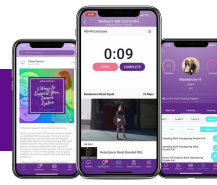


QUICK TIPS - ATHLETE SIGN UP PROCESS



- 🕒 Download the Cheer District App from the App Store or Google Play
- 🕒 Register for a Cheerleader account using your FULL LEGAL NAME as you registered with your gym.
- 🕒 Please input your official gym name (case sensitive). If you already have the Cheer District App and need to adjust your gym name, you can do so by going to 1. Menu 2. My Profile Details 3. Edit
- 🕒 Please only register with your email OR your phone number, NOT BOTH. We recommend registering with a phone number for quick access. You will get a verification code and be prompted to use it once your phone number is entered.
- 🕒 Athletes under 13 will have permission to view the Social aspect of the app and the Cheer District posts however, as a result of Child Privacy Laws they will not be permitted to engage. These permissions will be unlocked on their 13th birthday!
- 🕒 Once an athlete creates their profile, they will need to fill out their skill tracker and add a profile picture.
- 🕒 SKILL TRACKER: this feature is very important. Your coaches can track your skills and follow along with your progress using this tool. Only check off skills you are confident you can compete. Check off all skills which apply, no matter the level. Find your skill tracker by following the below steps:
 - Menu
 - Click - "your name"
 - Skill Tracker - "edit"
 - Check off all skills you are CONFIDENT in competing for coaches approval
- 🕒 If you are 13+, using the search bar in the timeline, search your coaches' name and press the clipboard icon to add them as a coach. This will give them permission to see your skills, workouts, and include you in their Coach's Corner. If you are under 13, your coach must add you. You will find their request in the "Requests" section under notifications.
- 🕒 TRAINING: all workouts must be done in order. You are able to do these workouts at home with little to no equipment.

By keeping up with your workouts, and pushing yourself to train at 100% effort, you will be sure to see results in your strength, balance and power. For any questions, please do not hesitate to reach out to our team at Cheer District.