

CLINICS AND EVALUATIONS



2018-2019

Training Clinics

Apex Cheer's evaluation process is an evaluation and placement rather than a make or don't make process. Apex Cheer feels strongly in the belief that anyone who wants to cheer should have the opportunity to do so. Athletes are invited to come train with the Apex staff at our open workouts, April 9 – 12, 2018 and April 17 – 19, 2018.

At the open workout clinics, athletes have the opportunity to show skills they have already developed and demonstrate potential to learn new skills. They will also have an opportunity to meet our coaches and other athletes who are looking to become a part of the Apex family.

Athletes are encouraged to attend as many days of the clinics as possible to show their skills, but in order to be considered for placement into a workgroup, the athlete must attend a formal evaluation. Below are the dates and times for the training clinics.

Clinic Attire: Athletes will need to have their hair pulled back in a ponytail with a bow and wear shorts / spankies, a t-shirt or sports bra, no show socks and tennis shoes.

Day	Date	Time
Monday	April 9, 2018	5:00 – 7:00pm
Monday	April 9, 2018	7:15 – 9:15pm
Tuesday	April 10, 2018 & April 17, 2018	5:00 – 7:00pm
Tuesday	April 10, 2018 & April 17, 2018	7:15 – 9:15pm
Wednesday	April 11, 2018 & April 18, 2018	5:00 – 7:00pm
Wednesday	April 11, 2018 & April 18, 2018	7:15 – 9:15pm
Thursday	April 12, 2018 & April 19, 2018	5:00 – 7:00pm
Thursday	April 12, 2018 & April 19, 2018	7:15 – 9:15pm

Training Clinic Costs:

- Apex Cheer All-Star & All-Star Prep Athletes who are on roster as of April 1, 2018 – no charge
- All other athletes - \$20 per clinic day & time or \$75 for unlimited clinics.

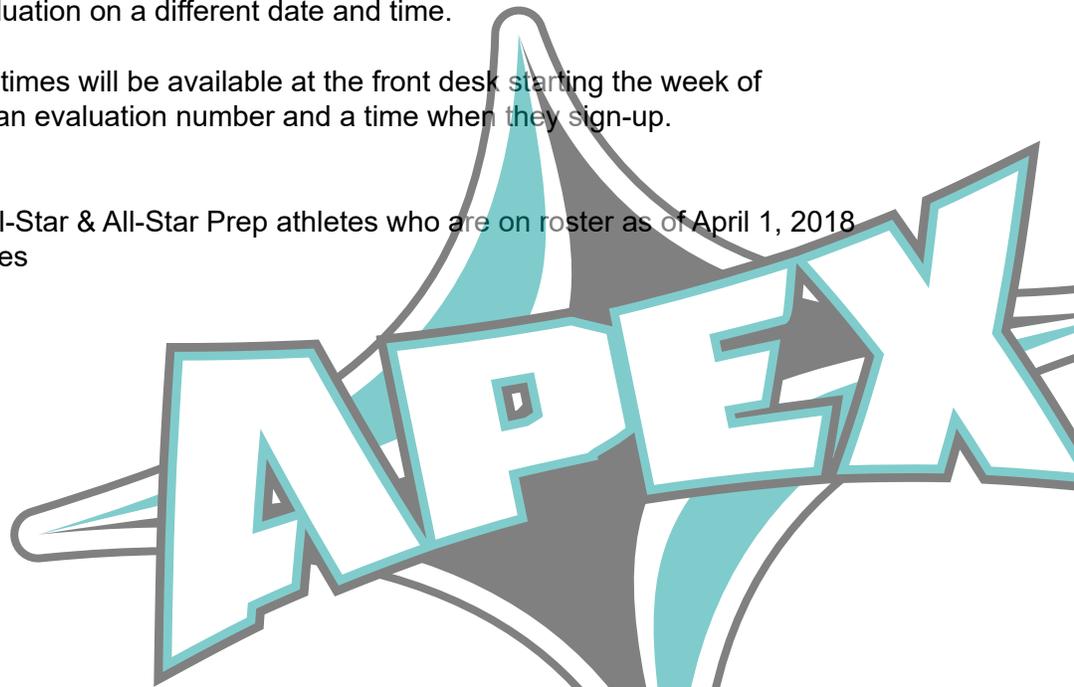
Evaluations

Apex Cheer will hold evaluations for all those interested in being a part of the Apex family April 21, 2018. If you are not able to make it on April 21 due to a conflict, please speak with the front desk to schedule a formal evaluation on a different date and time.

A sign-up sheet for evaluation times will be available at the front desk starting the week of April 9. Athletes will be given an evaluation number and a time when they sign-up.

Evaluation Costs:

- \$25 for Apex Cheer All-Star & All-Star Prep athletes who are on roster as of April 1, 2018
- \$75 for all other athletes



Placement Results

Apex will be placing athletes into workgroups after evaluations. Workgroup placements will be posted by 12:00pm on Monday, April 23, 2018 on the Apex Cheer & Athletics website, www.apexcheer.com (please look on the home page under “Latest News”). Placements will be listed by evaluation number, not name. Therefore, it is important that the athlete remembers their evaluation number.

Final team placement will be determined no later than June 15, 2018.

Registration Information

Registration for the 2018 – 2019 season will be slightly different than in the past. At evaluations, each athlete will be given a packet of the registration paperwork. The athlete and / or parent must bring the completed packet to the gym during normal operating hours April 23 – April 30, 2018. Apex will draft the annual registration fee, USASF fee, and May tuition the first week of May, 2018. Athletes will be fitted for practice wear during workgroups in May.

Tumbling class times will not be changing. Therefore, you do not need to worry about adjusting your tumbling class unless there is a conflict with your new practice time. If you need to adjust your tumbling time, you can do this with the office staff when you turn in your paperwork.

Apex



CHAMPIONS TRAIN HERE

2018-2019

Apex

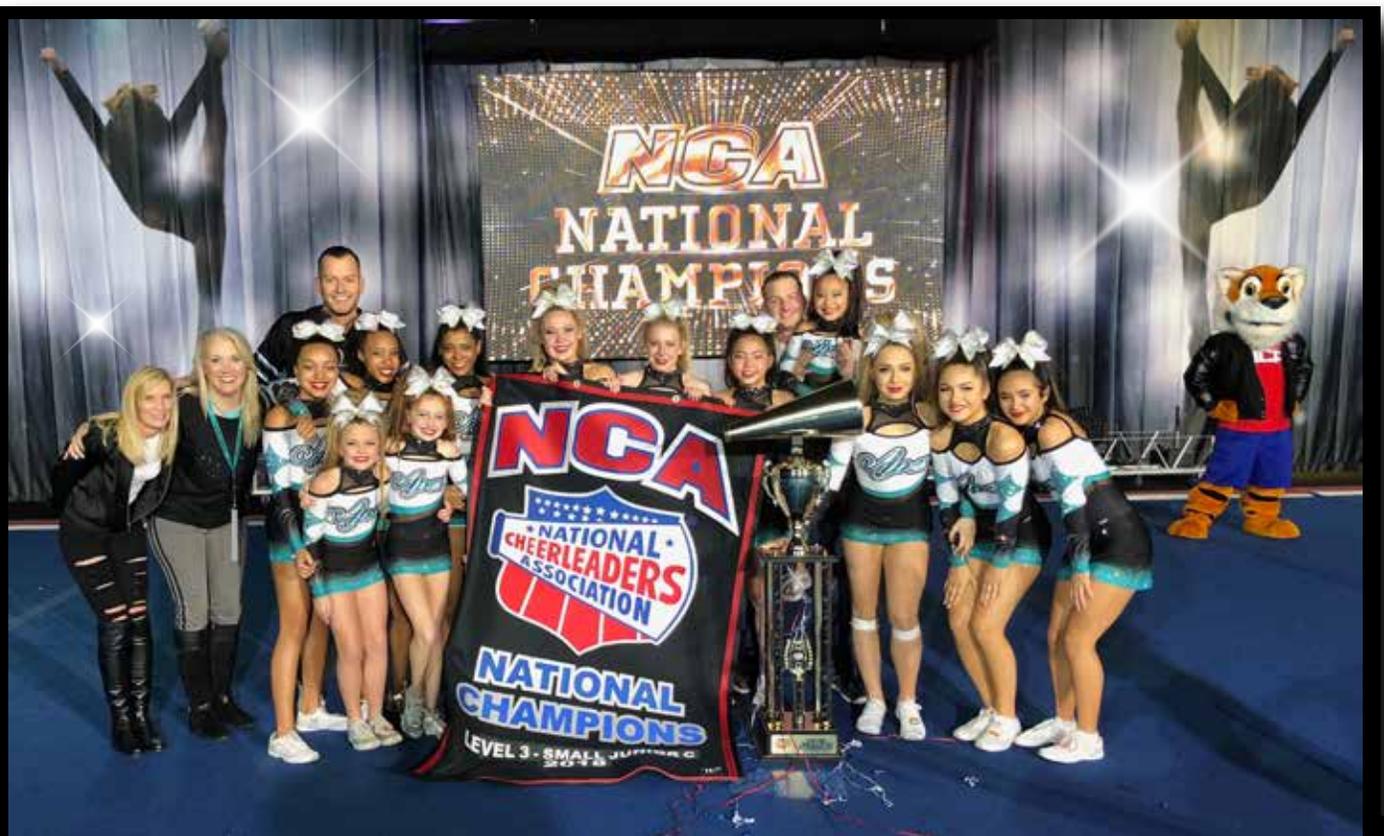
INFORMATION

WELCOME TO APEX CHEER & ATHLETICS

Thank you for your interest in the Apex Cheer All-Star Program. Apex Cheer sets itself apart from the rest by helping your child develop an "A"ttitude based on the traits needed to develop a team, "P"erformance derived from disciplined, and flawless "E"xecution to equal the "X"-Factors which are needed to be the best!! This is what sets **APEX** apart from the other programs and makes APEX Southwest Houston's Premier All-Star Cheer Program.

Apex athletes will be taught solid technique and strong fundamentals in all areas of competitive cheerleading. Along with the athletic skills, your athlete will learn priceless life skills that encourage COMMITMENT, SPORTSMANSHIP, RESPONSIBILITY, RESPECT FOR SELF and OTHERS. Apex Cheer athletes are trained to reach their fullest potential, but more so, they are taught how to work together as a team for a common goal. They are not only trained to be champions on the floor, but to carry themselves as champions off the floor as well.

Our goal at Apex is to train high level athletes to have a strong work ethic, be disciplined and competitive along with creating an atmosphere for athletes to develop lasting friendships, self-confidence, a strong sense of gym pride and great memories that they will carry forever.



APEX CHEER

APEX CHEER COACHING PHILOSOPHY

Our coaching philosophy is defined by the following: Cheerleading is a SPORT. We train ATHLETES - Apex Cheer trains competitive athletes who utilize the elements and skills of tumbling and cheerleading for competition. Please understand that athletes must have proper physical conditioning, mental training and motivation for success in any sport.

PERFECTION before progression – Apex Cheer will not allow athletes to learn advanced skills before perfecting their basics. Proper technique is everything! Only PERFECTED skills will be considered in team placements and choreographed into Apex routines.

"Having" a skill does not mean being able to throw it, but it means being able to execute it with a strong level of mastery over and over, at the beginning, middle or end of a routine, and combined with other choreography and other athletes performing similar skills around you.

Athlete CONDITIONING – Injuries are always a concern in cheerleading, and the best way to avoid them is through proper technique, flexibility and physical conditioning. It is very difficult for an athlete to be in peak physical conditioning if their All-Star practice is the only physical activity in which they partake. Apex Cheer encourages each athlete to be involved in some type of physical conditioning program and stretching outside of their team practice either at the gym, at home or at school.

It is important that parents and students understand our coaching philosophy as these are the key fundamentals to our program and will be the basis for how we operate, build our teams, and the expectations that we hold our athletes too.



GO
BE
AWESOME

APEX CHEER ALL-STAR & ALL-STAR PREP PROGRAMS

The All-Star Cheer program requires a strong commitment from the athlete as well as the athlete's family. It is a great way for athletes to learn new skills, develop a sense of what it means to work together as a team for a common goal and to develop a sense of pride and sportsmanship while making life-long friendships.

All-Star & All-Star Prep teams are typically comprised of 15 - 32 athletes with similar skill levels and of similar ages. Based upon the skill, age, size and make-up of the team, the teams are categorized into different divisions. Each team is taught a competition routine that has elements of tumbling, stunting, jumping and dance skills to music. The routines are typically 2 1/2 minutes in length. At a competition, the team performs their routine for a panel of judges who score the performance based upon the level of difficulty, precision, creativity and entertainment value. The team's placement within their division is based upon the score they received compared to the scores of the other teams within their division.

The following defines the general program aspects of the All-Star & All-Star Prep Cheer Program:

- 4 hours weekly training (2 hr team practices twice per wk)
- 1 hour tumbling training
- Mandatory extra practices as needed
- Mandatory Choreography Camp
- Competitions:
 - All-Star: 7 - 9 Competitions within the competitive season, some will require travel outside the Houston area
 - All-Star Prep: 4 – 5 Competition within the Houston / Galveston area (note there may be a possibility for one competition outside the Houston area).
- 1 hour weekly flyer technique, strength & conditioning classes are required for all flyers

A flyer is a very demanding position at Apex Cheer. It requires the utmost focus, combined with personality and quite often many additional hours of intense preparation. In order to help our flyers develop better technique and flexibility we require all flyers to enroll in a flyer technique, strength and conditioning class to help them perfect their skills. There is an additional cost for this class.



TEAM INFORMATION

Team Formation:

Teams are constructed to score as high as possible in competition. A team's score is based upon a number of factors including: tumbling, stunting, jumping, dancing, overall technique, and creativity.

Today, the more competitive all-star teams are constructed of athletes who have mastered the majority of the elite level skills for the level they are competing. Over the last few years, the scoring system has shifted where more emphasis is placed on true mastery of the elite skills within a given level. In order to score in the high range on the difficulty scores, the majority of the team must perform skills which are considered in the "elite" category for that level. Along with performing the elite skills, they must also perform them with outstanding timing, precision, proper technique, and cleanliness. The way the skill is performed forms the technique score.

Our goal at Apex is to construct teams that can be as competitive as possible. It is our intent to ensure that athletes are not only physically prepared for a level, but mentally prepared as well. It is important to understand that in today's cheer world, the idea of always moving up a level at the start of a new season is not ideal for true physical and mental mastery of skills.

When groups are posted in April, these are workgroups, not teams. As the coaches practice with the groups during May, they will evaluate how the athlete does compared to the other athletes in the workgroup. They may see where athletes are struggling in a certain area or where there is a stronger need on the team for a different mix of skills. Therefore, athletes and parents SHOULD expect movement up or down in order to ensure the construction of the best teams possible. When these moves occur, please know that they are being done in the best interest of the athlete and the teams involved.

As we continue throughout the competitive season, Apex Cheer will continue to review the competitiveness of each team. This may result in additional movement of athletes across teams, and / or may result in changing the level at which a team competes. Please note that these decisions are not made lightly. Thorough analysis and thought is given to all movements and is done in the best interest of the athletes and the teams. We ask for your support and understanding should movement occur.

Workgroup & Team Practices:

Workgroup practices begin the week of May 7, 2018. The exact days and times for each workgroup's practice will be posted with the tryout results.

Workgroups & Teams will practice 2 days per week. From May, 2018 – August, 2018 all workgroups / teams will practice on weekdays (Monday – Friday) with the exception of choreography camp. Some teams will have choreography on Saturday and Sunday. September, 2018 – April, 2019 most teams will add a 3rd practice day on Sundays. Teams will be announced no later than June 15, 2018.

Choreography Camp:

Apex will hold mandatory choreography camps during the summer. The exact date and time for your athlete's team will be announced when teams are announced in June. Please keep the following dates open until a final schedule is made: July 9 - 15, 2018, July 19 - 22, 2018, and July 28 - 29, 2018. During choreography camp, the athletes will be working with the coaches and choreographer 2 to 3 days, and then they will have a couple of days with the coaches immediately following to drill the routines. Please note, dance choreography will be in October. Exact dates to be communicated in September.

ATTENDANCE

Once placed on a workgroup / team, all athletes are required to be at all practices. Due to the team aspect of All Star cheerleading and the fact that each athlete has a special part and position to play on the team, when one athlete is absent it impacts the effectiveness of the practice for the entire team.

Summer Absence Policy (May 8 – August 24)

Students are allowed 3 absences for family vacations, camps, etc. during the months of May – August 24, 2018. These absences may be in conjunction with any listed dates for gym closings during the same timeframe. Please plan accordingly. Please submit all absences at least one week in advance via the absence reporting process listed below. Please note: There are no absences allowed during the blackout dates for choreography camp (July 9, 2018 – July 15, 2018 and July 19, 2018 – July 24, 2018).

Season Absence Policy (August 24 - April 30)

Unexcused Absences: NO unexcused absences are allowed.

Excused Absences: Each athlete is allowed 3 excused absences from August 19th – April 30th.

After more than 3 excused absences the athlete may be dismissed from the program. All absences must be reported to the gym via the absence reporting policy listed below. Please note: if an athlete misses practice the week of a competition for an excused absence, the athlete may be pulled from that competition. The following qualify as excused absences:

- Contagious Illness
- Family emergency, such as death in family, accident, etc.
- School cheerleading (not allowed during blackout dates)
- Required school activity that results in a grade (Proper documentation from the school must be provided).

Extra / Extended Practices

Due to the competitive nature of All-Star Cheerleading extra / extended practices will be required throughout the year. It is our goal to minimize these as much as possible, but please know that they will happen. The majority of extra practices will be called during the competitive season (October – March). Extra / extended practices are mandatory.

As parent/guardian of your child, it is your responsibility to alert coaching staff if you feel your child may not be at full capability to practice. This includes but is not limited to sickness and/or injury. If you feel your child cannot continue to participate in a practice for any reason alert a staff member immediately.

Absence Reporting Policy

All absences, regardless of whether they are classified as excused or unexcused, MUST be reported to absence@apexcheer.com prior to the start of class. Not doing so will result in an unexcused absence and possibility of removal from the team. In email, please include team name and athlete's first and last name.

COMPETITION INFORMATION

Competition Schedule: The competition schedule and fees will be finalized by July 15. Last minute changes may occur and competitions can either be added or removed from the schedule. Please note: several of the national competitions are now occurring on Friday and / or Monday. This will require a parent / guardian to miss work and the athlete to miss school.

All-Star Teams: Apex Cheer All-Star teams will attend 7 – 9 competitions per year. The majority of the regional competitions will be within the Houston / Galveston area. Some of the national competitions will require travel to places like San Antonio, Dallas, New Orleans, etc. This will require the athlete and associated parent / guardian to travel out of town for the competition and a one or two night stay in a hotel.

All-Star Prep Teams: Apex Cheer All-Star prep teams will attend 4 – 5 competitions per year. The majority of the competitions will be within the Houston / Galveston area. The majority of the competitions will be within the Houston / Galveston area. If they receive a bid to an after season event, they may travel outside the Houston / Galveston area which would require the athlete and associated parent / guardian to travel out of town for the competition and a one or two night stay in a hotel.

Stay to Play Hotels: Several of the competition companies have gone to a “Stay to Play” venue which means that Apex Cheer is assigned a “team” hotel(s) and all athletes are required to stay at the designated team hotel. Apex Cheer is required to submit a listing of all our athletes and where they are staying in order to be complaint for these competitions. This is a requirement by the competition company and Apex Cheer does not receive any financial benefit from this program. If an athlete is not registered through the required competition housing company, they will not be eligible to compete.

Apex Cheer will send out an email with the “team” hotel information and instructions for booking. All families are required to book and secure their own reservations by the specified deadline.



APEX CHEER ALL-STAR SKILL LEVEL REQUIREMENTS

TEAM PLACEMENT

Athletes are divided into teams based on two factors: age and skill level. Both factors are outlined below to give you a better understanding of all-star cheerleading team placement.

Age Breakdown 2018 – 2019 Season – The USASF has not published the final 2018 – 2019 age grid. The 2017 – 2018 season age grid is shown below to give you an idea of the age breakdown. Note: age is based upon the athlete's age as of August 31, 2018.

Division	Age Range
Show Team (must be potty-trained)	3 - 6 years old
Tiny	5 – 6 years old
Mini	5 – 8 years old
Youth	6 - 11years old
Junior	8 – 14 years old
Senior – Levels 1 – 5Resitriced	11 – 18 years old
Senior – Level 5	13 - 18 years old
International Level 5	14+

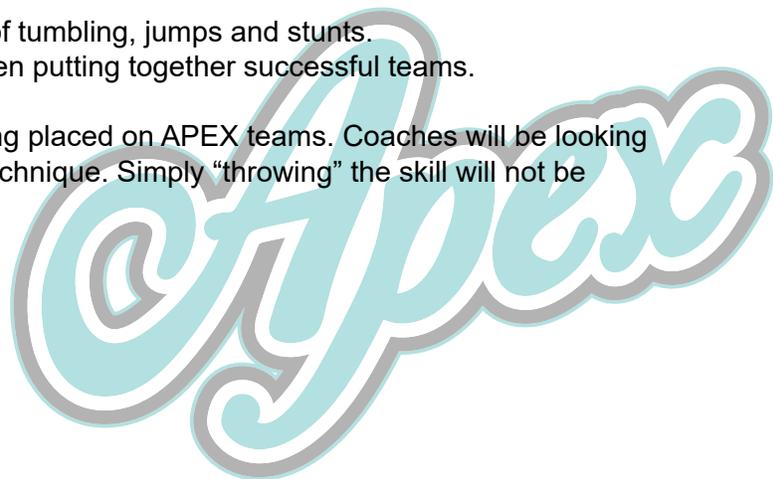
Skill Level Breakdown:

Skills must be performed at a high level of execution to be considered for placement. This means ALL SKILLS must be performance ready. This is essential for teams to score in the highest ranges on the score sheet at competitions. For the best competitive experience, athletes should always be performing his/her highest level of MASTERED skills. For example, just because an athlete can land on her feet in a standing back at tryouts, does not mean she is a level 4 competitor. The athlete should still be participating on a level 3 team until the skill can be performed in the middle of a routine with flawless technique. For example:

- Legs must be completely straight with pointed toes when executing front and back walkovers
- Legs must be straight and together in all back handsprings
- All air borne skills must be executed with good height and direction
- Layouts, fulls/doubles must be in a hollow body position with legs straight and together
- All standing tumbling must "stick and stand"

Athletes are evaluated based on their execution of tumbling, jumps and stunts. All are important and taken into consideration when putting together successful teams.

Please review next page of required skills for being placed on APEX teams. Coaches will be looking for proper execution of the skills with STRONG technique. Simply "throwing" the skill will not be sufficient in team placement.



Pre-Team / Show Team	No skills required	No skills required	No skills required
Prep Team	Minimal skills required	Minimal skills required	Minimal skills required
Level 1	<ul style="list-style-type: none"> • Forward Roll • Front Walkover • Bridge Kickover • Back Walkover • Cartwheels & Round-offs 	Demonstrate the jumps learned at workout evaluations	<p>Flyers: Demonstrate back flexibility and body positions</p> <p>Bases: no requirements</p>
Level 2	<ul style="list-style-type: none"> • Standing Back-handspring (2 count pause to second BHS) • Running Round-off Back-handspring • Specialty pass to Round-off Back-handspring 	<ul style="list-style-type: none"> • Toe Touch • Pike • Hurdler • Whip Jumps 	<p>Flyers: Prep Level Liberty variations, Fully Extended 2 feet, various body positions</p> <p>Bases: Holding Prep level one-leg stunt and two-leg extended stunt</p>
Level 3	<ul style="list-style-type: none"> • Standing BHS Series (3 or more) • Toe Touch BHS • Round-off BHS to Tuck • Specialty Pass BHS to Tuck Round-off Back Tuck is a Secondary L3 skill & is not factored in team placement 	<ul style="list-style-type: none"> • Toe Touch • Pike • Hurdler • Whip Jumps 	<p>Flyers: Extended Liberty variations, Extended 2 Leg Full Down, various body positions</p> <p>Bases: Holding One Leg Extended Stunts, Two-Leg Extended Stunt w/ Full Down</p>
Level 4	<ul style="list-style-type: none"> • Standing Back Tuck • 2BHS to Layout Toe Touch BHS to Tuck • Round-off BHS Layout • Specialty pass to Layout 	<ul style="list-style-type: none"> • Toe Touch • Pike • Hurdler • Whip Jumps 	<p>Flyers: Extended Liberty variations w/ Full-down, Double Down from Two-Leg Extended Stunt, various body positions</p> <p>Bases: Full up to Two-Leg Extension, Switch up to One-Leg Extended</p>
Level 5	<ul style="list-style-type: none"> • Quad Jump to Back Tuck • 2 BHS to a Full / Double • Round-off BHS to Full / Double • Specialty pass to Full / Double • Students without standing tumbling to a full or running tumbling to a full MAY be placed on a level 4 team 	<ul style="list-style-type: none"> • Toe Touch • Pike • Hurdler • Whip Jumps 	<p>Flyers: Extended Liberty variations with Double-down, Full-Up to One Leg, 1 ½ up Two-Leg, High to High Tic Toc, various body positions</p> <p>Bases: Holding 1 ½ Up Two Legs, Full up to One Leg, High to High Tic Toc</p>

2018-2019 FINANCIAL OBLIGATIONS - ALLSTAR

Category	Due by / Payment Frequency	Amount
Evaluation Fee	Due at Evaluation	Before April 22 <ul style="list-style-type: none"> \$25 Returning Apex Athletes \$75 New Athletes After April 22 <ul style="list-style-type: none"> \$100 All Athletes
All Star Registration Fee	Due at Registration	\$85.00
USASF Athlete Fee	Due at Registration	\$35.00
All-Star Tuition	Monthly on 1 st (May 2018 – April 2019)	\$175.00
Tumbling Tuition (if enrolled in class)	Monthly on 1 st (May 2018 – April 2019)	\$40.00
Flyer Stretching Tuition	Monthly on 1 st (May. 2018 – April 2019)	\$40.00
Competition Fees	Monthly Installment Program Jul 15, Sept 15, Oct 15, Nov 15	\$1300 Please note: this does NOT include after season events such as The Summit or The One. Additional competition fees will be due once the after season event bid is won.
All-Star Choreography Fee	Jun 15, 2018	\$375.00
All-Star Music Fee	Jul 1, 2018	\$40.00
All-Star Practice Wear	May 15, 2018	\$185 plus sales tax
Uniform Top & Bottom	If needed, Aug 15, 2018	Levels 1- 4: \$475 plus tax Level 5Restricted & 5: \$525 plus sales tax
Bow & Make-up	October 1, 2018	\$85 plus sales tax
Cheer Shoes	When new shoes are needed	Approx. \$100 plus sales tax
Warm-up Jacket (if needed)	September 1, 2018	\$98.00 plus sales tax

2018-2019 FINANCIAL OBLIGATIONS - ALLSTAR PREP

Category	Due by / Payment Frequency	Amount
Evaluation Fee	Due at Evaluation	Before April 22 <ul style="list-style-type: none"> \$25 Returning Apex Athletes \$75 New Athletes After April 22 <ul style="list-style-type: none"> \$100 All Athletes
All Star Prep Registration Fee	Due at Registration	\$85.00
USASF Athlete Fee	Due at Registration	\$35.00
All-Star Prep Tuition	Monthly on 1 st (May 2018 – April 2019)	\$175.00
Tumbling Tuition (if enrolled in class)	Monthly on 1 st (May 2018 – April 2019)	\$40.00
Competition Fees	Monthly Installment Program Jul 15, Sept 15, Oct 15, Nov 15	\$800 Please note: this does NOT include after season events such as The Summit or The One. Additional competition fees will be due once the after-season event bid is won.
All-Star Prep Choreography Fee	Jun 15, 2018	\$250.00
All-Star Prep Music Fee	Jul 1, 2018	\$40.00
All-Star Prep Practice Wear	May 15, 2018	\$185 plus sales tax
Uniform Top & Bottom	If needed, Aug 15, 2018	\$275 plus sales tax
Bow & Make-up	October 1, 2018	\$85 plus sales tax
Cheer Shoes	When new shoes are needed	Approx. \$100 plus sale tax
Warm-up Jacket (if needed)	September 1, 2018	\$98.00 plus sales tax