

# EAGLE ELITE

CHEER & DANCE

*SOAR with the Best!*

**2026-2027**

## Team Program- Frequently Asked Questions:

**Season 13 Tryouts!**

**Sat. May 16th**

For more info:

**573-999-4679**

[eagleelitecheer.com](http://eagleelitecheer.com)

[eagleelitecheerleading@gmail.com](mailto:eagleelitecheerleading@gmail.com)



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## Why Chose Eagle Elite?

**The Coaching-** The coaches at Eagle Elite are the best at what they do! They have been hand picked, trained, and credentialed, and go through yearly continued education. Our staff is the most experienced, most knowledgeable, and the most consistent.

**The Training-** We focus on correct technique and proper training and progression. We believe skills should be executed safely and correctly and that athletes should be coached in a positive and encouraging way while still being pushed to reach their full potential.

**The Consistency-** Our consistency and our history of repeated success speaks for itself. Our gym has the most consistent coaching the past 12 years, and we have had the longest run of success for BOTH upper and lower levels and across all team types.

**Organization & Communication-** We have been told repeatedly by our clients that our organization and communication is the best around. Our monthly information emails contain all the important info that you will need, our pricing, due dates and schedule is set at the start of the year and will not change, and we are honest and genuine in what we say.

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## FAQs:

### What is All Star Cheer/Dance?

-All-Star Cheer is a competitive team sport. Teams will learn a routine at the beginning of the season that consists of tumbling, jumps, stunts and dance that they will then compete. Teams will be scored by a panel of judges and then ranked at award ceremonies at the competitions. Competitions have a specific scoresheet with different requirements depending on team type and level, and teams will work to max out the scoresheet and get the best possible score they can. There are several different types of teams, that have different cost and time commitments. Our Elite Teams typically earn bids to compete at the All Star Worlds in Orlando at the end of the season.

All-Star Dance is a competitive team sport. Dance teams are created based on age and skill. Teams will learn a dance that consists of a pom and hip hop portion. Historically our dance teams scores at regular season competitions earn them bids to compete at the All Star Worlds in Orlando at the end of the season, and several of our teams have won 1st place!

This sport teaches athletes about teamwork, perseverance, time management, mental toughness, physical strength and coordination, commitment, accountability, respect for others, and confidence just to name a few.





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## Tryouts: How do they work?

In order to be placed on a team at Eagle Elite all athletes must go through our tryout process. On Tryout day there will be several different tryout sessions based on age. Athletes should come to the age appropriate tryout session, and will be asked to show their standing tumbling, running tumbling, jumps, and an 8-count dance that they will learn at tryouts.

Tryout and team paperwork will be available on tryout day and parents/guardians will need to complete all paperwork, and pay tryout fees in order to be placed on a team.

After tryout day is complete our coaches will determine the best team placement for each athlete based on a number of different factors. Placements and other information will then be emailed out on Sunday May 17<sup>th</sup>.

Athletes must participate in tryouts to be on a team at Eagle Elite. If an athlete is unable to attend tryout day, an individual tryout can be schedule through the front desk. Athletes/parents do not get to pick their team placement.

*We recommend scheduling individual tryouts prior to Tryout Day, we cannot promise that some teams wont be full if you tryout late.*

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## What to do before Tryouts?

Prior to Tryouts we will run a May Madness All Class & Open House Schedule. Athletes are welcome to drop into classes to work on skills, see the gym, get to know our coaches, and make friends!

*(please make sure athletes attend age/skill appropriate classes)*

We will have classes running all evening Monday - Friday April 27th-May 15th

First class FREE Trial- All classes drop in \$15 per class

*\*annual gym registration fee required for any athletes to attend classes, clinics or lessons at Eagle Elite*

To sign up for any of our drop in classes log into your I-Class pro account through our website.

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## FAQs:

### How are Team Placements Determined:

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/ stunting ability 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. We ask that parents please do not emphasize making a specific team or level. Athletes are trying out to be a part of the Eagle Elite program, and being a part of Eagle should be the focus.

### What are level appropriate/ elite skills?

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

*Having the required tumbling for a team or level is just one basic requirement, and does not automatically guarantee placement, there are MANY factors that go into each team placement.*

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## FAQs:

### How does the gym communicate with parents?

The gym will primarily communicate with you through email. We will send out information emails at the beginning of each month that will include any important and upcoming info. 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.

### What is the attendance policy?

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). All practices should be considered required and mandatory as attendance is very important and not optional.

After summer, athletes are given 3 unexcused absences. Extra practices and practices the week before a competition are absolutely 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 committed to their team and are in attendance for their practices.

Our entire attendance policy, including what counts as excused absences can be found in the handbook.

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## FAQs:

### Who are the coaches at Eagle Elite?

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, their experience and their credentials & training on our website.

### What are practices like?

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 supportive of our coaching decisions, and encouraging and positive with all athletes. All practices are structured, and athletes will be given instructions and corrections. At Eagle Elite we have high standards for both skills and athlete behavior, and high expectations for all of our athletes across all teams, levels and age groups. Athletes will be expected to be able to take directions, and follow coach instructions. All athletes will be expected to participate in their practices, and contribute to their team. This is a fun and competitive sport, and we want our athletes to enjoy their time in the gym, but practices will never be a free for all, all athletes will be expected to follow our gym rules and standards. We believe in pushing athletes to be the best that they can be by teaching the skills and technique that they need, always requiring their best effort, and encouraging them to believe in themselves and trust their teammates.

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## FAQs:

### What is the lobby like?

We encourage a kind and positive gym and parent lobby. We ask that parents do not try to coach their kids through the window, and refrain from any negative talk. We ask that you trust our coaches many years of successful experience. Most of the time the lobby windows will remain open for parents to observe practices, however in competition season we may make the decision to close the windows to help athletes focus and prevent distractions.

### Can I take my child other places to tumble?

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.

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## FAQs:

### When will I know info about competitions?

We do our very best to get you as much information as possible as soon as we can. Once we get information from the event producers we will send it out immediately. Oftentimes competitions won't send out a preliminary schedule until 2 weeks prior to the competition, and we won't receive the final schedule until the week of.

### What do I do on competition days?

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.

### Is there required competition makeup?

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.

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## FAQs:

### What happens if my child's team gets a bid?

If your child is on a bid eligible team, meaning an Elite Cheer team, an Elite Dance team, or an Open team, you should be prepared for your child's team to compete at an end of season competition in Florida. If these teams receive a bid, we will take them, and all athletes on them are expected to go. 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 a bid eligible team..

### Do we allow athletes to participate in other sports?

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 to make Eagle Elite a priority. Athletes will still be required to be present at all mandatory practices. All Elite Team athletes are expected to treat Eagle as their priority, missing an entire practice for other sports practices or activities will be counted as unexcused (extra practices and practices the week of a competition are absolutely mandatory for everyone)

While WE allow our athletes to participate in other sports, we have found that not all other sports and coaches allow athletes to participate in both.



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## FAQs:

### 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 judged on TECHNIQUE. We will lose points for incorrect technique. 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.

-Beginners new to cheer, there are no skills required to get started, only a willingness to learn and work hard!

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## FAQs:

### Understanding how teams are set cont:

-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 years until you are comfortable with the above level skills and ready to compete them.

-Athletes should not move up until they have MASTERED ALL tumbling and stunting for a level or team type.

-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 level or team type (*Rec, Novice, Prep, Elite*) The jump from one 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/ age group/ level for multiple years and are not ever guaranteed to move.

-Pushing an athlete to compete a higher level or team type then they are ready for can be unsafe, and cause extra stress and burnout. Please trust our coaches 50+ combined years of experience in this sport and our history of creating successful teams.

-There will be no spotting at team placements. Athletes will be judged not just on what skills 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 and contribute to level appropriate and elite stunts.

-Retuning athletes past attendance, attitudes, work ethic, stunting ability, ect. will be considered when setting teams.