



20-21 PLACEMENT PACKET



TEAMS FOR ATHLETES OF ALL AGES & SKILL LEVELS

Prep/Novice
Local
Regional
National
Open
Cheerabilities

PLACEMENTS
APRIL 27TH-28TH

CANewSeason@gmail.com

(712) 828 -0294



SIGN UP FOR PLACEMENTS

NEW ATHLETE EVALUATION APRIL 27TH-28TH

- Register & Sign up for your placement time at www.snap.jamwd.com/CentralAthletics
- There is NO evaluation required for athletes ages 3-5 looking to be on a Prep/Novice team, but you MUST register & pay the season placement fee
- Team Placements will be announced on Friday April 30th, no later than 6pm. To accept your athletes position on team you must email CANewSeason@gmail.com by midnight Sunday May 2nd.
- Contracts will be sent via email to be signed electronically on May 3rd and must be completed by May 7th or the athlete may lose their position on the team.
- Team Practices Start May 19th (Tuition will be pro-rated for the month of May and due on the 19th)

RETURNING ATHLETES

- Register for placements under returning athlete on your Snap account.
- Returning athletes will NOT have to attend a placement session. If you would like to attend a session to show new skills email at CANewSeason@gmail.com
- Athletes with outstanding balances will NOT be placed on a team until balances are paid
- Team Placements will be announced on Friday April 30th, no later than 6pm. To accept your athletes position on team you must email CANewSeason@gmail.com by midnight Sunday May 2nd.
- Contracts will be sent via email to be signed electronically on May 3rd and must be completed by May 7th or the athlete may lose their position on the team.
- Team Practices Start May 19th (Tuition will be pro-rated for the month of May and due on the 19th)





HOW DO PLACEMENTS WORK?

During your athlete's evaluation time please wait in the lobby. Your athlete will demonstrate their skills as seen below in the skill chart to determine level appropriate placement.

Level	Standing Tumbling	Tumbling Requirements	Jumps
1	Forward & Backward Roll Back Walkover Front Walkover	Cart Wheel Round Off Round Off Back Walkover	Toe Touch Hurdler Pike
2	Back Handspring Front Handspring Back Handspring Stepout Back Walkover Back Handspring	Round Off Back Handspring(s) Front Walkover Round Off Back- Handspring(s)	Toe Touch Hurdler Pike Combination Jumps (pointed toes, landing with feet together)
3	Back Handspring Multiples BHS(s)Jump Back- Handspring(s) Back Handspring Step out Back- Handspring(s)	Aerial Punch Front Round Off Tuck Round Off Back Handspring Tuck Front Walkover or Punch Front - Round Off Back Handspring Tuck	Toe Touch Hurdler Pike Combination Jumps (pointed toes, hyperextension, landing with feet together) Toe touch connected to a back handspring
4	Standing Tuck Back Handspring Tuck Multiples to a Tuck	Cartwheel Tuck Round Off Back Handspring- Layout/ Xout/ Layout stepout Punch Front or FWO to a Layout Front Handspring Punch Front CONNECTIONS or BOUNDERS	Toe Touch Hurdler Pike Combination Jumps (pointed toes, hyperextension, landing with feet together) Toe touch connected to a bhs-tuck
6 NT	NA	NA	Toe Touch Hurdler Pike Combination Jumps (pointed toes, hyperextension, landing with feet together) Toe touch tuck

STUNTING

Will be evaluated on previous experience.

If your athlete is new they will not be penalized on this category, as we will begin from the basics at the start of the season!

ATHLETES LOOKING TO FLY MUST SHOW ALL BODY POSITIONS!

PLEASE REMEMBER

Athletes are NOT guaranteed placement on any specific team. Teams are built on several contributing factors. We guarantee that your athlete will be placed on a team that we (CA coaches) feel that they will excel and grow on.



IMPORTANT DATES & BREAKS

May

2nd-3rd Contract Signing
19th Season Practices begin
23rd - Season Fittings - Uniform, PW & Shoes
28th-31st - CLOSED FOR MEMORIAL DAY

June

14th-15th MANDATORY Stunt Technique Camps - TIMES TBD
20th- CLOSED FOR FATHERS DAY

July

2nd - 10th- CLOSED FOR FOURTH OF JULY
19th-23 MANDATORY Team Choreography - TIMES TBD

August

5th-10th - CLOSED FOR SUMMER BREAK 2

September

3rd - 6th CLOSED FOR LABOR DAY

October

10th - Central Athletics Showcase
31st- Closed for Halloween

November

24th- 27th - CLOSED FOR THANKSGIVING BREAK

December

23rd- January 1st - CLOSED FOR CHRISTMAS BREAK

March

7th-11th - CLOSED FOR SPRING BREAK

April

16th & 17th - CLOSED FOR EASTER BREAK
21st END OF SEASON*

Exception for teams attending Summit or Worlds



CentralAthleticsIA@gmail.com

(712) 828 -0294

PREP/NOVICE

Practices 3 hours a week. This includes a 30 min instructional tumbling class time each week. Local teams will participate at our season showcase and compete 5 times throughout the season. They will NOT travel outside of the metro area for events.



LOCAL



Practices 4 hours a week, and an additional tumbling class is required each week. Local teams will participate at our season showcase and compete 5 times throughout the season and not traveling farther than the Kansas City/Des Moines area for 1 day events.

REGIONAL

Practices 4 hours a week, and an additional tumbling class is required each week. Regional teams will participate at our season showcase and compete 5 times throughout the season and will travel to two travel 2-day National Competitions. Regional teams will work to finish the season at The Regional Summit (in Kansas City) by either a Paid or At-Large Bid.



NATIONAL



Practices 6 hours a week and an additional tumbling class is required each week. National Teams will participate at our season showcase and compete 7 times throughout the season. Team travel is not limited to a specific radius. National teams will work to finish the season at either The D2 Summit or Worlds in Orlando at Disney World.

OPEN

Practices 5 hours a week. No additional tumbling class required. This team will perform at showcase and compete at 5 events throughout the season. Open teams will work to finish the season at either The D2 Summit or Worlds in Orlando at Disney World.



CHEERABILITIES



Practices 1 hour a week starting in August. Rainbows will perform at showcase & compete locally 4 times. Athletes must have a developmental or physical disability to participate.

**COMPLETELY FREE
FOR ALL ELIGIBLE
ATHLETES!**

ESTIMATED COST INFORMATION

July through March covers Competition Fees, Stunt Camp, Choreography, Music & Jersey/Makeup
Breakdowns available upon request at CANewSeason@gmail.com

	Monthly Tuition	Additional Fees Per Month	
Prep/Novice	\$85 1st of every month (May-April)	May - PW June - Uniform & Bow July through March	\$195 \$325 \$81.50
Local	\$100 1st of every month (May-April)	May - Pw, Shoes & Backpack June - Uniform & Bow June through March	\$447 \$485 \$134.50
Regional	\$120 1st of every month (May-April)	May - PW, Shoes & Backpack June - Uniform & Bow July through March	\$415 \$485 \$175.50
National	\$150 1st of every month (May-April)	May - PW, Shoes & Backpack June - Uniform & Bow - JR Uniform & Bow - SR July through March	\$415 \$485 \$405 \$232
Open	\$100 1st of every month(May-April)	May - PW & Shoes June - Uniform & Bow - SR July through March	\$305 \$TBD \$TBD

Above expenses are listed for NEW athletes. Returning athletes will only have to purchase one new PW set and new shoes. They are also still responsible for competition fees, choreography, stunt camp & music, so their additional fees monthly will be reduced.



Central Athletics DOES NOT handle any travel. Travel is an additional cost to you.
Athletes MUST stay in the same hotel blocks at all away competitions. Block information will be provided mid summer!



TENTATIVE COMPETITION SCHEDULE

Date Of Event/Name	Location	Prep/ Novice	Local	Regional	National	Open
Nov 14th Mid American Extreme	Mid America Center	X	X	X	X	
Dec 4th- 5th Americas Best KC	Kansas City, KC/MO			X	X	X
Jan 9th GLCC Cornhusker Nationals	Mid American Center	X	X	X	X	
Jan 23rd - 24th American Championships Heartland	Mid America Center		X	X	X	X
Jan 29th-30th ACA Nationals	Ft Worth, TX					X
Feb 12th-13th CheerSport	Atlanta, GA				X	X
Feb 20th CSG - Border Battle	Mid America Center	X	X			
March 5th-6th COA Mid American Nationals	Kansas City, KC/MO				X	X
March 20 WSA	CHI Health Center	X				
March 26th-27th Double Down Championships	Tulsa, OK			X	X	
April 10th Rockstar	Mid America Center	X	X			
REGIONAL SUMMIT	Kansas City, KC/MO			X		
THE D2 SUMMIT	Orlando, FL				X	
WORLDS	Orlando, FL					X

Schedule for Cheer-abilities will be released at the start of their season

Schedule is tentative and may change throughout the year depending on event availability.



TENTATIVE PRACTICE SCHEDULE

Actual schedules will be released when team placements are released. Please be advised that the below is a sample and practice times may change when teams are released.

START OF SEASON/ SUMMER SCHEDULE

	Prep/Novice	Local	Regional	National	Open
Monday	6:30-8pm	5-7pm			7:30-9:30pm
Tuesday			5:30-7:30pm	6:30-9:30pm	
Wednesday	6:30-8pm	5-7pm			7:30-9:30pm
Thursday			5:30-8	6:30-9:30pm	
Sunday					

TENTATIVE FALL SCHEDULE

	Prep/Novice	Local	Regional	National	Open
Monday	6:30-8pm	5-7pm			
Tuesday			5:30-7:30pm	7:30-9:30pm	
Wednesday	6:30-8pm	5-7pm			7:30-9:30pm
Thursday			5:30-8	7:30-9:30pm	
Sunday				12:30-2:30pm	2:30-4:30pm

TUMBLING SCHEDULE

	Tiny Tumb	Lvl 1	Lvl 2	Lvl 3	Lvl 4	Lvl 5
Monday	6-7 pm	5-6 pm				
Tuesday		5:30-6:30pm	6:30-7:30pm	4:30-5:30pm		
Wednesday			5-6pm		6-7pm	7-8pm
Thursday		7-8pm	6-7pm	5-6pm		
Saturday	9:30-10:30am	10-11am	9-10am	11am-12pm	12-1pm	



OTHER INFORMATION

Important Policies/Things to Know When Considering Our Gym!

Skills Camp/Choreography - Skills Camp in June (14/15th) & Choreography in July (19-23rd) are MANDATORY. Exact dates & times will be released when teams are finalized. Teams will attend only 1 day for skills camp & 2 days for choreography.

Absences- We split our season into 2 separate policies, Competition & Non-competition season. Due to the All-star Cheer being a year round sport, we want to be flexible, but All-Star cheer is not a sport where athletes can replace a person with someone from the bench. Coaches are able to work around extended vacations with ample notice.

Competition Season Runs November 1st - Final competition of the season. Athletes are allowed a total of 3 excused practices during this time frame. More than 3 absences can result in removal from the routine or portions of the routine. Attendance is taken every practice and at 2 absences a meeting with coaches will likely be scheduled. During competition season NO ABSENCES WILL BE ALLOWED 2 WEEKS PRIOR TO ANY EVENT. Absence 2 weeks prior WILL result in removal from the routine for that event. For any athlete on an ELITE TEAM the month of April is a BLACK OUT month, meaning athletes cannot be absent for any reason as we prep for Summit/Worlds.

Non-Competition Season Runs post tryouts through Oct 31st. Athletes are allowed a total of 4 excused absences. More than 4 can result in removal from the routine or portions of the routine. At 3 you will meet with the coach to discuss the absences.

Summit/Worlds/Regional Summit- If your athlete is on a team accepting bids and receives a PAID BID a coaches fee of \$100 will be charged to your next billing cycle. If the team does not receive a paid bid the coaches cost will be divided out over every athlete on the team and charged with the event fees. ALL OF THESE EVENTS ARE ADDITIONAL COSTS AND NOT OPTIONAL FOR ATHLETES ON THE TEAM

How do you pay for the Season? For team athletes we MUST either have credit card or ACH on file. Monthly Statements are sent on the 25th of the month and due on the 1st of every month. Late fee's are applied on the 10th of the month to any overdue account. Sales tax and processing fees are added to all charges.

Discounts we currently offer

- Military Discount - 10% off Monthly Tuition only. Valid Military ID required.
- Multi-Athlete Discount - 10% off Monthly Tuition for Second Athlete
- Tuition Paid in Full Discount - If all 11 months of tuition are paid in full you will receive a 10% discount.

COVID-19 Policy

Monthly Tuition - Should we be forced to close our doors due to COVID no monthly tuition will be charged. Should we be forced to close in the middle of a month, you will receive a prorated credit based on the number of practices held in that month.

Competition Fees - If we are unable to attend an event due to COVID, and that event is NOT rescheduled OR we do not opt to participate in a different event. Your fee will be credited back to your account.



BOOSTER CLUB

Worried about the cost of a season?

We have a 501(c)(3) Non-Profit Booster Club that works throughout the season to offer fundraising and scholarships for athletes!

We offer so many different types of fundraisers throughout the season (So you aren't just trying to sell stuff to the same people over & over again). On average our families who actively participate in fundraising throughout the season can easily raise over **\$1000** in a season!

Contact them at CBAAllStarBooster@gmail.com

CONTACT INFORMATION

Owner

Cait Boyer

CentralAthleticsIA@gmail.com

Tumbling Assistant Director

Sami Satzman

CentralAthleticsIA@gmail.com

All-Star Team Assistant Director

Kk Will

CentralAthleticsIA@gmail.com

Office Manager

Amanda Staley

Billing Questions - Billing.CentralAthleticsIA@gmail.com

Enrollment or General Assistance - FrontDesk.CentralAthletics@gmail.com

Phone (712) 828-0294

GYM OFFICE HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-9pm	4-10pm	4-9pm	4-10pm	CLOSED	9-2pm	CLOSED