



STRONGER THAN EVER

Join us for Season 13!



4059 SKYRON DR. UNIT C, DOYLESTOWN, PA 18902
THEVICTORYVIPERS.COM

FUN • CHALLENGING • REWARDING COMPETITIVE CHEERLEADING IN THE HEART OF DOYLESTOWN, PA

WHY VICTORY VIPERS?

We pride ourselves on knowing and connecting with every family that walks through the door. We work hard to create meaningful relationships between athletes, teammates, owners, and coaches. Our instruction is designed to bring out the best in those who train with us. In our program, individuals quickly discover their strength, both mentally and physically and they learn what it takes to achieve goals as part of a team while learning life lessons.

Being challenged in a positive way, allows our athletes to overcome obstacles, become key players, show up as leaders and ultimately feel the satisfaction of accomplishing big goals in and outside of the gym. Every personality, every skill set and every strength has an important place on our teams and we love to watch our athletes contribute at their highest potential.



- *2025 4x Cheersport National Champions*
- *2023 Summit Champions*
- *2023 3x Regional Summit Champions*
- *2022 Worlds Finalist*
- *Multiple Summit Finalist Teams (including Top 3 finishes)*
- *40+ Summit and Worlds Bids (9 Paid)*
- *Varsity's 'Pass the Mat' Sportsmanship Award*
- *Numerous Choreography and Specialty Awards*
- *Multiple Undefeated Regular Seasons*



“BETTER TOGETHER” PARENT TESTIMONIALS



“Our family has had the pleasure of being part of the Victory Vipers organization for the past three years, and I can confidently say that this gym is an exceptional program for all ages and levels. With my experience as a competitive, collegiate, and professional cheerleader, I deeply appreciate their unwavering commitment to building teams that excel in competitions and maximize score sheets. Victory Vipers coaches ensure that every athlete has the best technique and hold their athletes to the highest standard while promoting a safe and fun learning environment.

The Viper staff communicates effectively and are always receptive to feedback, continuously striving to improve the experience of their families. Victory Vipers creates an environment where athletes can thrive, grow, and achieve their full potential. We are proud to be a part of this incredible gym and highly recommend it to anyone looking to join a top-tier all star cheerleading program.”

- Lindsay Smith, 3 year Viper Parent



“This has been our daughter’s first year with the Vipers. We have truly seen her grow as an athlete during her time here. There are two things that stand out. The first is the level of precision that they put into their routines. The second is the level of commitment and support that the owners and coaches put into each and every team. We are so happy that she landed here.”

- Grim Family, 1st year Viper Parents

“Spending the last 8 years at Victory Vipers has been an incredible experience for my daughter. The coaches and owners are extremely knowledgeable in what it takes to be a successful, winning organization. More importantly, they don’t just teach athleticism at Victory Vipers—they instill values that go beyond the mat. They encourage their athletes to be humble winners and to always support their teammates, other teams in the gym, AND other organizations we may compete against. The training is top-notch, but what truly sets this gym apart is the positive, character-building environment. My daughter has gained not only skills and strength but also confidence, resilience, and lifelong friendships. If you’re looking for a gym that develops both great athletes and great people, this is the place to be!”

- Stacie Moseley, 8 year Viper Parent



SAVE THE DATE



May 8th & May 15th

6:30-7:30 PM

Season 13 Parent Informational Zooms
with Owners & Assistant Director

same information covered on both

ID: 884 9318 7662

PW: 921000

May 18th

1:00-2:00 PM: Open House / Open Gym

Athletes 12 and up

2:45-3:45 PM: Open House / Open Gym

Athletes 11 and under

May 19th - 21st

6:00-8:00 PM

Full Season Evaluations

May 13th, 15th, & 22nd

Flyer Evaluation Clinics

May 13 - Returning L1/L2 Flyers

May 15 - Returning L3/L4 Flyers

May 22 - ALL LEVELS New Flyers

May 27th, 28th

June 2nd, & 3rd

Full Season Assigned Practices by Level

June 6th

6:00-7:00 PM

Full Season Team Reveal

June 7th

9:30-11:30 AM

Full Season Commitment Day

June 9th

Full Season Practices Begin

August 15th

5:30-8:30 PM

Partial Season Evaluations (ages 6+)

August 16

11:00 AM-12:30 PM

Partial Season Commitment Day

updated 4/3/25



4059 SKYRON DR. UNIT C, DOYLESTOWN, PA 18902

THEVICTORYVIPERS.COM



CLASSES & TRYOUT SCHEDULE



FLYERS

If trying out as a flyer, you must attend 2 Flex Classes. On your 2nd class you will be evaluated on a stunt stand for body position requirements. If you pass requirements you will be invited to leveled training.

PARENT INFORMATIONAL SESSIONS

Athletes attending Open Gym/Open Houses are encouraged to have a parent present. These Open Gyms are intended for current & future Vipers interested in signing up for Season 13.

DATE	TIME	CLASS
Sun, April 27th	4:30 - 5:45 PM	Flyer Flex Class
	6:00 - 7:00 PM	Open Gym
Thurs, May 1st	6:00 - 7:00 PM	Open Gym
Sun, May 4th	6:00 - 7:00 PM	Open Gym
Mon, May 5th	6:00 - 7:30 PM	Tumbling Class - Walkovers Recommended Skills: Handstand & Back Bend
	7:45 - 9:15 PM	Tumbling Class - Intro to Back Handsprings Recommended Skills: Handstand & Back Bend
Tues, May 6th	5:30 - 7:00 PM	Tumbling Class - Back Handsprings & Bounders Recommended Skills: Walkovers & Roundoff or Beginner BHS
	7:15 - 8:15 PM	Open Gym
Wed, May 7th	5:30 - 7:00 PM	Tumbling Class - Tucks & Specialties Recommended Skills: Strong Level 2 Tumbling or Beginner Tucks
	5:45 - 7:00 PM	Flyer Flex Class / Evaluations
	7:15 - 8:45 PM	Tumbling Class - Intro to Back Handsprings
Thurs, May 8th	5:30 - 7:00 PM	Tumbling Class - Layouts & Fulls Recommended Skills: Strong Level 3 Tumbling or Beginner Layouts
	6:30 - 7:30 PM	Season 13 Parent Informational Zoom
	7:15 - 8:45 PM	Tumbling Class - Back Handsprings & Bounders
Mon, May 12th	5:30 - 6:45 PM	Flyer Flex Class / Evaluations
	7:00 - 8:00 PM	Open Gym



CLASSES & TRYOUT SCHEDULE



DATE	TIME	CLASS
Tues, May 13th	5:15 - 6:15 PM	Level 1/Level 2 Returning Flyers Training (Must Pass Flyer Flex Evaluation)
	6:30 - 8:30 PM	Stunt & Tumble Class - Viper 101 Recommended for Athletes with Rec Experience or Mini/Youth Age Vipers
	6:30 - 8:30 PM	Stunt & Tumble Class - Viper 303 Recommended for Athletes with Previous Level 2 Experience or Running Tuck
Wed, May 14th	5:15 - 6:30 PM	Flyer Flex Class / Evaluations
	6:30 - 8:30 PM	Stunt & Tumble Class - Viper 505 Recommended for Athletes with Previous Level 3/4 Experience or Running Layout/Full
Thurs, May 15th	5:15 - 6:15 PM	Level 3/Level 4 Returning Flyers Training (Must Pass Flyer Flex Evaluation)
	6:30 - 7:30 PM	Season 13 Parent Informational Zoom
	6:30 - 8:30 PM	Stunt & Tumble Class - Viper 404 Recommended for Athletes with Previous Level 2/3 Experience or Running Tuck/Layout
	6:30 - 8:30 PM	Stunt & Tumble Class - Viper 202 Recommended for Athletes with Previous Level 1 Experience or Running Back handspring
Sun, May 18th	1:00 - 2:00 PM	Ages 12+ Open Gym/Open House
	2:45 - 3:45 PM	Ages 11 & Under Open Gym/Open House
Mon, May 19th	4:45 - 6:00 PM	Flyer Flex Class / Evaluations
	6:15 - 8:15 PM	Individual Tryout Times
Tues, May 20th	4:45 - 5:45 PM	Open Gym
	6:00 - 8:00 PM	Individual Tryout Times
Wed, May 21st	6:00 - 8:00 PM	Individual Tryout Times
Thurs, May 22nd	5:15 - 6:15 PM	ALL New Flyers Training (Must Pass Flyer Flex Evaluation)



LEVELED PRACTICES & TEAM REVEAL SCHEDULE



DATE	TIME	CLASS
Tues, May 27th	5:15 - 7:15 PM	Leveled Practices - Level 2
	5:15 - 7:15 PM	Leveled Practices - Level 4
	7:30 - 9:30 PM	Leveled Practices - Level 1
	7:30 - 9:30 PM	Leveled Practices - Level 3
Wed, May 28th	5:15 - 7:15 PM	Leveled Practices - Level 2
	5:15 - 7:15 PM	Leveled Practices - Level 4
	7:30 - 9:30 PM	Leveled Practices - Level 1
	7:30 - 9:30 PM	Leveled Practices - Level 3
Sun, June 1st	6:00 - 7:00 PM	Open Gym
Mon, June 2nd	5:15 - 7:15 PM	Leveled Practices - Level 1
	5:15 - 7:15 PM	Leveled Practices - Level 3
	7:30 - 9:30 PM	Leveled Practices - Level 2
	7:30 - 9:30 PM	Leveled Practices - Level 4
Tues, June 3rd	5:15 - 7:15 PM	Leveled Practices - Level 1
	5:15 - 7:15 PM	Leveled Practices - Level 3
	7:30 - 9:30 PM	Leveled Practices - Level 2
	7:30 - 9:30 PM	Leveled Practices - Level 4
Fri, June 6th	6:00 - 7:00 PM	Team Reveal
Sat, June 7th	9:30 - 11:30 AM	Full Season Commitment Day
Mon, June 9th		Start of Season 13



VIPERS IMPORTANT DATES



DATE	EVENT
Fri, June 6th	Team Reveal
Sat, June 7th	Full Season Commitment Day 9:30 - 11:30 AM Full Season Prep, Elite Youth, Elite Junior, & Elite Senior
Mon, June 9th	Start of Season 13 Summer Practice Schedule
Mon, June 9th & Tues, June 10th	Mandatory Full Season Uniform/Gear Sizing by our Varsity Rep 4:00 - 8:00 PM
June 23rd - June 27th July 28th - August 1st August 11th - August 15th August 18th - August 22nd	**Mandatory Full Season Champ Camps & Pyramid Choreography/Refresh by Levels Monday through Friday 12:00 - 4:00 PM OR 5:30 - 9:30 PM (Depending on Team)
Wed, July 16th & Thurs, July 17th	Pro Cheer International Jump Clinics (Included in Full Season Pricing) Open to Partial Season & Athletes outside of the program for fee
Fri, August 15th	Partial Season Evaluations (Ages 6+) 5:30 - 8:30 PM
Sat, August 16th <small>updated 4/3/25</small>	Partial Season Commitment Day & Parent MTG 11:00 AM - 12:30 PM Tiny Novice, Mini Novice, Partial Season Prep & CheerAbilities
Sat, Aug 23rd & Sun, Aug 24th <small>updated 4/3/25</small>	Brandon All Stars Clinics (Included in Full Season Pricing) Open to Partial Season & Athletes outside of the program for fee
Week of September 2nd	Regular in Season Practice Schedule & Tumbling Classes start First Week of Practice for Partial Season
September 20th - October 3rd	**Mandatory Full Season Routine Choreography with Blake Johnson (Teams, Days & Times TBD)
October 20th - October 24th	**Mandatory Full Season Dance Choreography with Blake Johnson (Teams, Days & Times TBD)
Sat, January 24th	Program Pictures w/ Jamie Christian - Times TBD
February 17th - 20th	**Mandatory Choreography Clean Up with Blake Johnson - Teams, Days & Times TBD

25-26 GYM CLOSURES

☀️ Jun 29th - Jul 13th
☀️ Aug 2nd - Aug 10th

🇺🇸 Aug 29th - Sept 1st
🍂 Nov 26th - Nov 30th

❄️ Dec 22nd - Jan 2nd
🌸 Apr 3rd - Apr 5th

NO PRACTICES OR CLASSES, GREAT TIME FOR VACATIONS!

updated 4/3/25

****MANDATORY EVENT FEES APPLY. MISSING THESE MARKED DATES WILL RESULT IN AN AUTOMATIC CHARGE ON YOUR ACCOUNT. SEE DOCUSIGN** IF YOU ARE A FAMILY THAT CELEBRATES ROSH ASHANAH OR YOM KIPPUR PLEASE EMAIL US AT VIPERS@THEVICTORYVIPERS.COM**

IMPORTANT IF YOU'RE JOINING US FOR PARTIAL SEASON



WHAT WE OFFER



TEAMS

Each season we offer two options,

Option 1: Full Season Teams

(Tryout Process May 19th - June 3rd)

- **Elite** - Practicing as much as 3x a week June through May and compete in approximately 7 competitions with some overnight travel.
- Elite Junior/Senior teams will attend one competition outside of the Northeast Region during regular season AND The Summit in Orlando, FL. These events require mandatory overnight travel.
- Elite Youth teams will stay in the the Northeast Region and attend the Northeast Regional Summit in Baltimore, MD. The Regional Summit requires mandatory overnight travel.
- **Full Season Prep** - Practicing as much as 3x a week June through April and compete in approximately 4 competitions with some overnight travel.
- Full Season Prep teams will stay in the Northeast Region and attend the Northeast Regional Summit in Baltimore, MD. The Regional Summit requires mandatory overnight travel.

Option 2: Partial Season Teams

(Evaluations August 15th for ages 6+)

- **Youth/Junior Partial Season Prep** - Practicing 2x a week September through April and compete in 3 competitions.
- **Cheer Abilities** - Practicing 1x a week September through April and compete in 2 competitions.
- **Tiny/Mini Novice** - Practicing 1x a week September through April and compete in 2 competitions.
- All Partial Season teams will attend The Northeast Regional Summit in Baltimore, MD. The Regional Summit requires mandatory overnight travel.



AGES

All ages for tryouts will be determined by the calendar year beginning on January 1st. This will determine your "competition age."

- Senior: ages 13-19
- Junior: ages 9-15
- Youth: ages 8-12
- Mini/Mini Novice: ages 7-9
- Tiny Novice: ages 4-6
- CheerAbilities: All ages!

LEVELS

There are 7 levels in all star cheerleading. The level refers to the type of stunts, pyramids, and tumbling that a team can safely perform. They are numbered with each level increasing difficulty. Based on our tryout process, our staff will determine what levels our gym will field for the upcoming season. In the past, we have successfully fielded levels 1, 2, 3, 4, 4.2, 5, and 6!



WHAT OUR FAMILIES ARE SAYING:

"This is my daughter's first year at Victory and in competitive cheer after two years at a Youth/Rec level. All I can say is I wish we had started her sooner! From the moment we joined, the welcoming atmosphere created by the owners, Mark and Kelly, along with the coaching staff made us feel like part of a family. The growth in my daughter's tumbling and stunting skills over the past eight months has been truly astonishing! I'm impressed with how well-run the gym is, with clear communication and expectations for both parents and athletes. My daughter is always excited to go to the gym, and we're looking forward to watching her continue to grow as both an athlete and a person in the coming years!"

- Denise Hammond, 1st year Viper Parent



OUR TRYOUT PROCESS



OUR 3 STEP PROCESS

Step 1: Complete our Interest Form

- All families must fill out our Season 13 interest form to share important athlete information so we can prepare to create the strongest teams possible.

Step 2: Check out our Classes & Tryout Schedule

- Sign up or drop into as many classes as you'd like. These are all optional but highly encouraged, especially if you are new so your athlete feels confident and comfortable.
- Open Gyms - \$15 Cash Only
- Stunt/Tumble or Tumble Classes - \$30 per class
- Flyer Flex Classes - \$20 per class

Step 3: Sign Up for Tryouts

- Enroll in a tryout time - \$95 tryout fee
- All athletes will need an informal, individual 10 minute tryout time slot on May 19th, 20th OR 21st. During this time they will be evaluated on their highest level standing tumbling, running tumbling, and jumps that they can safely perform without assistance and with near perfect execution.

☆ Our tryout fee includes the informal, individual tryout & (4) 2-hour assigned practices by level.

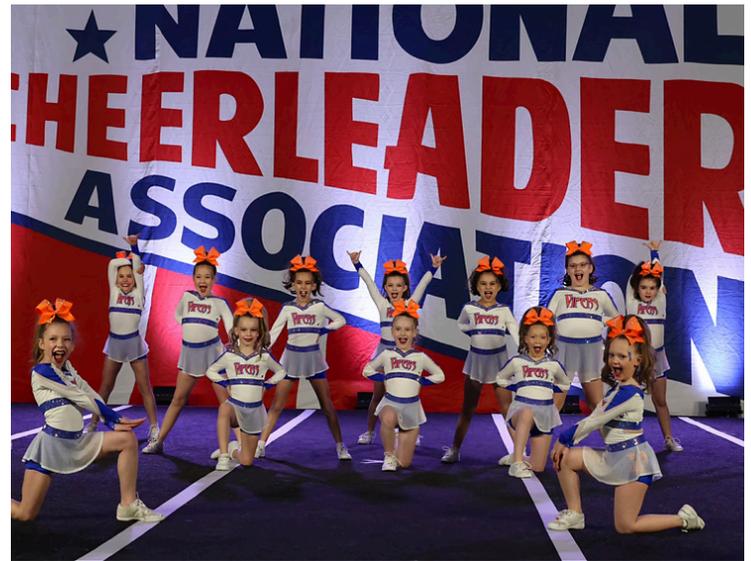
- If your athlete is trying out as a flyer, they are required to attend 2 flyer flex classes. On the 2nd class, they will be evaluated on a stunt stand for flexibility and body control requirements. If their body positions meet the requirements they will be invited to leveled flyer training on the following days:
 - Tues. May 13th - Level 1/Level 2 Returning Victory Flyers
 - Thurs. May 15th - Level 3/Level 4 Returning Victory Flyers
 - Thurs. May 22nd - ALL New Flyers (New to Flying or Victory)

ASSIGNED PRACTICES BY LEVEL

After tryout evaluations, athletes will be invited to a leveled practice to assess their skills in a group setting (jumps, stunts, and tumbling). These practices are included in the tryout fee and will assist the staff in our team placement process. Leveled practice invites do not guarantee final team placement and athletes may be asked to attend multiple levels.

PLACEMENTS

There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up athletes and build teams by level the best we can, but please remember that stunts, pyramids, jumps, dance, and age are huge factors that we closely evaluate during placements. Some teammates will be stronger tumblers than others. Some will be stronger stunters than others. We place our teams based on the positions we need to fill (bases, flyers, tumblers, etc.).



OPEN GYMS & CLASSES WILL APPEAR ON YOUR ACCOUNT FOR PAYMENT DUE ON [APRIL 27TH](#)
 TRYOUT EVALUATIONS WILL APPEAR ON YOUR ACCOUNT FOR PAYMENT DUE ON [MAY 15TH](#)



FLYER TRYOUT FAQ

WHAT TO KNOW BEFORE YOU GO! A GUIDE TO ALL FLYER FAQ. ALL POTENTIAL FLYERS WILL BE EVALUATED ON A STUNT STAND FOR FLEXIBILITY AND BODY CONTROL REQUIREMENTS IN FLYER FLEX CLASSES. THIS EVALUATION WILL DETERMINE IF THEY WILL BE INVITED TO FLYER TRAINING WORKSHOPS.

Q: WHY IS THERE A FLYER TRYOUT FEE?

A: Each year, all star cheerleading continues to evolve. At Victory, we are growing too! As we advance, we recognize the importance of training our flyers and holding all of our athletes to a high standard. In order to most effectively place potential flyers, we use this time to focus on flexibility, body control, and making sure the foundation is strong for leveled practices.

Q: HOW MUCH DOES IT COST TO TRYOUT AS A FLYER?

A: \$20 per class. Flyers can attend up to 5 classes but the minimum requirement is 2.

Q: HOW WILL FLYERS BE EVALUATED?

A: On their 2nd flex class, they will be assessed on flexibility and body control requirements. If their body positions meet the requirements they will be invited to leveled flyer training. If they do not meet the requirements, it is up to our evaluating staff's discretion if they will be invited to leveled flyer training. This could be considered a first round cut for those who do not meet the requirements.

Q: WHAT SKILLS WILL FLYERS HAVE TO SHOW?

A: Stunt skills will be taught during leveled flyer training. We are looking for the ability to demonstrate an understanding body control, front & back flexibility, sharp motions, and performance. We will also take into consideration athlete's willingness to try new skills.

Q: AS A PARENT, CAN I COME IN AND WATCH?

A: No. Due to limited space, all tryouts are closed.

MARK YOUR CALENDARS

Flyer Flex Classes: (must attend minimum of 2 classes)

- Sun, April 27th 4:30 - 5:30 PM
- Wed, May 7th 5:45 - 6:45 PM
- Mon, May 12th 5:45 - 6:45 PM
- Wed, May 14th 5:15 - 6:15 PM
- Mon, May 19th 4:45 - 5:45 PM

Leveled Flyer Trainings: (mandatory, must pass flyer flex eval)

- Tues. May 13th - Level 1/Level 2 Returning Victory Flyers
- Thurs. May 15th - Level 3/Level 4 Returning Victory Flyers
- Thurs. May 22nd - ALL New Flyers (New to Flying or Victory)



WHAT OUR FAMILIES ARE SAYING:

"The amount of love and support the owners and coaches pour into this program is like no other. My daughter has found her passion and has thrived these past few years. Yes, it's fantastic that Victory Vipers program is strong and place high in competitions, but over and above that, it's a place where athletes can grow and feel supported at every age and skill level." - Lauren Rood, 3rd year Viper Parent (mom of a flyer)



FLYER REQUIREMENTS



HEEL STRETCH

- Creating a perfect split
- Pointed toe
- Pulling leg up towards you
- Standing tall
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked



SCALE

- Pointed toe
- Pulling up with arms
- Lifting chest
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked
- Grabbing shin or below



BOW N ARROW

- Creating a perfect split
- Pointed toe
- Pulling leg in line with shoulder
- Standing tall
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked



ARABESQUE

- Pointed toe
- Arms in strong T
- Lifting chest
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked
- Slightly rotating hip outward





TUMBLING SKILLS BY LEVEL



LISTED BELOW ARE SOME TUMBLING SKILLS BY LEVEL. OUR PROGRAMS DECISION SKILLS FOR EACH LEVEL CAN BE FOUND IN **RED**. MASTERED DECISION SKILLS JUSTIFY OUR TEAM PLACEMENTS AND LEVEL UP IN TUMBLING CLASSES.

LEVEL 1

- FORWARD/BACKWARD ROLL
- HANDSTAND FORWARD ROLL
- CARTWHEEL
- POWER HURDLE ROUND OFF
- BACK-WALKOVER (BWO)/SERIES
- BWO SWITCH FOOT
- FRONT-WALKOVER (FWO)
- CARTWHEEL BWO SERIES

LEVEL 2

- BACK HANDSPRING (BHS)
- BWO BHS**
- VALDEZ BHS
- FRONT HANDSPRING / BOUNDER**
- FWO ROUND OFF BHS OR BOUNDER ROUND OFF BHS
- BWO SWITCH FOOT BHS**
- BHS STEP OUT, BWO BHS
- ROUND OFF DOUBLE BHS**

LEVEL 3

- BHS STEP OUT DOUBLE BHS**
- STANDING TRIPLE BHS**
- ROUND OFF BHS TUCK**
- PUNCH FRONT OR AERIAL
- FWO AERIAL
- FWO/BOUNDER --> TUCK
- FWO/BOUNDER --> ROBHS TUCK

LEVEL 4

- DOUBLE BHS TO TUCK**
- BHS TUCK**
- BWO TUCK
- CARTWHEEL TUCK
- ROUND OFF BHS LAYOUT**
- PUNCH FRONT STEPOUT --> TO TUCK / LAYOUT**
- RUNNING WHIP --> TO TUCK / LAYOUT**

LEVEL 5

- JUMP TO TUCK
- BHS BHS LAYOUT**
- BHS LAYOUT**
- BHS WHIP TUCK
- ROUND OFF (BHS) ARABIAN**
- ROUND OFF BHS FULL**
- PUNCH FRONT STEPOUT --> TO FULL**
- RUNNING WHIP --> FULL**

LEVEL 6

- JUMP TO TUCK
- STANDING BHS SERIES FULL**
- JUMP BHS SERIES FULL
- BHS FULL**
- STANDING FULL
- STANDING SERIES BHS DOUBLE FULL**
- ARABIAN --> FULL**
- ROUND OFF BHS FULL --> FULL**
- ROUND OFF BHS DOUBLE FULL**
- ELITE COMBINATIONS TO DOUBLE



CROSSOVERS FAQ



EACH YEAR WE SELECT A LIMITED AMOUNT OF CROSSOVERS TO COMPETE ON MORE THAN ONE TEAM. THESE ATHLETES DEMONSTRATE MULTIPLE SKILL SETS, STRONG WORK ETHIC, AND POSITIVE GYM CULTURE. CROSSOVERS ARE DETERMINED AT THE STAFF'S DISCRETION AND ONLY ON AN AS NEEDED BASIS.

Q: WHAT IS THE COMMITMENT OF A CROSSOVER?

A: Being a crossover could mean athletes could be required to practice as many as 4 days per week, on back to back days or the same night back to back. On competition days, the schedule could require you to be there for an extended period of time.

Q: HOW MUCH DOES IT COST TO BE A CROSSOVER?

A: In addition to your regular tuition, it is \$50 a month to cross. The average competition fees for the season are approximately \$600-\$675. There will also be a \$200 choreography fee to cover your second team.



WHAT OUR FAMILIES ARE SAYING:

“This is my daughter’s 4th season at Victory Vipers and her love for the sport keeps growing ... coaches and owners are always so supportive and encouraging. They set a wonderful example of positivity, resilience, and teamwork. These experiences have helped her to become a better athlete, teammate, and leader ... When asked on a recent gym survey to describe Victory in one word, we answered Family.”

- Kristin Mascio, 4th year Viper Parent



RESOURCES TO SUPPORT OUR ATHLETES



OVER THE YEARS WE HAVE BUILT RELATIONSHIPS WITH VARIOUS INDUSTRY EXPERTS TO HELP SUPPORT OUR FAMILIES AND EDUCATE OUR STAFF.

KERRY BAIR, RD, LDN, MPH

Kerry Bair is the owner of Food for Fuel: High Performance Nutrition. Once a year she speaks with our Youth, Junior, and Senior age athletes to share her vast knowledge and experience in proper nutrition for athletes. Kerry believes athletes should eat real food and foods they love. Her goal is to teach them that all foods can fit into a cheerleader's routine, no matter what goals they have. Kerry believes that education is the key to success and that everyone needs a TEAM supporting them along the way.

- WWW.FOODFORFUELRD.COM
- KERRY.FOODFORFUEL@GMAIL.COM
- [@THEGYMNASTRD](https://www.instagram.com/theGYMNASTRD)



MITCH GREENE, PHD

Mitch Greene is the owner of Greene Psych Clinical and Sports Psychology. Recently in Season 12, both he and his staff person Marty Kupprion (Coach Kupp) facilitated an educational zoom for our coaching staff. The main topic discussed was mind chatter and confidence. Mitch and his team offer a number of resources to help athletes courageously conquer their goals and take their mental game to the next level.

- WWW.GREENEPSYCH.COM
- 484. 808. 7273
- [@GREENEPSYCH](https://www.instagram.com/greenepsych)



CHARLES BALDI, PT, DPT

Charles Baldi is the owner of Baldi Movement Group LLC, a Sports Physical Therapist and Temple gymnastics alumni. At the start of Season 12, Charles was invited to conduct a continuing education training for our staff on injury prevention. Charles' experience and background gives him a full understanding of what athletes need to safely return to their full potential after injuries, no matter how big or small. Athletes are conveniently able to receive treatment right here at Victory Vipers! This can be scheduled right before practice for a quick 30-60 minute session.

- WWW.BALDIMOVEMENTGROUP.COM
- HELLO@BALDIMOVEMENTGROUP.COM
- [@BMG_SPORTSPT](https://www.instagram.com/bmg_sportspt)



READY RESPONSE

For the past several years Ready Response and their team have been the company of choice in providing training and resources to our staff. Their team offers hands-on, instructor-led courses customized for our workplace. Our staff is Red Cross First Aid, CPR and AED Trained and Certified. Certifications are kept current and staff engage in continuing educational opportunities on the most effective ways to respond to an emergency situation and/or injury.

- WWW.READYRESPONSEPA.COM
- (877) 309-2022



OTHER INDUSTRY PROFESSIONALS WE UTILIZE



BRANDON ALL-STARS



PRO CHEER INTERNATIONAL



BLAKE JOHNSON