

CHEERGYMS
CLUB STUNT





WHAT IS STUNT?

- Cheerleading turned into a Game
 - Uses skills from cheerleading - Motions, Jumps, Tumbling & Stunting
 - 4 Quarters
 - Half Time
 - Score
- Easy to follow along game that is a side-by-side competition
 - 2 teams play at a time
 - Same Routines
 - Best Execution gets a point



HOW IS IT PLAYED?

- Within each Quarter, there are 2-4 rounds of play, dependent upon age category.
- Each “round” of play will focus on a pre-set routine that ranges in skill level.
- 11U, 14U, and 18U have a potential of 6 levels of play.
- Each “play” will last 30 seconds, or ten 8-counts long.
- A game of STUNT typically lasts about 45-60 minutes.
- Scoring officials will determine the number and degree of errors made by each team during play. The team with the fewest deductions is declared the winner of each round, receiving points toward their final score.

MORE ABOUT THE SPORT

QUARTER 1 PARTNER STUNTS

- Round 1 - 1 point
- Round 2 - 1 point
- Round 3 - 1 point
- Round 4 - 1 point

QUARTER 2 PYRAMIDS & TOSSES

- Round 1 - 1 point
- Round 2 - 1 point
- Round 3 - 1 point
- Round 4 - 1 point

QUARTER 3 JUMPS & TUMBLING

- Round 1 - 1 point
- Round 2 - 1 point
- Round 3 - 1 point
- Round 4 - 1 point

QUARTER 4 TEAM ROUTINES

- Round 1 - 3 point
- Round 2 - 3 point
- Round 3 - 3 point



Quarter 1 - Partner Stunts



Quarter 2 - Pyramids & Tosses



Quarter 3 - Jumps & Tumbling



QUARTER 4 - TEAM ROUTINES

CHEERGYMS CLUB STUNT

- Cheergyms is excited to bring this new sport as an option to its already many established programs to help build the complete cheerleading athlete.
- While it is new to CG many of our coaches have many years of experience with the sport at both the high school and collegiate level.
- This will be a great opportunity for athletes of all ages and levels to build on their current skills in this new team sport.
- There are 3 potential age groups Cheergyms will field this season:
 - 11U: 8 to 11 years old - 14U: 11 to 14 years old - 18U: 14 to 18 years old
- "League Age" is determined by the age of the athlete as of June 1st. Each team will consist of anywhere between 12-24 athletes.
- The following will outline how your child can be a part of this new sport!



TEAM TRYOUTS

- Tryout registration opens in March. Join the mailing list to get up-to-date information.
- General in June.
- Tryouts will be a low-stress workout. During the workout, athletes show skills they have developed and demonstrate a potential to learn new skills.
- We will offer individual tryouts until 2 weeks after tryouts or until teams are full.
- After the tryouts, the staff will assemble rosters for the upcoming season. Athletes' individual skills, experience, and age are taken into consideration.
- After rosters are set, athletes (or parents) are contacted by email to let them know the results of the tryout.
- If we are not able to find a team for an athlete, 100% of the tryout fee will be refunded.



SCHEDULE

- The season will run from June through December.
- All teams will practice 1-2 days a week during summer and switch to a weekday and weekend in September. Times/days will vary by team.
- Teams will begin games and tournaments beginning in September..
- Each athlete will complete an absence form that includes all potential absences missing for the summer. This will be used to prepare for scrimmages and games.



FEES

- Tryout Deposit \$50 - due upon registration prior to tryouts. Refundable if athlete does not make a team.
- Tuition Fee \$159 - due monthly
- Registration Fee \$50 includes practice tee
- Uniform Fee \$150 includes team jersey and shorts - due at uniform fittings
- Program Fees TBA (includes 4-6 game/tournament registrations) - split into 4 payments July, Aug, Sept, Oct
- Travel to and from games and tournaments not included.
- Optional Club Jacket and Parent Apparel available.
- Black Mid Top Shoes Required.