



WELCOME TO THE 2023-2024
SEASON

AERIAL ELITE

WWW.TREASURECOASTATHLETICS.COM

Your child's personal growth is our number one priority. We've built our program on a foundation of selflessness, compassion, and encouragement. We mentor each athlete in our program, teaching them how to support one another, how to resolve conflict, and how to work at their highest potential as an individual and a member of the team.

What the program entails:

The full year all-star program is a competitive all-star cheerleading program that fields teams of athletes ages 5+ and ranging in levels 1-6. The season begins in May and lasts through late April. When forming teams, we are looking for full mastery of skills to be placed within a level, as well as stunting positions.

- **Time Commitment:** Teams will practice two days a week at minimum. You can expect extra practice to take place for choreography, around competition season, and for extra work at the coaches' discretion. Attendance is incredibly important to a team's success. Athletes will be allowed to miss a limited number of practices throughout the season. During the summer, athletes are allowed 10 absences from practice. Once the fall schedule starts, athletes will be allowed (5) unexcused absences before being placed on alternate status. Absences that are not used through the summer will not rollover to fall. Any practices missed two weeks prior to a performance or competition will result in the athlete sitting out and being an alternate for that performance. If this occurs more than once, the athlete will be placed on alternate status for the duration of the season.
- **Absence Request:** It is imperative that all absences are communicated through their team's coach immediately. Examples of excused absences are contagious sickness, injury, school function resulting in a grade, death in the family. Examples of unexcused absences are concerts, birthday parties, school function not resulting in a grade, school work. Time management is extremely important as well as commitment throughout the season as some sacrifices may be made. Please note that we may ask for a letter stating excused absence such as a doctor's note or letter from the school. You will be able to submit this request on our website.
- **Competition Schedule/Travel:** The competition schedule will be released by June 2023. The full year All-star program will attend a variety of local and one out of state competition. All athletes are expected to attend every competition. Travel costs are not included in tuition and each family is responsible for getting their athlete to and from the competitions.
- **End of Season Events:** All our teams will work to earn a bid for an end of season event. End of season event costs are NOT included in the tuition and if your team earns a bid, additional fees will apply depending on the type of bid earned.

Things to Know:

- If you have any questions or concerns that need immediate attention, please use the following chain of communication.
 1. Team Mom
 2. Head Coach
 3. Owner/President
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- Alternate athletes are expected to attend all practices. Depending on when alternate status is established, the gym is subject to charging your account competition fees for your athlete to attend events.
- Crossover Policy: if you are asked to be a crossover athlete you will be responsible for the crossover fees in addition to your regular tuition when necessary.
- It is your responsibility to wear appropriate attire to competitions.
- Social media posts that are a poor representation of Aerial Elite/Treasure Coast Athletics may result in suspension or removal from the team.
- Personal items such as cell phones, school bags, or gym bags must be stored adjacent to your practice floor. NO items are to be left in the gym hallways or near the doors. We are not responsible for lost or stolen items.
- You must arrive at all practices, competitions, or any scheduled event on time. Punctuality is a MUST.
- Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of practice or during a competition would not be an appropriate time.
- Athletes need to be able to physically and mentally perform all aspects of competitive cheerleading. This may require additional privates, classes, conditioning and/or practices.
- NO GOSSIP about other athletes, teams, coaches, and staff.
- Aerial Elite/Treasure Coast Athletics is not a babysitting service. No child should be dropped off more than 15 minutes prior to practice or left more than 15 minutes after practice has ended.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or pull their child from a team will be dismissed from the program immediately without a refund.
- Only athletes and coaches are allowed in the gym/on the gym floor. There is a parent area where you will be permitted to sit during open practices.
- The coaches reserve the right to close practices at ANY time for ANY reason.
- It is the parents' responsibility to know what is going on with your team. Check your emails and team communication regularly. Band and email are all potential means of communication.
- Punishing your child by missing practice or a competition is not acceptable.
- Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends, and athletes are not allowed to speak with competition officials for any reason.
- Parents are not allowed to represent Aerial Elite/Treasure Coast Athletics under any circumstances concerning competitions or any other situation. (With the exception of hotel room blocks for team mom)
- There will be no arguing or questioning coaching decisions at competitions.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and with one or both owners.
- Aerial Elite/Treasure Coast Athletics reserves the right to refuse services at any time.
- The owners may change, add, or subtract any rule at any time.
- We have a PCA which is our (Parent Coach Association) This group organizes all fundraisers, gifts for athletes, gym events, etc. If you would like to join, please contact Makayla.
- Be on the lookout for waivers for events as the date approaches. There will be a \$5 fee per waiver if it must be chased.

Important Information:

Tuition:

Tuition is divided into 12 Installments of \$265. The tuition billing schedule is as follows:

1st payment: \$265 + \$75 for registration due at the time of registration

2nd payment: \$265 billed/due on June 1st

3rd payment: \$265 billed/due July 1st

4th payment: \$265 billed/due August 1st

5th payment: \$265 billed/due September 1st

6th payment: \$265 billed/due October 1st

7th payment: \$265 billed/due November 1st

8th payment: \$265 billed/due December 1st

9th payment: \$265 billed/due January 1st

10th payment: \$265 billed/due February 1st

11th payment: \$265 billed/due March 1st

12th payment: \$265 billed/due April 1st

In May you will be billed for TUITION only for a total of \$165

*There is a sibling discount.

Auto charges run on the 7th of each month. Everyone is required to have a card on file.

Tuition Includes:

Team practices and a one-hour weekly tumble class (plus drop in classes weekly, when space is available).
Choreography, music, and competition fees.

Tuition does NOT include:

\$200 coaches fee billed in September. This fee is PER family NOT per cheerleader.

\$500 uniform fee

Shoes, Hair accessory, etc.

Allstar Worlds Fee/Any End of Season Event

Travel/Hotel Expenses

Crossover Fess (if applicable)

Additional specialty classes, private lessons, clinics, etc.

Team Creation Details: What is the best fit for my athlete?

We are often asked what teams we will have for the upcoming season. We cannot answer that question until evaluations are complete. Teams are created based on the athletes that come to evaluations and what teams will be the most competitive for the upcoming season.

Some athletes gain individual skill at a rapid pace, but we still believe in PROPER team leveling and progression as a whole. For many years, it has been thought that an “older” team (Senior versus Junior or Junior versus Youth) was somehow better. At our gym, these teams are all leveled the same and many times allows us to place athletes within the same age group together on a team.

By grouping athletes by age, we are able to better ensure their emotional and social growth. We understand that sometimes younger athletes are placed on older teams due to sun position, but we try to limit that as much as possible. Having your child on a team where they are on the high end of the age range allows them to compete the skills necessary for that level AND really establish leadership qualities that are helpful in so many areas of life. Many times, parents want their children on the next level or in the next age bracket because they don't see the benefits of the age appropriate team.

As children's abilities increase, we feel that having them on teams where they can increase their consistency of their tumbling and stunting ability allows them to better achieve positive mental growth. Allowing children to be on teams where they can participate in all areas of the score sheet (even though they may have higher tumbling abilities) allows them to become much more well-rounded athletes in the future. Throughout their years in the sport, they will become more well-adjusted athletes who are comfortable in their abilities, gain confidence and are able to be competitive on any team they are placed on.

We want to build well-rounded individuals. We strongly believe in our program, our staff and all our athletes. The more supportive you are of your athletes and encourage them to be amazing on the teams they are placed on, the more they will gain from their entire All-star Cheer experience.

- Every Aerial Elite/Treasure Coast Athletics team will be set up for success this season.
- It takes 2-3 years to master a Cheer Level. Celebrate whatever team/level your child makes.
- If your child is tiny age, they will likely end up on a tiny team. Same goes for Mini age children.
- Even if your child ends up on the same team and/or level they were on last year, they will have a completely new and different experience.
- Do not compare your child to other children. Every child is unique and will bring a unique skill set to whatever team they are placed on.

Team Placement Details: What are we looking for?

In our program we will field teams based on proficiency of level. We are looking for well-rounded athletes that can contribute throughout the routine at their respective level. Below is a synopsis of the scoresheet we compete on which will help you better understand what we will be looking for during evaluations.

The scoresheet is broken up into 12 categories with 6 sub-categories for technique.

Stunts	Standing Tumbling	Jumps
Stunts Creativity	Running Tumbling	Dance
Pyramids	Stunt Quantity	Performance
Pyramids Creativity	Tosses	Routine Composition

Stunts & Pyramids:

For stunts and pyramid, there is a score for difficulty, a score for technique, and a score for creativity. The stunts must be difficult, fast paced, creative and technically sound to obtain all points.

Tumbling:

The next two main groups are standing tumbling and running tumbling. Judges are looking for difficult tumbling for the given level that is performed with near perfect execution by large groups of people.

Tumbling is physically and mentally challenging and can be dangerous if executed improperly. Industry wide tumbling technique and perfection is being pushed above progression, and the scoresheet reflects the push. Tumbling technique is one of the most harshly judged elements on the scoresheet, and for good reason, the safety of our athletes depends on it.

Stunt Quantity, Tosses, and Jumps:

Stunt Quantity, Tosses and Jumps are all max categories, meaning the entire difficulty score comes solely from doing the correct amount of level appropriate skills. Jumps and tosses however have subcategories for technique. This means tosses must be thrown high, in great synchronization, with top girls executing skill with near perfect technique. Jumps ideally should be synchronized, hyper extended, maintain good toe point, and hit correct arm placement throughout.

Dance, Routine Composition, and Overall Impression:

Dance, Routine Composition, and Overall Impression make up a smaller percentage of the scoresheet, but every tenth counts. The dance and routine composition scores are largely based on choreography, and it takes a certain level of skill and experience to perform choreography correctly. Judges will be looking for precise, hard hitting, and exciting movements from athletes. The expression of personality, and level of confidence from an athlete will also play into the overall impression score.

The scoresheet is intricate, subjective and can be a bit of a moving target from event to event, but if teams are built with athletes who contain a comprehensive understanding of their given level, we can create routines that speak to the overall scoresheet more consistently. In turn, by matching kids more closely with their peers of the same skill level, we will build a more competitive atmosphere amongst athletes in the gym and drive progression more naturally each season. We are excited about our upcoming season and thrilled at the opportunity to work together with your family.

Team Placement Re-evaluation:

Skill maintenance is a requirement, not an option. Skills displayed at initial evaluations are expected to be maintained throughout the season. The first few months of the season are used to evaluate how every team fits together. Once we are able to stunt, we will need to re-evaluate each athlete's role on their team. Athletes may still be moved around between teams during those months.

Cross-Competitor Option:

If you want your athlete to be considered for a cross-competitor position (competing on 2 different teams in 1 season), please answer yes on the form. Crossover competition fees would need to be paid. Answering yes does not guarantee placement on two teams.

If you have read the above information and agree to the terms of Aerial Elite/Treasure Coast Athletics please sign below:

Parent Signature: _____

Date: _____

MISCELLANEOUS INFORMATION

We believe in perfection before progression. We will not allow students to learn advanced tumbling skills before perfecting their basics. If parents and students are not patient and have a clear understanding of our teaching methods, they should not be cheering at Aerial Elite/TCA. Proper Technique is everything! Only perfected skills will be choreographed in a Aerial Elite routine! Parents are not allowed to spot their children on Aerial Elite property. Absolutely NO unsupervised tumbling! An instructor must be present at all times.

Athletes selected as flyers must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base or be moved to an alternate position. In addition, mandatory tumbling will be required for athletes who do not maintain the level skill requirements. Tuition does not pay for the right to perform. Individuals must meet the level skill requirements to compete. Mandatory tumbling will be assigned as needed. Students can be moved to an alternate position if they do not maintain the skill requirements. Any athletes with performance anxiety which results in consistent team deductions may be replaced.

Aerial Elite/TCA reserves the right to change a team's division and level at any time throughout the season. The owners have complete discretion when deciding the end of the year events regardless of bid status. Paid bids will be allocated to the athletes who take the floor at the final event regardless of your participation when the bid was earned. Paid bid allocation is solely for the number of athletes on the floor for the final event. It does not include alternates or injured athletes. Athletes are expected to fulfill the contractual season by attending all end of the year events.

Levels 1-6 Elite Requirements

All levels must have a double and single jump combination with variety and pointed toes.
In addition, athletes must have above average to perfect technical mastery of the following elite skills.

Level 1 Standing Tumbling • Back Walkover Series • Back Walkover Switch Leg • Back Extension Roll - BWO/BWO Series • Valdez

Running Tumbling • Cartwheel - BWO Series • FWO - Cartwheel/Round Off • FWO - CW - BWO/BWO Series • FWO - CW - BWO Switch Leg

Stunts – each flyer/base must demonstrate level 1 stunts (ex: prep level liberty variations, extension) Tic Tocs AND above average flexibility in all body positions.

Level 2 Standing Tumbling • BWO - BHS Step Out - BWO • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out

Running Tumbling • Series Front Handsprings • Bounder/Flyspring • FWO - RO - BHS/BHS Series • CW BHS Step Out - BWO - BHS/BHS Series • RO - BHS Step Out - BWO - BHS/BHS Series

Stunts – each flyer/base must demonstrate level 2 stunts (examples: prep level liberty variations, extension) Tic Tocs.... Straight ride basket toss.

Level 3 Standing Tumbling • BHS/BHS Series - Jump - BHS/BHS Series • Jump - BHS - Jump - BHS • BHS Step Out - BHS Series • BHS Step Out - BWO - BHS Series • BWO - BHS - Jump - BHS/BHS

Running Tumbling • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - to - Tuck • FWO - RO - to - Tuck • Bounder/Flyspring - RO - to - Tuck.

Stunts – each flyer/base must demonstrate level 3 stunts (examples: extended liberty body position variations, full down cradle, inversion to extended level, full up to prep level, tic tocs)

Level 4 Standing Tumbling • BHS/BHS step out - Tuck • Jump - BHS Series - Tuck • Jump - BHS – Tuck

Running Tumbling • Front Aerial - RO - to - Whip - Tuck/Layout • Front Handspring/Punch Front - Punch Front • PF step out - RO - to - Layout • Round off - to - Whip/Tuck - to - Tuck/Whip/Layout • FWO - Round off - to - Whip/Tuck - to - Tuck/Whip/Layout • PF step out – RO - to - Whip/Tuck – to - Tuck/Whip/Layout • Front Handspring PF step out – RO - to - Tuck/Whip/Layout • Front Handspring - PF step out RO to Whip/Tuck to Tuck/Whip/Layout

Stunts – each flyer/base must demonstrate level 4 stunts (examples: extended liberty body position variations with a full down cradle, inversion to prep level stunt, full up to extended stunt, double down from 2-legged stunt, and kick full dismount and kick full baskets or double twist baskets)

Level 5 Standing Tumbling • BHS - Whip - Tuck • BHS - Layout • Jump - BHS/BHS Series - Layout • Jump - BHS - Whip Tuck • BHS - Whip/Tuck - to - Layout • BHS/BHS Series whip to Layout • Jump BHS/BHS Series Whip to Layout

Running Tumbling Front Full • PF step out - RO - to - Full • Front Handspring - PF step out - RO - to - Full • RO - to - Whip - to - Full • Front Handspring - Front Full • PF step out - RO - to - Whip - to - Full • Front Handspring - PF step out - RO - to - Whip - to - Full

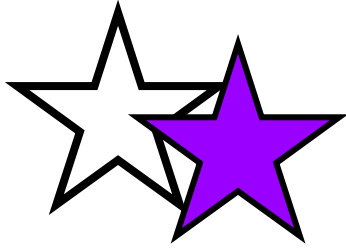
Stunts – each flyer/base must demonstrate level 5 stunts (examples: extended liberty variations including an overstretch with double down dismounts, full up extended liberty variation , tic tocs, inversions and hitch kick full baskets)

Level 6 Standing Tumbling • BHS - Full • Jump - BHS - Full • Standing Full • Jump - Full • BHS - Whip - Full • Jump - BHS - Whip - Full • BHS Series - Double Full • Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full • BHS - Whip - Double Full • Jump - BHS/BHS Series - Whip - Double Full • BHS Series - Full/Double Full - Whip - Full/Double Full

Running Tumbling • Front Handspring - Front Full • Front Handspring - PF - RO - to - Full • RO - Arabian/Half Full step out - RO - to - Full • RO - BHS - Full - to - Full • RO - to - Full - Full • RO - to - 1.5 Full step out - to - Full • RO - Double Full • RO - to - Double Full • Front Walkover - to - Double Full • PF step out - to - Double Full • RO - to - Whip - to - Double Full • RO - Whip - Double Full • RO - Arabian - to - Double Full • RO - to - Full - to - Double Full • RO - to - 1.5 step out - to - Double Full • RO - to - Double - BHS series - to - Double Full • RO - to - Full - to - Whip - Double Full • PF step out - RO - to - Whip - to - Double Full • RO - to - Double Full - Whip - Double Full • PF step out - RO - Arabian - RO - to - Whip - Double Full

Stunts – each flyer/base must demonstrate level 6 stunts (examples: extended liberty variations including an overstretch with double down dismounts, full tic/double up to extended liberty variation, inversions, and kick kick/hitch kick double twist baskets and kick double dismounts)

ATHLETES MUST HAVE A LEVEL APPROPRIATE DISMOUNT / BASKET TOSS IN ORDER TO TRYOUT AS A FLYER.



TEAM APPLICATION

NAME OF ATHLETE: _____ **AGE:** _____

D.O.B. _____ **BIRTH YEAR:** _____

ADDRESS: _____

CITY; _____ **ZIP CODE:** _____ **PHONE CONTACT:** _____

PARENT EMAIL ADDRESS FOR TEAM RESULTS: _____

GRADE ENTERING 2023-2024: _____ **SCHOOL:** _____

LIST ANY AND ALL PRE-EXISTING INJURIES OR MEDICAL PROBLEMS: _____

LIST STANDING AND ROUND-OFF TUMBLING SKILLS: _____

LIST STUNTING STRENGTHS: _____

WHAT WOULD BE YOUR BEST CONTRIBUTION AS A TEAM MEMBER? _____

WOULD YOU BE INTERESTED IN REPRESENTING MORE THAN ONE TEAM? _____

ARE YOU TRYING OUT FOR ANY AERIAL ELITE TEAM REGARDLESS OF LEVEL? _____

IF NO, PLEASE CIRCLE THE LEVEL/LEVELS YOU ARE ONLY INTRESTED IN AND WHY? _____

*****See the skill requirements per level*****

Novice	Elite	Elite	Elite	Elite	Elite	Elite
PREP	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6

NOTE: Listing one specific level will NOT guarantee your chances of making that level. Choose all that you would want to compete on.

Assessment Form

Name: _____ DOB: _____

Parent Name: _____ Cell #: _____

Parent Email: _____

Stunt/Tumble Experience (circle all levels that apply):

Back	N/A	1	2	3	4	5	6
Base	N/A	1	2	3	4	5	6
Flyer	N/A	1	2	3	4	5	6
Tumble		1	2	3	4	5	6

Please list cheer experience by year, level, and program:

STAFF USE ONLY BELOW LINE:

Team Recommendation: _____

Team Placement: _____

Registration Instructions & Holiday Closures

Holiday Closure Dates: (This is tentative, and MORE can be added)

June 26th-June 30th (Summer Break)

July 4th

July 24th-July 28th (Summer Break)

October 31st (Halloween)

November 22-November 24 (Thanksgiving Break)

December 24th-January 6th (Winter/New Years Break)

(There may be more Holidays added but these are the MAIN times off)

1. If you do not have an account with us please go to www.treasurecoastathletics.com Click on “Register here”

AERIAL ELITE

ACKNOWLEDGMENT OF RULES, INFORMATION & FINANCE CONTRACT

I, the parent/guardian of _____, acknowledge I received a copy of the 2023-2024 Information Packet. I understand and agree to abide by the rules, regulations and policies set forth in the Information Packet. _____ (initial)

I further acknowledge, understand, and agree, that if my child decides to quit, is injured, or is removed from the team after September 1st, 2023, there will be **NO REFUNDS** for any amounts paid including tuition, uniform, coaches' fees, competition fees, or practice wear and includes the FULL remainder of the 12-month contract. _____ (initial)

I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet the skill requirements. _____ (initial)

I have read and understand the tryout information.

Parent Initial _____ Athlete Initial _____

I have read and understand the program fees and expenses.

Parent Initial _____ Athlete Initial _____

I have read and understand the scheduled holidays, injury and attendance policy.

Parent Initial _____ Athlete Initial _____

I have read and understand the team practice rules, travel and code of conduct.

Parent Initial _____ Athlete Initial _____

Parent/Guardian Signature _____

Date ____/____/____