exclusive right to photograph and/or video tape my son/daughter and further to utilize my son/daughter's name, face, likeness, voice and appearance as part of the program, and in advertising and promotion of the of the season or program, without reservation or limitation. In granting this license, I understand that West Coast Rush, LLC is under no obligation to exercise any of its rights, licenses and privileges herein granted.**

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Medical Treatment Authorization And Liability Release

Athlete Name: \_\_\_\_\_ Athlete Birth Date: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Athlete Email: \_\_\_\_\_

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son, \_\_\_\_\_, to participate in the sport of cheerleading at West Coast Rush. In order that my daughter/son may receive the necessary medical treatment in the event she/he may sustain injury or illness during participation in this sport, I hereby authorize the cheerleading coach or other supervising adult to obtain medical treatment for my daughter/son for such injury or illness during the sport, and I hereby hold West Coast Rush and any of its representatives harmless in the exercise of authority.

I understand that this sport involves risk to the participant. I further acknowledge and understand that due to the nature of this sport, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious, or catastrophic), in connection with her or his participation. I further acknowledge and understand that my daughter/son is assuming the risk of such physical illness or injury by her/his participation, and I further release West Coast Rush and its representatives from any claims for personal illness or injury that my daughter/son may sustain during participation in this sport.

I further understand that West Coast Rush has established rules and regulations pertaining to conduct, behavior, and activities of all student and cheerleading participants, by which my daughter/son must abide during participation in this sport, and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations.

I understand that West Coast Rush, LLC produces promotional material about their program. I understand that my son/daughter may be included in videotape or photography taken during this season. I hereby grant West Coast Rush, LLC, its successors, assignees, licensees, sponsors, any television networks and all other commercial exhibitors the exclusive right to photograph and/or video tape my son/daughter and further to utilize my son/daughter's name, face, likeness, voice and appearance as part of the program, and in advertising and promotion of the of the season or program, without reservation or limitation. In granting this license, I understand that West Coast Rush, LLC is under no obligation to exercise any of its rights, licenses and privileges herein granted.

My daughter/son and I have read and understood the above Medical Treatment Authorization and Liability Release.

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Allergic to any Medications: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent or Guardian**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Participant's Signature**

\_\_\_\_\_  
**Date**

# WEST COAST RUSH ALL STARS TRY-OUT WORKSHOPS

All Ages are as of May 31, 2008.

## AGES 5 – 10yrs old

- Tuesday, May 6<sup>th</sup> (4:30pm – 6:30pm)
- Thursday, May 8<sup>th</sup> (4:30pm – 6:30pm)

## AGES 11 – 18 yrs

### No Tumbling Experience Necessary

- Tuesday, May 6<sup>th</sup> (6:30pm – 8:30pm)
- Wednesday, May 7<sup>th</sup> (4:30pm – 6:30pm)

## AGES 11 – 18 yrs

### Minimum Backhandspring Required

- Wednesday, May 7<sup>th</sup> (6:30pm – 8:30pm)
- Thursday, May 8<sup>th</sup> (6:30pm – 8:30pm)

## Hip Hop

### Boys & Girls 17 years and younger

Friday, May 9<sup>th</sup> (4:00pm – 5:30pm)

### Boys & Girls 18 years and older

Friday, May 9<sup>th</sup> (6:00pm – 7:30pm)

## PARENT INFORMATION MEETINGS

### TUESDAY, MAY 6<sup>th</sup>:

- New Parents (6pm – 7pm)
- Returning Parents (7pm – 8pm)

### SATURDAY, MAY 10<sup>th</sup>:

- New Parents (11:00am – 11:30am)
- Returning Parents (11:30am – 12:00pm)

## OPEN GYM

### Open Gym on Friday May 9<sup>th</sup>

6pm – 8pm

### **Day Before Tryouts!!!**

Feel free to use this Open Gym time as extra time practice for the next day's tryouts. All new applicants can enjoy open gym at a reduced rate of \$5.00. Returning Members are FREE!

## Tryouts - Saturday: May 10<sup>th</sup>

**Cheer Teams: 12:00pm – 3:00pm**

**Dance Teams: 3:30pm – 5:30pm**

Tryouts are used as an "evaluation" process to determine skill levels. Everyone makes a team...No one gets cut!

## Tryouts: OPEN TEAM

Boys & Girls Ages 18 years & older or  
High School Graduate

Saturday May 10<sup>th</sup> (10am – 12pm)

*\$10 Tryout Fee*

## IMPORTANT:

- All Tryout Workshops on Tuesday – Friday are open to any/everyone interested in trying out for West Coast Rush. Everyone must fill out and submit a completed Application & Release Form in order to workout, and a Parent/Guardian must attend at least ONE Parent Meeting.
- Workshops will be conducted as a stress-free and fun environment. Final Evaluations will be on Saturday; however, coaches will be conducting pre-evaluations during our workshops.
- Workshops are open Tuesday –Friday, however, you are NOT required to attend both. Each athlete is required to attend at least (1) ONE workshop to receive his/her Final Evaluation Time, however, it is also "advised" (optional) that each athlete attend both of the workshops.
- If you cannot make try-outs on these dates, please contact us and we will be happy to schedule a private evaluation

There's a team for Everyone!!! No One Gets Cut!!!



### **Things to Remember Before Tryouts:**

- ◇ Attend a Tryout Workshop & Bring A Friend(s).
- ◇ Remind your Parent(s) about the "Parent Info Meeting." Each applicant must have a parent attend at least ONE Parent Meeting.
- ◇ Complete the Tryout Application & Medical Release Form with your Parents. Make sure to include Insurance Information. Applicants will not be allowed on the Cheer Floor without a *Completely Filled Out* Application, including Parent Signature. Can be downloaded from [www.westcoastrush.com](http://www.westcoastrush.com)
- ◇ Bring your friends. There will be lots of Fun Times and Lasting Memories. Don't leave your friends out....Invite them to Tryout too!
- ◇ Auditions are Located at 20860 Plummer Street, Chatsworth 91311
- ◇ Final Evaluations on Saturday Begin at 12pm. Do not Be Late!

### **What to Wear to Tryouts:**

- ◇ Proper Practice Attire
  - Shorts
  - Fitted Top
  - No Baggy Clothing
  - Tennis Shoes
  - Girls: Hair Pulled back and in a pony tail.
- ◇ No Jewelry (you will not be allowed to work out with Jewelry on – including naval rings, tongue rings, etc.)

### **What to Bring to Tryouts:**

- ◇ Completed Application –Applications will be available day of. Make sure to come early to fill it out. (will require parent/guardian signature)
- ◇ Medical Release Form & Insurance Info (Carrier, Policy #, and Phone number)  
\*Required in order to work out (Safety First!)
- ◇ Picture – (please make sure it is a recent photo – it will not be returned after tryouts)
- ◇ \$25 Tryout Evaluation Fee (\$20 for returning members / \$30 For Private Tryouts)
- ◇ Great Attitude!!



## GENERAL Q and A



**Q: What is West Coast Rush Cheerleading?**

**A: We are a cheerleading team that competes from October to April. However, practice starts in May or June. In just 3 years, West Coast Rush has become a National Championship Team.**

**Q: What are age levels for the All-Star teams?**

**A: 5yrs old to adult.**

**Q: What type of qualifications does your staff possess?**

**A: The West Coast Rush All-Stars Staff is the most experienced staff in the area. There is no other staff around that has the same coaching experience of over 45 years of combined experience, including USASF and First Aid Certified. Our head coach is ONE of ONLY THREE persons in California that have the credentials to certify other coaches.**

**Q: Are all of your students from Chatsworth?**

**A: Our All-Stars teams are not just from Chatsworth. We have students from Santa Clarita, San Fernando, Reseda, Simi Valley, Valencia, Hollywood, West Hills, Woodland Hills, Northridge, Sun Valley, Inglewood, and Brentwood just to name a few.**

**Q: Do you only work with All-Star Teams?**

**A: West Coast Rush All-Stars staff is responsible for choreography and coaching for former national champions. Such as the former Co-ed teams from Agoura High School, Royal High School, San Fernando High School, All Girl Teams from El Camino Real High School and Canyon High School.**

**Q: How much insurance do you carry?**

**A: West Coast Rush maintains a \$2,000,000 General Liability policy.**

**Q: How can I contact West Coast Rush?**

**A: Our phone number is 818-882-RUSH (7874). You can also contact us via email at [cheerinfo@westcoastrush.com](mailto:cheerinfo@westcoastrush.com)**

**Q: What sets West Coast Rush apart from other programs in the area?**

**A: West Coast Rush is currently the first program of its kind in the Valley. Rush was founded by Carlos and Jennifer Onofre with an idea to bring the sport of cheerleading to the area. We believe that it takes more than just talent to be an all star cheerleader. We have the belief that cheerleading is just a stepping stone in life. We teach our team sportsmanship, confidence, unity, commitment, respect as well as the pure joy of being an all-star cheerleader. West Coast Rush is also the only cheerleading program around that focuses on helping seniors to obtain cheerleading scholarship**

**Q: What if I can't afford it?**

**A: Our competition teams offer need based scholarships and we've created a Sponsor Program, whereby students can ask local businesses to sponsor their tuition. Parents also volunteer and coordinate some to many fundraisers.**

**Q: Are academics important to West Coast Rush?**

**A: Yes, academics are a big part of our program we even offer an "A TEAM" discount for competition team members that receive straight A's in school. The discount is good for a 20% off tuition for 3 months.**

**Q: I heard WC Rush is more time consuming than High School cheerleading.**

**A: False, most High School teams practice on an average of 3-5 times per week, not including games. WC Rush practices an average of 2-3 times for 2.5 – 3.0 Hours.**

**Q: How does WC Rush compare to other All-Star Programs in cost?**

**A: Don't be misinformed, WC Rush is the least expensive All Star program in our area. We don't force a high monthly tuition payment, which makes you to believe it includes everything. All our costs are separated so that each family can make a realistic monthly payment. After adding the season costs, which are stated in advance, and NEVER changed, West Coast Rush is still the least expensive All-Star Program.**

**Q: What do you get with your Monthly Tuition?**

**A: You will receive 2-3 weekly practice of 2.5-3.0 Hours, FREE Open Gym and UNLIMITED access to our tumbling classes.**

**Q: What other benefits does WC Rush provide?**

**A: Other than the obvious health and confidence building benefits, WC Rush members, through the contacts that Carlos and Jennifer has obtained in the cheerleading industry, WC Rush has had opportunities to appear in hit TV Shows like "Heroes" and working with Paula Abdul and Randy Jackson for Super Bowl show, as well as appearing in numerous issues of American Cheerleader and Cheer Biz Magazines. WC Rush is also the only cheerleading program around that focuses on helping our Seniors to obtain cheerleading scholarships. Some of our cheerleaders have gone to cheer in prestigious colleges like Cal State Long Beach, University of Hawaii, Morehead University, Western Kentucky, Sacramento State and Northern Arizona University.**

## Try-outs Q and A

**Q: How do I join a West Coast Rush All-Stars Cheerleading?**

**A: We have team tryouts every year in May. We also accept new team members throughout the year on a private tryout basis.**

**Q: Where do your All-Star teams compete?**

**A: West Coast Rush All-Stars Teams compete all over California, Nevada, Florida and Puerto Vallarta, Mexico (open team only). We also take into consideration the price of the competition as well as the sponsoring company and facility.**

**Q: What are your rates and tuition for competition teams?**

**A: Tuition starts at \$100.00 for all members who sign up during the Month of May. Tuition is \$115.00 per month for any sign ups as of June 1<sup>st</sup>. Lower age level teams and \$60.00 for our open teams.**

**Q: Is everyone required to try-out?**

**A: Yes, everyone has equal opportunity for each competition team, even returning members must try-out.**

**Q: What is the max number on each team?**

**A: Because of competition rules and regulations we are only allowed to have 36 members per team. However, if we run out of room we will simply create a new team.**

**Q: I heard try-outs are nerve racking and scary?**

**A: Not so, in fact you are just being evaluated on the skills that you currently posses. Everyone makes it, NO ONE GETS CUT.**

**Q: Should I be afraid to try-out for fear that I will not make it?**

**A: Don't be afraid, try-outs are just a way of our staff to evaluate what team is best suited for you.**

**Q: How are teams decided upon?**

**A: First by age level and them by skill, however teams are never final there's always a possibility of move up or even competing in multiply teams.**

**Q: Can boys try-out?**

**A: Absolutely! There is even a discount for boys.**

**Q: Do I have to tumble in order to try-out.**

**A: NO, in fact there is no cheerleading experience necessary. Our staff will teach and develop all skills needed to be a West Coast Rush Cheerleader.**