

Ace Information Sheet

2020/2021

Competitive Teams

All Star Cheer

What is a competitive team?

Competitive teams are for ages 5-18 years old as of August 31, 2019. They compete both locally and away. Younger teams travel 5-6 times a year and the Sr. team will travel 6-7 times a year. Teams are based on the USASF age and level brackets. These athletes are evaluated on stunting ability, standing and running tumbling ability, jumps, motions, coach-ability & attitude. We have a high expectation for these athletes & they are trained as athletes with conditioning, skill training, and “do your best every time” style of coaching.

Important dates

Choreography 6th-9th
(Choreography is MANDATORY)

Competitive Teams & Practice Times

These teams are determined by age & skill level evaluated at Tryouts. Age brackets are subject to change depending on tryout evaluations.

Practice, as of now, will be twice a week for tiny, mini, youth, junior, and senior teams.

**Tiny Show Team will practice once a week

**Hiphop will practice once a week

Attendance Requirements

Practice is Mandatory!! Excused practices are vacations (in the summer) and illnesses with a doctor's note.

Performances: Attendance is required at all performances! A calendar of team performances will be available Sept 1st!

Season Holidays (NO practice)

September Labor Day

Nov Thanksgiving Break

Dec 21st - Jan 4th Christmas Break (all practices will resume Tuesday JAN 5TH)

Registration forms, birth certificates and \$100 registration fee. The \$100 registration fee covers athlete registration and clinic fee.

Tuition Cost to ACE

Tuition is \$100 per month for cheer and includes tumbling. Hip Hop tuition is \$85 per month! This is a 11-month tuition. This can be paid in full or monthly and is due by the 5th of each month. After the 5th of the month a \$20 late fee will apply.

Uniform cost to cheerleader

Performance cheer uniform is \$425. Uniform payment is due in August and does NOT include bow or shoes. Bow is usually \$25-\$30

Performance Hip Hop uniform will not exceed the amount of \$250. Exact pricing will be available in August and payment will be due in September.

Participation fees for Cheer/Hiphop

\$1050 (includes USASF membership fee, competition fees, choreography and music fees). May be paid in full at the Parent Meeting week(TBA) or by the following installment dates (includes \$10 installment fee).

Participation fees are non-refundable!

\$275 due week of June 10th

\$275 due week of July 8th

\$275 due week of September 9th

\$265 due week of October 14th

Tumble Classes

General Info

We offer Cheer Tumbling classes that are appropriate for ages 4 and up, and can accommodate any skill level from beginner to advanced. Our tumbling classes focus on the gymnastics skills that are associated with the growing sport of cheerleading. To offer our members the best service possible, we strive to maintain a 7 to 1 student-to-teacher ratio in all classes. We try to place students in classes of similar age and skill level.

Classes

Cheer Tumbling Class: 1 hour per week class

Toddler/Preschool Class: 45 minute class per week

Tuition and Fees

Registration Fee:

\$35/Individual \$50/Family (two or more siblings)

Note: The registration fee is assessed one time only if the student(s) continue classes month to month. If the student's attendance or monthly payments are not maintained, the student is removed from the roll and new registration would be required to continue classes. The student's current class may or may not be available.

Monthly Class Fee:

Cheer Tumbling Class Only : \$55.00

Toddler(2-3)/Preschool(4/5) \$45.00

Level 1:

Standing Tumbling:

Forward & Backward Rolls and extension Roll
Cartwheel & 2-step hurdle Round-off

Back Walkover/Front Walkover

Running Tumbling:

Cartwheel through to Back Walkover

Front Walkover to Cartwheel Back Walkover

Any combination of standing skills

Level 2:

Standing Tumbling:

Standing Back Handspring

Back Walkover to Backhandspring

All level 1 skills

Running Tumbling:

Round-off Backhandspring(s)

Front Walkover to Round-off Backhandspring(s)

Roundoff Backhandspring stepout 1/2 turn to

Round-off BHS(s)

Front Handspring

Level 3:

Standing Tumbling:

Standing Consecutive Back Handsprings

Toe-touch or any jump to BHS

All level 1 & 2 skills

Running Tumbling:

Round-off BHS to Back Tuck

Round-off Back Tuck

Front Handspring

Level 2 running skills through to Back Tuck

Punch Front (front flip)

Level 4:

Standing Tumbling:

Standing BHS to Back Tuck, Pike, or Layout

Standing Back Tuck

Jump followed by BHS Back Tuck

All lower level skills

Running Tumbling:

Round-off BHS to Layout (with step out optional)

Alternate pass Round-off whip through to Layout

Punch-Front step out through to Layout

Front Handspring to Front Punch

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