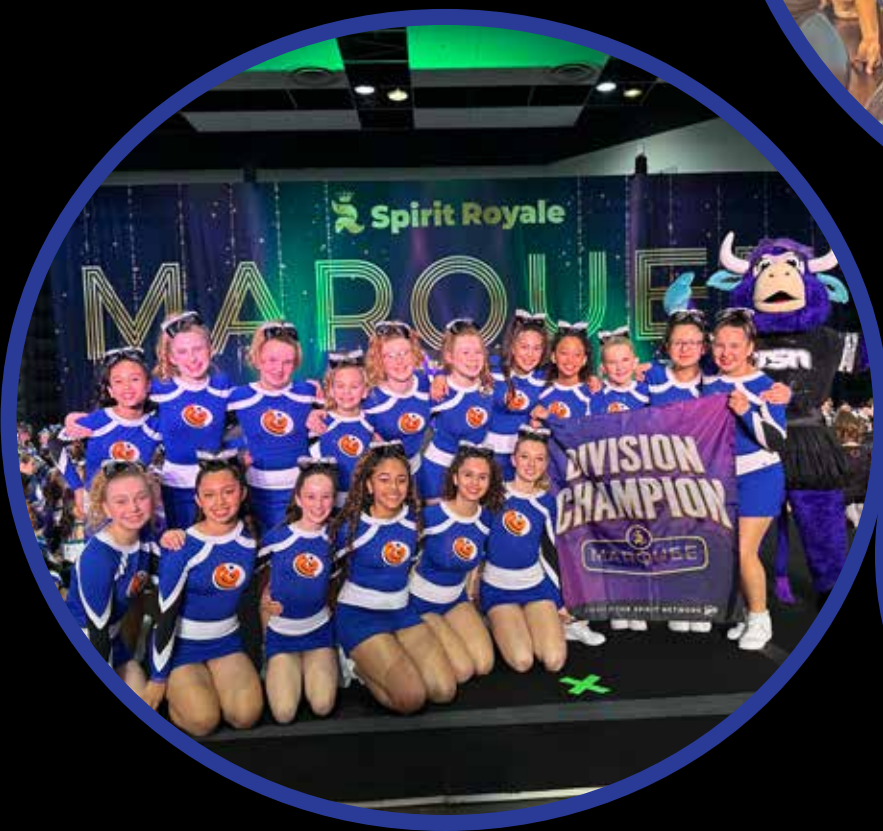
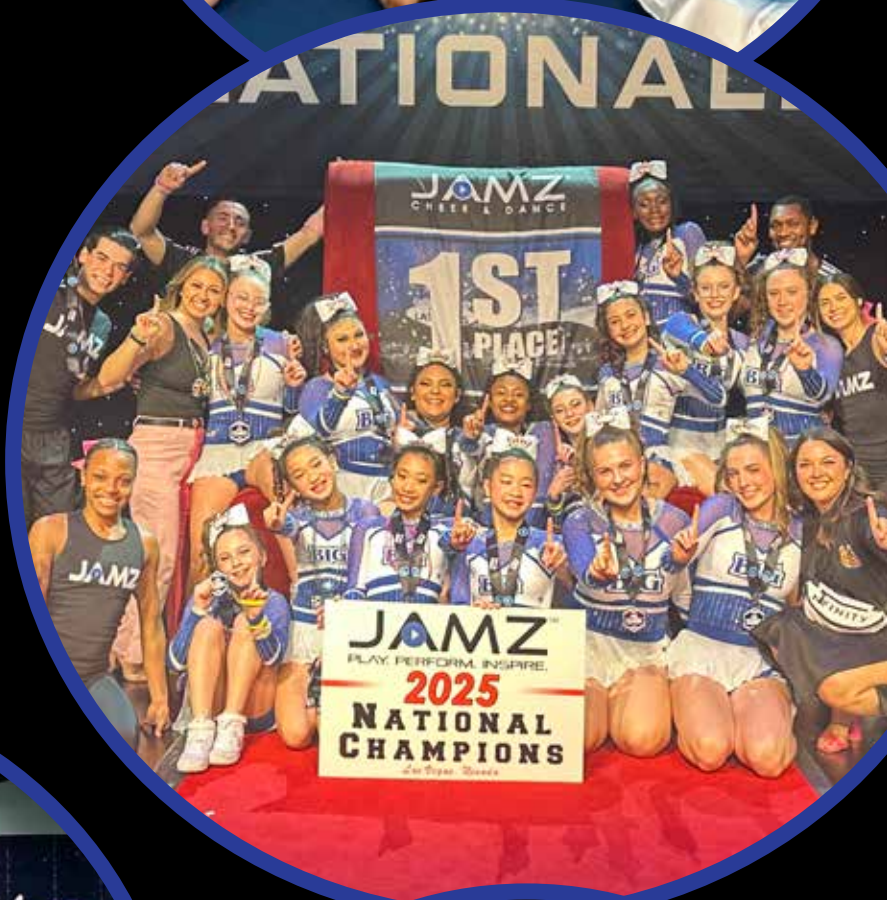




2025-2026 TEAM INFORMATION PACKET

QUESTIONS EMAIL: REGINA@CHEERGYMS.COM





Thank you for your interest in the CG All Star Cheer Program. Cheergyms will be celebrating its 30th season and is proud of the legacy it continues to leave.



At Cheergyms, we believe in building the entire athlete from inside out. We expect full dedication from our athletes and we guarantee full dedication from our Owners, Coaching Staff, and Instructional Staff.

We encourage all athletes to search out the program that is best for their family. If in the end you decide it is Cheergyms, get ready for a memorable and fulfilling experience.

Who is Cheergyms.com

Formerly known as Pyramids Inc., Cheergyms.com was one of the first specialized cheerleading gyms on the West Coast to give cheerleaders a serious place to compete year round. Started in 1995 by Morton Bergue and Danny Kahn, active participants in the National Cheerleaders Association (NCA), Pyramid Inc. filled a need that had gone unnoticed for nearly a decade.

Beginning in 1986, All Star cheerleading competitions took the cheerleading industry by storm. Unfortunately – until Bergue and Kahn opened Pyramids Inc. – teams were forced to practice in parks, backyards and old gyms. There was no organized place for them to learn, practice and compete.

Starting with one team of senior-aged students in 1996, Bergue and Kahn used their coaching and choreography expertise to train competitors and place their business at the cutting edge of a sport that had not quite been discovered on the West Coast; one that would go on to change the landscape of competitive cheerleading in Northern California.

“Cheergyms has given my daughter so much!!!! She has improved talent wise and the coaches have boosted her confidence level tenfold! The friends she has made at the gym have been priceless too! We love it!”



Cheergyms.com Today



In 2000, Pyramids Inc. became Cheergyms.com. Today, Cheergyms trains over 200 members, all levels of cheerleaders from school teams to youth football teams and is home to some of the most successful All Star teams in California. Cheergyms.com also runs Spirit Spectacular cheerleading camps and choreography throughout the US and internationally.

We are most passionate about first developing character in our kids and then their athletic ability. Our focus is not so much about winning; we want to help develop the kids in a positive atmosphere and help them achieve their maximum potential in a positive way. It's a safe, positive place for them. Their parents can also trust us to create a great opportunity for them in the world of All-Star cheerleading. Our favorite thing to hear from parents is how much more outgoing, confident and successful their child is because of their experience at Cheergyms.com.

With 90 years combined experience, the owners of Cheergyms.com share a passion and love for the sport of cheerleading. Known as winners and experts in every aspect of the sport, owners Morton Bergue, Danny Kahn and Derick Patterson are extremely hands on, working everyday to help their students reach their full athletic potential.

At Cheergyms.com, it's not just about cheerleading. The staff build character in their students, helping them to become more confident, more successful versions of themselves.

Why All Star Cheer?



Cheergyms is a world-class training facility that specializes in teaching young women and men life lessons through the sport of cheerleading. Life lessons such as: how to be confident and capable, work ethic, sportsmanship, community service, teamwork, trust, listening skills, time management, goal setting, winning and losing with grace, and so much more. Our families are raving fans about our program because of the benefits they see week in and week out at Cheergyms.

We've got an All-Star team for everybody! New to cheer, new to Cheergyms or a 10-year veteran, if YOU have the desire, and the work ethic then we've got the PERFECT team for you. People choose Cheergyms for a variety of reasons: our incredible facility that allows us to comfortably have multiple teams training. Or knowing that your child is being put on a path to reach their fullest potential! You've got big dreams for your child? We do too. Seeing every athlete progress under the tutelage of our amazing staff and world-class training program is the reason we exist!



Cheer Types & Levels

Cheer Team levels are based on a variety of factors but is first by age and then by skill. Below outlines the basic structure of the All Star Cheer Industry Standards. Currently there are 7 levels in all star cheerleading. They are numbered 1 to 7 in increasing difficulty. Below outlines skill requirements for those levels based on the competitive scoring system. A season of all star cheerleading runs from May through May.

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6/7
Standing Tumbling	Back Walkover Front Walkover	Standing Back Handspring (BHS)	Standing 3 BHS & Round off Back Handspring Tuck	Standing Back Handspring to Layout Standing Tuck	Jumps to Tuck, Standing BHS to Full	Standing BHS to Double Full
Running Tumbling	Cartwheel Back Walkover	Front Walkover to Round off BHS	Front Walkover to Round off BHS Tuck Aerials Punch Front	Punch Front Round off BHS Layout	Roundoff Back handspring Full	Roundoff Back handspring Double Full
Stunting	Basic Stunt Experience below prep level	Prep level single leg stunts and extended two foot stunts	Extended Single leg stunts, full twisting two foot stunts	Extended twisting single leg stunts, Release stunts	Extended twisting double leg stunts, Inversion stunts	Elite Level Stunting

There are many age/skill levels in All Star Cheer. Below outlines the age and skill levels Cheergym will consider forming in the 2024-2025 season. Age is established by year of birth.

Levels

- * Novice
- * Prep Level 1.1
- * Elite Levels 1-6

Teams age groups are based birth year.

Age Team Types

- * Prep/Excel Tiny Teams birth years 2018-2020
- * Prep/Excel Mini Teams birth years 2016-2019
- * Elite/Excel/Prep Youth Teams birth years 2013-2018
- * Elite/Excel/Prep Junior Teams birth years 2010-2017
- * Elite Flex Junior Teams birth years 2009-2019
- * Elite/Excel Senior Teams birth years 6/1/06-2013
- * Club STUNT Age as of June 1, 2025: 11U, 14U, 18U



Cheer Options

Cheergyms offers a wide variety of cheer teams giving all levels of cheerleaders a chance to try this incredible sport.



Cheer FUN class runs seasonally. These athletes get a chance to try cheer, meet some friends and learn the basics of cheerleading. This is great for all ages from 5-16. This class requires a trial or membership to participate.

Show Teams run every 6-weeks. These athletes get a chance to try cheer, meet some friends and learn the basics of cheerleading and put on a show for parents at their last practice. This is great for all ages from 5-12.



Prep Teams run three times a year and are 4 months long. During those months they learn a competition routine based on skill and level to perform at local events. This is a great start to trying cheerleading and all the great confident builders it includes. Prep teams run June-September, September-December and January-April. This is great for ages 3-18. These teams are by sign up. Practices are 1 day a week on Wednesday's, time varies.

Excel Teams run once a year for 8 months. This is for the athletes that really enjoy the sport and want a chance to compete more often. These teams will run from September-April. They will attend 4 one-day local competitions and 1 travel event in Southern California. These teams are by tryout only. Teams practice 2 day's a week.



Elite Teams are for the most dedicated athletes that have a real love for the sport and want to train year round for the opportunity to compete up 8 times at both local and travel competitions. These athletes make great lifelong friends, build amazing confidence all through the sport of cheerleading. This is great for athletes that want to take cheerleading to the highest level. These teams require a tryout each May.

Club STUNT, this new type of cheer removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling. Check out this video to learn what Stunt the Sport is www.tinyurl.com/WhatIsSTUNT These teams will run from June-December. Practice will be 1-2 days a week and include 3-5 scrimmages and 2-3 travel tournament in Southern California. Tuition discounts for 24/25 Elite athletes.





Summer Prep Teams (June-September) Age 3-14



These teams are a great opportunity to learn a cheer routine and perform for friends and family with a final performance day in Santa Cruz at the pier.

Evaluation date: Wednesday, June 4th 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a short routine, make friends and allow the staff to see the best fit for team placement.

Register at this link: www.cheergyms.com/teams (choose Prep Teams) starting April 1st.

Practice Days: Wednesday's times vary starting as early as 5pm, 5:30pm, 6:00pm

Event Dates: - Showcase Wednesday Sept 3rd at CG & Sept 7th in Santa Cruz

Fee Information:

4 Payments of \$219 (Payment 1 due upon registration, Payment 2 6/28/25, Payment 3 7/28/25 & Payment 4 8/28/25) Includes the following: 1 team practice a week, practice t-shirt, team music license, choreography, showcase fee, Coaching Fees, Santa Cruz event pass and boardwalk pass, end of season award.

Uniform Fee separate \$200 (includes Uniform Top, Skort & Bow) This is the same uniform as the 2024 sea-son

\$40 a month Sibling Discount. Fundraising opportunities in June, September & January



Fall Prep Teams (September-December) Age 3-14



These teams are our fall season teams that will learn a cheer routine and get to attend and perform at 2 cheer competitions locally.

Evaluation date: Wednesday, September 3rd 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a little routine, make friends and allow the staff to see the best fit for team placement.

Registration opens June 1, 2025 at this link www.cheergymns.com/teams (choose Prep teams)

Practice Days: Wednesday's, times vary by team either 5pm, 6pm, 7pm

Event Dates: - TBA August 1, 2025

Fee Information:

4 Payments of \$219

(Payment 1 due upon registration, Payment 2 9/28/25, Payment 3 10/28/25 & Payment 4 11/28/25)

Includes the following:

1 team practice a week, practice t-shirt, team music license, choreography, showcase fees, Coaching Fees, 2 competition fees and end of season award.

Uniform Fee separate \$225 (includes Uniform Top, Skort & Bow) This is the same uniform as the 2024 season

\$40 a month Sibling Discount. Fundraising opportunities in June, September & January



Winter Prep Teams (Jan 2026-April 2026) Age 3-14



These teams are our fall season teams that will learn a cheer routine and get to attend and perform at 2 cheer competitions locally.

Evaluation date: Wednesday, January 7th 6-7:00pm

Evaluations are a day for all registered athletes to come together to learn a little routine, make friends and allow the staff to see the best fit for team placement.

Registration opens September 1, 2025 at this link www.cheergyms.com/teams (choose Prep teams)

Practice Days: Wednesday's, times vary by team either 5pm, 6pm, 7pm

Event Dates: - TBA August 1, 2025

Fee Information:

4 Payments of \$219

(Payment 1 due upon registration, Payment 2 1/28/26, Payment 3 2/28/26 & Payment 4 3/28/26)

Includes the following:

1 team practice a week, practice t-shirt, team music license, choreography, showcase fees, Coaching Fees, 2 competition fees and end of season award.

Uniform Fee separate \$225 (includes Uniform Top, Skort & Bow) This is the same uniform as the 2024 season

\$40 a month Sibling Discount. Fundraising opportunities in June, September & January



Excel Teams (Sept 2025-April 2026) Age 6-15



Excel Teams

These teams are a great opportunity to train more hours and compete with adding an end of season travel trip to add to the fun.

Summer Training is back by popular demand. Join us in June through August allowing athletes to keep up their skills and/or train new skills until tryouts. This is open to everyone to train in all star classes. Training Days can vary Mon-Thurs, you choose your classes. The monthly cost is \$209 and includes up to 3 hours of all star training classes a week.

Use this link to register for Summer Training: <https://cheergyms.com/off-season>

Tryout date: Monday, September 8th 6-7:00pm

Tryouts will be a low key experience for the athletes to show off their skills and allow the staff to evaluate each athlete. Athletes that do not make teams will get an evaluation to learn what areas they need to improve on and what classes/other team options are available.

Tryout Registration opens July 1, 2025 at this link www.cheergyms.com/teams (choose Excel)

Practice Days: 2 Days a week

Event Dates: - TBA July 1, 2025

Fee Information:

Tuition is a monthly fee of \$209 (includes 2 team practices a week)

Annual Start Up Fee \$50

Practice Wear \$175 (includes practice tee, sports tank, practice shorts & bow)

Uniform Fee \$375 (includes custom fitted uniform and competition bow) This is the same as 2023.

Program Fees are \$800 (includes team music, choreography, competition fees, showcase fees, and special events) split over 8 months.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)



Elite Teams (June 2025-April 2026) Age 7-18



Our elite teams are just that, the most dedicated and hard working athletes and families around. These teams will compete at the highest level and train year-around. It is by invitation only and is only for the most dedicated families.

We offer All Star May Training for those that would like to train their skills during our down month between seasons. This month of training will include up to 5 hours of all star specific classes for one tuition price of \$269. This is a great chance to see what training Elite is like. Register at <https://cheergyms.com/off-season>

Tryout date: Sunday, May 18th 10-12pm

Tryouts will be a low key experience for the athletes to show off their skills and allow the staff to evaluate each athlete. Athletes that do not make teams will get an evaluation to learn what areas they need to improve on and what classes and/or other team options are available.

New candidate Registration link: www.cheergyms.com/teams (choose Elite) - \$50 non refundable registration fee and tryout t-shirt.

Returnee Registration www.cheergyms.com/teams (choose Elite)

- Register by 5/1 for a non refundable fee of \$299 to secure discounted tuition, discounted additional classes and t-shirt.

Practice Days: Teams will practice 2 weekdays a week in June-August and then in August will switch to 1 weekday and Sunday's. Practices are 2 hours long. Practice days are either Mon-Thurs.

Competition Schedule: This will be finalized in August. Teams usually attend 5-6 local competitions and 2-3 travel competitions a year.

Fee Information:

Tuition is a monthly fee of \$269 (includes 2 practices a week and discounts off of all star level tumbling classes, specialty classes, open gyms and camps and clinics)

Annual Start Up Fee \$50 (gym insurance and is good for 1 year)

Practice Wear Fee \$325 (includes 2 custom practice wear outfits, 2 practice bows and sweatshirt)

Uniform Fee Range from \$850-\$1000 (includes uniform, comp bows and a team cover up) Does not include cheer shoes, backpacks or warm ups.

Program Fees: Range \$2250-\$2500 (includes all star camp, music, choreography, registration for 6-8 competitions) split over 7 months.

USASF Membership Fee \$50 (paid to USASF and good for 1 full year)

Payment Schedules available after tryouts.

25% Sibling Discount. Fundraising opportunities in June, September & January



Club STUNT (June 2025-December 2025) Age 8-18

Club STUNT is a new type of cheer that removes the crowd-leading element and focuses on the technical and athletic components of cheer, including partner stunts, pyramids, basket tosses, group jumps and tumbling. Check out this video to learn what Stunt the Sport is www.tinyurl.com/WhatIsSTUNT

Tryout date: Sunday, June 8th (U11 & U14) Sunday, August 2nd (U18)

Tryouts will include a demonstration of basic skills like jumps and tumbling. They will learn 4-8 counts of a stunt sequence to show their learning ability and stunting skills. Athletes that make a team will receive an email with what team they made and when they practice. Athletes that do not make a team will get feedback on areas they can work on and what options to improve on are available at Cheergyms.

Tryout Registration link: www.cheergyms.com/teams (choose Club Stunt)

Sign ups require a \$50 tryout fee which includes a t-shirt

Practice Days: Teams will practice 1-2 days a week.

Choreography Dates: TBA

Teams may include but are not limited to: 11U, 14U, 18U

Age is determined by how old they are as of June 1, 2025

Game/Tournament Dates: - These will be finalized by June 1st.

Discounts: 50% tuition discount for families on current Elite Teams

Fee Information:

Tuition is a monthly fee of \$129

Registration Fee \$50 (includes practice tee)

Uniform Fee:\$150 (includes jersey and shorts) Same as 2024

Program Fees Range \$150-\$300

Club STUNT Registration Fee \$15 (paid to the Club STUNT organization)

Payment Schedules available after tryouts.

Fundraising opportunities in June, September & January

2025-2026 Dates to Remember

- * May 6 All Star Summer Training Begins
- * May 18 Elite All Star Tryouts
- * May 24-26 Show Team Performs at Concord Kidfest
- * June 2 Elite "Time Reveal"
- * June 4 Summer Prep Starts
- * June 8 Club STUNT Tryouts
- * June 30-July 6 No Practices - 4th of July Break
- * July 24-26 Elite All Star Camp (Mandatory)
- * July 27-29 Jr Olympic Games
- * Aug 4-8 No Practices - Back to School Break
- * Aug 16/17, 23/24 Elite Choreography (Mandatory)
- * Sept 3 Fall Prep Teams Start
- * Sept 7 Summer Prep, Elite & Club STUNT in Santa Cruz
- * Sept 8 Excel Tryouts
- * Sept 14 Elite Practice Changes to Sunday's
- * Oct 5-11 No Practices - October Break
- * Oct 30 Spooky Rally & Trunk or Treat
- * Nov 23-29 No Practices - Thanksgiving Break
- * Dec 21-Jan 3 No Practices - Holiday Break
- * Jan 7 Winter Prep Teams Start
- * Apr 5-11 No Practices - CG Spring Break



Gym Closures

- * May 26 Memorial Day Holiday
- * July 4 4th of July Holiday
- * Sept 1 Labor Day Holiday
- * Oct 31 Halloween
- * Nov 27-28 Thanksgiving Holiday
- * Dec 24-Dec 26 Christmas Holiday
- * Jan 1 New Year Holiday
- * Apr 5 Easter Holiday

Cheergyms will not excuse misses from practices FOR ANY REASON....a miss is a miss, and affects the team the same way regardless of the reason why an athlete is absent. Cheergyms does realize that every family is unique in their family time and Cheergyms has created an absence policy that puts the control in the hands of the athlete's family. Mandatory school events will be taken into consideration with at least 1 month notice for the coach to plan. Athletes can not miss the practice before a competition/performance.

Elite Absence Policy

- * Athletes will have 4 allotted absences from June through August
- * Athletes will have 3 allotted absences from September through December
- * Athletes will have 2 allotted absences from January-April/May (Post Season)

Excel Absence Policy

- * A total of 4 absences allotted to be used throughout the season.

Fall/Winter Prep Absence Policy

- * A total of 2 absences allotted to be used during the session.



Important Policies & Reminders

DROP OFF AND PICKUP

We have many athletes and their parents entering and exiting the facility. Safety is our number one priority. Please drive slowly and watch out for children. At no time is parking along the cones or to the right of the building allowed. This is to ensure the safety of all.

UNIFORMS AND ATTIRE

Please keep all Cheergymns clothing, warmups and uniforms in good condition. CG is not responsible for any lost or damaged items. The cost of replacement will be the responsibility of the athlete. Athletes must wear all assigned practice wear to practice. Athletes will not be allowed to wear jewelry to practice.

COMMUNICATION

As a parent, you will receive information in several ways. Each month we send emails that contain important information. In addition to email, we use an app (BAND) to communicate important information to teams. This app can be downloaded on any smartphone and should be checked frequently. It is the parent/guardians responsibility to read all information put out to ensure an important message is not missed.

COPYRIGHT NOTICE

The logo of Cheergymns belongs to the owners of the program. You cannot sell or create your own Cheergymns clothing or other items. This includes the gym name, team names, gym hashtags and any likeness to logo, affiliation and/or program without the permission of Cheergymns.

BE POSITIVE. Help your child learn to enjoy this sport and develop skills that he/she is capable of performing. Practice with, and help your child so that he/she will have an opportunity for skill improvement through active participation.

Be realistic about the strengths and weaknesses of your child so that you may place him/her in situations where he/she has the maximum opportunity for success.

ASSUME GOOD INTENT! Do not make assumptions about anything. Always ask.

Help your child set realistic goals. The sport's primary value is the opportunity for self-development. The probability of achieving lasting fame and glory is low; yet, their experiences allow them to develop lifelong values and self-esteem.

STAY POSITIVE. Do not gossip about other teams, coaches, parents, other gyms, or children. Again, if you have questions. **ASK**, rather than listen to nonsense or engage in irresponsible conduct.

TUITION

Costs vary by program type at CG. To help make things more flexible and affordable, we are proud to offer multiple payment options for our gym families. A statement is sent on the 25th of each month. Payments are due on the 28th of every month. All accounts with a balance will have cards automatically run through our class management software, Jackrabbit. Monthly payments cover all team practices, competition fees for the season, coaches fees, routine choreography, routine music, and an insurance fee.