

## So What is All-Star Cheerleading?

Allstar cheerleading teams are traveling cheer teams that compete against other cheer teams in their same age & level. There are 5 levels ranging from beginner to advanced to give everyone an opportunity to be a part!

Cheer is a *one yearlong commitment*; we practice twice a week for 1.5 - 2 hours per practice, and compete once or twice a month during the “competition season” season which is typically January through April.

Cheer costs around \$90 per month (level 1) or \$120 per month (levels 2-5) in tuition for training & \$450-\$770 per year in competition fees. For our level 2-5 teams, you will incur overnight hotel costs for the US Finals (Orlando, FL) event that is out of town. We can win “bids” to various competitions and travel as far as Concord and Charlotte, NC Greenville, SC, Virginia Beach, Tennessee, and Orlando, FL.

Cheer is an intense commitment and we pour our passion into making our allstars the best in the country! Your child will learn **teamwork, sportsmanship, sacrifice, dedication, how to win, how to lose, how to be pushed**, and other important life lessons that any sports team teaches plus more. Your child will walk away from cheer with the self-esteem and determination to accomplish any goal they set! If you are

### USASF Allstar Cheer Tumbling Levels

Level 1 – rolls, cartwheels, round-offs, back walkovers

Level 2 – back handsprings

Level 3 – running tucks

Level 4 – standing back tucks & layouts

Level 5 – fulls, doubles, arabians (lots of twisting)

serious about being the best cheerleader you can be, if you want to make your school cheer team, if you want to cheer in college, if you want to identify yourself as a competitive cheerleader, if you want to develop into a die-hard athlete, then this is the track for you!

Cheer starts as young as age 3! You learn by doing, so

the more time you put in cheer, the farther ahead you will be in your skill level and strength! Some of the most amazing cheer athletes have often dedicated 6 to 7 to 8 years to their chosen sport! It takes drive, focus, determination, & patience.

In cheer, you get what you pay for and reap rewards from what you put in! Allstar cheer is one of the most rewarding experiences your child can have!

**Aero Allstar Cheer builds CHAMPIONS!**

## Aero's Philosophy

We are committed to strengthening kids through physical activity along with the development of social skills, work ethics, and self-esteem.

Aero acknowledges the commitment, financially and time-wise, of families involved in this sport, and has developed many options in those areas to allow the greatest number of families to be a part of this program.

We at Aero are here to not only teach your children in the areas of cheer and tumbling, but to help equip these youths with what they will need to be strong adults in the future.

We are a FAMILY oriented business that works with children, and we take great responsibility in being great mentors and role models to all of our Aero kids.

WE are PASSIONATE! We will push kids, but we'll also hug and encourage them every step along the way. We want your kids to push beyond comfortable and become extraordinary!

Our head tumbling instructor, Coach Will, is an incredible addition to our program! He has years of experience in tumbling. He can show the kids HOW to do a certain skill, and spot them through to full twists. He is a top instructor and we're very blessed to have him!

We have kids coming from Henderson, Buncombe, Polk, and Transylvania counties to participate in our tumbling and/or allstar program. Carpooling is available!

We DON'T do DRAMA!

## ***Tumbling: How do tumbling classes compare to allstar teams? What will we learn & what is the focus?***

Tumbling classes are great for many reasons & serve many different purposes. A lot of families in our area choose not to do allstars because of the expense, time, and commitment involved. If your family cannot commit to travel sports for whatever reason, then tumbling classes are the best alternative to developing your cheerleader!

In tumbling as well as in our allstar practices, we work on flexibility, strength & conditioning, we teach body control and awareness, and follow the proper progressions of tumbling skills so that each skill is a building block for the next trick. However, we always try to find new ways to get every child progressing and advancing on to new skills without the rigid perfection one might find in the sport of gymnastics. We offer beginning tumbling classes, intermediate, advanced, back handsprings only, leading us the ability to serve dozens of kids a week in various tumbling classes in a wide range of skill levels!

Many have come to us from other gyms who boast they learn more in one class with us than years at other places. So we feel like we're doing a great job! HOWEVER, we only have one or two hours a week to develop your child! In the sport of gymnastics (by comparison), athletes train 20 hours per week! In allstar cheer, we train 4 hours a week as a team, and as such there is a limited amount of expectation one should have by training ANY sport only one or two hours per week!

While the allstar program is why Aero exists, and is without a doubt our number one priority and focus, we pride our gym on our outstanding tumble classes and clinics. Tumbling classes are undoubtedly less intense *and* less expensive than allstar cheer, and as such is also more of a class experience and less of a team sport experience. However, in a standalone tumble class, we'll let your child progress a little more at their own pace than we do our allstar team-members, whereas we demand a bit more. **We want our tumblers to have fun, exercise, become introduced to the world of tumbling & cheer, improve, and make their school teams**, if that is their goal! And in exchange, we will give you more than your money's worth! We are PACKED in our tumbling classes & our gym space is limited, but we want to accommodate every child & family who needs or wants our services. Seeing success in tumbling classes requires patience and the realization that it may take YEARS to flip down the floor! We stretch for 5 minutes, condition for 5, which leaves 50 minutes to work on body shapes & skills that often take gymnasts 10+ years to learn!

## 5 BIGGEST MISCONCEPTIONS AND UNTRUTHS ABOUT ALLSTAR CHEERLEADING...

- 1.They wear those skimpy outfits and trashy uniforms!
2. They listen to “bad” music!
3. They perform inappropriate moves & dance provocatively!
4. It’s dangerous and the media says more cheerleaders are injured than any other athlete.
5. It’s soooo expensive & they travel every weekend!

### A now time for a reality check...the TRUTH!

1. The sport is very athletic and definitely not your grandmothers cheerleading! As the flipping & flying has increased, the uniform has evolved to be more aerodynamic allowing athletes to move freely, and to allow for “bases” to catch their athletes while not entangling their hands in clothing. We wear more than gymnasts! It is our SPORT! And Aero prides ourselves on having the most class, tasteful, feminine look in the industry!

2. Our music is fun, high energy, as well as clean, kid friendly, and family appropriate. Cheer music is as amazing and as much a part of our product as the uniform & choreography. We pour our energy into having the BEST MUSIC in the industry!

3. We love to dance! We don’t think dancing is a sin and believe Jesus loves to dance and can provide biblical references whereby Jesus commands us to dance & celebrate. We celebrate the ability to move & we can assure you, what most teenage girls do at school dances & parties is much more “provocative” than the dancing our girls do! We have proven that we don’t need provocative moves to score high and have a high-energy, fun dance in each routine!

4. The research has largely been false & very tainted. The number of athletes that participate in cheerleading has multiplied exponentially since the 90s. So of of course the number of accidents have increased! Plus kids start participating as young as age 3, so cheerleading reaches more kids than most other sports. But the vast majority of injuries are SCHOOL CHEER related. Or kids see certain tricks and skills on youtube or TV and try it on their own without the proper training, proper coaching staff, or safe surfaces. You hear about cheerleading incidents in the media, but the truth is our sport suffers far less injuries than football, soccer, or gymnastics! Research proves your child is more prone to suffer from childhood obesity or heart disease than from cheerleading!

5. If you have done ANY travel sports team, it is no more time consuming than whatever you have done. Usually LESS!! We are far less time consuming than school cheer who practices every day, some schools at 6 AM, and who compete every single weekend. We practice twice a week, and compete once or twice a month for 4 months.