



HS Excel Team (June 2026-Dec 2026) 9th-12th



High School Excel Team

This is a new short season Team at CG focused on high school athletes who want to push their stunting level. This is a great opportunity to train more hours and compete.

Tryout Clinics June 1st and 8th 7-8:30pm

Tryout Day: Wednesday, June 10th 8-9pm

Tryouts will be a low key experience for the athletes to show off their skills and allow the staff to evaluate each athlete.

Tryout Registration Fee: \$99 includes CG t-shirt and tryout clinics.

Practice Days: Summer Practices Monday's 7-8:30pm and Wednesday's 8-9:30pm starting 6/25-8/5 -

Fall Practices Monday's 7:30-9pm and Sunday's Time TBA starting August 9th

Event Dates: Choreography Sunday 8/2, Showcases/Competitions 9/13, 10/18, 11/7 & 12/5 (updated)

Fee Information:

Tuition is a monthly fee of \$229 (includes 2 team practices a week and discounted tumbling)

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) New in 2026!

Program Fee is 6 payments of \$90 (includes team music, choreography, competition fees, showcase fees, and special events).

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