

ATHLETE PROGRESSION

We are committed to re-focusing our attention to how athletes safely and successfully progress through the developmental stages of All Star

ALL STAR Fundamentals

All Star Fundamentals is the first step for kids who are interested in All Star cheer. The focus is on welcoming new athletes to All Star and making sure they have fun, feel safe and make friends!

Tumbling

Kids will learn the basic tumbling which would include forward rolls, hand stands, backbends, cartwheels, and backwards rolls.

STRENGTH & CONDITIONING

Exercising is a huge part of All Star cheerleading. The strength and conditioning will help their little bodies prepare for the more difficult skills as they progress. The lesson plan will be super fun for these kids.

FLEXIBILITY

Flexibility is key to maintain balance and what cheerleader is not flexible!! Modern American Cheer has certified stretch coaches that will work various stretching techniques. We will have your athlete flexible in no time.

COST

Option 1:

Monthly Tuition \$75 (Includes 1 hour of FUNdamental cheer class & 1 hour tumbling class)

Option 2:

Monthly Tuition \$100 (Includes 1 hour of FUNdamental cheer class & (Two) 1 hour tumbling classes)

UNIFORM (Price may fluctuate)

\$200 (Includes complete uniform and bow)

* Athletes will be required to purchase a black tennis shoe

MUSIC

\$35 (covers the music they will perform to)

EVENTS (Subject to change)

MAC Showcase **\$10.00**

La Palmera – Santa's Arrival Illuminated Parade **FREE**

Harbor Lights Parade **FREE**

Cheer America – American Bank Center **FREE**

Traveling Events - **TBD**