



## 2023-2024 CRUSH CHEER HALF-SEASON EVALUATION PACKET

### INTRODUCTION

To athletes who are interested in a meaningful cheer experience, 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: building and maintaining a positive team and family spirit, promoting confidence, acting with integrity, behaving intentionally, fostering passion, and inspiring a will to win.

### TEAM EVALUATIONS

Crush is offering a half-season novice cheer team starting at the end of September. Novice is a lower commitment level team that requires **mandatory** attendance at the following:

- 1- 2 hour team practice
- 1- 50 minute Crush Tumbling class
- 3-4 mandatory competitions

*\* Team practices will be at Champions 1826 on Thursdays from 5:00-7:00 PM. \**

A team evaluation session is required to join the Crush Half-Season team. The evaluation will showcase your athlete's skills in a practice setting (dance, jumps, tumbling, flexibility, endurance, etc.). All athletes will need to register for evaluations online at [crushcheer.com](http://crushcheer.com).

*\*If you are unable to attend the evaluation session listed below, please email [admin@crushcheer.com](mailto:admin@crushcheer.com) to schedule a private evaluation prior to September 21.\**

Athletes should wear

- Black shorts,
- Plain black fitted shirt or tank (*no logos or crazy prints/fonts*)
- Hair in a ponytail
- Cheer shoes or athletic shoes.

**EVALUATIONS ARE HELD AT CHAMPIONS 1826 LOCATION**  
**AGES 6-13**

<b>TEAM EVALUATIONS</b>	
<b>GOOGLE FORM will be sent at the time of registration and must be completed before evaluations</b>	<b>CHAMPIONS 1826 Thursday, September 21 5:00-7:00 PM</b>

After evaluations, Crush coaches and staff assemble rosters for the upcoming season. Teams are selected based on a variety of criteria including: existing cheer skills and/or ability to pick up on new instruction, previous experience, age, and team composition. After rosters are set, families are contacted by email within the next few days to let them know the results of evaluations and recommendations for team placements.

**CAMP**

**Choreography Camp: November 4 at Champions 1826 10:00 AM - 2:00 PM**

Choreography Camp is mandatory for all athletes to learn their competition routine and will be held on November 4th.

**HALF-SEASON PRACTICE SCHEDULE**

During the 2023-2024 half-season (September through mid-May), Crush Novice teams will have a set weekly practice schedule: one 2-hr team practice at Champions 1826 on Thursdays from 5:00-7:00. Crush tumbling classes vary at either location for you to choose from.

Weekly practice times remain consistent throughout the half-season and are only changed under special circumstances. During the weeks leading up to the competition, additional practice times may be scheduled on Saturdays or Sundays. Every attempt will be made to notify you as soon as possible.

**COMPETITIONS**

All Crush Prep teams will compete in 3-4 competitions between the months of January - May. Most of the competitions will be regional in location (Austin, San Antonio, San Marcos) with the potential to go to Galveston/Dallas.

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, The One, or other bid-awarded competitions. Crush Cheer plans to attend any competitions they receive bids for.

## **COSTS AND TUITION**

### **EVALUATION**

Evaluation fees are billed at the time of registration.

- Evaluation Fee \$50

### **MONTHLY TUITION**

Monthly tuition includes team and tumbling practices including any extra team practices that may be needed, administrative costs, and showcase performances. Costs are billed monthly, from September 25, 2023 - April 25, 2024.

- Novice \$225

### **COMPETITION & EXTRA FEES**

Competition and Extras Fees cover competition entry fees, coaches' travel expenses, choreography costs, Spirit Wear fees, and music fees. Costs are billed monthly on the 25th of each month, from November, 2023 - April 2024.

- Novice Teams \$135

### **COSTS NOT INCLUDED IN TUITION**

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

#### **REQUIRED:**

- Practice Wear \$125 est +tax
- Competition Uniform + Bow \$250 est.
  - ❖ This season we will be offering opportunities to rent uniforms for \$125 +tax
- Competition Makeup \$50 (Same make-up as last season)
- Registration fee of \$50

#### **OPTIONAL:**

- General Open Gyms at either gym \$5 per Open Gym
- Crush Cheer All-Star Team Backpack \$130 (due in October)

*\*All athletes must also purchase cheer shoes (Rebel Revolt in white) from their retailer of choice to wear at cheer competitions.*

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**

All-Star Cheer is a select sport. It takes commitment from both the athlete and the family. 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 have another 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.

## **2023-2024 HOLIDAY SCHEDULE**

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**

We look to build well-rounded athletes who 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 AT 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!**

### Level 1 Prep/Novice

Candle Stick Stand-Up  
Bridge Hold 10 Seconds  
Forward Roll  
Backward Roll  
Back Extension Roll  
Handstand  
Handstand Forward Roll  
Handstand Bridge Stand Up  
Cartwheel  
Backbend Kickover

### Level 1 Elite

Back Walkover (BWO)  
Back Walkover Switch Kick (BWOS)  
Valdez  
Back Walkover - Back Walkover Switch Kick  
Front Walkover (FWO)  
One Arm Cartwheel  
Front Walkover Switch Kick (FWOS)  
Cartwheel - Back Walkover Switch Kick  
Roundoff  
Front Walkover - Cartwheel - Back Walkover Switch Kick

### Level 2 Elite

Standing BHS	Roundoff - BHS
Standing BHS Step Out	Roundoff - BHS Series
BWO - BHS	Bounder
BWOS - BHS	Front Handspring
T-Jump - BHS	Bounder - Front Handspring
BHS Step Out - BWO - BHS	FWO - Roundoff - BHS
BWO - BHS Step Out - BWO	Bounder - FWO - Roundoff - BHS

### Level 3 Elite

Standing BHS Series	Roundoff Tuck
Toe Touch - BHS Series	Roundoff BHS Tuck
BWO - BHS Series	Roundoff BHS Series Tuck
BHS - Toe Touch - BHS	Aerial
Toe Touch - BHS - Toe Touch - BHS	Punch Front
BHS Step Out - BHS Series	FWO - Aerial
BHS Step Out - BWO - BHS Series	Roundoff - BHS - ½ Turn - Roundoff Tuck
BWO - BHS - Toe Touch - BHS Series	FWO - Roundoff - Tuck
	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)