



2024-2025 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 three types of All-Star competition teams: Elite, Prep, and Novice.

Elite teams require a higher level of commitment with **two** 2.5-hour team practices per week along with a 1-hour tumbling class. Flyers will come 30 minutes before practice to attend Flyer Flex. Stunt groups will be required to attend 2-3 private stunt lessons before every competition to ensure groups are ready to hit the mat. Additionally, they attend approximately 5-8 competitions a year.

Prep teams are for individuals with limited tumbling who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams typically require less time and cost commitments than are required of All Star Elite teams. Prep level teams require two 2-hour team practices per week along with a 1-hour tumbling class. They attend approximately 5 competitions.

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

Novice teams are for individuals who are new to All Star but ready for performance-based teams that are evaluated at events. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All Star teams. Novice teams require one 2-hour team practice per week with a 1-hour tumbling class. They attend approximately 3 competitions.

Tiny novice teams are for individuals between the ages of 3 to 6 years old who are new to cheerleading. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All Star teams. Tiny novice teams require one 1.5-hour team practice per week. They attend approximately 3 competitions.

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 skill assessment, the athlete will be evaluated on their dance that they will learn from a video, tumbling, and jumps. After the skill assessment, we will email you with your level practice time/times where they will be placed into groups by their possible level to evaluate their stunting. Your athlete may be asked to attend two level practices if we feel that they are in between the two levels. 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/tank/sports bra, and have their hair in a high/slicked back 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	TRYOUT DAY 1 (SKILLS ASSESSMENT)	TRYOUT DAY 2 (LEVEL PRACTICE)
<p style="text-align: center;"><u>CLINIC</u></p> <p>An 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><u>1826: Monday, May 13:</u> 4-6 YO: 4:00-5:00 PM 7-10 YO: 5:00-6:00 PM 11-18 YO: 6:00-7:00 PM</p> <p><u>WESTLAKE: Tuesday, May 14:</u> 4-6 YO: 4:00-5:00 PM 7-10 YO: 5:00-6:00 PM 11-18 YO: 6:00-7:00 PM</p>	<p><u>1826: Wednesday, May 15:</u> Novice/Prep: 4:30-6:00 PM Elite Level 1: 6:00-7:30 PM</p> <p><u>1826: Thursday, May 16:</u> Elite Level 2: 5:00-6:30 PM Elite Level 3: 6:30-8:00 PM</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 CAMP SCHEDULE

All Camps are mandatory for all athletes. If the athlete does not attend the camps, this could affect their level placement.

Crush Stunt Camp: August 17, 2024: Times TBD at CHAMPIONS 1826

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 15 -June 22, 2024: for ALL PREP/ELITE 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.*

PRACTICE SCHEDULE

During the 2024-2025 season (June through mid-May), Crush teams will have a set weekly practice schedule. For Elite teams, there are two- 2.5-hour team practices and an additional Crush tumbling class. Flyers will come 30 minutes before practice to attend Flyer Flex. Our prep teams have two- 2-hour team practices and an additional crush tumbling class. Novice teams have one 2-hour team practice and an additional crush tumbling class a week. Tiny novice will have one 1.5-hour team practice a week.

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 fall/spring season practice schedule will be sent out by mid-to-late summer.

COMPETITIONS

All Crush teams will compete in 3-8 competitions between the months of November- 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, Youth Summit, or other bid-awarded competitions. Crush teams will attend any competitions they receive bids for at the coaches' discretion.

COSTS AND TUITION

TRYOUTS

Tryout fees are billed with the tryout registration and include the tryout session and a jersey.

- New Athletes - General Tryout \$100
- Returning Crush Athletes - General Tryout \$75

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 (Between 2-5 years) will receive a 10% discount and athletes between 6 and 10 years will receive a 25% discount off of each month's tuition of Crush Cheer that they participated through each season's end.

- Tiny Novice \$165
- Novice \$255
- Prep Team(s) \$330
- Elite Team(s) \$360

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, 2024 - April 25, 2025**.

- Tiny Novice \$95
- Novice \$140
- Show and Prep Teams \$140
- Elite Team(s) \$150

MANDATORY COSTS NOT INCLUDED IN TUITION

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

- Competition Uniform + Bow \$475 est. (due June 25th)
- Practice Wear \$280 est. (due May 25th)
- Annual Registration Fee \$100 (due on May 25)
- Competition Makeup \$55 (due August 25)
- Summer Stunt Camp *2-hours long* \$50 (due at time of camp)

**All athletes must also purchase cheer shoes (Rebel Revolt-White) from their retailer of choice to wear at cheer competitions and practices. Est. cost: \$110.*

OPTIONAL COSTS NOT INCLUDED IN TUITION

- Team Backpack \$150 + tax
- Warm-ups \$250 est. (due September 25)

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 athletes 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 reasons 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.

2024-2025 HOLIDAY SCHEDULE

4th of July	July 1 - July 5, 2024
Labor Day	September 2, 2024
Thanksgiving Holiday	November 25 - November 29, 2024
Winter Break	December 23 - January 3, 2024
Spring Break	March 10 - March 14
Easter	April 20, 2025

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 IN EACH LEVEL BEFORE MOVING ON TO THE NEXT LEVEL OF SKILLS! PLEASE START AT THE LEVEL 1 NOVICE SKILLS LIST AND WORK YOUR WAY THROUGH THE SKILLS EXECUTING WITH COMPLETE PERFECTION!

Level 1 Novice (Not Required)
<ul style="list-style-type: none"> <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

Level 1 Prep/Elite (Required)	
Standing	Running
<ul style="list-style-type: none"> <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"/> BWO - BWO 	<ul style="list-style-type: none"> <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

Level 2 Elite (Required)	
Standing	Running
<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <input type="checkbox"/> Roundoff - BHS <input type="checkbox"/> Roundoff - BHS Series <input type="checkbox"/> Boulder <input type="checkbox"/> Front Handspring <input type="checkbox"/> Boulder - Front Handspring <input type="checkbox"/> FWO - Roundoff - BHS <input type="checkbox"/> Boulder - FWO - Roundoff - BHS

Level 3 Elite (Required)	
Standing	Running
<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"/> Bouncer - 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