



# EAGLE ELITE

*Season 11*

## INFORMATION PACKET

We focus on positivity, proper progressions, and correct and safe technique. All of our coaches are trained and knowledgeable, have years of experience, coach with passion and encouragement, and our program is truly the best around!



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# Season 11

## DIFFERENT PROGRAMS

### Elite Competitive Cheer Teams:

Our Elite teams practice twice a week and compete 5 or 6 times. Elite teams require a high level of commitment, and have more skill requirements. If a bid is attained they will attend an end of season national competition in Florida.

### Prep Competitive Cheer Teams:

Our Prep teams are a lower commitment and lower cost option than our Elite Teams.

They still have skill requirements, but they are less than elite teams. They practice once a week and will compete at 3 competitions.

### Novice Cheer Teams:

Our Novice teams are a great option for athletes just getting started, or who do not have all the skill requirements for the prep or elite teams. They will practice once a week and will perform at 3 competitions.

### Recreational Cheer Teams:


Our Rec teams are a non-competitive, non-travel option for athletes looking for a low commitment team. There are no skill requirements. They will practice once a week and perform at an in house showcase. Their season is only one semester, and not a whole year.

### Open/ College Cheer Teams:

This team is a great option for athletes that have aged out of regular teams, it is for advanced stunters, and is currently non-tumbling, however we may add an additional tumbling Open team if there is an interest. This team practices once a week.

### Competitive Dance Teams:

Our All Star Competitive Dance teams compete a mix of Pom of Hip Hop Style. More info on our dance teams can be found in the dance info packet.



# Eagle Elite

## INFO PACKET

### Tryout Checklist:



### New Athletes:

- Account Created in I-Class Pro
- Tryout Scoring Packet
- Apparel Sizing Sheet
- Eagle Elite Handbook & Contract
- Eagle Elite Financial Agreement
- Eagle Elite Auto withdrawal Form
- Tryout Fees and Deposits Paid

### Returning Athletes:

- Tryout Scoring Packet
- Apparel Sizing Sheet
- Eagle Elite Handbook & Contract
- Eagle Elite Financial Agreement
- Eagle Elite Auto withdrawal Form
- Tryout Fees and Deposits Paid



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# Eagle Elite

## INFO PACKET

### Team Info:

### Crossing Over:

Some athletes may choose to “cross over” meaning be on more than one team. Elite cheer athletes can cross to other elite cheer teams, and all cheer athletes can cross to dance teams.

There is a discounted price for the 2nd team for athletes that cross.

Just because an athlete is interested in crossing does not mean they will be chosen to. If an athlete chooses to cross they must remain committed to both teams for the duration of the season.

### Attendance:

Competitive cheer is a team sport, and attendance is very important to the success of each team. All athletes are allowed 3 unexcused absences. The attendance policy for each type of team can be found in the season 11 Eagle Elite handbook/contract, please make sure you are familiar.

Elite teams will have a more strict attendance policy, then prep, then novice.



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### More Team Info:

### How do Tryouts Work?

We recommend you register for tryouts ahead of time to make the process easier, but drop ins will be welcome on tryout day.

Families will need to turn in tryout paperwork and make their payment for fees due. Athletes will tryout in different sessions based on their age. They will demonstrate standing and running tumbling, several jumps, and an 8 count dance that they will learn at tryouts. Beginners with no current tumbling skills or previous experience are welcome, we will teach you!

Because we have different teams for all ages, skill levels and commitment levels, our tryouts are more like team placements; all athletes will make a team, tryout day just determines which team they are placed on

### Free Classes and Class Discounts

-All of the athletes in our year long program receive 1 free class a week. Athletes are not required to attend extra classes but they are encouraged to help aid with skill development. After using the free weekly class, athletes also receive a discount on additional classes.

-Athletes in our Rec team program receive a discount on classes while their rec team is in session.

# Eagle Elite

## INFO PACKET

### Financial Info: Rec Teams

#### Required Costs: Due at time of enrollment:

Item:	Amount:	Due Date:
Tryout Fee	\$20 new athletes/ \$15 returner	Due Upfront
Annual Gym Registration Fee	\$40	Due Upfront
Team Top	\$25	Due Upfront
Tuition	\$250	Due Upfront
Choreography/ Music	\$75	Due Upfront

**Fall Session** -Aug 26th- November 18th (Showcase Sunday November 17th)

**Spring Session** -Jan 6th - March 17th (Showcase Sunday March 16th)

-All Rec team members will receive a discounted rate for classes during their session of \$10

-All Rec team member will receive 2 free showcase tickets (additional tickets are \$5)

#### Optional Costs:

Drop in Classes	\$10 (\$5 off discount)	Due each class
Practice Wear Set	\$95	Due at time of order
Eagle Elite Butterfly Shorts	\$38	Due at time of order
Pro Shop Bows	\$22	Due at time of purchase

This is our non-travel team. Costs are for 1 session



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# Eagle Elite

## INFO PACKET

### Financial Info: Novice Teams

#### Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$20 new athletes/ \$15 returners	Due at Tryouts
Annual Gym Registration Fee	\$40	Due at Tryouts
Practice Wear	\$95	Due at Tryouts
Uniform	\$150	\$100 Deposit Due at Tryouts \$50 Due July 1st
1/2 May Tuition	\$32.50	Due at first practice
Monthly Tuition	\$65	1st of every month
Choreography Camp/ Music	\$250	Due August 1st
Competition Bows	\$38	Due August 1st
Competition Fees	\$345 Total	\$115 Due September 15th \$115 Due October 15th \$115 Due November 15th

#### Optional Costs:

Season 11 Tank Top	\$20	Due at tryouts
Optional Practice Wear Set	\$95	Due at time of order
Custom Rebel Dream Bag	\$140	Due at time of order
Custom Warm Up Set	\$175	Due at time of order

All fees must be paid by their due date. A \$25 late fee will apply to fees not paid after 5 days past the due date.

Card fees at or over \$300 will have a 3% card processing fee.



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# Eagle Elite

## INFO PACKET

### Financial Info: Prep Teams

#### Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$20 new athletes/ \$15 returners	Due at Tryouts
Annual Gym Registration Fee	\$40	Due at Tryouts
Practice Wear	\$95	Due at Tryouts
Season 11 Tank Top	\$20	Due at Tryouts
Uniform	\$310	\$100 Deposit Due at Tryouts \$55 Due at 1st Practice \$155 due July 1st
Competition Bow	\$38	Due August 1st
1/2 May Tuition	\$50	Due 1st Practice
Monthly Tuition	\$100	1st of every month
Competition Bow	\$38	Due August 1st
Choreography Camp/ Music	\$350	Due August 1st
Competition Fees	\$405 Total	\$135 Due September 15th \$135 Due October 15th \$135 Due November 15th

#### Optional Costs:

Crossover Dance Tuition	\$35	1st of every month
Custom Rebel Dream Bag	\$140	Due at time of order
Optional Practice Wear Set	\$95	Due at time of order
Custom Warm Up Set	\$175	Due at time of order

All fees must be paid by their due date. A \$25 late fee will apply to fees not paid after 5 days past the due date.

Card fees at or over \$300 will have a 3% card processing fee.

# Eagle Elite

## INFO PACKET

### Financial Info: Elite Teams

#### Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$20 new athletes/ \$15 returners	Due at Tryouts
Annual Gym Registration Fee	\$40	Due at Tryouts
Practice Wear Set	\$95	Due at Tryouts
Season 11 Tank Top	\$20	Due at Tryouts
NEW Uniform	\$490 Total	\$100 Deposit Due at Tryouts \$145 Due at 1st Practice \$245 due July 1st
½ May Tuition	\$62.50 Mini/Youth or \$72.50 Jr/Sr	Due at 1st Practice
Mini/ Youth Tuition	\$125	1st of every month
Junior/ Senior Tuition	\$145	1st of every month
Choreography/ Skills Camp/ Custom Music	\$700	Due August 1st
Competition Bow	\$38	Due August 1st
Competition Fees/ Coaches Fees	\$900	\$300 Due September 15th \$300 Due October 15th \$300 Due November 15th

#### Optional Costs:

End of the year competition	\$TBA	TBA
Custom Rebel Dream Bag	\$140	Due at time of order
Custom Warm Up Set	\$175	Due at time of order
Optional Practice Wear Set	\$95	Due at time of order
Crossover Cheer Tuition	\$45	1st of every month
Crossover Dance Tuition	\$35	1st of every month
Crossover Cheer Choreography (elite)	\$400	Due August 1st
Crossover Cheer Comp Fees (elite)	\$500	Due with other comp fees

All fees must be paid by their due date.  
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paid after 5 days past the due date.

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### More Financial Info:

#### Discounts:

- Sibling Discount: 2nd child gets 50% off Tuition
- Crossover Discount: 2nd Cheer team is \$45 and choreography and comp fees will be discounted for the 2nd team.
- Dance Team Discount: Dance team is \$35 for cheer team members crossing to a dance team and comp fees will be discounted for the dance team

#### Payment Information:

Every athlete will be required to keep a card saved on file. Late payments will receive a \$25 late fee if not paid 5 days past the due date. Payments still not received by 10 days past the due date will automatically be charged to the card on file with the late fee. All card purchases at or above \$300 will have a 3% processing fee.

#### Auto Withdrawal:

You will have the option to set up auto withdrawal for all payments using your card on file, or make payments manually. If you are signed up for automatic payment and decide you would like to make a payment manually instead you must let us know before the due date.





# Eagle Elite

## INFO PACKET

### Practice Wear:

#### Required Practice Wear Set



#### Season 11 Tank



#### Optional Practice Wear Set



#### Optional Warm Up Set



All traveling/ competitive cheer teams will need to get and wear the required practice wear set. The optional set is optional for all athletes. The Warm up set is optional for all athletes.



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# Eagle Elite

## INFO PACKET

### Uniforms:

#### Prep Uniforms:



#### Novice Uniforms:



All athletes will be required to have white cheer shoes.

#### Elite Uniforms:



#### Golden Eagles Uniform:



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# Eagle Elite

## INFO PACKET

### Important Dates:

#### Holiday & Gym Closings

- 4th of July/ Summer Break: June 28th-July 7th
- Labor Day: August 30th- September 2nd
- Halloween: October 31st
- Thanksgiving Break: November 22nd- December 1st
- Christmas Break: December 20th- January 6th
- Spring Break: March 21st- March 30th

*(please use the closing dates above to plan vacations and trips in order to avoid missing practices and mandatory events)*

#### Choreography:

It is very important that all athletes attend their team choreography. Exact days and times for each team will be announced at a later date.

We recommend families block off the last two weeks/weekends of July and the first two weeks/weekends of August.

We recommend you plan family vacations for June or the first week of July to avoid missing team choreography.

Choreography is **Mandatory**.

Please note that dates are subject to change at our discretion.



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# Eagle Elite

## INFO PACKET

### Important Dates:

### Extra Practices:

Extra practices are typically scheduled for the weekend before a competition weekend.

It is a high probability that the first extra practice of this season will be Sunday November 10th (we recommend you save that date)

Remaining extra practices dates will be dependent on the competition schedule and are TBA

Extra Practices are **Mandatory**.

### Tentative Competition Schedule:

Our competition schedule will not be set until event producers set their schedule for the upcoming season.

Our competition schedule usually begins in November and goes through April. Elite Cheer Teams will compete at 5 or 6 competitions, Prep, Novice and Dance Teams will compete at 3. We try to stay at in state competitions as much as the schedule allows.

Elite and Dance teams will compete at The All Star World Championships in Florida at the end of the season if they receive a bid. Please plan accordingly.

Please note that dates are subject to change at our discretion.



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# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

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

A- Our elite competitive teams go to 5 or 6 competitions in a season (Prep and Novice teams will go to 3) We will try to keep Novice and Prep Competitions in State to the best of our ability. Elite teams will also travel for a final end of year competition if they receive a bid. We compete at competitions associated with the Open Championship series.

#### **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. including: Tumbling skills, (ability to perform necessary ELITE 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/ attendance from the previous season. We are required by the score sheet to compete certain skills by a certain number of athletes for each team, and have to base our teams on those requirements. Team placements are never a personal decision but are made with each teams best interest in mind. It is VERY normal for an athlete to stay a level/ age division for multiple years.

#### **Q- What are Elite/ Level appropriate tumbling skills?**

A- It is important to remember that this is a competitive sport. Each level has "basic" tumbling skills and "elite" tumbling skills that teams are required to compete to get full points at competition. 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"



# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

#### **Q- How does the gym communicate with parents?**

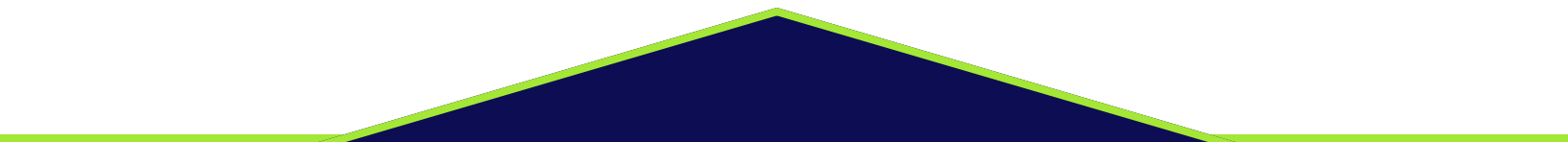
A-The gym will primarily communicate with you through email. It is very important that you read through the emails we send out. We will also post on facebook and instagram and you can always find our schedule on the website.

#### **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(choreography is mandatory). 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. If an Elite or Prep team member misses a MANDATORY practice there will be a \$25 fine. This is a team sport and it is very important to the success of the team that all athletes are in attendance for their practices. Further information including what counts as excused absences can be found in the handbook.

#### **Q- Is my athlete 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.





# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

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

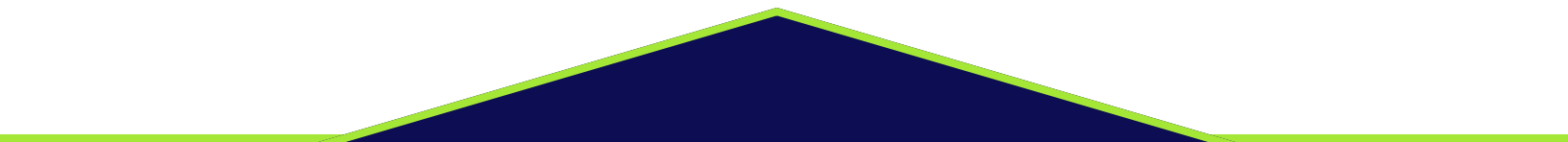
A- Private lessons are a great way for your athlete to get one on one attention, and hands on help with their skills. Private lessons are 30 minutes and are either \$30 or \$25 per 30 minutes depending on the coach. Private lessons can be set up directly with a coach, or if you do not have a specific coach in mind they can also be set up through the front desk and gym email. Private lessons are not required. 24 hours notice is required when canceling a lesson or you will still be charged for the lesson and the coaches time.

#### **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. In the past we have found that athletes taking tumbling outside of the gym actually hinder their progress and skills, have had injuries, and created anxiety about the skills. 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.

#### **Q- What does it mean to cross?**

A- This means that your child would be on multiple teams. Coaches may choose to cross an athlete for a number of reasons. Just because you are willing to cross does not mean that you will. If you want 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.





# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

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

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, via email.

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

A- Before each competition you will get an email with all important information for that competition. 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- 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. Some families will choose to coordinate hotel stays but that is totally up to each individual family. However, some competitions are "stay to play" and require us to stay in their specific hotel, we will let you know well in advance if any of the competitions have that requirement.





# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

#### **Q- Is there required competition make up?**

A- Elite and Prep teams will have required competition make up that they will need to wear to match for each competition. Tiny Novice teams are not required to wear make-up, that will be optional for tiny novice teams.

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

A- If your child is on a bid eligible team, meaning an Elite Cheer team or a Dance team, you should be prepared for your child's team to compete at an end of season competition in Florida. If you do not want your child to be on a bid eligible team, and are against going with the team to an end of season competition you should let the coaches know at tryouts that you would not like your child to be placed on an Elite Team.

#### **Q- Do we allow our athletes to participate in other teams or sports?**

A- Yes, we allow participation in school sport teams/ other activities. HOWEVER, we ask our members to split their time evenly if they are participating in other teams and should make Eagle Elite a priority and will still be required to be present at all mandatory practices. **Elite** Teams athletes are expected to treat Eagle as their priority, missing practices for other sports or activities will be counted as unexcused (extra practices and practices the week of a competition are mandatory for everyone)



# Eagle Elite

## INFO PACKET

### Frequently Asked Questions:

#### **Q- Who are the coaches at Eagle Elite?**

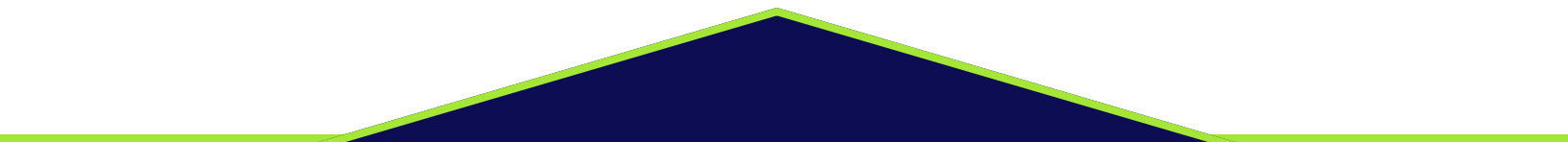
A- We are extremely proud of our coaching staff at Eagle Elite. All of our coaches have and continue to, go through training every year. Our coaches have all been hand picked to be a part of our program, and the majority of our coaching staff have been with us for 5 to 10+ years. All of our coaches are background checked and safety certified so you can be sure that your athletes are in good and safe hands. You can learn more about our coaches on our website.

#### **Q- What are practices like at Eagle Elite?**

A- We strive to make sure that every practice is a good practice. Our coaching philosophy focuses on positive coaching and encouragement. Athletes are expected to put in their best effort at every practice, and parents are expected to be encouraging and positive with all athletes. We believe in pushing athletes to be the best that they can by teaching the skills and technique that they need and encouraging them to believe in themselves and trust their teammates.

#### **Q- What levels does Eagle Elite offer?**

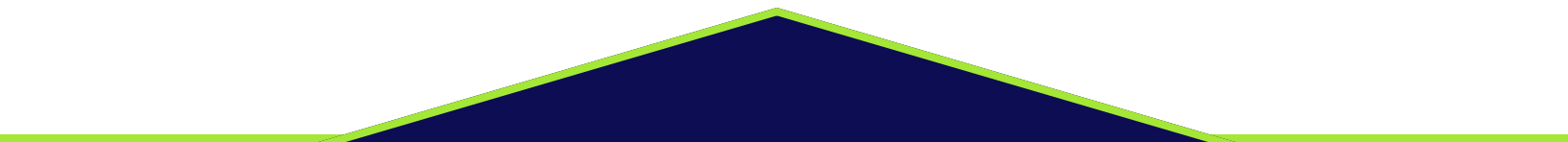
A- Over the seasons Eagle Elite has offered levels 1, 2, 3 and 4 at various age groups. The coaches are also trained and knowledgeable for a level 5 team, and we would be open to adding a level 5 team if we felt we had athletes with the necessary skills to make a competitive team.





# Eagle Elite

## Understanding how teams are set:

- 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.
  - We are required by the scoresheet to have a specific number of athletes perform specific elite tumbling skills on each team, and must keep this in mind when setting teams.
  - We are also required by the scoresheet to have a specific number of stunts in the air, and those stunts are required to do a specific number of elite skills. We have to keep this in mind when setting teams.
  - 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 and stunting quantities.
  - 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 in the middle of a difficult routine with correct technique.
- Teams are judges on TECHNIQUE. We will lose points for incorrect technique.
- Beginners new to cheer, there are no skills required to get started, only a willingness to learn and work hard!
- 

## Understanding how teams are set continued:

- Be realistic and set your athlete up for success. It is very normal in this sport to compete at the same level for a few year until you are comfortable with the above level skills and ready to compete them.
- Our sport is judged on a percent of perfection so we will require the skills shown be executed with proper technique and form, just like the competition judges will expect.
- Please don't emphasize level only. We want our athletes confident in their skills, able to do them safely, and competing things they are super comfortable and proficient with and not stressing over.
- Please don't emphasize team type only. (Rec, Novice, Prep, Elite) The jump from one type to the next can be huge. Routines will continue to increase in difficulty, speed, complexity, skill requirements and commitment level. Athletes should expect to stay at a team type for multiple years.
- Pushing an athlete to compete a higher level or team type then they are ready for can be unsafe, cause extra stress and burnout. Please trust our coaches 40+ combined years of experience in this sport.
- There will be no spotting at team placements and athletes will be asked 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.
- Please also understand that tumbling is not the only level requirements for teams. Athletes should also be able to execute level appropriate stunts.
- Retuning athletes past attendance, attitudes, work ethic, ect. will be considered when setting teams.

# Eagle Elite

## What is level appropriate tumbling:

Level 1	
Basic: Standing Tumbling Skills	Basic: Running Tumbling Skills
(Forward roll) (Backward Roll) (Handstand Forward Roll) (Back Walkover) (Scissor Back Walkover) (Back Extension Roll) (Valdez)	(Front Walkover) (Cartwheel-Back Walkover)
Elite: Standing Tumbling Skills	Elite: Running Tumbling
(Back Walkover - Scissor Back Walkover) (Valdez Back Walkover) (Back Extension Roll - Back Walkover)	(Front Walkover - Cartwheel - Back Walkover) - and variations
Level 2	
Basic: Standing Tumbling Skills	Basic: Running Tumbling Skills
(Back Walkover - Back Handspring) (Whip T - Back Handspring) (Back Handspring step out)	(Roundoff - Back Handspring) (Cartwheel - Back Handspring) (Roundoff - Back Handspring Step Out)
Elite: Standing Tumbling Skills	Elite: Running Tumbling Skills
(Valdez - Back Handspring) (Back Extension Roll - Back Handspring) (Back Handspring Step out - Back Walkover - Back Handspring)	(Front Walkover - Round off - Back Handspring series) (Round off Back Handspring - ½ turn rebound - Roundoff - Back Handspring)
Level 3	
Basic: Standing Tumbling Skills	Basic: Running Tumbling Skills
(BHS - BHS) (Jump - BHS) (BWO - BHS - BHS) (BHS Step out - BWO - BHS series)	(RO- Tuck) (RO - BHS - Tuck) (RO - BHS series - Tuck)
Elite: Standing Tumbling Skills	Elite: Running Tumbling Skills
(BHS - BHS - BHS) (Jump - BHS series) (Jump - BHS - Jump - BHS) (BWO - BHS - Jump - BHS) (Jump - BHS series) (BHS - Jump - BHS)	(FWO - RO - Tuck) ( FWO - RO- BHS - Tuck) (RO - BHS - ½ turn rebound - RO - BHS) (Aerial - RO - Tuck) (Punch Front - RO - Tuck)
Level 4	
Basic: Standing Tumbling Skills	Basic: Running Tumbling Skills
(BHS series - Back Tuck)	(Cartwheel - Tuck) (Round off - BHS - Layout) (PF step out - RO - BHS - Tuck) (Aerial - tuck)
Elite: Standing Tumbling Skills	Elite: Running Tumbling Skills
(Jump - BHS series - Tuck) (BWO - Tuck) (Tuck) (BHS step out - Tuck)	(Punch Front step out - RO - BHS - Layout) (RO - BHS - Whip - Layout) (RO -BHS - Whip - BHS - Layout)

Please note that a level is not only about tumbling but also stunts, jumps, routine speed ect.