



Zone Cheer All-Stars and Families,

Cheer360 is so excited to continue to work with the amazing athletes from Zone Cheer All-stars! We were lucky enough to introduce our program to Florida starting with our Find Your Greatness clinic held last spring, and have since then kicked off our first official training program at Zone this past Summer! Sadly, summer has come to a close but that means cheer season is now in full swing! Cheerleaders from all over the country are gearing up and getting ready to take on this new season full steam ahead. We hope you are about to embark on your best season yet!

Whether you have attended our clinic, participated in one of our classes, or have heard our name but not really sure who Cheer360 is and what are we all about, we would like to take this opportunity to share some background on our program. Cheer360 originated on Long Island, New York over 3 years ago by Kristen and Artie Perri. They had a vision to develop a program that would provide cheerleaders with the services and resources to become the best athletes they could be. In short, Cheer360 is the nation's ONLY strength, nutrition, and mental fitness program designed specifically for cheer athletes. Just as our name states, we look at the cheer athlete as a whole to help build better and stronger cheerleaders both mentally and physically. On the physical end we use an integrated approach to help improve each athletes strength, balance, flexibility, and endurance so they can perform at their highest potential while also preventing injury. The mental aspect of the program is designed to help athletes work through mental barriers, improve focus, and build overall confidence. Lastly, we provide athletes with nutritional tips and guidance to help fuel each athlete for optimal performance. All members of the Cheer360 staff have backgrounds in cheerleading as well as being certified personal trainers and/or degrees in the health and fitness field from accredited institutions.

While we train over 200 athletes on Long Island, we are expanding our services outside of New York to help build better cheerleaders all over the country. Every Cheer360 athlete's success is important to us on and off the cheer mat. While we spend most of our time training directly with athletes, we also provide our athletes with events and activities throughout the year to further aid in the development of successful

cheerleaders in the community. Some of these events include the College Recruitment Clinic where we teamed up with The Cheer Leader Magazine to bring over 30 colleges and universities to one location for High School athletes to work with, meet the athletes/coaches and learn more about the different programs across the US. The Nationals Send Off Pasta Party where we brought together 250 athletes from HS cheerleading programs for a giant UCA Nationals send off! And, The Leadership Summit which brings together leaders from HS and All Star cheerleading programs to teach leadership skills and how to effectively lead their teams in a successful season. We hope to bring these resources as well as many others to your area and become an integral part of the cheerleading community in Florida. Stay tuned!

We are always here for you during your journey this season and future cheer seasons to come. If you would like to reach out to us directly to learn more about how you can get involved with our program you can contact us by phone at [631-410-4360](tel:631-410-4360) or email us at info@cheer-360.com. You can also stay up to date with information and news through our social media via Facebook, Twitter, and Instagram!

Cheers to a successful, healthy cheer season! We look forward to sharing our program with all of you and helping you find your Inner Champion!

Cheer Strong, Cheer Smart,
The Cheer360 Team

THERE IS STILL TIME TO JOIN IN ON OUR OPEN CLASSES HELD AT
ZONE CHEER ON MONDAY & WEDNESDAYS
**TO START TRAINING TODAY EMAIL US AND WE CAN PRORATE THE
FALL PROGRAM FOR THE WEEKS REMAINING!**
INFO@CHEER-360.COM

360
CHEER
CHEER STRONG, CHEER SMART



QUESTION: CALL 631-410-4360
EMAIL INFO@CHEER-360.COM

****Class is held at Zone Cheer All Stars****

CHEER360
13-WEEK FALL
STRENGTH TRAINING
PROGRAM

To Register:
www.cheer360.zenplanner.com

Click on "sign up"
Select "Zone Cheer 13 Week
Fall Training Program"



CHEER360 TRAINING CLASS
MONDAY 3:30-4:30pm OR WEDNESDAY 5-6pm

13-WEEKS: August 15th – November 14th
(Closed Labor Day- 9/5)

\$195 per athlete
2 payments of \$97.50

**** (First payment due at signup, second payment will be auto-billed to
the credit card used for first payment on Monday October 3rd) ****