

Rebel Team Placement Rundown & Program FAQ's

(WE ENCOURAGE ALL ATHLETES THAT WILL BE TRYING FOR A REBEL COMPETITIVE TEAMS TO CONSIDER OUR "REBEL Off-Season WORKOUTS" DURING APRIL. THEY ARE SEPARATED BY AGE GROUPS. MUCH STUNTING, JUMPING & TUMBLING WILL BE DONE IN THESE WORKOUTS. DETAILS WILL BE ON THE "NEWS" PAGE OF WWW.LCNCHEER.COM IN THE WEEKS TO COME.)

This form has been put together to help answer some Frequently Asked Questions that athletes and parents often have as to how placements go in The La. Rebel Team Program and the team program overall....

1. **What is "Coach-ability"?** This is the ability of the athlete to listen, understand and perform the changes that have been instructed to them by the coaching staff. This also includes the athletes attitude towards authority and instruction from the coaching staff. This is possibly the number one factor in evaluating all athletes! This is evaluated by all coaches of the LCN/Rebel Staff over a period of time (even after tryouts).

2. **How important is "Partner Stunting" at the placements?** In the show team program, it's not that important. In the competitive team program it will play a large part in the placement of each athlete. Basing technique and strength, Back-Spotting technique and strength and Flyer Body Control, Flexibility and Attitude (aggressive and fearless) are all VERY important aspects in the competitive team placement process! This portion of tryouts is much like putting together a complicated puzzle. We must have the right people in the right place to set that team up for successful stunting. We encourage all athletes to be versatile in the stunting area and to be able to perform (or be willing to give their best at) either of the three stunting spots if & when needed.

3. **What Standing & Running Tumbling do I need to be on a particular team?** Show team program, these skills are not so important. In the competitive team program, athletes are required to be able to safely perform level appropriate skills on a consistent basis. Charts can be viewed in our lobby and gym area to see what each level requires. Remember it is a competition program. So, evaluations are done on who performs the skills with the best execution. This is evaluated by our coaching staff and our standards.

Important note; Just because an athlete has the tumbling for a certain level does not totally determine their placement to that level of team. Tumbling is needed BUT #1 and #2 above will affect the athletes placement more.

(EX.1. A Back walkover does not guarantee a level 1 team. EX. 2..A standing tuck does not guarantee a level 4 team. EX..3. A Round-off B. Handspring does not guarantee an athlete a level 2 team. EX.4. A Round-off B-Hand Back-Layout does not guarantee an athlete a level 4 team.)

4. **Are they evaluated on a dance and jumps?** Yes. Our coaches will evaluate Motion sharpness, placement and timing with an age appropriate dance that is taught at the clinic. Jumps are also evaluated on height, arm placement, sharpness and overall execution. The older the team, the more consecutive jumps are required.

5. **Should I evaluate where my athlete stands among others?** No. It's very important to understand that each athlete progresses at a different pace. A person or parent does not do themselves well to compare one athlete to another. This is the job of the coaches.

6. **How important is getting on the right team for my athlete?** It is of very high importance that (for the safety of your athlete and other athletes) we place them on the right level team. All skills are performed with many repetitions and if the skill is not being safely performed then the potential of injury goes up when they are performing 20 to 30 reps in a practice. This is not enjoyable for the athlete or their team members when skills can't be done correctly and safely. A Challenge is good! Too hard, is NOT.

7. **What is the "TEAM CONCEPT"?** ALL decisions in our team placements are in effort to start our TEAMS off in the new season as strong as we possibly can with the athletes God sends our way. Putting together each team is like putting together a complicated puzzle and sometimes takes some time for us to get it to what we, the coaching staff feel is best to set our teams up for success. This leads to the next point...

8. **Can my athletes move teams after placements?** Evaluation of athletes will be continuous throughout the season. We encourage hard work, proper diet and improvement of skills year round and when the coaching team feels that an athlete is ready (mentally and physically) and will benefit a higher level team safely, then we will discuss that with the athlete and the parent/s of that athlete. The opposite can take place as well if an athlete does not maintain skills or we recognize the level is too much for them to handle at this time. So, athletes CAN move up or down in levels during the season. We like to think of the "Tryout Placements" as a "check point" to see where everyone is at that particular time.

9. **How do I know when I or my athlete is ready to go to a higher level?** A good question to ask yourself or your athlete when trying for a Rebel Team; "How will I or my athlete make that team better than they were last season?" "Being as good as last season" is pretty good but our endless mission as a program is to always improve, so that must be the mission of each athlete in The Rebel Program as well. "Will you make that team better and how?"

10. **How are decisions made?** All decisions about athlete placement are discussed among the coaching staff- team! We are blessed to have a large amount of collective experience in the sport and we value the opinion of our team. The La.

Rebel Team of coaches has learned much over the many seasons and will continue to learn and improve as we move forward.

11. Are the rules in the Rebel Team Handbook applied and enforced? Yes.

12. Is it important to understand the rules and guidelines set forth in the Handbook and Team Registration Packet? Due to the team nature and the investment of many other people in the team program it is VERY important to know and understand everything prior to participation in the team program. We are open for questions.

13. Is the coaching tough? In our competitive program it can be. We do coach with a high expectation in the areas of **attention, effort and attitude** (we expect these in the show team program as well but the competitive expectations are certainly higher). Each athlete is expected to give their best in these three areas at all times. "Rebel Competitive Cheer" is a sport and in competition we are evaluated by a score sheet each time we take the mat. Our goal as coaches is to motivate, encourage, teach and sometimes push our athletes to do the best that they can do and to be as competitive as we can be as a team and program. It is just "cheerleading" but we are serious about giving our best for our athletes in this sport.

14. Will my potential Rebel physically condition, work out and sweat? Yes. All of our athletes are treated just that way; like "athletes" :-). No matter how athletic the athlete, we will work like athletes. We strive to outwork our competition. We are influenced by the way of thinking, that there is no substitute for hard work and the only way to achieve goals is by doing so.

15. What about Rebels is "More than just cheer"? Our mission in Rebels is to Honor God with our best (WOLHG). Even with our many imperfections, we hope to encourage a relationship with Jesus Christ to all who come in contact with our program. God has blessed us with His Son, Jesus and His substitutionary death as payment for our sins and because of that, it is our desire to honor Him the best we can in all that we do (even cheer ☺). He has really blessed The Rebel Program through the years and we believe that is a direct result of His mercy & grace! As we honor Him, some of the GREAT CHARACTER QUALITIES we hope to instill in our athletes are; Commitment, Dependability, Selflessness, Hard Work, Sacrifice for others/the team, Accountability, Working well with others and many more life skills. We believe that these traits will help our athletes to be better students, good spouses, good parents (far from now ☺), productive employees and simply better teammates to all of their future "teams" in life.