

EXCEL ATHLETICS



COMPETITIVE
2024-2025 Season
CHEER

WWW.EXCELATHLETICSINC.COM



EXCEL ATHLETICS

COMPETITIVE CHEER

Welcome to Excel Athletics! We are so excited to welcome you into the sport of Competitive Cheer and we hope you find your home here with us! We have created a culture of support on and off the mat and hope you find friendships here that will last an entire lifetime. Cheerleading isn't possible with just one, our culture is based on the team mentality and doing the small things with **EXCEL**lence. We can't wait to meet you!

This info packet is meant to give you a glimpse into the sport of Competitive Cheerleading. Once registered and placed on a team you will receive a guideline packet that outlines the expectations for the seasons and explains more in depth procedures for weekly practices, competition days, travel, and absences.

We have an open door ALWAYS and look forward to connecting with each of our athletes and their families. Please don't hesitate to reach out by phone or email!

Cheers!

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EXCEL ATHLETICS COMPETITIVE CHEER

Excel offers multiple tiers and levels to fit your athletes needs. Competitive cheer is broken down into tiers before levels that helps ease an athlete in to the sport and create longevity and a great base of strength and technique.

NOVICE

Novice is created as the most introductory division Competitive Cheer has to offer.

They will practice 1-2 hours per week and an additional tumbling class that is included in your tuition. Most competitions are local and they only compete at one day competitions. This division receives ratings instead of placements based on their performance. Estimated season total- \$3100

PREP

Prep divisions are created for those athletes with some cheer experience and knowledge of skill. They practice 2-3 hours per week and an additional tumbling class that is included in your tuition. This program competes locally at one day competitions and are ranked based on their difficulty and technique. Estimated season total \$3300

ELITE

The Elite division is for athletes with excellent technique in tumbling, jumps and stunts. This is the most time intensive tier of competitive cheerleading. They practice 4-6 hours per week and have additional Sunday practices after choreography is completed. They compete in multiple one day and two day competitions and can travel out of state. They also qualify for post season events that require additional competition fees and practices. Season total \$4500



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Your athletes division is based very closely off the USASF AGE BRACKET. We stick to this age bracket VERY closely to create the most successful teams. There can be multiple of the same age of team in different tiers and levels.

USASF PROPOSED AGE GRID

Age Division	Eligible Birth Year
Tiny Novice	2017-2021
Tiny	2017-2019
Mini	2015-2018
Youth	2012-2017
Junior	2009-2016
Senior	6/1/05-2012



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TEAM PLACEMENT

Team Placements can sound a little scary but we promise there is a place for EVERYONE at Excel. We will give each athlete a 15 minute time slot for an evaluation where we will look at the technique and performance value of the athletes tumbling, jumps, and flexibility. Videos of your athletes skills with notes will be added to your iClass account so you can view them and see the feedback based on what the coaches are looking for. This will also be a great place to reference as your athlete grows over the season to see just how far they have come. After your individual assessment you will then be asked to come back in a group setting where we will be able to assess your athletes strength in stunt. This day/time will be given later in the team placement process.

The expectation is that the skills you show in your assessment will be maintained and improved upon throughout the entire season. The coaching staff has the ability to move athletes to a team post placement if we see there is a better fit for them.

The ultimate goal is to create teams that will be SUCCESSFUL in all areas of the score sheet. This requires us to put together all the puzzle pieces required for a strong team. Coaches are happy to summarize the athletes 15 minute assessment but please save all in depth questions during Team Placements for the week after team announcements.