



WELCOME
TO THE
2022 - 2023
SEASON



CROWNED
ELITE ATHLETICS

ABOUT OUR PROGRAM

At Crowned Elite Athletics, our goal is to teach our athletes the art of cheer along with respect for teammates, competing gyms, and the community. To us, cheer is so much more than a sport. It creates long-lasting friendships, while providing valuable lessons in hard work, teamwork, and sportsmanship.

SOME WISH FOR IT

Crowned Elite Athletics maintains a commitment of excellence in developing well-rounded athletes and individuals.

WE WORK FOR IT

By focusing on precision and technique, in both tumbling and stunting, along with an emphasis in fitness and conditioning, our athletes are trained for success.

ONLY THE BEST GET CROWNED!

THINGS TO KNOW:

Our 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.

Time Commitment: Teams will practice 1-2 times per week during the summer depending on their skill level. Athletes will also participate in skill building camps and choreography camps during the summer. These camps will be MANDATORY. Teams will begin their regular schedule in August. Practices will be 1-3 times per week depending on skill level and may include Sundays.

Competition Schedule/Travel: The competition schedule will be released by September 2022. Our teams attend USASF sanctioned competitions offering bids to the D2 Summit and Cheerleading Worlds, as well as local IEP competitions. Select teams will attend NCA Nationals in Dallas, TX. This is a great experience for our athletes, families, and coaches. Our national teams compete to earn a bid to the D2 Summit or Cheerleading World Championship.

- When forming teams we are looking for ***full mastery*** of skills to be placed within a level, as well as stunting positions.
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a **MUST.**
- 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 a practice 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.
- Being a part of Crowned Elite Athletics is more than simply joining a team; it is joining a family.



All Star Tumbling Levels

Outlined below are the tumbling skills for each level. While we look at an athletes' potential and overall abilities, our teams will be built with nearly every athlete having the required skills for their level and some or all of the elite skills. The athletes will need to be able to perform these skills with consistency and good technique to be considered as having level required skills.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
REQUIRED SKILLS						
STANDING	FORWARD ROLL BACKWARD ROLL BACK LIMBER/ BRIGE BRIDGE KICK- OVER	BACK HAND- SPRING (BHS)	STANDING 3 BHS TOE TOUCH BHS	STANDING TUCK STANDING BHS TUCK	JUMP TUCK COMBINATION 2 BHS TO LAYOUT	JUMPS TUCK COMBINATION 2 BHS TO FULL
RUNNING	CARTWHEEL ROUND-OFF	ROUND-OFF BHS	ROUND-OFF TUCK ROUND-OFF BHS TUCK	ROUND-OFF BHS LAYOUT	ROUND-OFF BHS FULL	ROUND-OFF BHS TO FULL ROUND-OFF BHS DOUBLE
ELITE SKILLS						
STANDING	HANDSTAND BACK WALKOVER FRONT WALK- OVER SWITCH LEG WALKOVER SERIES BACK WO	BACK WALKOVER BHS T-JUMP BHS BHS-T-JUMP-BHS BHS-WALKOVER- BHS	BHS-TOE TOCH- BHS	TOE TOUCH BHS TUCK CARTWHEEL TUCK	2 BHS-WHIP-2 BHS-LAYOUT 2 BHS-WHIP- PUNCH-LAYOUT JUMP-BHS-LAY- OUT	BHS FULL STANDING FULL JUMP TO FULL 2 BHS TO DOU- BLE FULL
RUNNING	CARTWHEEL BACK WALKOVER ROUND OFF BACK WALKOVER	FORWARD WALK OVER-ROUND- OFF-BHS ROUND OFF BHS SERIES	FRONT WALK- OVER TO ROUND-OFF BHS TUCK AERIAL PUNCH FRONT ABOVE SKILLS THROUGH TO ROUND OFF BHS TUCK	PUNCH FRONT STEP OUT- ROUND-OFF BHS LAYOUT ROUND OFF- WHIP-BHS-LAY- OUT ROUND OFF BHS- WHIP-PUNCH LAYOUT	ROUND-OFF- BHS-WHIP-BHS- FULL PUNCH FRONT THROUGH TO BHS FULL FRONT HAND- SPRING TO ROUND OFF BHS FULL	ROUND-OFF BHS DOUBLE FULL ELITE COMBINA- TIONS THROUGH TO DOUBLE FULL

EVALUATIONS:

- You will sign up for Evaluations on our website. Click the "All Star" tab & follow the prompts!
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- When signing up for Evaluations, you will be required to pay an Evaluation Fee.
 - Assessment Fee is \$70.00 until Tuesday, May 3rd.
 - Assessment Fee is \$80.00 starting Wednesday, May 4th.
- We ask that all athletes wear CEA colors to their evaluation with their hair in a high, neat ponytail with a bow, and athletic shoes. Stop by our pro-shop to pick up any gear you may need before evaluations!
- Our annual evaluation sessions are set up to provide athletes with the ability to showcase skills they have developed, as well as their potential to learn new skills. They are given numerous opportunities to show their individual abilities as well as their ability to work in groups.
- After all evaluations are complete, our teams are assembled.
- All team placements are final.



ASSESSMENT CHECKLIST:



Register Early!



**Take time to tour the gym &
meet the staff!**



**Sign up for classes or private
lessons to perfect your skills
before evaluations**



HAVE FUN!



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