

January 2020

Dear Athlete,

The athletic sport of Cheerleading has seen massive growth over the last decade! When it was announced that Cheerleading was being recognized by the International Olympic Committee (IOC) as an Olympic sport, Secretary General for the International Cheer Union (ICU), Karl Olson, sought "Para Sport" recognition from the International Paralympic Committee (IPC) with the goal of initiating a division within Cheer for athletes with disabilities. ParaCheer (Adaptive Abilities) is this division and aspires to ignite opportunities for athletes with disabilities in the boundless arena of Cheer and Performance Cheer.

The organization, **ParaCheer Spirit**, was initiated in the fall of 2017 to represent the USA and is now in their third season selected as the US Unified Adaptive Abilities Nationals Team, representing USA Cheer (the governing body of US cheerleading) and bringing home GOLD from the 2019 ICU World Cheerleading Championships! In October, the team also brought home Gold from the 2019 ICU Pan American Championship held in Costa Rica. The ICU continues to seek IOC/IPC recognition and while the Adaptive Abilities Division and the sport of Cheer continue to grow, we are ready to launch a Traditional ParaCheer team consisting of 16-20 athletes, ages 14 and older, (preferably 18 years and older) with the various IPC "impairment types" necessary to compete at the Paralympic level. **You are being invited to tryout to be a part of this emerging Para Sport and we hope you will consider this opportunity to be a member of the US Nationals ParaCheer team (Traditional) at the 2020 World Championships in Orlando Florida April 27-29.** Each athlete must be able to self-propel themselves across a carpeted mat surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available- base of stunts, top/flyer in stunts, spot for stunts, tumbler, dancer, jumper. There is limited availability for each role based on choreography.



Below are the details for the commitment we are asking of you.

- 8 weeks of practice beginning mid-February in the Chicagoland area. *Each week you will receive coaching on the routine.* If you are unable to attend practice on a regular basis, virtual practice is expected during the practice times. *You will be responsible for weekly communication back to the coach with your progress via video and Facetime.* You will be expected to be available to Facetime in during practice times if you are unable to attend a practice in person. There are two weekend practices scheduled that you would be expected to be in attendance, April 4-5, April 18-19. (Sponsorship may be available for these two training sessions).
- **(Tentative Schedule) Arrive to Florida Thursday, April 23, 2020.**
- **Practice in Florida on April 24, 25, 26, 27**
- Participate in the USA Cheerleading Showcase on April 26, participate in the Opening Ceremonies April 27, compete on April 28, participate in Closing Ceremonies on April 29.

Your participation at the event will be sponsored and includes:

ICU / Disney shared lodging at a Disney Resort hotel, event registration package, roundtrip airport transportation (MCO only), 3-day Disney Park Hopper ticket, one meal voucher, Championship Celebration Party Ticket, 3-day admission to the championship venues and transportation to all championship events. (valued at \$1000).

YOU are responsible for your own travel to and from Orlando, meals while you are in Orlando, and purchasing the USA Cheer apparel package which includes practice wear (4 shirts, 2 shorts, warm up jacket and pant, USA backpack, USA uniform-\$150). All cheer props and equipment will be provided to the team.

We are excited to hear from you and embark on this amazing opportunity together!

Resources to look at: https://youtu.be/Qz2vO_c4EoY Instagram Facebook Twitter YouTube

Please respond ASAP to receive more information about the tryout process if you have an interest in becoming part of ParaCheer and history.

Cheers,

Lee Trudell, Co Founder and Director, ParaCheer Spirit NFP
Head Coach, Median, Traditional and Advanced