

KX Athletics

2020-2021
PROGRAM GUIDE





KX ATHLETICS

INTRO

WELCOME

Thank you for your interest in KX Athletics All-Star Cheerleading!

We look forward to meeting each of you who are new to KX Athletics and welcome back all of our returning athletes. There is no previous experience necessary to begin your all-star experience. We are dedicated to giving each cheerleader the ultimate training to develop beginner through advanced all-star skills. Our staff gets to know each individual, helps them set and reach goals and learn the value of loyalty, commitment and teamwork to ultimately give them a successful season of competitive cheer.

The following information is to help each family understand the commitment level that it takes to be an athlete with KX. Please take the time to thoroughly read over the packet to prepare you, your family and your child for the experience of KX. It is with the belief that it takes a partnership between parents and coaches to keep the athletes focused and driven. As a result, KX Athletics is creating the overall success of the gym at every level and division for our teams.

The coaching staff is the most qualified and talented staff in the tri-state area. Our staff is trained to coach with Pride, Class and Dignity, focusing on teamwork, integrity and structured, safe workouts.

If at any time while reading through this packet, you should have questions or concerns please feel free to email info@kxathletics.com.

Thank you and we look forward to a great year!

The Staff at KX ATHLETICS

TEAM PLACEMENTS



Due to the COVID-19 Pandemic, the team placement process will be adjusted for the 2020-2021 season!

Step 1: Register online! Once registered, a director/coach will be in touch to welcome athletes and ask a few questions to prepare for their evaluation day.

Step 2: Athletes will attend a one day evaluation session on Monday, June 1st. Practices will begin the following Wednesday. In the event that the stay-at-home restrictions are still in place on June 1st, the evaluation date will be hosted on the first Monday that KX Athletics is able to re-open. During the first few practices, stunting abilities and a variety of skills are evaluated to determine final team placement.

Skills Commitment Requirement– In the event an athlete is placed on a team based on a skill(s) that were performed during evaluations and is no longer performing the skill for any reason, the athlete will be required to enroll in additional classes and/or private lessons until the skill(s) is being performed consistently at practices and competition events. If for any reason, the athlete is unable to commit to the additional classes and/or private lessons to regain the skill(s), the athlete's team placement may be revised (at the coach/director's discretion) to place the athlete on a team that is a more appropriate level to showcase the skills they possess. KX Athletics is dedicated to selecting teams to ensure they each have the best possible chance for success.



KX ATHLETICS

2020-2021 ALL-STAR TEAM INFORMATION

FULL YEAR TEAM EVALUATION DATES

Monday, June 1, 2020

5:30-6:00 Ages 3-5

6:00-8:00 Ages 6-18

In the event you are unable to attend your evaluation session, a private evaluation can be scheduled by contacting info@kxathletics.com.

HALF YEAR PREP TEAM EVALUATION DATES

September 2020 Dates

TBD

PARENT INFO MEETINGS

ZOOM

Wednesday, May 13, 2020

@6:30pm

Thursday, May 14th @6:30pm

A date will be set for an "in person" meeting" once the gym reopens!

TEAM EVALUATION REGISTRATION

Register online at www.kxathletics.com

Click "Enroll in Classes" & create your account!



PRACTICES / ATTENDANCE

All Elite and Full Year Prep teams will have a set two days per week schedule in the summer months.

These teams will switch to a set two days per week team practice + one day for tumbling in the fall. We are currently working on the tumbling schedule and will update once it is finalized.

All Half Year Prep teams will have a set schedule posted after evaluations.

Exhibition teams will have a set one day per week schedule year round.

Detailed team schedules are posted after teams are finalized. During important times of the season, additional practices may be scheduled. These practices are typically scheduled in advance and all athletes are expected to attend.



KX ATHLETICS

2020-2021 COSTS / TUITION

In the event that KXA is unable to open in June due to Covid-19 restrictions, please see the notes on page 6.

The sport of competitive cheer, while not as costly as some youth/travel sports, can be expensive. When considering all-star cheer, please consider the financial commitment involved and whether our half-year or full-year program is the best fit to get started.

The Full-Year Program evaluations take place in May and the season operates June - early May. The Prep/Half Year Program evaluations take place in September and the season operates October-mid-April. All tuition payments are due on the first of each month. All-Star members are required to provide payment via the automatic billing system.

After final team placements are announced, if an athlete chooses to decline a roster position and sends an email confirmation of their decision within five days, the initial month of tuition will be credited back and there is no further obligation to the program.

TUITION

REGISTRATION / EVAL FEE.....\$40

Exhibition/Novice Teams.....June - March: \$65/mo.
Competition Fee Installment November: +\$150/mo.

Half Year Prep Teams.....October - March: \$100/mo.
Competition Fee Installment December: +\$275/mo.

Tiny Elite Teams.....June - March: \$100/mo.
Competition Fee Installment Sept & Nov: +\$190/mo.

Mini Teams.....June - March: \$150/mo.
Competition Fee Installment Sept & Nov: +\$315/mo.
Tumbling June-April: \$ 50/mo.

Youth, Jr., Sr. Teams.....June - March: \$275/mo.
Competition Fee Installment Sept & Nov: +\$350/mo.
Tumbling June-April: \$ 50/mo.

Cheer Abilities.....Sponsored Program

OTHER COSTS (estimates)

National Practice Wear.....\$130*
(Full Year Teams only)

Competition Uniform.....\$125-\$575**
(varies by team)

USASF Membership (due to USASF).....\$30

Full-Year P.O.Board Fee (per family).....\$50
Half-Year P.O. Board Fee (per family).....\$25

Costs for end-of-season events for teams that qualify during the season. General travel expenses (hotel, transportation) for Elite team Nationals.

Notes:

Travel Teams: Travel events for the regular season schedule will NOT require airfare. Bid Events may require airfare.

***KXA will use the same practice wear set & make-up products from the 2019-2020 season.**

****KXA will use the current uniform design for the 2020-2021 AND 2021-2022 season.**





KX ATHLETICS

USASF DIVISIONS & TUMBLING SKILLS GRID

Elite "Traditional All-Star"

Elite All-Stars compete at the highest levels of all-star cheerleading. Teams begin in June and run through Mid-May. There is no previous experience necessary to join the Full Year All-Star teams! KX takes pride in the ability to coach beginner through advanced athletes in the sport of competitive cheer and to provide the environment necessary to encourage the growth of each individual and as a team to achieve success.

Prep Half Year Season All-Star

All-Star Prep teams offer athletes a great introduction to the world of competitive all-star cheerleading. With less time and financial commitment, our Prep Program is perfect for School and Recreational cheer athletes that want to extend their season and take their sport to a higher level of competition! Our Prep program begins with Try Outs in September and the season runs October through April.

Novice All-Star

Novice All-Star teams have the opportunity to perform and receive a "rating" from judges without the added pressure of being scored against teams. This division has been developed to allow athletes to gain confidence performing in front of a crowd and to develop their cheer skills non-competitive environment.

FUNDamentals

Fundamentals is the entry level program for athletes to experience All Star in a seasonal, lower commitment, lower cost, entry level, non-competitive environment. Progressions are formatted through the USASF. Teams will not compete but may exhibition at USASF sanctioned events.

Cheer Abilities Program

The Special Needs program welcomes athletes who are differently-abled, have varying degrees of cognitive, emotional, and/or physical needs to be a part of the All-Star Cheer community. These incredible athletes practice weekly in preparation to compete at local events and inspire others to achieve their dreams through their performances. Summer schedule offers once a month 1hour acclimation practices and the season begins September 2018.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6-7
LEVEL APPROPRIATE Tumbling Examples						
STANDING	Forward Roll Backward Roll Cartwheel	Back Handspring (BHS)	Standing 3 BHS Jump BHS	Standing Back Tuck Standing BHS, Tuck Jump BHS Tuck	Jump Tuck combo Standing BHS Layout	Jump Tuck Combo Jumps to BHS Full
RUNNING	Round-off	Round-off BHS	Round-off Tuck Round-off BHS Tuck	Round-off Layout Round-off BHS Layout	Round-off BHS Full Front Walkover RO BHS Full	Punch Front RO BHS Full Round-off BHS Whip to Full
ADVANCED Tumbling Examples						
STANDING	Handstand, forward roll Back walkover (BWO) Front walkover Multiple Back walkovers	BWO, BHS	BHS, step-out, RO, BHS, Tuck Jumps to multiple BHS	BHS(s) to Layout BHS(s) to Whip to Layout Jump BHS to Layout Jumps BHS(s) to Whip to Lay	Jump BHS to Layout BHS to Whip/Tuck or Layout	BHS(s) to Double Full Jump, BHS to Double Full Standing Full Jump to Full BHS to Whip Punch DF
RUNNING	Cartwheel Back walkover Front Walkover to Cartwheel Cartwheel to half turn FWO	Front Walkover, RO BHS(s)	FWO, Round-off BHS, Tuck Aerial Aerial, Pause, RO, BHS, Tuck Punch Front (PF)	PF, RO, BHS Layout Whip to Layout RO, BHS, Whip, Punch, Lay Front HS, PF, RO, HS, Layout	FWO, Round-off, BHS Full PF, Round-off, BHS Full Whip to Full RO Arabian - RO BHS Full	Round-off BHS Double Full PF, RO, BHS Double Full Whip to Double Full



KX ATHLETICS

Season Start-Up & Financial Plan

In the event that KXA is unable to open the gym at the beginning of June due to Covid-19 restrictions:

1. Taking into consideration what we have learned through the pandemic experience, a new "Tuition/Cost" structure has been implemented for this season for full-year elite teams. This new plan will allow for a reduced monthly tuition combined with two additional "chunk" payments in September & November to cover a portion of competition expenses. This structure is in place for a two reasons: 1. Helping families manage the expense of competition cheer post-pandemic. 2. In the event that November brings about another "spike" in COVID-19 cases and we endure "stay-at-home" restrictions after the season has started, families will not have come out-of-pocket for competition events as far in advance. A portion of the fees must still be collected early season to be able to secure rates & registrations.
2. If KXA is unable to open in June, new preliminary teams will still be introduced in June and attend virtual "team" practices. The June tuition for these classes will be \$65/month with the regular tuition schedule beginning in July and lasting until April rather than the June-March schedule posted above.
3. Once your athlete is registered, you will receive emails to keep you updated on new information posted by our local government and health officials that could affect our season structure. If we are able to begin a "soft opening" with limited athletes, a schedule will be posted to begin physical practices within the guidelines we are required to follow.