

2021-2022

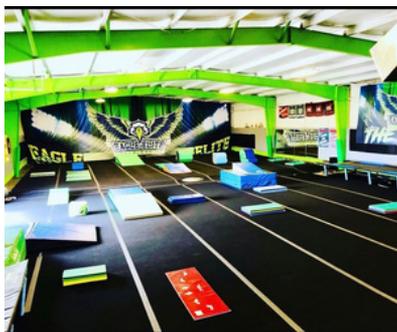
Team Info Packet



Welcome

Thank you for your interest in our competitive team for our 8th season! Eagle Elite is the only USASF certified gym in the area. We focus on positivity, proper progressions, and correct technique. All of our coaches are USASF certified and our program is truly the best around!

Levels 1-5
Ages 3-18



eagleelitecheerleading@gmail.com

Team Placements

Saturday May 8th

Session 1 (Ages 3-5) 9:00am-10:00am

Session 2 (Ages 6-8) 10:00am-11:30am

Session 3 (Ages 9-13) 11:30am-1:00pm

Session 4 (Ages 14-18) 1:00pm-2:30pm

Hip Hop Team (Ages 13+) 2:30pm-3:30pm

Team Placements will be announced via email
on Friday May 21st.

Team Practice Schedules will be announced
along with team placements.

Mandatory Parent Meeting: TBA

Our parent meeting will be announced in the team email. Please send one parent for each family. We will cover many important things for the upcoming season as well as go over new information for the year.



Tryout Checklist



New Athletes

- Gym Registration & Liability Waiver
- Tryout Scoring Packet
- Uniform sizing
- Practice wear sizing
- Eagle Handbook & Contract
- Payment & Financial Agreement

Returning Athletes

- Tryout Scoring Packet
- Practice wear sizing
- Eagle Handbook & Contract
- Payment & Financial Agreement

The Eagle Handbook and Contract must be signed to be placed on a team.
You may tryout without signing, but you will not be officially placed on a team.



Team Information

Elite Competitive Teams

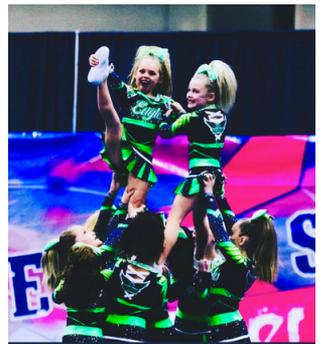
Our Elite Teams practice twice a week and will attend 6 competitions (5 in state & 1 out of state)

Every team member will also receive a FREE weekly class!

(Junior/ Senior teams will be eligible for Summit Bids)

Novice/ Prep Teams

Novice/ Prep teams will practice once a week and will attend 3/4 in state competitions. Team members will receive a FREE weekly class!



Financial Information

Due at Tryouts

- Tryout Fee \$15 new athletes/ \$10 returners
 - Annual gym registration fee \$40
 - 1/2 New uniform (new athletes) \$310
 - Practice wear set \$95

Due the 1st of every month

Tuition

- Tiny Team \$95 (*novice TBA*)
 - Mini/ Youth Team \$115
 - Junior/ Senior Team \$135
 - Soar \$145

Competitive team members receive 1 FREE class every week and a discount on additional drop in classes!

Due Aug. 1st

- Choreography/ Skills Camp \$600

(includes custom music & travel/ rooming for Lance & his coaches, and 12 hours of instruction)

- Competition bow \$35

- Second 1/2 uniform (new athletes)

Due TBA

- Competition Fees \$800 for 6 competitions split into 3 installments



**Information in the packet is subject to change. Prices/dates will be finalized closer to tryouts*

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Financial Information

Discounts

- Sibling Discount: 2nd child gets 50% off Tuition
- Crossover Discount: 2nd cheer team is \$35 Tuition
- Dance Team Discount: Dance team is \$25 Tuition for cheer team members

Payment Information

Every athlete will be required to keep a card saved on file. Late payments will receive a \$25 late fee. Payments not received after 15 days past the due date will automatically be charged to the card on file with a late fee.

Automatic Payments

Avoid missing a payment by setting up automatic withdraw. See coach Jesecca for more information.



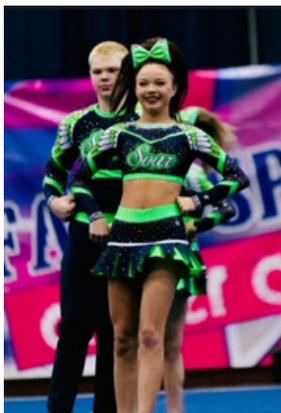
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Uniform & Practice wear:

Uniforms:



Practice Wear:



Season 8 Practice Tanks:



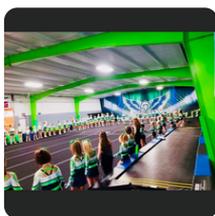
Our uniforms and practice wear sets are all Rebel!

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Important Dates

Holidays & Gym Closings

- 4th of July/ Summer break: July 1st- July 6th
 - Labor Day: Sept. 6th
 - Halloween: Oct. 31st
- Thanksgiving Break: Nov. 24th-28th
- Christmas Break: Dec. 23rd-Jan 2nd
- Spring Break: Mar 26th-Apr 2nd



Extra Practices

Extra practices are scheduled for the weekend before every competition weekend. All teams
1:00-3:00

Extra Practices are MANDATORY

(Coaches may decide not to hold an extra practice during a busy competition month, or add additional practices)

**Information in the packet is subject to change. Prices/dates will be finalized closer to tryouts*



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Important Dates

Choreography

Choreography will be the last week of July. Days and times will be based on team and are TBA.

Choreography is MANDATORY

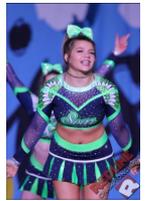
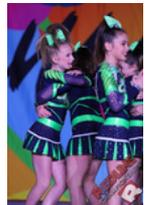
New this season

Choreography will be with the amazing Lance Stoltenberg. Lance is the owner of Elite Cheer in Nebraska and is a bronze World Champion coach. He has been in the cheer world forever and we are so excited and lucky to have him come and work with us!

Tentative Competition Schedule

Competitions TBD

Our competition schedule will be set and announced soon!



**Information in the packet is subject to change. Prices/dates will be finalized closer to tryouts!*



eagleelitecheerleading@gmail.com

Frequently Asked Questions

Q- What kind of competitions does Eagle Elite go to and where?

A- Our elite competitive teams go to 6 competitions in a season (novice teams will go to 3-4) We will go to 5 in state competitions along with 1 out of state. Depending on the season we may also travel for a final end of year competition. We go to a mix of Varsity competitions as well as Independent Event Producer competitions. (Competition details may vary based on COVID-19)

Q- How are team placements decided?

A- After tryouts all of our coaches work together to make the very best team placements. There are many factors that go into these decisions. Some of these include: Tumbling skills, (ability to perform necessary level appropriate skills with CORRECT technique) Jumps, motions, athletes age as well as attitude. (For returning athletes our coaches will also consider their performance/ effort/ commitment/ work ethic from the previous season.

Q- What does it mean to cross?

A-At tryouts on your packet you will be asked if you are willing to have your child cross. This means that your child would be on two teams. Coaches may choose to cross an athlete for a number of reasons. Just because you are willing to let your, does not mean that they will. If you choose to let your child cross and our coaches make the decision to put your child on two teams, you will be expected to be committed to both of those teams.



Frequently Asked Questions

Q- What are level appropriate tumbling skills?

A- We are a USASF certified ym and follow USASF tumbling progressions. Each level has basic tumbling skills and elite tumbling skills. You can find a list of these skills at the end of this packet. We believe in proper progressions and correct technique. The correct technique and safety of a skill matters more to us than just "throwing it"

Q-What is USASF and why do I need to register with them?

A- USASF is the governing body of competitive cheerleading. Varsity competitions and most independent competitions require gyms and athletes to be registered with and have current USASF memberships. (More informations on USASF can be found here www.usasf.net)

Q- What does it mean that the Eagle Coaches are USASF Credentialed?

A- To be certified and credentialed with the USASF means that our coaches have passed background checks, taken and passed safety tests on concussions, heart health, and heat safety. Also the "Safe Sport" course and test, and the "Darkness to Light" course and test. USASF also has level tests that include a separate written test and practical test for tumbling and stunting for every level, where coaches must prove their knowledge and understanding of the legalities, and also how to safely teach all skills. To be credentialed means that we have passed all of these tests and continue our education by taking these courses every year, going to coaching conferences and continuing to take and pass these tests. To see more about our coaches qualifications and certifications check out our Coaches bios on our website.



Frequently Asked Questions

Q-Who should I contact with questions/ absences/concerns?

A- All communication should go through the correct and official channels. Please do not directly contact our coaches via text, facebook messenger, instagram ect.

-Any questions/concerns/issues about team placement, teams, practices, competitions scores placements ect. should be directed to our Gym Relations Director- Coach OJ at eaglegymrelations@gmail.com

-Any attendance updates, absence explanation or Dr. notes should go directly to the gym email eagleelitecheerleading@gmail.com

-Any questions regarding payments, classes, clinic sign ups, usaf registrations, account balances, apparel orders and other general gym questions should be directed to our Gym Director Coach Jesecca at eagleelitecheerleading@gmail.com

Q- How does the gym communicate with parents?

A-The gym will primarily communicate with you through email, but we will also post on facebook and instagram. You can always find our schedule on the website and NEW this season: We will have a page on our website for competitive team parents with all the team info.



Frequently Asked Questions

Q- What is the attendance policy?

A- During the summer we run “make up hours” if you miss a practice your child is able to make up those missed hours in an appropriate class or other team practice. Make up hours end in August. After summer, athletes are given 3 unexcused absences. Extra practices and practices the week before a competition are MANDATORY. If your child misses a mandatory practice or exceeds their unexcused absences the coaches may make the decision to pull your child from the upcoming competition, this decision will be on a case by case basis to make the best decision for the team as a whole.

Q- How are flyers chosen/ formations chosen for routines?

A- We expect our athletes to work hard and contribute to their team in whatever position they are given with a positive attitude. During the beginning of the season everyone will be given the chance to try whatever position they wish. Final decisions regarding formation placements and flyers will be made by all of the coaches together with our choreographer Coach Lance Stoltenberg. These decisions are not personal but will be whatever is best for the team. Placements are not guaranteed for the season, our coaches reserve the right to make any changes necessary to better the team throughout the season.

Q- Am I required to stay in a specific hotel for competitions?

A- No. Eagle Elite does not require you to stay in hotels for competitions, those decisions are up to your family, however some competitions are “stay to play” and require us to stay in their specific hotel.



Frequently Asked Questions

Q- Am I required to purchase a specific cheer shoe?

A- No. We do not require you to have a specific cheer shoe, we only require that you have white cheer shoes.

Q- Am I required to take extra classes?

A- No, you are not required to take any classes. We do give all competitive team kids 1 FREE class every week that we encourage you to take advantage of! In addition, all team kids can attend additional classes for \$10 instead of the regular \$15 drop in price.

Q- What are private lessons, how do they work? Are they required?

A- Private lessons are a great way for your athlete to get one on one attention, and hands on help with their skills. Private tumbling lessons are 30 minutes and are \$25 per 30 minutes. Private lessons can be set up directly with a coach, or if you do not have a specific coach in mind they can also be set up through the front desk and gym email. Private lessons are not required.

Q- What happens if my child's team gets a bid to an end of season competition?

A- Decisions regarding bids to end of year competitions will be made on a case by case basis. There are many factors that go into this decision and it is not something that we take lightly. Once a decision has been made the gym will let parents know. If your child is on a Summit eligible team (Jr. or Sr. team) it is highly possible that they will go to Summit if they receive a bid.



Frequently Asked Questions

Q- When will I know information about upcoming competitions, i.e: schedule/ spectator info eat?

A- We do our very best to get you as much information as possible as soon as we can. Once we get FINALIZED information from the event producers we will send it out immediately. Oftentimes competitions change their information, so to avoid confusion we will try to only get you the finalized information.

Q- Where do I go/ take my child on competition days/ where do we meet?

A- On competition days you will be given a meet time, your child should be completely competition ready at this time (hair/makeup done/ uniform on/ bags and jackets left with a parent) We will have an Eagle Elite banner to meet at, or we will have a coach stationed at the front of the venue to collect your child and take them to the warm up area. It is very important to have your child meet us on time and completely ready.

Q- Can I take my child to other places to tumble?

A- We do not allow our athletes to take classes/ lessons outside of Eagle Elite. The reason being that we want all of our athletes trained the Eagle way. We want our athletes to have pretty and safe skills with correct technique. If you have any questions about proper progressions, tumbling skill's prerequisites, or what the correct technique should look like in a skill our coaches are always happy to discuss this.



Tumbling Clarifications

- To remain competitive and successful as a gym, we must have appropriate age/level splits. As hard as it may be, we have to make the difficult and sometimes unpopular decisions to do what is best for the TEAM. Please help us in teaching your athletes to be team players.
- Athletes should typically be competing one level below the skills they are currently working on
- All athletes should be prepared to contribute to their teams tumbling quantity.
- Please trust that our staff wants your child in the best possible place for them to SHINE and be set up for success!
- Being able to throw a skill one time is very different from competing it in the middle of a difficult routine with correct technique.



Tumbling Clarifications

-Be realistic and set your athlete up for success, there is nothing wrong with competing at the same level for a few years until you are comfortable with the above level skills.

-Our sport is judged on a percent of perfection so we will require the skills shown to be executed with proper technique and form.

-Please don't emphasize levels only. We want our athletes confident in their skills, able to do them safely, and competing things they are super comfortable with and not stressing over.

-There will be no spotting at team placements and athletes will be required to repeatedly execute each skill with proper form on their own. They will be judged not just on what skill they do but also and more importantly, on the technique.

*Beginners (new to cheer) there are no skills required, only a willingness to learn and work hard!



Tumbling Clarifications

See the chart below for level appropriate tumbling skills

	Bare Minimum (basic skills)	Strongly suggested (Max Combos)
Level 1	Backwalkover	Front walkover- cartwheel- backwalkover
	Front Walkover	Back extension roll- backwalkover- backwalkover
	Cartwheel/ Roundoff	Handstand fwd roll- frontwalkover- cartwheel- backwalkover
Level 2	Backhandspring (bhs)	Front handspring- roundoff- bhs-bhs
	Round off BHS	Toe touch- whip T- bhs step out- backwalkover- bhs
Level 3	Toe touch- 2 bhs	Toe touch 2 bhs- toe touch 2 bhs
	Roundoff- bhs- tuck	Front handspring- roundoff- bhs- tuck
	Roundoff- tuck	Punch front or aerial combo into tuck
Level 4	Standing tuck	Toe touch- whip T- Tuck
	Cartwheel tuck	Punchfront step out through to layout/x-out/ stepout
	Roundoff- bhs- layout	Standing 2 bhs to tuck
	Toe touch- bhs- tuck	Cartwheel or backwalkover tuck- bhs-bhs- tuck

