

EAGLE ELITE SEASON 12 INFO PACKET



SOAR WITH US!

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.

PROGRAMS:

Novice Cheer Teams

Prep Cheer Teams

Elite Cheer Teams

Showcase Teams

Dance Teams



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WE ARE STILL ADDING TO TEAMS!

Tryout day was Saturday May 17th, but we are still adding to most of our teams!

If you are interested in joining our team program for Cheer or Dance email us to schedule an individual tryout!

Some teams may be full and closed after tryouts.



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TRYOUT CHECKLIST:

To Do:

- Account Created in I-Class Pro
- Tryout Scoring Packet & Questionnaire
- Apparel Sizing Sheet and Order Forms
- Season 12 Handbook & Contract
- Season 12 Financial Agreement
- Season 12 Auto Withdrawal Form
- Tryout Day Fees and Deposits Paid

All paperwork will be available online.



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SEASON 12 TEAMS

- Non-competitive Showcase Team
- Teeny Tiny Novice
- Tiny Novice
- Mini Prep
- Junior Prep
- Youth Elite 1
- Junior Elite 2
- Senior Elite 3
- Senior Elite 4
- Open/College Co-ed Non-tumbling 4
- &
- Mini Dance
- Youth Dance
- Junior Dance
- Senior Dance



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PROGRAMS:

Showcase Cheer Teams

Our Showcase 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.





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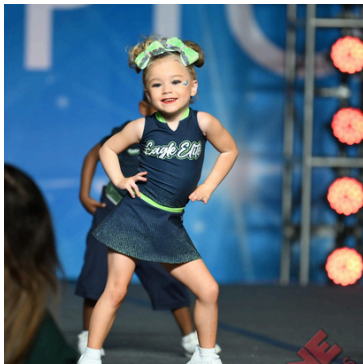
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PROGRAMS:

Novice Cheer Teams

Our Novice Cheer teams are a great option for athletes just getting started and/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. This is a full year team, and requires a once a week commitment.





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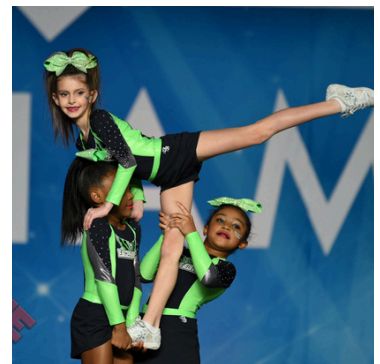
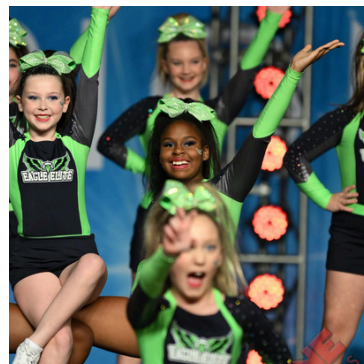
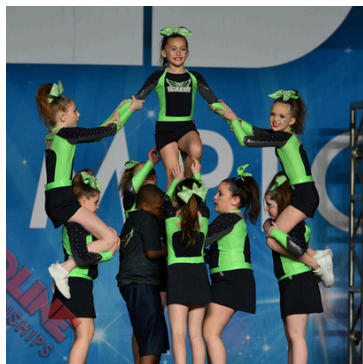
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PROGRAMS:

Prep Cheer Teams

Our Prep teams practice once a week making them a lower commitment and lower cost option than our Elite Teams. They still have skill requirements, but they are less than Elite teams. They will compete at 3 competitions. This is a full year team and requires a once a week commitment.





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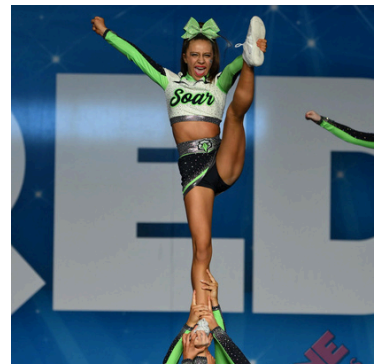
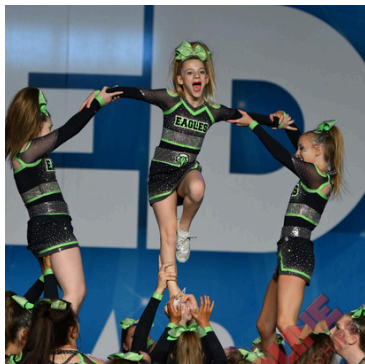
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PROGRAMS:

Elite Cheer Teams

Our Elite Cheer 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.





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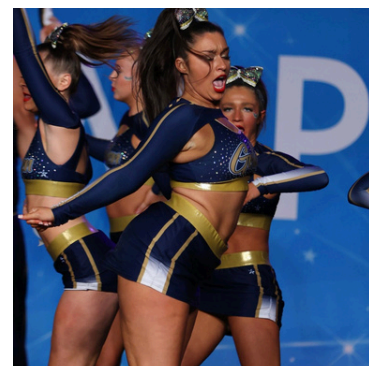
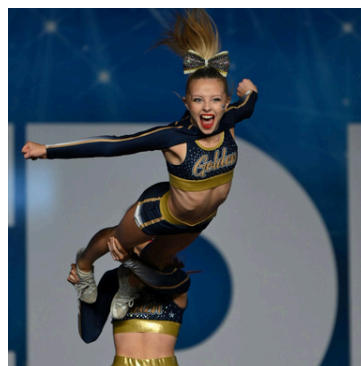
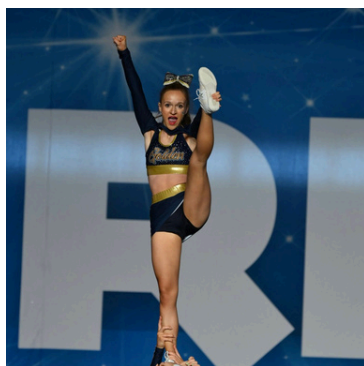
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PROGRAMS:

Open/ College Cheer Teams

This teams is a great option for athletes that have aged out of regular teams. This is a non tumbling team, and athletes will need to be able to do at least level 4 stunting or above. They practice once a week and will plan on going to 3 competitions, with the potential to get a bid and compete at an end of season national competition.





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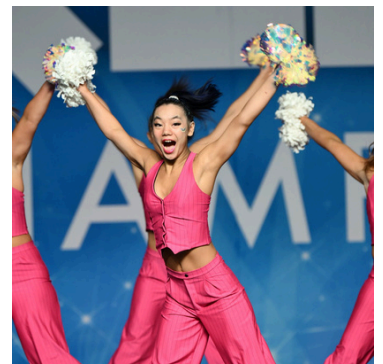
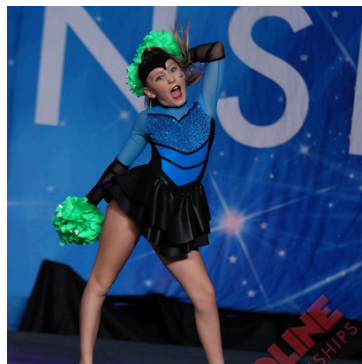
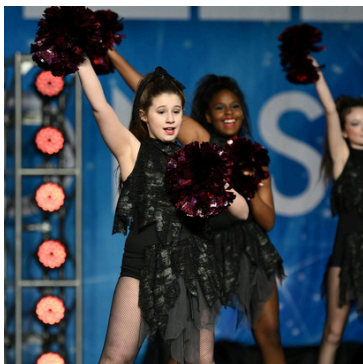
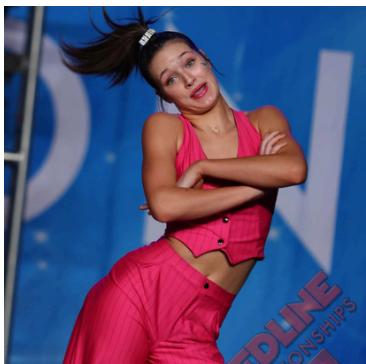
PROGRAMS:

Dance Cheer Teams

Our dance teams practice once a week, making it a great option for current cheerleaders also wanting to dance, or current studio dancers interested in competing a different style.

If a bid is attained to the All Star World Championships Elite Dance teams will go.

For more info see our Dance Team Info Packet





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TEAM INFO

**SEASON 12
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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. Team placements are determined by a number of different things including age and skill level demonstrated, returning athletes past attendance and athlete attitude are also a factor. Athletes must be in good standing with the gym to be placed on a team.

What happens after Tryouts?

Placements will be emailed out Sunday May 18th. (the day after tryouts) In your email you will be given your athletes team, their coaches, their practice schedule, the date for our parent information meeting and more. In order to tryout and be placed on a team you signed our season 12 team handbook/ contract. If you did not sign then you will not receive a placement. You will have a 48 hours grace period to decline your placement, after that if you decide to not continue with the team there will be a buyout fee.

You are not allowed to directly contact our coaches after team announcements regarding placement.



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TEAM INFO

**SEASON 12
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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. Different teams require a different amount of practices. The attendance policy for each type of team can be found in the season 12 Eagle Elite handbook/contract, please make sure you are familiar. Elite teams will have a more strict attendance policy, then prep, then novice.

Attendance during competition season is incredibly important- please avoid planning trips that would cause your athlete to miss practice during competition season. The gym does close for breaks, we recommend utilizing breaks for tips.



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UNIFORMS:

Prep Team Uniform



Novice Team Uniform



Elite Team Uniform



Soar Team Uniform





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PRACTICE WEAR:

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Required Set



*Required for
All Teams

Season 12 Tank



Optional Set



*Required for
Elite Teams

Optional for
all others



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OPTIONAL ITEMS:

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Warm Up Set



Custom Dream Bag



Jerseys





FINANCIAL INFO:

Season 12 Cost Sheet: **Showcase Teams** (1 semester)

Required Costs: Due at time of enrollment:

Item:	Amount:	Due Date:
Tryout Fee/ Team Registration	\$25 new athletes/ \$20 returner	Due Upfront
Annual Gym Registration Fee	\$45	Due Upfront
Team Top	\$25	Due Upfront
Tuition	\$325	Due Upfront
Choreography/ Music	\$75	Due Upfront

Fall Session -Aug 18th- December (Showcase date TBA)

Spring Session- TBA

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

Optional Costs:

Drop in Classes	\$10 (\$5 off discount)	Due each class
Practice Wear Set	\$100	Due at time of order
Pro Shop Bows	\$25- \$38	Due at time of purchase

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check



FINANCIAL INFO:

Season 12 Cost Sheet: Novice Teams

Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$25 new athletes/ \$20 returners	Due at Tryouts
Annual Gym Registration Fee	\$45	Due at Tryouts
Practice Wear	\$100	Due at Tryouts
Uniform	\$175	\$100 Deposit Due at Tryouts \$75 Due July 1st
1/2 May Tuition	\$40	Due at first practice
Monthly Tuition	\$80	1st of every month
Choreography Camp/ Music	\$275	Due August 1st
Competition Bows	\$38	Due August 1st
Competition Fees	\$375 Total	\$125 Due September 15th \$125 Due October 15th \$125 Due November 15th

Optional Costs:

Season 12 Tank Top	\$25	Due at tryouts
Optional Practice Wear Set (black & white set)	\$100	Due at time of order
Custom Rebel Dream Bag	\$145	Due at time of order
Custom Warm Up Set	\$180	Due at time of order

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check



FINANCIAL INFO:

Season 12 Cost Sheet: Prep Teams

Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$25 new athletes/ \$20 returners	Due at Tryouts
Annual Gym Registration Fee	\$45	Due at Tryouts
Practice Wear	\$100	Due at Tryouts
Season 12 Tank Top	\$25	Due at Tryouts
Uniform	\$325	\$100 Deposit Due at Tryouts \$62.50 Due at 1st Practice \$162.50 due July 1st
Competition Bow	\$38	Due August 1st
1/2 May Tuition	\$57.50	Due 1st Practice
Monthly Tuition	\$115	1st of every month
Competition Bow	\$38	Due August 1st
Choreography Camp/ Music	\$375	Due August 1st
Competition Fees	\$450 Total	\$150 Due September 15th \$150 Due October 15th \$150 Due November 15th

Optional Costs:

Crossover Dance Tuition	\$45	1st of every month
Custom Rebel Dream Bag	\$145	Due at time of order
Optional Practice Wear Set (black & white set)	\$100	Due at time of order
Custom Warm Up Set	\$180	Due at time of order

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check

FINANCIAL INFO:

Season 12 Cost Sheet: **Elite Teams**

Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$25 new athletes/ \$20 returners	Due at Tryouts
Annual Gym Registration Fee	\$45	Due at Tryouts
Practice Wear Set #1	\$100	Due at Tryouts
Practice Wear Set #2 (black & white set)	\$100	Due at 1st Practice
Season 12 Tank Top	\$25	Due at Tryouts
NEW Uniform	\$500 Total	\$100 Deposit Due at Tryouts \$150 Due at 1st Practice \$250 due July 1st
½ May Tuition	\$67.50 Mini/Youth or \$77.50 Jr/Sr	Due at 1st Practice
Mini/ Youth Tuition	\$135	1st of every month
Junior/ Senior Tuition	\$155	1st of every month
Choreography/ Skills Camp/ Custom Music	\$750	Due August 1st
Competition Bow	\$38	Due August 1st
Competition Fees/ Coaches Fees	\$930	\$310 Due September 15th \$310 Due October 15th \$310 Due November 15th

Optional Costs:

End of the year competition	\$TBA	TBA
Custom Rebel Dream Bag	\$145	Due at time of order
Custom Warm Up Set	\$180	Due at time of order
Crossover Cheer Tuition	\$45	1st of every month
Crossover Dance Tuition	\$45	1st of every month
Crossover Cheer Choreography (elite)	\$400	Due August 1st
Crossover Cheer Comp Fees	\$525	Due with other comp fees

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check

FINANCIAL INFO:

Season 12 Cost Sheet: **Open Team**

Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$25 new athletes/ \$20 returners	Due at Tryouts
Annual Gym Registration Fee	\$45	Due at Tryouts
Practice Wear Set <i>(optional)</i>	\$100	Due at Tryouts
Season 12 Tank Top	\$25	Due at Tryouts
Uniform	\$360	Due June 15th
1/2 May Tuition	\$40	Due at first practice
Monthly Tuition	\$80	1st of every month
Choreography/ Skills Camp/ Custom Music	\$225	Due August 1st
Competition Bow	\$38	Due August 1st
Competition Fees	\$375	\$125 Due September 15th \$125 Due October 15th \$125 Due November 15th

Optional Costs:

End of the year competition	\$TBA	TBA
Custom Rebel Dream Bag	\$145	Due at time of order
Custom Warm up	\$180	Due at time of order
Optional Practice wear set	\$100	Due at time of order

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check

FINANCIAL INFO:

Season 12 Cost Sheet: **Competitive Dance Teams**

Required Costs:

Item:	Amount:	Due Date:
Tryout Fee	\$25 new athletes/ \$20 returners	Due at Tryouts
Annual Gym Registration Fee	\$45	Due at Tryouts
Practice Wear Set	\$100	Due at Tryouts
Season 12 Tank Top	\$25	Due at Tryouts
Competition Costume	\$TBA	Due at time of order
1/2 May Team Tuition	\$42.50	Due at first practice
Monthly Team Tuition	\$85	1st of every month
Choreography/ Music	\$375	Due August 1st
Competition Fees (for base dance team)	\$450 or 3 payments	\$150 Due September 15th \$150 Due October 15th \$150 Due November 15th

Optional Costs:

Crossover Dance Tuition	\$45	1st of every month
Solo/ Duo/ Trio: Choreography/music	\$TBA based on choreographer	Due prior to choreography
Solo/ Duo/ Trio: competition fees	\$TBA based on competition	Due at time of registration
End of year Nationals	\$TBA	TBA
Optional Practice Wear Set (black & white set)	\$100	Due at time of order
Custom Rebel Dream Bag	\$145	Due at time of order
Custom Warm Up Set	\$180	Due at time of order
Crossover Competition Fees (if dance is your second team) <i>Applies to our regular all-star competitions</i>	\$255	\$85 Due September 15th \$85 Due October 15th \$85 Due November 15th

-Please note these prices are before sales tax, sales tax will be applied to all tangible items.

-A card processing fee will be applied for any card purchases of \$300 or more.

-We do accept Cash or Check



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MORE FINANCIAL INFO:

Discounts:

- Sibling Discount: siblings get 50% off Tuition (*only applies to full year teams*)
- Crossover Discount: 2nd Cheer team is \$45 tuition and choreography and comp fees will be discounted for the 2nd team.
- Dance Team Discount: Dance team is \$45 tuition for eagle 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.



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CHEER & DANCE

**SEASON 12
COMING
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IMPORTANT DATES:

Tentative Save the dates

Choreography:

This is tentative and exact days and times for each team will be announced at a later date. (To avoid missing mandatory choreography we recommend planing trips for June or the first two weeks of July.)

-Elite Teams:

- Stunt/Skills Choreography: July 18th-20th
- Routine Choreography: August 15th-17th and/or August 22nd-24th
- Dance Choreography: September 19th-21st

Prep/Novice Teams:

- Routine Choreography: August 1st-3rd

Golden Eagles:

- Routine Choreography: September 13th and or 14th
- Dance Choreography: September 19th-21st

Dance Teams:

- TBA



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**SEASON 12
COMING
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IMPORTANT DATES:

Tentative Save the dates

Mandatory Practices:

- All practices the week prior to a competition are mandatory.
- All practices the week after a break are mandatory.
- For teams attending the All Star Worlds in Florida- all practices the two weeks prior to competition are mandatory.
- Choreography practices are all mandatory.

Extra Sunday Practices:

Extra practices are held the Sunday before a competition weekend, and are mandatory. Please save these dates now:

- 11/9- ALL Teams
- 12/7- ALL Teams
- 1/18- Elite Cheer Teams
- 2/1- ALL Teams
- 3/1- ALL Teams
- 4/12- Teams attending All Star Worlds

For more information on our full attendance policy please refer to our season 12 handbook.



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IMPORTANT DATES:

**SEASON 12
COMING
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Competition Schedule

11/15- Rockstar- Overland Park KS- (Elite Cheer Teams)

12/13- Celebrity- Branson MO- (ALL Teams)

1/24-1/25- POP Grand Nationals- KC MO- (Elite Cheer Teams)

2/7- Redline- KC MO- (ALL Teams)

3/7-MCDA- Collinsville IL- (ALL Teams)

2/28 - 3/1- Gold Rush Super Nationals- Frisco TX

-Elite Teams save the date- we may consider taking teams

4/16-4/19- All Star World Championships- Orlando FL

**Elite Cheer/ Elite Dance & Golden Eagles, will compete at The All Star World Championships in Florida at the end of the season if they receive a bid.*

-Competitions are required for team athletes. You do not get to pick and choose what competitions your athlete participates in.

-All practices the week prior to a competition are Mandatory for all team athletes, so please plan accordingly.

-All practices the two weeks prior to All Star Worlds are Mandatory for teams attending.



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SEASON 12
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IMPORTANT DATES:

Tentative Closings & Breaks:

-Memorial Day: May 26th

-4th of July/ Summer Break: June 27th - July 6th

-End of Summer/ Labor Day Break: August 27th - September 1st

-Halloween: October 31st

-Thanksgiving Break: November 21st - November 30th

-Christmas Break: December 19th - January 4th

-Spring Break: March 20th - March 29th

-We recommend planning trips during gym breaks to avoid missing important practices, choreography, mandatory extra practices or competitions.



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BASIC INFO:

Free Classes & Discounts:

-All of the athletes in our year long team 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 Showcase team program receive a discount on classes while their team is in session.

Private Lessons:

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 range between \$25 and \$35 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.



EAGLE ELITE

CHEER & DANCE

FAQS:

**SEASON 12
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What is competitive/ 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.



EAGLE ELITE

CHEER & DANCE

FAQS:

**SEASON 12
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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 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.

What are Elite/ Level Appropriate Tumbling Skills?

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

CHEER & DANCE

FAQS:

**SEASON 12
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How does the gym communicate with parents?

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.

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). 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.



EAGLE ELITE

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**SEASON 12
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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?

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.

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.



EAGLE ELITE

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FAQS:

**SEASON 12
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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.

What does it mean to cross?

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.

What levels does Eagle Elite offer?

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

CHEER & DANCE

**SEASON 12
COMING
SOON!**

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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What happens if our 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 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 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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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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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 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 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, and cause extra stress and burnout. Please trust our coaches 50+ combined years of experience in this sport.
- 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 level appropriate stunts.
- Retuning athletes past attendance, attitudes, work ethic, ect. will be considered when setting teams.



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Tumbling Skills by Level

Level 1	
Basic: Standing Tumbling	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) (Front Walkover- Round Off)
Elite: Standing Tumbling	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	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) (Fly Spring)
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)- and variations
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)- and variations
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.