

**2023-2024
ALL STAR ELITE
TEAM INFORMATION**

WWW.CHAMPIONCHEERALLSTARS.COM

**SOUTHLAKE LOCATION
817-251-1546**

**JUSTIN LOCATION
940-206-4815**



We love Champion! I was an athlete back in 1999, and the family atmosphere, support and love is still there and stronger than ever. Every Coach my daughter has encountered in her first two seasons has helped her grow and gain more confidence. Looking forward to many more seasons to come!
~Champion Parent

The support and love everyone at Champion shows their athletes is beyond words. It's comforting as a parent who watches the hard work and hours these kids put into this sport to know it's not just an award-chasing factory! Thank you, Champion, for loving our kids!
~Champion Parent

Why Choose Champion?

Champion Cheer's Mission is to provide our students a safe and fun environment where they can develop their full potential as an athlete, while learning valuable lessons that will last a lifetime.

At Champion Cheer, we use the sport of cheerleading to mold our athletes into high character adults who will make a difference in our world. We give our athletes opportunities to develop leadership skills, teamwork, servitude and commitment. Our coaches are always on the lookout for positive leadership and high character in our athletes so that we can reward and encourage the tenants of our program... **Character, Commitment and Attitude!**

Cheer has been amazing for my daughter's confidence! She was painfully shy, never speaking to adults, and rarely even to other kids. She has gone from that to a confident performer with the biggest smile! Cheer lights her up, and I know so much of that is due to her amazing coaches at Champion!.

~Champion Parent



What is All Star Elite?

All Star Elite is a full year program that extends from June 2023 through May 2024. Our Elite program is ideal for athletes who want to experience all that the sport of All Star Cheer has to offer and who also have a high level of perfection in their technical abilities for their level.

Our All Star Elite teams will practice twice a week for most of the summer. We plan to take summer weekends off, so some summer practices may be on weekdays during the day. We will help to facilitate carpools for working parents. During most weeks during the school year, Mini teams will practice for five hours per week, and Youth-Senior Elite teams will practice for five or five and a half hours per week. Those hours will be split over two or three practices and will include some dedicated tumbling practice time with their team during most weeks. Junior and Senior aged teams may practice as late as 9:30 or 10pm. Teams will have one of their weekly practices on Saturday or Sunday, and additional practices on Fridays, Saturdays, or Sundays will be added in the one or two weeks leading up to a competition.

Our All Star Elite teams will have choreography days in July with dates to be announced, will attend CCA Super Camp August 4 - August 6 and will compete at three or four local competitions, one or two out of town competitions, and NCA All Star Nationals. Worlds teams may travel more. For post season, all teams will travel to an end of season event if they receive a bid.

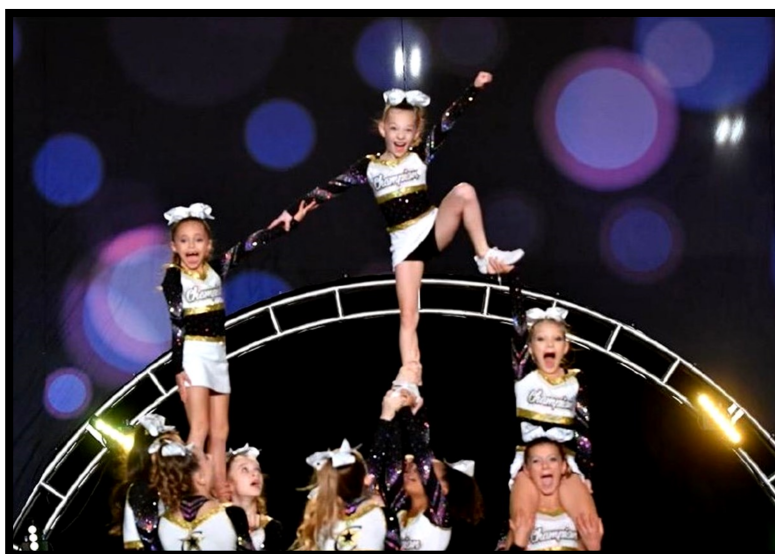
The All Star Elite program requires a high level of commitment, but also offers the great rewards of experiencing the sport at its highest level!

The Evaluation Process

- Choose your preferred location and register for the All Star Elite Evaluations on our Parent Portal at championcheerallstars.com. Provide payment for the \$75 evaluation fee and your \$200 down payment. Register by Sunday, May 14th.
- After you register, watch your emails for further information about what must be done prior to arriving for your evaluation which will include filling out an online form, uploading your birth certificate, and submitting a flyer routine video if you are wanting to be considered as a flyer. The fee for flyer tryouts is \$50.
- All athletes will need to participate in the evaluations where they will perform a mini routine for the coaches. The mini routine includes jumps, standing tumbling, running tumbling, and a short dance. Mini routines are adjusted by level. Videos of the Mini Routine will be released at least two weeks prior to evaluations to allow time for athletes to learn the routine.
- **Attend your preferred location's Skills Evaluation on either Monday, May 15th OR Saturday, May 20th. Choose only one day to attend.** Times are come and go. Athletes will check in, stretch, warm up, and then perform their mini routine. Athletes will be released when they are finished. The last check in time for each session will be 15 minutes prior to the end of the session.

Southlake Evaluations:		Justin Evaluations:	
Monday, May 15th	Saturday, May 20th	Monday, May 15th	Saturday, May 20th
4:45-6:00pm Level 1	12:00-1:30pm Level 1	5:30-6:30pm Level 1	1:00-2:00pm Level 1
6:15-7:30pm Levels 2-3	2:00-3:30pm Levels 2-3	6:45-7:45pm Level 2	2:15-3:15pm Level 2
7:45-9:00pm Levels 4-6	3:45-5:15pm Levels 4-6	8:00-9:00pm Levels 3-4	3:30-4:30pm Levels 3-4

- If you cannot attend one of the timeslots above, Private Tryouts will be available from beginning May 16th for an additional \$50. Scheduling will begin Monday, May 8th. Please call the front desk at your location to schedule - Southlake 817-251-1546 or Justin 940-206-4815.
- After performing the mini routine for the coaches, athletes will be assigned to a small practice group based on the levels for our 2023-2024 teams. Those small groups will work out from May 21st-May 25th. Specific schedule TBA.
- Team rosters will be named on Friday, June 2nd. Team practices will begin on Saturday, June 3rd. If necessary, we will continue to make small tweaks to the rosters based on tumbling skills and stunt-ing throughout the summer.



Financial Information

All Star Elite Program Fees*

- Evaluation Fee \$75 (Private Tryouts are an additional \$50)
- Down Payment \$200
- June Monthly Tuition for all athletes Due June 3rd \$350
- **Although our season continues through May of 2024, there will be NO monthly payment due in May of 2024!**
- Monthly Payments—Only Due July 2023-April 2024
 - Mini Teams- \$335
 - Youth through Senior Level 1-6 Teams- \$385
 - High School Graduates- \$200
- Accounts may be paid upfront with cash or check for a **\$150 discount.**



*The down payment and monthly fees INCLUDE twelve months of All Star Elite team training, team tumbling, CCA Super Camp, choreography fees, music fees, competition fees, a competition gift program, and a 50% discount on all additional classes.

Additional Expenses

- Uniform & Two Bows- ~\$450-500 plus tax (Half due June 15th with the balance due in September)
 - The Justin gym will carry over their uniform and bow from the 2022-2023 Season. Returning athletes can keep their current items. There will be a resale event where new athletes might be able to purchase used items at a reduced cost.
- Practice Clothes- ~\$250 plus tax (Due in June)
 - The practice clothes package includes the 2023 Summit, Allstar Worlds, and Worlds sports bra and tank. Athletes who attended those events will be able to deduct that portion of the expense from their practice wear package.
- Makeup- ~\$30 plus tax (Athletes purchase designated products from a local store)
- Annual Insurance/Registration Fees- \$20 Per Athlete for Insurance & \$20 Per Family for Registration
- USASF Membership- \$49 Paid to the USASF (Athletes who are 18 and over will also have to complete a USASF background check which is \$30.)
- Transportation/Lodging for Out of Town Competitions
- Spectator Competition Entry Fees and Parking Fees
- ~\$225-300 End of Season Event Fee for End of Season Bid Events (i.e. The Open/Summit/Allstar Worlds/Worlds; Includes coaches' travel fees, sports bra, shirt, music edits as needed, and choreography updates as needed); The End of Season Fee for Worlds teams will be ~\$375-450 and includes two additional Worlds practice outfits
- Registration Fees for End of Season Events (The Open/Summit/Regional Summit/Allstar Worlds/Worlds)

Additional Information

- All accounts must be paid in full to be eligible for the 2023-2024 Season.
- Both the upfront payment and the first monthly payments will be due by Saturday, June 3rd. All remaining monthly payments will be billed between the 1st and the 5th of each month.
- Sibling Discounts are applied after the first child and are applied to all additional siblings who are on a Champion team. Discounts are applied to the lower tuition(s) in the family. Discounts are as follows: Elite \$25 Per Month, Prep \$15 per Month, and Novice/Exhibition \$12 per Month.

2023-2024 All Star Elite Dates

Please check all dates carefully. All events and competitions are mandatory. We will only consider excusing an absence for a major event if we are notified **PRIOR** to placement on a team. Since Super Camp is half a day shorter this year, coaches will call additional choreography practices during the summer.

Important Events and Closing Dates

Closed for Memorial Day Weekend: May 26-29, 2023
Closed for Staff Training/Summer Break: June 10-18, 2023
Gyms Closed for Fourth of July Holiday: July 3-4, 2023
CCA Super Camp in Denton*: August 4-6, 2023
Closed for Back to School Break: August 7-13, 2023
School Year Schedule Begins: August 14, 2023
Closed for Labor Day Weekend: September 2-4, 2023
Possible Practices at Coaches' Discretion: November 18, 2023
No Team Practices for Thanksgiving Break: November 19-25, 2023
All Star Elite Practices Resume: November 26, 2023
Christmas Break: December 22, 2023-January 1, 2024
Possible Elite Practices TBD: January 2-6, 2024
Closed for Spring Break: March 9-17, 2024
All Star Elite Practices Resume: March 18, 2024
Closed for Easter Weekend Break: March 29-31, 2024

*CCA Super Camp is an overnight camp for Youth-Senior teams.
Mini teams will commute to attend camp during the days.

Competition Schedule Information

We will release a detailed competition schedule in July or August. We will have a showcase event in November. Our regular competition season runs from November through mid-March, and our All Star Elite teams will compete at three or four local competitions, one or two travel competitions, and NCA All Star Nationals in Dallas during that time frame. For our post season that falls from mid-April to mid-May, all teams will go for bids to end of season events that are typically held out of town. If you have any major scheduled events that fall on a weekend between November-May that would keep you from being available to compete with your team, please list those conflicts in your registration information.

Set Competition Dates:

Gold Gala Showcase, Allen, TX: November 4 or 5, 2023
NCA All Star Nationals, Dallas, TX: March 1-3, 2024

Possible End of Season Events for Teams with Bids:

The Cheerleading Worlds, Orlando, FL: April 26-29, 2024 (Level 6)
Regional Summit, Youth Summit, Summit and All Star Worlds Dates are TBA
(Specific travel dates for out of town events are to be determined)

Attendance Policy

Practices

All Star Cheerleading is more of a team sport than any other sport. We have no back ups or second string athletes. When one athlete misses, it affects three or four other athletes who cannot stunt and affects the entire team who cannot fully execute the pyramid. Plus, an absent athlete hurts the formations and tumbling sequences. It is very important that everyone understands the importance of attending practice. It takes a full commitment from both the athlete and the family. The ability of all athletes to attend all practices maximizes the team's ability to reach its full potential. Athletes must be fully committed to their team.

We do understand that throughout the entire year, there will be graded school events, school cheer commitments, and major family events such as weddings. Athletes and families must work to minimize conflicts as best as possible. School cheer athletes must balance their absences between both programs. College visits and clinics need to be scheduled around practices. When absent, athletes will need to coordinate their stunt group coming in for extra work in the gym to makeup for the practice time missed.

All athletes must submit a request for an absence approval with at least FIVE days notice. If someone "No Shows" a practice, the athlete may be moved to an alternate position. This includes absences during the summer that were not included on the athlete's vacation days.

Please understand that incurring absences might diminish an athlete's role in the routine through lost spots in formations and/or changed stunting roles. Recurring absences will result in an athlete being moved to an alternate position or removed from the CCA program altogether due to lack of commitment.

Throughout the season, we will have No Absence Weeks in the lead up to performances and competitions. During a No Absence Week, outside of deaths in the family, there are NO absences allowed. Missing a practice during these weeks will result in a \$100 fine and/or may result in the athlete being moved to an alternate position or being dismissed from the team. We will have ONE WEEK No Absence Weeks prior to regional competitions and select Nationals. We will have TWO WEEK No Absence Weeks prior to Gold Gala, your first January Nationals, NCA, and end of season events.

Camp and Competitions

Missing Super Camp, Gold Gala or a competition for any reason may result in the athlete being made an alternate or being removed from the team. If you have any conflicts that were booked prior to joining a team, the conflict approval request must be submitted in your team registration information.

Vacations

We will be closed for Summer Break from June 10th-18th and will have a Back to School Break from August 7th-13th, so please schedule camps and vacations during those weeks if possible. Once the school year schedule starts on August 14th, athletes will need to be at all practices. **All athletes need to be available to return to practice after Thanksgiving on Sunday, November 26th and be available after Christmas break on Tuesday, January 2nd in case there are practices that week.**

Illnesses

The health of our athletes and families is very important to our staff, and working to stop illnesses before they spread is an important part of keeping our athletes healthy. If your athlete has any of the symptoms or illnesses below, please reach out to your coaches prior to coming to the gym.

Pink Eye	Strep Throat	Diarrhea and/or Vomiting	Sudden Loss of Taste or Smell	Temp Greater Than 100.4 Degrees
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All Star Tumbling Skills By Level

LEVEL 1 SKILLS

All Star Elite Level 1 Tumbling Skills

- Handstand Forward Roll
- Two Consecutive Back Walkovers
- Standing Back Walkover Switch Leg
- Front Walkover
- Cartwheel Two Consecutive Back Walkovers
- Skills must be performed to counts in a mini routine

Required Level 1 Tumbling Technique

- All skills must be performed with straight legs and pointed toes
- Arms need to be by the ears and have good hand placement
- Feet must be together on all landings
- Connected skills must maintain speed and have a good connection

Level 1 Jumps

- Double whipped toe touch plus hurdler with correct arm placement, pointed toes, good extension, and feet together on landings

LEVEL 2 SKILLS

All Star Elite Level 2 Tumbling Skills

- Back Walkover Back Handspring Step Out
- Back Handspring Step Out Back Walkover Back Handspring
- Round Off Two Consecutive Back Handsprings
- Front Walkover Round Off Two Back Handsprings
- Fly Spring (Preferred Skill)
- Skills must be performed to counts in a mini routine

Required Level 2 Tumbling Technique

- Skills must be performed with legs together and straight legs
- Knees must be together at the bottom of the sit position
- Must maintain good arm placement
- Feet must be together on all landings
- Toes must be pointed during the entire skill
- Connected skills must maintain speed and have a good connection

Level 2 Jumps

- Double whipped toe touch plus hurdler with correct arm placement, pointed toes, good extension, and feet together on landings

LEVEL 3 SKILLS

All Star Elite Level 3 Tumbling Skills

- Back Walkover Standing Two Back Handsprings
- Back Handspring Step Out Back Walkover Two Back Handsprings
- Front Walkover Round Off Back Handspring to a Tuck
- Front Aerial/Punch Front (Preferred Skill)
- Skills must be performed to counts in a mini routine

Required Level 3 Tumbling Technique

- Skills must be performed with straight legs and pointed toes
- Feet must be together on all landings
- Knees must be together during the sit positions
- Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing
- Connected skills must maintain speed and have a good connection

Level 3 Jumps

- Double whipped toe touch plus hurdler with correct arm placement, pointed toes, good extension, and feet together on landings

All Star Tumbling Skills By Level

LEVEL 4 SKILLS

All Star Elite Level 4 Tumbling Skills

- Standing Two Back Handsprings to a Tuck
- Toe Touch Back Handspring to a Tuck
- Round Off Back Handspring to a Layout
- Front Walkover Round Off Whip to a Tuck OR Punch Front or Whip to a Layout
- Skills must be performed to counts in a mini routine

Required Level 4 Tumbling Technique

- Tucks must be performed with good body positions including sets with arms up and shoulders and head riding to the top, tight rotation and stuck landings
- Layouts must be performed with hollow body position with straight legs, pointed toes and stuck landings
- Connected skills must maintain speed and have a good connection

Level 4 Jumps

- Double whipped toe touch plus hurdler with correct arm placement, pointed toes, superior jump height, level extension, and feet together on landings

LEVEL 5 SKILLS

All Star Elite Basic Level 5 Tumbling Skills

- Standing Two Back Handsprings to a Layout
- Standing One Back Handsprings to a Layout
- Round Off Back Handspring Full
- Punch Front Round Off Back Handspring to a Full OR Round Off Whip to a Full
- Skills must be performed to counts in a mini routine

Required Level 5 Tumbling Technique

- Layouts and fulls must be performed with hollow body position, clean rotation, straight legs and solid, clean landings
- Connected skills must maintain speed and have a good connection

Level 5 Jumps

- Double whipped toe touch plus hurdler with correct arm placement, pointed toes, superior jump height, above level extension, and feet together on landings

LEVEL 6 SKILLS

All Star Elite Basic Level 6 Tumbling Skills:

- Standing Two Back Handspring to a Full
- Standing One Back Handspring to a Full OR Standing Full
- Round Off Back Handspring Whip to a Full
- Double or other Worlds Running Variation Pass
- Skills must be performed to counts in a mini routine

Required Level 6 Tumbling Technique

- Fulls and double fulls must be performed with hollow body position, clean rotation, straight legs and solid, clean landings
- Connected skills must maintain speed and have a good connection

Level 6 Jumps

- Double whipped toe touch plus one toe touch with correct arm placement, pointed toes, superior jump height, above level extension, and feet together on landings

Important Points to Review

- 1) All candidates must show a \$0 balance on their Champion account from any previous commitments to be placed on a team for the 2023-2024 Season
- 2) If you are placed on a team and you choose not to take the spot, the unused portion of your down payment and June tuition will not be refundable.
- 3) If there is a substantial reason why you would not be able to practice on particular days/times, please include this information during registration, This includes Wednesday evenings, Friday afternoons, Saturdays and Sundays. *We cannot guarantee that we can solve all conflicts including school cheer conflicts*, but we will work to minimize conflicts where we can.
- 4) Missing a major Champion event, Super Camp, Gold Gala or a competition for reasons other than a death in the family may result in an athlete being moved to an alternate position or being removed from the team. Any existing conflicts **MUST** be noted during registration to be considered for excusal.
- 5) Due to the size of the commitment, we do not allow our All Stars to participate in any other sports or activities that will cause numerous or ongoing conflicts with practices or competitions. We work around school cheer as best as we can, but that does not mean you can miss your Champion commitments for school cheer all of the time. There must be a healthy balance when working out conflicts between the two. If there is not a healthy balance, the athlete may be moved to an alternate position.
- 6) Athletes must maintain the skills and technique that they were placed on their team to execute in competition. If they do not, they may be moved to another team if an appropriate spot is available or they may be moved to an alternate position. Athletes must also be successful at stunting in their assigned role to remain on mat. There may be a skills check in late summer and again in December.
- 7) All registration and insurance dues must remain current throughout the year. Our program runs from 6/2023-5/2024. You are agreeing to a twelve-month commitment and will owe tuition from June 2023 through April 2024. The month of May will be an off season training month depending on the schedule for the end of season competitions.
- 8) We generally purchase new uniforms every other year. Justin athletes will carry over their uniform and bow from the '22-'23 Season and may have an opportunity to purchase used items at a reduced cost. Southlake will purchase new uniforms and bow. The cost for new items in both locations will be approximately \$450-500 plus tax for the uniform and two bows and \$250 plus tax for practice clothes, Half of the uniform fees will be due on June 15th with the other half due in September.
- 9) All athletes will receive a 50% discount on additional classes.
- 10) Athletes and families must work to minimize conflicts as best as possible and must submit an absence request to their coach in writing with at least FIVE days notice. Not all requests will be approved. If someone "No Shows" a practice, the athlete may be moved to an alternate position. This includes absences during the summer that were not included on the athlete's vacation days. Please understand that incurring absences might diminish an athlete's role in the routine through lost spots in formations and/or changed stunting roles. **Recurring absences will result in an athlete being moved to an alternate position or removed from the CCA program altogether due to lack of commitment.**
- 11) Throughout the season, we will have No Absence Weeks in the lead up to performances and competitions. During a No Absence Week, outside of deaths in the family, there are NO absences allowed. Missing a practice during these weeks will result in a \$100 fine and/or may result in the athlete being moved to an alternate position or being dismissed from the team. We will have ONE WEEK No Absence Weeks prior to regional competitions and select Nationals. We will have TWO WEEK No Absence Weeks prior to Gold Gala, your first January Nationals, NCA, and end of season events.
- 12) Athletes may need to put in extra work on stunts and tumbling outside of practice per their coaches' request for the team to be successful. This outside work is part of the commitment of the team.
- 13) Parents may be asked to follow a drop off policy for the one week prior to competitions and the two weeks prior to NCA and end of season events. If the viewing area becomes a negative environment at any time in the year, the parents of the team involved will be asked to follow a drop off policy.
- 14) If an athlete is unable to finish their year due to injury or relocation, we will balance your account determining the fees and tuition that have been spent. You will receive a credit from Champion for any fees or tuition that have been paid but not used. However, please be aware that with an eleven-month payment plan, you may owe additional fees that were not yet covered through your prorated monthly fees. Resignations due to injury will need a doctor's note.
- 15) If an athlete quits without a doctor's written excuse, they will be responsible for paying any uncovered expenses and a \$300 re-choreography fee. If the athlete resigns prior to receiving any part of their uniform or practice clothes, the items will become the property of Champion Cheer. Although we cannot guarantee it, we will attempt to sell the items for you, and you will receive a gym credit for any items that sell. All resignations must be received in writing.