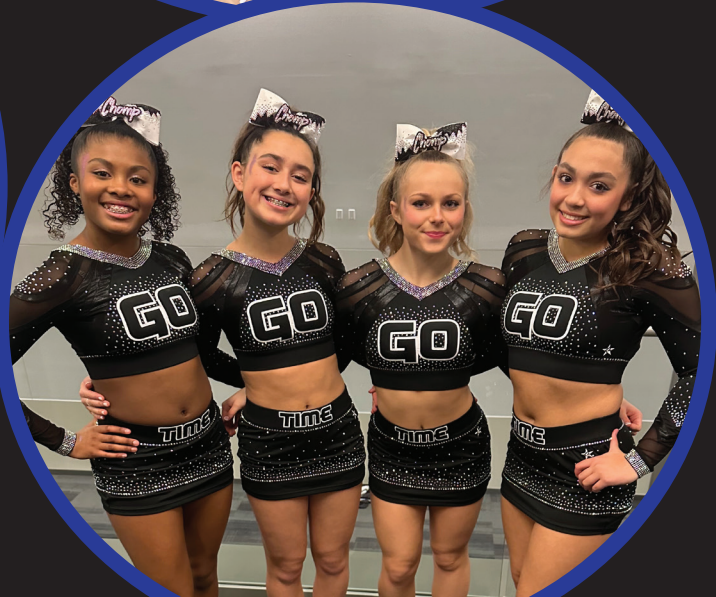




2024-2025

TEAM
INFORMATION
PACKET

QUESTIONS EMAIL: REGINA@CHEERGYMS.COM





Thank you for your interest in the CG All Star Cheer Program. Cheergyms will be celebrating its 29th season and is proud of the legacy it continues to leave.



At Cheergyms, we believe in building the entire athlete from inside out. We expect full dedication from our athletes and we guarantee full dedication from our Owners, Coaching Staff, and Instructional Staff.

We encourage all athletes to search out the program that is best for their family. If in the end you decide it is Cheergyms, get ready for a memorable and fulfilling experience.

Who is Cheergyms.com

Formerly known as Pyramids Inc., Cheergyms.com was one of the first specialized cheerleading gyms on the West Coast to give cheerleaders a serious place to compete year round. Started in 1995 by Morton Bergue and Danny Kahn, active participants in the National Cheerleaders Association (NCA), Pyramid Inc. filled a need that had gone unnoticed for nearly a decade.

Beginning in 1986, All Star cheerleading competitions took the cheerleading industry by storm. Unfortunately – until Bergue and Kahn opened Pyramids Inc. – teams were forced to practice in parks, backyards and old gyms. There was no organized place for them to learn, practice and compete.

Starting with one team of senior-aged students in 1996, Bergue and Kahn used their coaching and choreography expertise to train competitors and place their business at the cutting edge of a sport that had not quite been discovered on the West Coast; one that would go on to change the landscape of competitive cheerleading in Northern California.

“Cheergyms has given my daughter so much!!!! She has improved talent wise and the coaches have boosted her confidence level tenfold! The friends she has made at the gym have been priceless too! We love it!”



Cheergyms.com Today



In 2000, Pyramids Inc. became Cheergyms.com. Today, Cheergyms trains over 200 members, all levels of cheerleaders from school teams to youth football teams and is home to some of the most successful All Star teams in California. Cheergyms.com also runs Spirit Spectacular cheerleading camps and choreography throughout the US and internationally.

We are most passionate about first developing character in our kids and then their athletic ability. Our focus is not so much about winning; we want to help develop the kids in a positive atmosphere and help them achieve their maximum potential in a positive way. It's a safe, positive place for them. Their parents can also trust us to create a great opportunity for them in the world of All-Star cheerleading. Our favorite thing to hear from parents is how much more outgoing, confident and successful their child is because of their experience at Cheergyms.com.

With 90 years combined experience, the owners of Cheergyms.com share a passion and love for the sport of cheerleading. Known as winners and experts in every aspect of the sport, owners Morton Bergue, Danny Kahn and Derick Patterson are extremely hands on, working everyday to help their students reach their full athletic potential.

At Cheergyms.com, it's not just about cheerleading. The staff build character in their students, helping them to become more confident, more successful versions of themselves.

Why All Star Cheer?



Cheergyms is a world-class training facility that specializes in teaching young women and men life lessons through the sport of cheerleading. Life lessons such as: how to be confident and capable, work ethic, sportsmanship, community service, teamwork, trust, listening skills, time management, goal setting, winning and losing with grace, and so much more. Our families are raving fans about our program because of the benefits they see week in and week out at Cheergyms.

We've got an All-Star team for everybody! New to cheer, new to Cheergyms or a 10-year veteran, if YOU have the desire, and the work ethic then we've got the PERFECT team for you. People choose Cheergyms for a variety of reasons: our incredible facility that allows us to comfortably have multiple teams training. Or knowing that your child is being put on a path to reach their fullest potential! You've got big dreams for your child? We do too. Seeing every athlete progress under the tutelage of our amazing staff and world-class training program is the reason we exist!



Cheer Types & Levels

Cheer Team levels are based on a variety of factors but is first by age and then by skill. Below outlines the basic structure of the All Star Cheer Industry Standards. Currently there are 7 levels in all star cheerleading. They are numbered 1 to 7 in increasing difficulty. Below outlines skill requirements for those levels based on the competitive scoring system. A season of all star cheerleading runs from May through May.

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6/7
Standing Tumbling	Back Walkover Front Walkover	Standing Back Handspring (BHS)	Standing 3 BHS & Round off Back Handspring Tuck	Standing Back Handspring to Layout Standing Tuck	Jumps to Tuck, Standing BHS to Full	Standing BHS to Double Full
Running Tumbling	Cartwheel Back Walkover	Front Walkover to Round off BHS	Front Walkover to Round off BHS Tuck Aerials Punch Front	Punch Front Round off BHS Layout	Roundoff Back handspring Full	Roundoff Back handspring Double Full
Stunting	Basic Stunt Experience below prep level	Prep level single leg stunts and extended two foot stunts	Extended Single leg stunts, full twisting two foot stunts	Extended twisting single leg stunts, Release stunts	Extended twisting double leg stunts, Inversion stunts	Elite Level Stunting

There are many age/skill levels in All Star Cheer. Below outlines the age and skill levels Cheergym will consider forming in the 2024-2025 season. Age is established by year of birth.

Levels

- * Novice
- * Prep Level 1.1
- * Elite Levels 1-5
- * International Open NT 7

Teams age groups are based birth year.

Age Team Types

- * Prep Tiny Teams birth years 2017-2021
- * Prep/Excel Mini Teams birth years 2015-2018
- * Elite/Excel/Prep Youth Teams birth years 2012-2017
- * Elite/Excel/Prep Junior Teams birth years 2009-2016
- * Elite/Excel Senior Teams birth years 6/1/05-2012
- * International Open birth years 5/31/07 or before
- * Club STUNT Age as of June 1, 2024: 11U, 14U, 18U



Cheer Options

Cheergyms offers a wide variety of cheer teams giving all levels of cheerleaders a chance to try this incredible sport.



Cheer FUN class runs year round. These athletes get a chance to try cheer, meet some friends and learn the basics of cheerleading. This is great for all ages from 5-16. This class requires a trial or membership to participate.

Show Teams run every 6-weeks. These athletes get a chance to try cheer, meet some friends and learn the basics of cheerleading and put on a show for parents at their last practice. This is great for all ages from 5-12.



Prep Teams run three times a year and are 4 months long. During those months they learn a cheer routine and perform in the novice division at local competitions. This is a great start to trying cheerleading and all the great confident builders it includes. These teams run June-September, September-December and January-April. This is great for ages 3-15. These teams are by sign up. Practices are 1 day a week on Wednesday's, time varies.

Excel Teams run once a year for 8 months. This is for the athletes that really enjoy the sport and want a chance to compete. These teams complete in the prep division with required skills and runs from September-April. They will attend 4 one-day local competitions and 1 travel event in Southern California. These teams are by tryout only. Teams practice 2 day's a week on Monday's & Tuesday's. Times vary by teams.



Elite Teams are for the most dedicated athletes that have a real love for the sport and want to train year round for the opportunity to compete up 8 times in the elite divisions that require specific skills at both local and travel competitions. These athletes make great lifelong friends, build amazing confidence all through the sport of cheerleading and travel to fun places for competitions. This is great for athletes that want to take cheerleading to the highest level. These teams require a tryout each May and the season runs June-May.

Club STUNT, this new type of cheer removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling. Check out this video to learn what Stunt the Sport is www.tinyurl.com/WhatIsSTUNT. These teams will run from June-December. Practice will be 2 days a week and includes 3-5 scrimmages and 3 tournaments in Southern California. Tuition discounts for 24/25 Elite athletes.





Summer Prep Teams (June-September) Age 3-15



These teams are a great opportunity to learn a cheer routine and perform for friends and family with a final performance day in Santa Cruz at the pier.

Evaluation date: Wednesday, June 5th 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a short routine, make friends and allow the staff to see the best fit for team placement.

Register at this link: www.cheergyms.com/teams (choose Prep Teams)

A registration fee of a \$100 is required and will be applied to your first months tuition.

Practice Days: Wednesday's times vary starting as early as 5pm, 5:30pm, 6:00pm

Event Dates: - Sept 5th Showcase at CG & Sept 8th in Santa Cruz

Fee Information:

Tuition is a monthly fee of \$159 (includes 1 team practice a week, add a tumbling class for a discount)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$50 (includes Practice T-shirt & Bow)

Uniform Fee \$150 (includes Uniform Top, Skort & Bow) Same as 2023-2024 summer uniform

Program Fees \$165 (includes team music, choreography, showcase fees and Santa Cruz event pass)

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)

25% Sibling Discount. Fundraising opportunities in June, September & January



Fall Prep Teams (September-December) Age 3-15



These teams are our fall season teams that will learn a cheer routine and get to attend and perform at 2 cheer competitions locally.

Evaluation date: Wednesday, September 4th 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a little routine, make friends and allow the staff to see the best fit for team placement.

Registration opens June 1, 2023 at this link www.cheergyms.com/teams (choose Prep teams)

A registration fee of a \$100 is required and will be applied to your first months tuition.

Practice Days: Wednesday's, times vary by team either 5pm, 6pm, 7pm

Event Dates: - TBA August 1, 2024

Fee Information:

Tuition is a monthly fee of \$159 (includes 1 team practice a week, add a tumbling class for a discount)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$50 (includes Practice T-shirt & Bow)

Uniform Fee \$225 (includes Uniform Top, Skort & Bow) Same as 2023-2024 uniform

Program Fees TBA (includes team music, choreography, showcase fees and competitions) Fee is spread over two payments.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)

25% Sibling Discount. Fundraising opportunities in June, September & January



Winter Prep Teams (Jan 2025-April 2025) Age 3-15



These teams are our fall season teams that will learn a cheer routine and get to attend and perform at 2 cheer competitions locally.

Evaluation date: Wednesday, January 8th 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a little routine, make friends and allow the staff to see the best fit for team placement.

Registration opens September 1, 2023 at this link www.cheergyms.com/teams (choose Prep teams)

A registration fee of a \$100 is required and will be applied to your first months tuition.

Practice Days: Wednesday's, times vary by team either 5pm, 6pm, 7pm

Event Dates: - TBA

Fee Information:

Tuition is a monthly fee of \$159 (includes 1 team practice a week, add a tumbling class for a discount)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$50 (includes Practice T-shirt & Bow)

Uniform Fee \$225 (includes Uniform Top, Skort & Bow) Same as 2023-2024 uniform

Program Fees TBA (includes team music, choreography, showcase fees and competitions) Fee is spread over two payments.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)

25% Sibling Discount. Fundraising opportunities in June, September & January



Excel Teams (Sept 2024-April 2025) Age 6-16



Excel Teams

These teams are a great opportunity to train more hours and compete with adding an end of season travel trip to add to the fun.

Summer Training is back by popular demand. Join us in June through August allowing athletes to keep up their skills and/or train new skills until tryouts. This is open to everyone to train in all star classes. Training Days can vary Mon-Thurs, you choose your classes. The monthly cost is \$199 and includes up to 3 hours of all star training classes a week.

Use this link to register for Summer Training: www.cheergymms.com/teams (choose Excel)

Tryout date: Monday, September 9th 6-7:00pm

Tryouts will be a low key experience for the athletes to show off their skills and allow the staff to evaluate each athlete. Athletes that do not make teams will get an evaluation to learn what areas they need to improve on and what classes/other team options are available.

Tryout Registration opens July 1, 2024 at this link www.cheergymms.com/teams (choose Excel)

A registration fee of \$100 is required and will be applied to your first months tuition. If an athlete does not make a team the deposit is refunded.

Practice Days: Monday & Tuesday's times vary by team either 5pm or 6pm

Event Dates: - TBA Aug 1, 2024

Fee Information:

Tuition is a monthly fee of \$199 (includes 2 team practices a week and discounted tumbling & specialty classes)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$175 (includes Practice Tee, tank, shorts and Bow)

Uniform Fee \$350 (includes custom fitted uniform and competition bow) This is the same as 2023.

Program Fees are a range \$600-\$800 (to be finalized Aug 1) (includes team music, choreography, competition fees, showcase fees, and special events) split over 5 months.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)



Elite Teams (June 2024-April 2025) Age 7-18



Our elite teams are just that, the most dedicated and hard working athletes and families around. These teams will compete at the highest level and train year-around. It is by invitation only and is only for the most dedicated families.

We will offer All Star May Training for those that would like to train their skills during our down month between seasons. This month of training will include up to 5 hours of all star specific classes or one tuition price of \$259. Use this link to register: www.cheergymns.com/teams (choose Excel or Elite)

Tryout date: Sunday, May 19th 10-12pm

Tryouts will be a low key experience for the athletes to show off their skills and allow the staff to evaluate each athlete. Athletes that do not make teams will get an evaluation to learn what areas they need to improve on and what classes and/or other team options are available.

New candidate Registration link: www.cheergymns.com/teams (choose Elite) - \$50 non refundable registration fee includes tryout Tee.

Returnee Athlete Registration www.cheergymns.com/teams (choose Elite)

- Register by 4/15 for a non refundable fee of \$299. New in 2024 this is no longer a deposit. It will secure your 2023-2024 tuition, 1 additional class a week in the new season, 1 practice outfit and tryout t-shirt.

Practice Days: Teams will practice 2 weekdays a week in June-August and then in September switch to 1 weekday and Sunday's. Practices are 2 hours long. Practice days are either Mon-Thurs.

Competition Schedule: This will be finalized in August. Teams usually attend 5-6 local competitions and 2-3 travel competitions a year.

Fee Information:

Tuition is a monthly fee of \$259 (includes 2 practices a week and New in 2024 discounts off of all star level tumbling classes, specialty classes, open gyms and camps and clinics)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$300 (includes 2 custom practice wear outfits, 2 practice bows and sweatshirt)

Uniform Fee Range from \$850-\$1000 (includes uniform, comp bows and a team cover up) Does not include cheer shoes, backpacks or warm ups.

Program Fees: Range \$2250-\$2600 (includes overnight all star camp, music, choreography, registration for local competitions and travel competition fees) split over 8 months.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)

Payment Schedules available after tryouts.

25% Sibling Discount. Fundraising opportunities in June, September & January



Club STUNT (June 2024-December 2024) Age 8-18

Club STUNT is a new type of cheer that removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling. Check out this video to learn what Stunt the Sport is www.tinyurl.com/WhatIsSTUNT

Tryout date: Sunday, June 9th 10-12pm

Tryouts will include a demonstration of basic skills like jumps and tumbling. They will learn 4-8 counts of a stunt sequence to show their learning ability and stunting skills. Athletes that make a team will receive an email with what team they made and when they practice. Athletes that do not make a team will get feedback on areas they can work on and what options to improve on are available at Cheergyms.

Tryout Registration link: www.cheergyms.com/teams (choose Club Stunt)

Sign ups require a \$50 tryout fee which includes a t-shirt

Practice Days: Teams will practice Mon/Fri in the Summer and Wed/Sat in the Fall.

Choreography Dates: Sun July 14th & Sun July 21st

Game/Tournament Dates: - Aug Scrimmage, 9/21-22, 10/5-6, 11/2-3, 12/7-8

Teams may include but are not limited to: 8U, 11U, 14U, 18U

Age is determined by how old they are as of June 1, 2024

Fee Information:

Tuition is a monthly fee of \$129

Add a tumbling class for a discounted fee

Registration Fee \$50 (includes practice tee)

Uniform Fee:\$150 (includes jersey and shorts)

Program Fees \$200-\$450

Club STUNT Registration Fee (paid to the Club STUNT organization)

Payment Schedules available after tryouts.

Discounts: 50% tuition discount for families on 2024/2025 Elite Teams

25% Sibling Discount. Fundraising opportunities in June, September & January

2024-2025 Dates to Remember

- * May 6 All Star Training Begins
- * May 19 Elite All Star Tryouts
- * June 3 Elite "Time Reveal"
- * June 5 Summer Prep Starts
- * June 10 Club STUNT Tryouts
- * June 22 Elite Team Bonding
- * July 1-July 4 No Practices - 4th of July Break
- * July 14 & 21 Club STUNT Choreography
- * July 23-25 Elite All Star Overnight Camp (Mandatory)
- * July 31-Aug 1 Elite Stunt Choreography
- Aug 5-8 No Practices - Back to School Break
- * Aug 17/18 or 24/25 Elite Choreography (Mandatory)
- * Sept 4 Fall Prep Teams Start
- * Sept 8 Summer Prep, Elite & Club STUNT in Santa Cruz
- * Sept 9 Excel Tryouts
- * Sept 15 Elite Practice Changes to Sunday's
- * Oct 30 Spooky Rally & Trunk or Treat
- * Nov 24-30 No Practices - Thanksgiving Break
- * Jan 8 Winter Prep Teams Start
- * Apr 7-11 No Practices - CG Spring Break

Gym Closures

- * July 4 4th of July Holiday
- * Sept 1-2 Labor Day Holiday
- * Oct 31 Halloween
- * Nov 28-29 Thanksgiving Holiday
- * Dec 22-Jan 2 Christmas Holiday
- * Apr 20 Easter Holiday

Cheergyms will not excuse misses from practices FOR ANY REASON....a miss is a miss, and affects the team the same way regardless of the reason why an athlete is absent. Cheergyms does realize that every family is unique in their family time and Cheergyms has created an absence policy that puts the control in the hands of the athlete's family. Mandatory school events will be taken into consideration with at least 1 month notice for the coach to plan. Athletes can not miss the practice before a competition/performance.

Elite Absence Policy

- * Athletes will have 4 allotted absences from June through August
- * Athletes will have 3 allotted absences from September through December
- * Athletes will have 2 allotted absences from January-April/May (Post Season)

Excel Absence Policy

- * A total of 4 absences allotted to be used throughout the season.

Fall/Winter Prep/Club STUNT Absence Policy

- * A total of 2 absences allotted to be used during the session.

Summer Prep Absence Policy

- * No policy is in place as we understand it's summer. However, the more absences missed the less of a role in the routine the athlete may have.





Important Policies & Reminders

DROP OFF AND PICKUP

We have many athletes and their parents entering and exiting the facility. Safety is our number one priority. Please drive slowly and watch out for children. At no time is parking along the cones or to the right of the building allowed. This is to ensure the safety of all.

UNIFORMS AND ATTIRE

Please keep all Cheergymz clothing, warmups and uniforms in good condition. CG is not responsible for any lost or damaged items. The cost of replacement will be the responsibility of the athlete. Athletes must wear all assigned practice wear to practice. Athletes will not be allowed to wear jewelry to practice.

COMMUNICATION

As a parent, you will receive information in several ways. Each month we send emails that contain important information. In addition to email, we use an app (BAND) to communicate important information to teams. This app can be downloaded on any smartphone and should be checked frequently. It is the parent/guardians responsibility to read all information put out to ensure an important message is not missed.

COPYRIGHT NOTICE

The logo of Cheergymz belongs to the owners of the program. You cannot sell or create your own Cheergymz clothing or other items. This includes the gym name, team names, gym hashtags and any likeness to logo, affiliation and/or program without the permission of Cheergymz.

BE POSITIVE. Help your child learn to enjoy this sport and develop skills that he/she is capable of performing. Practice with, and help your child so that he/she will have an opportunity for skill improvement through active participation.

Be realistic about the strengths and weaknesses of your child so that you may place him/her in situations where he/she has the maximum opportunity for success.

ASSUME GOOD INTENT! Do not make assumptions about anything. Always ask.

Help your child set realistic goals. The sport's primary value is the opportunity for self-development. The probability of achieving lasting fame and glory is low; yet, their experiences allow them to develop lifelong values and self-esteem.

STAY POSITIVE. Do not gossip about other teams, coaches, parents, other gyms, or children. Again, if you have questions. **ASK**, rather than listen to nonsense or engage in irresponsible conduct.

TUITION

Costs vary by program type at CG. To help make things more flexible and affordable, we are proud to offer multiple payment options for our gym families. A statement is sent on the 25th of each month. Payments are due on the 28th of every month. All accounts with a balance will have cards automatically run through our class management software, Jackrabbit. Monthly payments cover all team practices, competition fees for the season, coaches fees, routine choreography, routine music, and an insurance fee.