



# 2023-2024 SEASON TRYOUT PACKET

## INTRODUCTION

Crush Cheer is a program that inspires, encourages, and nurtures athletes to achieve their very best. Our mission is to develop well-rounded athletes through an environment of positive energy, self-motivation, and hard work. Our Crush core values include: to build and maintain a positive team and family spirit, promote confidence, act with integrity, behave intentionally, foster passion, and inspire a will to win.

## TEAM EVALUATIONS

Crush offers two types of All-Star competition teams: Elite and Prep.

Elite teams require a higher level of commitment with **two** 2-hour team practices per week along with a 1-hour tumbling class. Additionally, they attend approximately 5-8 competitions a year.

Prep teams are lower commitment introductory level teams that require **two** 2-hour team practice per week They attend approximately 5 competitions.

*\*Team practices for both Elite and Prep teams could be at either Champions 1826 or Champions Westlake this season.\**

Each athlete interested in becoming a part of the Crush Cheer family will register for the tryout on the parent portal and will then be sent the pre-evaluation clinic video that will include all of the requirements for the in-person tryout. On the day of their tryout, the athlete will be evaluated on their dance that they will learn from a video, tumbling, jumps along with being placed into groups by their possible level to evaluate their stunting. At the tryout sessions, athletes will have time to stretch and warm up skills before they are evaluated. Athletes are required to wear all **black** shorts, fitted shirt, or tank, and have their hair in a cheer ponytail. Athletes should also wear white cheer shoes or athletic shoes.

### CLINICS AND EVALUATIONS ARE HELD AT CHAMPIONS WESTLAKE & CHAMPIONS 1826 LOCATIONS

#### AGES 3-18, BOYS AND GIRLS

PRE-EVALUATION CLINIC	OPEN GYM	TRYOUT DAY
<p><b>CLINIC</b></p> <p>Online video will be sent on April 24 that will include dance and any other requirements for preparing for the tryout</p> <p>*A schedule will be sent the week before tryouts for your times to be there*</p>	<p><b>1826:Monday, May 8:</b></p> <p>5-8 YO: 5:00-6:00 9 &amp; UP: 6:00-7:30</p> <p><b>WESTLAKE:Tuesday, May 9:</b></p> <p>5-8 YO: 5:00-6:00 9 &amp; UP: 6:00-7:30</p>	<p><b>1826:Wednesday, May 10:</b></p> <p>3-8 YO: 5:00-6:00 9 &amp; UP: 6:00-7:30</p> <p><b>WESTLAKE:Thursday, May 11:</b></p> <p>3-8 YO: 5:00-6:00 9 &amp; UP: 6:00-7:30</p>

After evaluations, Crush coaches and staff will assemble rosters for the upcoming season. Teams are selected based on a variety of criteria including: existing cheer skills, previous experience, age, maturity, technique and team composition. After rosters are set, families are contacted by email within one week to let them know the results of evaluations for team placements. Final team placements are up to the discretion of the Crush coaching staff; our vision is to create well balanced and successful teams.

## SUMMER PRACTICE SCHEDULE

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During the summer (June-August), Crush team members will be expected to attend regular practices to work on team skills and other required elements in preparation for the competition season. All athletes will also attend two choreography-based camps in the summer.

### **Crush Stunt Camp: July 29, 2022, Times TBD at CHAMPIONS Westlake**

This is a stunt camp that will be led by our Crush Cheer Coaches. The camp is an important time where athletes will work on technique in their stunt groups and begin to work together as new teams.

### **Choreography Camp: June 19 -June 26, 2023 for ALL TEAM- Days and Times TBD**

Choreography Camp is one of the most critical elements to the success of our season and is therefore **mandatory**. Please block off all days until the team schedules are released. Full participation is required because this is the time our choreographers build a customized competition routine for the teams to perform throughout the season..

*\*Specific times of day for each camp are TBD. Both camps are mandatory.*

## REGULAR SEASON PRACTICE SCHEDULE

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During the regular 2023-2024 season (mid August through mid-May), Crush teams will have a set weekly practice schedule. For All-Star Elite teams, there are two team practices, each lasting 120 minutes, and an additional Crush tumbling class. Our prep teams have two team practices.

Practice times usually remain consistent throughout the regular season and are only changed under special circumstances. During important times of the season, additional extra practices may be scheduled. Every attempt will be made to notify you as soon as possible.

*The finalized summer practice schedule and camp schedules will be emailed within a few days after team placement, and the finalized regular season practice schedule will be sent out by mid- to late-summer.*

## COMPETITIONS

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All Crush teams will compete in 4-8 competitions between the months of October - May. Most of the competitions will be regional in location (Austin, Houston, San Antonio, or Dallas), with the potential for our Elite teams to travel out-of-state for bid competitions.

The competition schedule will be released during the summer. Competitions are subject to change due to various factors throughout the season. We will notify you of changes as soon as possible. Teams may also be awarded bids to participate in the U.S. Finals, D2 Summit or other bid-awarded competitions. Crush teams will attend any competitions they receive bids for at the coaches' discretion.

## COSTS AND TUITION

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### **TRYOUTS**

Tryout fees are billed with the tryout registration and include the pre-tryout clinic and a tryout session.

- New Athletes - General Tryout \$80
- Returning Crush Athletes - General Tryout \$55

## MONTHLY TUITION

Monthly tuition includes team practices, extra practices, administrative costs, and showcase performances. Costs are billed monthly for 12 equal payments through April 25th. The first payment will be charged after signing the contract on May 25th and the remaining payments will be charged on the 25th of each month thereafter. Returning team members will receive a \$10 discount off of each month's tuition for every year of Crush Cheer that they participated through each season's end.

- Show and Prep Team(s) \$300
- Elite Team(s) \$330

## COMPETITION AND EXTRA FEES

Competition & Extras Fees cover competition entry fees, coaches' travel expenses, choreography costs, and music fees. Costs are billed monthly, from **July 25, 2023 - April 25, 2024**.

- Show and Prep Teams \$135
- Elite Team(s) \$145

## MANDATORY COSTS NOT INCLUDED IN TUITION

*All costs are not inclusive of tax, and are subject to change.*

- Competition Uniform + Bow \$475 est. (due in summer) \*NOT A NEW UNIFORM YEAR\*
- Practice Wear \$225 est.
- Annual Registration Fee \$45 (due in May)
- Competition Makeup \$55 (due in August)
- Team Membership Dues \$60 (due in summer)
- Summer Stunt Camp \*2-hours long\* \$40 (due at time of camp)

*\*All athletes must also purchase cheer shoes (Nfinity Vengeance brand) from their retailer of choice to wear at cheer competitions and practices. Est. cost: \$100.*

## OPTIONAL COSTS NOT INCLUDED IN TUITION

- Team Backpack \$135 + tax
- Warm-ups \$200 est (due in September)

During the season, we will also make available *optional* Crush team apparel and merchandise.

There is the possibility of extra costs for end-of-season bid events (Summit, U.S. Finals, etc.) for teams that qualify during the season. Participation specifically for the Summit competition will be expected from all athletes awarded any level of bid if the coaches decide the team will attend the event.

Additionally, throughout the competition season, athletes will be required to travel. Hotel accommodations and travel expenses will be the responsibility of the parent/guardian. Most competitions require all athletes to stay in specific hotels per the "Stay-to-Play" policy. "Stay-to-Play" is a USASF policy that requires every athlete to stay at host hotels to be eligible to compete at an event unless a family member lives in a certain radius of the competition.

## TEAM EXPECTATIONS

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All-Star Cheer is a select sport. It takes commitment from both the athlete and the families of athletes. The team and individual can only be truly successful with everyone at practice. We work extremely hard to try and minimize conflicts for our athletes, and expect athletes to make every effort to maintain good attendance.

If you are involved in a school activity, have a planned vacation, or other reason to miss practice, you are required to provide a written notice 2-weeks in advance. All other absences such as illness should be reported as soon as possible.

## 2020-2021 HOLIDAY SCHEDULE

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4th of July	July 3 - July 7, 2023
Labor Day	September 4, 2023
Thanksgiving Holiday	November 20 - November 24, 2023
Winter Break	December 23 - January 5, 2024
Spring Break	March 11 - March 16 (We hold practices on the last Sunday of Spring Break)
Easter	March 31, 2024

## SKILL GRID

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We look to build well-rounded athletes that are not defined by just one facet of cheer. During the tryout process, all athletes are evaluated on jumps, dance, core strength, stunt ability, tumbling, and overall coordination and sharpness. All tumbling skills that are demonstrated must be executed with consistency and strong technique, as well as in conjunction with other skills. We also consider the athlete's age, maturity, stunt position, choreography retention, overall coachability and team composition when building our teams. It is best to go into evaluations with no expectations as teams are decided with the big picture in mind. Please trust the process.

Tumbling skills alone do not determine level placement; however, nearly every athlete should have all of the appropriate tumbling skills for their level, and be able to perform the skills with consistency and strong technique. As established by Varsity, the following grid lists the tumbling skills for each level of All-Star cheer, however our team placement is not solely based on tumbling:

### **VARSITY ALL STAR LEVEL APPROPRIATE TUMBLING SKILLS**

**ALL SKILLS SHOULD BE MASTERED IN EACH LEVEL BEFORE MOVING ON TO THE NEXT LEVEL OF SKILLS! PLEASE START AT THE LEVEL 1 PREP SKILLS LIST AND WORK YOUR WAY THROUGH THE SKILLS EXECUTING WITH COMPLETE PERFECTION!**

<b>Level 1 Prep</b>
<input type="checkbox"/> Candle Stick Stand Up
<input type="checkbox"/> Bridge Hold 10 Seconds
<input type="checkbox"/> Forward Roll
<input type="checkbox"/> Backward Roll
<input type="checkbox"/> Back Extension Roll
<input type="checkbox"/> Handstand
<input type="checkbox"/> Handstand Forward Roll
<input type="checkbox"/> Handstand Bridge Stand Up
<input type="checkbox"/> Cartwheel
<input type="checkbox"/> Backbend Kickover

<b>Level 1 Elite</b>	
<b>Standing</b>	<b>Running</b>
<input type="checkbox"/> Back Walkover (BWO) <input type="checkbox"/> Back Walkover Switch Kick (BWOS) <input type="checkbox"/> Valdez <input type="checkbox"/> Back Walkover - Back Walkover Switch Kick	<input type="checkbox"/> One Arm Cartwheel <input type="checkbox"/> Front Walkover (FWO) <input type="checkbox"/> Front Walkover Switch Kick (FWOS) <input type="checkbox"/> Cartwheel - Back Walkover Switch Kick <input type="checkbox"/> Roundoff <input type="checkbox"/> Front Walkover - Back Walkover Switch Kick

<b>Level 2 Elite</b>	
<b>Standing</b>	<b>Running</b>
<input type="checkbox"/> Standing BHS <input type="checkbox"/> Standing BHS Step Out <input type="checkbox"/> BWO - BHS <input type="checkbox"/> BWOS - BHS <input type="checkbox"/> T-Jump - BHS <input type="checkbox"/> BHS Step Out - BWO - BHS <input type="checkbox"/> BWO - BHS Step Out - BWO	<input type="checkbox"/> Roundoff - BHS <input type="checkbox"/> Roundoff - BHS Series <input type="checkbox"/> Bounder <input type="checkbox"/> Front Handspring <input type="checkbox"/> Bounder - Front Handspring <input type="checkbox"/> FWO - Roundoff - BHS <input type="checkbox"/> Bounder - FWO - Roundoff - BHS

<b>Level 3 Elite</b>	
<b>Standing</b>	<b>Running</b>
<input type="checkbox"/> Standing BHS Series <input type="checkbox"/> Toe Touch - BHS Series <input type="checkbox"/> BWO - BHS Series <input type="checkbox"/> BHS - Toe Touch - BHS <input type="checkbox"/> Toe Touch - BHS - Toe Touch - BHS <input type="checkbox"/> BHS Step Out - BHS Series <input type="checkbox"/> BHS Step Out - BWO - BHS Series <input type="checkbox"/> BWO - BHS - Toe Touch - BHS Series	<input type="checkbox"/> Roundoff Tuck <input type="checkbox"/> Roundoff BHS Tuck <input type="checkbox"/> Roundoff BHS Series Tuck <input type="checkbox"/> Aerial <input type="checkbox"/> Punch Front <input type="checkbox"/> FWO - Aerial <input type="checkbox"/> Roundoff - BHS - ½ Turn - Roundoff Tuck <input type="checkbox"/> FWO - Roundoff - Tuck <input type="checkbox"/> Bounder - Roundoff - Tuck

Thank you for your interest in Crush! We are looking forward to a great season ahead!  
 If you have any questions, please feel free to [admin@crushcheer.com](mailto:admin@crushcheer.com)