

# **OPEN GYM PERMISSION FORM**

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**To whom it may concern,**

This is to inform you that the cheer open gym is optional and is not required for tryouts. It will help you better your skills such as jumps, kicks, dance and angles. The cheer coach and 9th graders on the team will be there each week to help teach various skills.

We will not be teaching tumbling during this time. However, if your child is an experienced tumbler, they may work on their skills on the mat during this time.

Any and all students interested in trying out for cheer are welcome to participate in open gym provided that they have submitted signed waivers on or before

**Michelle Hurst  
NDJH Cheer Coach/Advisor**



My child, \_\_\_\_\_ has permission to attend open gym.

**In case of emergency, please call:** \_\_\_\_\_

\_\_\_\_\_

Date Signed

\_\_\_\_\_

Signature