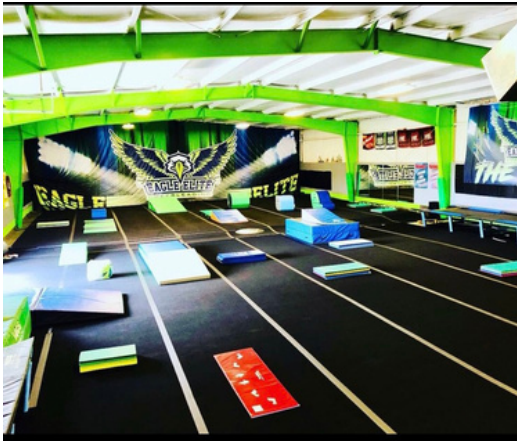


2022-2023

Team Info Packet



Welcome to Season 9!



Levels 1-5

Ages 3 & up



eagleelitecheerleading@gmail.com

2022-2023



Thank you for your interest in our competitive cheer program for our 9th 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, have been with us for years, and our program is truly the best around!



All ages and skill levels are welcome!



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2022-2023



Come SOAR with us!

Eagle Elite offers the following options:

- Elite Competitive Cheer Teams
- Prep Competitive Cheer Teams
- Novice Cheer Teams
- An Open Team
- And Competitive Dance Teams



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Different types of teams explained:

Elite: Our Elite teams practice twice a week and compete 6 times with the potential to attend an end of season competition in Florida.

Open: Our open team is for advanced athletes 13 and older. This team is open to athletes that have aged out of regular teams. They will practice once a week

Prep: Our Prep teams are a lower commitment and lower cost option. They practice once a week and will compete at 3 competitions.

Novice: Our Novice teams are a non-competitive option for younger athletes just getting started. They will practice once a week and perform at 3 competition.

All team members receive a weekly FREE class!



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Team Practices

Hatchlings (Tiny Novice)

Mondays 5:30-6:30

Talon (Mini Prep)

Thursday 5:00-7:00

Wings (Youth Prep)

Mondays 6:00-8:00

Flight (Junior Elite)

Tuesdays 5:30-8:00

Thursdays 5:30-8:00

Soar (U 17 Elite)

Mondays 6:00-8:30

Wednesdays 5:00-7:30

Golden Eagles (Open Elite)

Wednesdays 7:00-9:00

All Team members also receive one FREE class to use each week! Class schedule can be found on the class page of the website.



Tryout Checklist

All paperwork will be handed out as you arrive for tryouts.



New Athletes

- Gym Registration & Liability Waiver
- Tryout Scoring Packet
- Uniform sizing
- Practice wear & uniform 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

Crossing Over:

To "cross over" means to be on more than one team.

This will be a question on your tryout packet.

-If you say that you would like to be considered to cross, that does not guarantee that you will.

-If you say that you would like to be considered to cross, and you are placed on 2 teams, you will be expected to stay on both teams for the remainder of the season.

Athletes are not allowed to cross from elite to prep or prep to elite.
They can only cross from elite to elite.

*There is a discount for athletes crossing over to an additional team.



Financial Information- Elite Teams

Due at Tryouts

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

Due the 1st of every month

Tuition

- Mini/ Youth Team \$115
- Junior/ Senior Team \$135
- Open \$50

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

Due Aug. 1st

-Choreography/ Skills Camp
\$700

-Competition bow \$35

-Second 1/2 uniform (if needed) \$310

-Open Team pricing info will be provided separately.

Due

- September 15
- October 15
- November 15

-Competition Fees
\$900 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- Prep Teams

Due at Tryouts

- Tryout Fee \$15 new athletes/ \$10 returners
- Annual gym registration fee \$40
- 1/2 New uniform \$155
- Required Practice tanks \$50

Due the 1st of every month

Tuition

- \$90

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

Due Aug. 1st

- Choreography/ Skills Camp
\$275
(includes custom music)
- Second 1/2 uniform \$155

Due

- September 15
- October 15
- November 15

-Competition Fees
\$375 for 3
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- Novice Teams

Due at Tryouts

- Tryout Fee \$15 new athletes/ \$10 returners
- Annual gym registration fee \$40
- 1/2 New uniform \$75
- Required Practice tanks \$50

Due the 1st of every month

Tuition
-\$55

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

Due Aug. 1st

- Choreography \$200
(includes custom music)
- Second 1/2 uniform \$75

Due
-September 15
-October 15
-November 15

- Competition Fees
\$300 split into 3 installments



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

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More Financial Info:

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 still not received after 15 days past the due date will automatically be charged to the card on file with the late fee.



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

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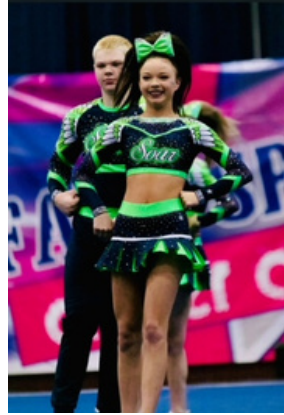
Uniform:

Elite

Mini/Youth/ Junior/ Senior
Uniforms:



Soar Uniforms:



Prep Uniforms:



Novice Uniforms:



Practice wear:

Elite Required Practice Wear:



Optional Practice Wear:



Practice Tanks: Elite, Prep & Novice



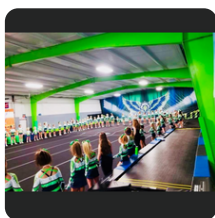
Prep & Novice will also receive a 2nd tank for their practice wear.



Important Dates

Holidays & Gym Closings

- 4th of July/ Summer break: June 30th- July 5th
- Labor Day: Sept 2nd- 5th
- Halloween: Oct 31st
- Thanksgiving Break: Nov 23rd- 27th
- Christmas Break: Dec 21st- Jan 1st
- Spring Break: March 25th- April 2nd



Extra Practices

Extra practices are scheduled for the weekend before every competition weekend from 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

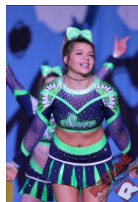
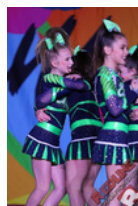
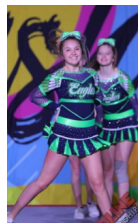
Choreography will be the end of July/ beginning of August.

Days and times will be based on team and are TBA.

Choreography is MANDATORY

Tentative Competition Schedule

Our competition schedule can be found by current team members on our private team parent page.



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



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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 (Prep and Novice teams will go to 3) We will try for 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 if our elite teams receive a bid.

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/ attitude from the previous season.) Team placements are never a personal decision but are made with each teams best interest in mind.

Q- What does it mean to cross?

A- 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 cross 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 for the remainder of the season.



Frequently Asked Questions

Q- What are level appropriate tumbling skills?

A- We are a USASF certified gym 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. Most 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 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, and all important team information can be found on our parent portal. We will also post on facebook and instagram and you can always find our schedule on the website.



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 either \$30 or \$25 per 30 minutes depending on the coach. 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- We will make decisions regarding end of the season competitions on a case by case basis. If your child's team receives a bid to one of these competitions we will discuss it at that time.



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, and to avoid any injuries. 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 and 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 and able 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.

-Teams are judged on tumbling technique. We will lose points for incorrect technique.



Tumbling Clarifications

-Be realistic and set your athlete up for success, it is very normal to compete 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

