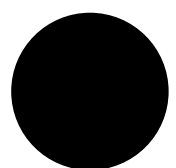




2022-2023

Try-Out Packet





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03

Dear Intensity Athletics Families,

Thank you so much for your interest in the Intensity Athletics Cheer program, home of our Nationally ranked Competitive Cheer teams! **Competitive all-star cheer is a journey which shapes an athlete's character. Through teamwork, structure, and discipline, athletes develop the skills to conquer obstacles, be resilient in the face of adversity and build bonds that last a lifetime.** We are anticipating an exciting and successful year.

By becoming a member of Intensity Athletics you are partnering in the journey to develop your child. Our goal is to not only share our passion for competitive all-star cheer, but to inspire athletes to be the best they can be both in and out of the gym which will in turn help them become positive members of society. Our owner and coaches are committed to providing a safe place where children develop both mentally and physically. We encourage our athletes to challenge themselves to reach new skills and goals with the help of our dedicated staff. We promote and teach sportsmanship, importance of scholastics, self-esteem, and self-worth to carry on years after your athlete graduates from our program.

We have prepared the information in this packet to help each family understand the commitment level expected from every athlete in the program. Please take the time to read through it very carefully. Intensity Athletics is a competitive, cutting-edge program that demands the best effort from each one of its athletes. Our program requires no prior cheer



experience. We ask that you carefully consider the financial and time commitment and take the time to discuss the contents of this packet with your athlete before registering. Our mission at Intensity Athletics is to be a highly competitive force in the All-Star Cheer world. This achievement will require training and conditioning of our athletes in all areas judged, which include: stunting, tumbling, jumps, motions, dance, and innovative choreography. All this is accomplished while fostering very important qualities, such as integrity, loyalty, respect, hard work, dedication, commitment, and structure; to become world class competitors. Once again, thank you for your interest in Intensity Athletics. We hope you find this packet informative and that it answers any questions you may have about our program; however, if you have further questions, please do not hesitate to contact us.

**Sincerely,
Intensity Athletics Staff**

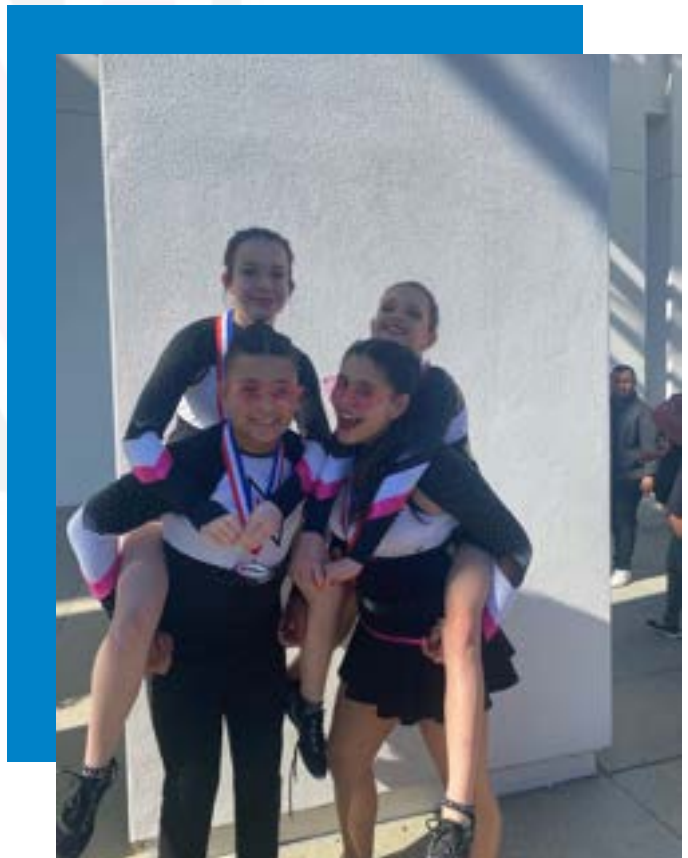
04

Every Athlete Makes A Team

Welcome to Intensity Athletics! Home of our nationally ranked competitive all-star teams. As we enter our 12th competitive season, Intensity Athletics is excited to release our try-out dates and packet for the 2022-2023 season. As with prior years, we will begin our season with a month-long evaluation process where athletes will be challenged with new conditioning and tumbling skills so we may evaluate them for one of our competitive teams. During this time coaches will take note of an athlete's work ethic, coachability, mental maturity and attendance. These characteristics, along with progression in tumbling skills, will be the basis for placement on teams.

New This Season

At the end of this evaluation period, there will be a formal "try-out" for athletes who are interested in one of our Elite traveling teams. New athletes to Intensity who are interested in a traveling team, must also have competed for a minimum of 2 seasons before they can be placed on an Elite travel team (competing with another program for 2 seasons fulfills this requirement). Returning athletes who do not wish to level up from the previous season, will be guaranteed a spot on the previous level that they competed on providing that they still are demonstrating the level appropriate tumbling for that level. Returning athletes who no longer can independently execute level appropriate tumbling skills at their former level, will need to demonstrate that they are able to consistently, and independently, complete skills during the entire month-long evaluation period, in order to be placed back on this level. Failure to do so MAY result in moving an athlete to a level where they can safely tumble without a spotter, thus allowing them to contribute to the overall success of their team.



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Practice groups will run from May 31st 2022 until June 28th 2022. Practice groups times are as follows:

Practice Levels	Practice Days and Times
Level 1	Tuesdays and Thursdays 4:00PM-6:00PM
Level 2	Mondays and Wednesdays 4:00PM-6:00PM
Level 3	Tuesdays and Thursdays 6:00PM-8:00PM
Level 4 and above	Mondays and Wednesdays 7:00PM-9:00PM

Need help picking a practice group? If you are undecided which practice group your athlete should attend, you can register for an initial evaluation on either **May 25th** or **May 26th**. Coaches can assess and will place an athlete in a group based on their current skill level. If you are undecided on which group your athlete should attend because they are *"in between"* levels, you may register for **2 practice groups** for an additional charge for the one month. You may log into your parent portal to register for either an evaluation or practice group(s).

TRY OUTS FOR ELITE TRAVEL TEAMS WILL BE ON MONDAY, JUNE 27TH AND TUESDAY, JUNE 28TH DURING NORMAL GROUP PRACTICE TIME(S)! TEAM REVEAL WILL BE THURSDAY, JUNE 30TH AT 6:00PM!

Athletes who are being considered for a flying position for the 2022-2023 Season must attend the **Flyer Training Practice Group** starting on Monday's **June 7th** from **6:00PM-7:00PM!** This is an invitational **ONLY** group, and selected athletes will be notified by **June 3rd**. Additional charges will be applied.



The following are the guidelines we will be using when placing athletes on teams:

Elite Travel Team Requirements	Mastered Standing Tumbling Skills Required	Mastered Running Tumbling Skills Required
Level 1	<ul style="list-style-type: none"> • Back and Front Walkover • Handstand Forward Roll 	<ul style="list-style-type: none"> • Cartwheel Back Walkover • Front Walkover Cartwheel Back Walkover
Level 2	<ul style="list-style-type: none"> • Back Handspring Step out, Back Walkover, Back Handspring 	<ul style="list-style-type: none"> • Front Walkover, Round Off, Back Handspring • Round Off Three Back Handsprings
Level 3	<ul style="list-style-type: none"> • Standing Three Back Handsprings with Power • Back Handspring, Toe Touch to Back Handspring 	<ul style="list-style-type: none"> • Round off Back Handspring, Back Tuck • Arial or Punch Front through to Round Off Back Handspring, Back Tuck • Arial or Punch Front
Level 4	<ul style="list-style-type: none"> • Standing Tuck • Two Handsprings to a Tuck • Toe Touch, Back Handspring, Back Tuck • Handspring, Tuck, Handspring, Tuck 	<ul style="list-style-type: none"> • Round off Handspring, Lay Out • Punch Front, Step Out to Lay Out • Front Arial, Round Off, Lay Out • OR Round Off Back Handspring to X-Out • Whip Through to Lay Out
Level 5	<ul style="list-style-type: none"> • Handspring Tuck, Two Handspring to a Lay Out • Toe Touch to Tuck • Two Back Handsprings to a Lay Out 	<ul style="list-style-type: none"> • Round Off Handspring to Full • Any Combination Tumbling Pass into a Full
Level 6	<ul style="list-style-type: none"> • Two Handsprings to a Full • Three Handsprings to a Double 	<ul style="list-style-type: none"> • Cartwheel Full • Arabian Step Out to Full • Any Combination through to Full • Round Off Handspring to Double

Guidelines Continues...

Prep and Non-Travel Team Requirements	Standing Tumbling Skills Required	Running Tumbling Skills Required
Level 1	<ul style="list-style-type: none"> No Skills Required 	<ul style="list-style-type: none"> NO Skills Required
Level 2	<ul style="list-style-type: none"> Standing Back Handspring Back Handspring Step Out 	<ul style="list-style-type: none"> Round Off, Back Handspring
Level 3	<ul style="list-style-type: none"> Standing Two Back Handsprings Toe Touch to Back Handspring 	<ul style="list-style-type: none"> Round off, Back Handspring, Back Tuck

You Must Register Online
www.Intensityathletics.net

Intensity Athletics team placements are guided by the USASF rules and guidelines but deviation is possible and likely:

To schedule an initial evaluation, or to register for a practice group, Please click on Parent Login Button on our website to login and register for the 2022-2023 All Star Team Level Practices

Once logged in, complete required information & enroll for the 2022 -2023 All Star Competition Cheer Team Practice Group

Please Bring the Following Items to your first Practice Day:

- Athlete intake form
- \$399 Registration Payment (Due May 31st, NON-REFUNDABLE)
- Color Photograph of Athlete (computer printout ok)
- Comfortable Clothing

Spandex, Sports Bra, Shorts, Cheer/Dance or Running Shoes, T-Shirt, Hair Tie, No Jewelry



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Cheer Levels and Team Placement

Cheer levels refers to the type of stunts, pyramids, and tumbling that a team can safely perform. They are numbered from 1 to 6 with the higher number being the highest difficulty. The level the athlete or team performs is at Intensity Athletics discretion, and no promises or guarantees are made as to which team your athlete will be on or remain on during the season. Age, experience, and ability are all factors that play into the decision. Please be advised that initial placement on a team may or may not be the team that you remain on. This is due to skill advancement or regression of an individual or a team. We will declare the final division and level of our teams in the fall before the start of competition season. Intensity Athletics reserves the right to move an athlete to a different team or change a team's division or level at any time. Intensity Athletics does not guarantee placements of any team member for any position in the routine or any team in particular.

**Intensity Athletics Reserves the right to place participants where they will be most successful both as an individual and as a teammate.*

Cross Overs

Those athletes who are asked to cross over (being on multiple teams) will be liable for additional monthly Program Payments of **\$100**. Cross Overs must be able to attend all practices for all their teams.



Upcoming Key Points

First Day of Practice: Week Starting May 31st, 2021 (Exact day and time will be emailed to you)

Parent Informational Night: May 19th @ 6:30pm via Zoom. Please bring a copy of the Tryout Packet to the parent meeting

Registration Fee: \$399
Due at First Practice (Non-Refundable)
Includes First Month's Tuition, Registration Fee, & Insurance

Program Package Pricing

All Athletes are required to become members of USASF. USASF Registration Fee is Due Directly to USASF no later then August 1st, 2022. All athletes can renew membership or create a new account at www.USASF.net



All-Star- Prep- Ages 3 through 14 Non-Travel

Monthly Program Fee: \$275/Monthly

11* Payments- First Payment due July 1st (July 1st, 2022, through May 20th, 2023).

- 6 pieces of practice wear included in tuition (2 sports bras, 2 sports bottoms, 1 cover up tank, 1 program shirt)
- 3 hours average practices per week; 2 practices per week included
- 4-5 Local Competition Registration Fees included
- Music fees included
- Pyramid Choreography fees included
- Routine Choreography fees included
- Dance Choreography fees included
- \$5.00 discount per day for any camp, clinic or open gym
- \$25.00 discount off additional tumbling classes

All-Star Elite Travel Teams

Monthly Program Fee: \$375/Monthly

11* Payments- First Payment due July 1st (July 1st, 2022, through May 20th, 2023).

- 6 pieces of practice wear included in tuition (2 sports bras, 2 sports bottoms, 1 cover up tank, 1 program shirt)
- 7 hours average practices per week; 2 practices per week plus 1 day of stunt/tumbling included
- 6-8 Local Competition Registration Fees included (including 1 long distance driving & 1 out of state flying)
- Music fees included
- Pyramid Choreography fees included
- Routine Choreography fees included
- Dance Choreography fees included
- \$25.00 discount off additional tumbling classes
- It is our goal to secure a bid to The Summit, Global Games or similar event. If a bid is won, we will share fees associated with registration and coach's fees.



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Monthly Program Payment Discounts

Discounts: (discounts may not be combined)

- **Sibling discount:**
 - 25% of monthly tuition for 2nd athlete
 - 50% of monthly tuition for 3rd athlete
- **Male Athletes:** 25% of monthly tuition
- **Service Discount:**
 - \$10 off monthly fees for Active Members of Military, Local Law Enforcement, Fire Fighters and Teachers.

Not Included Expenses:

- Summer Camp Retreat \$250
- Travel Costs and family entry fees
- Camps/Clinic/opens Gyms
- **Crossover Fees:** \$100/monthly plus actual competition fees (only incurred if competing on more than one team).
- **Uniform:** \$250-\$350 for Prep Team, \$350-\$550 for Elite Teams (depending on pieces needed)
- These amounts are broken up into two payments and due July 15th and August 15th, 2022.
- It is our goal for all of our Teams regardless of level, to secure a bid to an end of season event such as U.S. Finals, Champions League, The Summit, Global Games or similar event. Once a bid is received, event registration fees will be charged based on event producer's guidelines.
- **Competition Shoes:** A program link will be sent out and can be purchased if needed. All athletes are required to have appropriate shoes for all practices and competitions.
- Everyone is required to participate in the Showcase fundraiser. Each athlete is required to contribute \$50 towards this event. This charge is used to raise funds for individual teams, and end of Season Banquet. These funds are due by August 5th, 2022.

*****All monthly fees include:** Music, Choreography, Competition Registration Fees, Staff Per Diem, Staff Lodging, Staff Travel and additional competition costs incurred by Intensity Athletics. All Fees are non-refundable (No Reduction or refund of fees for paid or reduced bids received by teams or any form or compensation incentives earned by a team). If these deadlines are not met, your athlete will not compete until account is current. The above fees do not include travel/lodging expenses to and from competitions and spectator entrance fees). No reduction in fees for failure to attend any event.

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Other Program Info

Athletes starting after evaluations must catch up on all past due payments and must still make the total number of monthly Program Payments as stated above. A returned check/payment fee of \$35.00 will be assessed to your account if a check/payment is not honored by your financial institution regardless of the reason. Athletes will be placed on suspension for accounts that are 15 days Past Due and may not be able to participate in any Intensity fee-based program including but not limited to team practice, open gym, private lessons, clinics, and classes until the account is current. (Athlete is still required to come to practice and visually participate.)

**Refunds will not be issued due to quitting, injury, removal from the team, merging of teams, or any other reason for any payments made or that are due*

***A \$450 contract termination fee after July 15th, 2022 for an athlete quitting or being removed for cause will be assessed to the account and is subject to charge using the payment method stored on account.*

All accounts are required to have a credit or debit card on file and all accounts must be enrolled in auto pay where tuition/fees are charged to preferred payment method on the 1st of each month. It is the parents'/guardians' responsibility to keep their payment information current to avoid any payment rejection and fees.



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Other Important Dates

Annual Family Beach Bash: **September 17th** (Date Subjected to Change)

Free event for athletes and their families. A great way to get to know other parents and athletes. Create memories and have a blast! Exact location and time TBD. Everyone is encouraged and invited to attend.



Holidays and Scheduled Vacations: No Team Practice

The following dates are available for holidays and vacations throughout the 2022-2023 year:

July 1st-July 9th (Fourth of July Weekend)	October 31st (Halloween)
July 31st- Aug 6th (Back to School Vacation)	November 21st- 27th (Thanksgiving)
Sep 3rd -5th (Labor Day Weekend)	December 23rd - January 7th (Winter Break & New Year's)

Due to varying Spring Breaks and Competitions, there will be no Scheduled Spring Break

Any absence not on these days requires an absence notification form. Absences are prohibited on a competition or choreography day or within TWO WEEKS (or 4 practices) of a competition date. Keep in Mind that missing a practice may hinder your placement in the routine regardless of reason, and a fine will be issued.

Here is a sample of what our Competition Schedule could look like:

Competition Name	Location	Date
USA-Fall Classic	Long Beach, CA	12/4/22
American Grand	Las Vegas, NV	12/10-12/11/22
GSSA-Grand Nationals	Bakersfield, CA	1/14-1/15/23
All Star Challenge	Phoenix, AZ	1/14-1/15/23
ATC- Grand Nationals	Bellevue, WA	1/28/-1/29-23
CHEERSPORT-Nationals	Atlanta, GA	2/18-2/19/23
JAMZ	Las Vegas, VN	2/17-2/20/23
NCA All Star Championships	Dallas, TX	2/24-2/26/23
Aloha Grand Nationals	Phoenix, AZ	3/4-3/5/23
Pac West-Grand Nationals	TBD, OR	3/4-3/5/23
USA Super Nationals	Anaheim, CA	3/18-3/19-23
UCA International All-Star Championships	Orlando, FL	March 2023
JAMZ-So. Cal. Cup Challenge	Long Beach, CA	4/2/23
Regional Summit	TBD	TBD
Summit	Orlando, FL	May 2023
US Finals	TBD	TBD



www.IntensityAthletics.net

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