



## Thank you for your interest in Cherry Creek Elite All-Star Cheerleading

[www.cherrycreekelite.com](http://www.cherrycreekelite.com)

Building on the talent and success from the last five years, we are very excited about the 2011-2012 All-Star Cheer season! Cherry Creek Elite provides superior programs, staff, and facilities to ensure our athletes enjoy the ultimate cheerleading and tumbling experience. Our philosophy is to provide quality coaching and skills advancement while maintaining a fun environment for our athletes. Our dedicated coaches teach proper skill progression so each athlete will achieve his/her long-term goals.

If you want to experience All-Star cheerleading, we have a team for you! Your questions and needs are important to us. Please feel free to contact us at 303.699.3991 or email Jen Savarese at [jen@cherrycreekelite.com](mailto:jen@cherrycreekelite.com) or Marcia Hoerl at [marcia@cherrycreekelite.com](mailto:marcia@cherrycreekelite.com). GO CATS!

### WHAT IS ALL-STAR CHEERLEADING?

The USASF (U.S. All-Star Federation) defines All-Star cheerleading as a team, or program, that practices in a concentrated environment for the sole purpose of competition and does not represent a school. All-Star cheerleaders come together from different school districts to refine their skills and compete. Competitions are held on a spring floor. Cheer divisions are divided into the six natural levels of progression, to ensure that athletes are competing at their level of learning and against their level of competition. Coaches credential in each level to prove proficiency in level-specific tumbling, stunts and tosses. Each level (1 - 6) has its own set of rules that are particular to that level's stage of motor acquisition.

#### Life Benefits:

- Trust
- Leadership and Teamwork
- Confidence
- Goal setting
- Focus
- Problem Solving
- Decision making

#### Physical Benefits:

- Flexibility
- Dynamic and Static Balance
- Spatial Awareness
- Agility
- Coordination
- Strength
- Fitness

### TRYOUTS

All potential All-Stars need to attend the two tryout days listed for their age. If your athlete is unable to attend, please call to make arrangements. Attendance based on the age of the athlete as of August 31, 2011.

April 25 <sup>th</sup> , 27 <sup>th</sup> (Monday & Wednesday)	6:00pm – 7:00pm 7:00pm – 8:00pm	5 years – 8 years 9 years – 11 years
April 26 <sup>th</sup> , 28 <sup>th</sup> (Tuesday & Thursday)	6:00pm – 7:00pm 7:00pm – 8:00pm	12 years – 14 years 15 years – 18 years

Tryout attire: shorts, t-shirt, socks, cheer shoes or tennis shoes, hair pulled back out of face, and no jewelry. Please arrive early for registration. Parent informational meetings are held during your athlete's tryout time.

Parents will need the following forms for their athlete(s) to tryout:

- Registration form
- Medical Release form
- Copy of birth certificate
- Copy of insurance card
- \$45 Tryout fee (includes CCE t-shirt)

#### TRYOUT PREPARATION CLASSES

CCE offers tumbling and cheer skills classes for all ages and levels. Cheer skills classes include stunt training so bring a stunt group! You can also utilize our open gym times to work on skills specific to your goals. Check out our Class Schedule at [www.cherrycreekelite.com](http://www.cherrycreekelite.com).

## PRACTICE GROUP PLACEMENTS

At tryouts, athletes will be trying out for CCE's Competitive Team Program – not for a specific team. Coaches will look at each athlete's age and skill level in order to place them into appropriate practice groups. We will post practice groups on May 1<sup>st</sup> at [www.cherrycreekelite.com](http://www.cherrycreekelite.com).

Practices begin the week of May 2<sup>nd</sup>. Athletes will workout with their practice group through the summer. **During this three month training period, coaches will be evaluating work ethic, focus and maturity level, attitude, attendance and skill development.** This time allows for our coaches to find the team that is the best fit for your athlete. Group changes can happen at anytime during this training period.

**Final athlete evaluations and formal team placements will take place in early August.**

## LEVEL REQUIREMENTS

### AGE DIVISIONS

Tiny – Ages 5 and under

Mini – Ages 8 and under

Youth – Ages 11 and under

Junior – Ages 14 and under

Senior – Ages 18 and under

\*Based on age of athlete as of August 31, 2011

	Level 1	Level 2	Level 3	Level 4	Level 5
<b>Standing Tumbling</b>	Forward roll Backward roll Cartwheel	Back handspring	Strong back handspring  Standing multiple back handsprings	Standing back tuck  Standing back handspring back tuck	Standing tuck w/ jump combo
<b>Running Tumbling</b>	Round off	Round off back handspring(s)	Round off tuck  Round off back handspring tuck  Punch front forward roll	Round off back handspring layout	Round off back handspring full or double full
<b>Jumps &amp; Jump Tumbling</b>	Toe touch w/ good form	Toe touch and Pike w/ good form	Toe touch and Pike w/ good form and height  Jump standing back handspring combo	Double Toe and Pike w/ strong form and height  3 jumps back handspring  Jump back handspring tuck combo	Triple Toe and Pike w/ strong form and height  3 jump combo with tuck
<b>Stunting</b>	Ability to learn to base or fly at or below prep level	Ability to base or fly with good body position at prep level and extended two legged stunts	Ability to base or fly with great body position at extended level and full downs out of two legged stunts	Ability to base or fly with great body position at extended level and full downs out of one legged stunts, doubles out of two legged stunts	Ability to base or fly with great body position at extended level and must double out of all stunts
<b>Motions/Dance</b>	Ability to learn dance and motions with instruction	Strong motions and ability to learn dance and motions with instruction	Strong, sharp motions and ability to learn dance and motions quickly	Strong, sharp motions and the ability to learn difficult dance and motions quickly	Strong, sharp motions and the ability to learn difficult dance and motions quickly
<b>Showmanship</b>	Show desire to work hard and learn	Show desire to work hard, learn, and smile	Have a great presence and show strong work ethic	Great presence and strong work ethic required	Great presence and strong work ethic required
<b>Maturity/Focus</b>	Ability to listen to coaches' instruction	Ability to listen to coaches' instruction and make quick changes	Ability to focus, learn quickly, and adapt well to change	Focus, maturity, ability to learn and adapt to change quickly	Focus, maturity, ability to learn and adapt to change quickly

## TIME COMMITMENT

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### TINY/MINI LEVELS 1 & 2

Competitions: Local competitions during the months of October – April.

Practices: Twice a week of combined tumbling and routine work.

\*Additional practices added as needed.

### YOUTH/JUNIOR/SENIOR LEVELS 1, 2, 3, 4, & 5

Competitions: Local competitions & 2 national competitions (one local, one out-of-state) during the months of October – April.

Practices: Twice a week of combined tumbling and routine work.

\*Additional practices added as needed.

### PRACTICE LENGTH

Tiny/Mini Levels 1 & 2 – Practice length is 1 hour & 15 minutes

Youth/Junior/Senior Levels 1, 2, 3, 4, & 5 – Practice length is 2.5 hours

### SUMMER PRACTICES

Our summer practice schedule is designed to build a foundation of skills in all of our athletes. We will be more flexible with absences during June and July ONLY due to family vacations; however, if your child is in town, they must attend all practices. Remember that the tryout process is ongoing throughout the summer months. **At any time an athlete can be invited to attend a different practice group's practice time in order to facilitate in finding the best fit for your athlete.**

Consistent attendance can affect each athlete's ability to improve during this time which can ultimately affect his/her team placement.

**Beginning AUGUST 1<sup>st</sup>, all athletes must be back in town attending all practices and adhering to CCE's attendance policies.**

## IMPORTANT DATES

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### TEAM DATES

**Week of August 8<sup>th</sup>:** Final evaluations held during practices and formal team placements posted.

**Week of August 15<sup>th</sup>:** Mandatory Parent Meetings held during team practices.

**September 17<sup>th</sup>:** Paw Party (details to follow). \*Tentative\*

### GYM CLOSURES

**Memorial Day Weekend:** May 27<sup>th</sup> – 29<sup>th</sup>

**Summer Break:** June 27<sup>th</sup> – July 10<sup>th</sup> (All-Stars only). Practices resume on July 11<sup>th</sup>.

**Labor Day Weekend:** September 2<sup>nd</sup> – 4<sup>th</sup>

**Thanksgiving Break:** November 23<sup>rd</sup> – 27<sup>th</sup>

**Winter Break:** December 19<sup>th</sup> – January 1<sup>st</sup>

## CAT CREW

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The CCE Cat Crew is comprised of parent volunteers of current CCE All-Star athletes. Cat Crew committees do many things to help out CCE teams, coaches and staff so that they experience a smooth and successful season. Committees organize fundraising, competition keepsakes, end-of-the-season banquets, community service opportunities, team pictures, nationals travel, as well as help out in other various ways to assist the CCE All-Star program. The CCE Cat Crew will be looking to fill several positions for the 2011-2012 season:

- ◆ Banquet Planning
- ◆ Nationals Planning
- ◆ Fundraising
- ◆ Team Parents for each All-Star team

If you are interested in any of these positions or have other questions about the CCE Cat Crew, please email [catcrew@cherrycreekelite.com](mailto:catcrew@cherrycreekelite.com).

## FINANCIAL INFORMATION

TEAMS/LEVELS	REG FEE*	TUITION	TEAM FEES**/CAT CREW FEES	UNIFORM FEES
Tiny/Mini Levels 1 & 2	\$45	\$95/mo.	\$405	\$280
Youth/Jr/Sr Levels 1, 2, 3, 4, 5	\$45	\$190/mo.	\$855	\$280
H.S. Cheerleaders who do All-Star	\$45	\$40/mo.	\$855	\$280

\*\$10 REGISTRATION DISCOUNT FOR SIBLINGS.

\*\*HOTEL AND AIRFARE FOR NATIONALS TRAVEL ARE NOT INCLUDED IN TEAM FEES.

### TUITION

- Based on a 12 month season (May - April).
- Family Discount: \$50 off TUITION ONLY for each additional sibling.
- If the entire season tuition is paid in full at time of registration, you receive 10% off TUITION ONLY. No other discounts apply (i.e. sibling discount).
- Tuition is NOT pro-rated for gym closures. Additional practices are added at no extra cost to you.
- Open gym discounts apply while enrolled in CCE classes.

### TEAM FEES (50% due at registration, remainder due October 3<sup>rd</sup>) payable to CCE Cat Crew

- Local competition fees
- Entry into 2 Nationals events for youth, junior, senior teams (one local and one out-of state)
- Choreography and Music

### CAT CREW FEES (50% due August 1<sup>st</sup> remainder due November 1<sup>st</sup>) payable to CCE Cat Crew

- Local competition and nationals fees for coaches
- Competition gifts for each athlete
- Banquet and athlete's banquet dinner

### UNIFORM FEES (50% due at uniform fitting in August, remainder due when uniform is received in October)

- Includes skirt, shell, briefs, and competition bow. There are also optional warm-ups, travel bags, and shoes available for purchase.
- Uniform will remain the same as 2011-2012 season (including briefs & bow).

### PRACTICE CLOTHES

- Practice clothes are available for purchase at the front desk and may be purchased as needed.

### IMPORTANT FEE INFORMATION

- Fees are based on 2011-2012 season. Prices subject to change.
- If you quit or are dismissed from CCE for any reason:
  - NO MONIES FOR FEES PAID WILL BE REFUNDED.
  - You must still pay for CCE apparel and uniforms that have been ordered prior to dismissal.
- All gym fees from the prior season must be PAID IN FULL before a returning athlete will be allowed to tryout for the new season. No exceptions.

WHEN FEES ARE DUE (excluding uniform fees)				
TEAMS/LEVELS	Registration	August 1 <sup>st</sup>	October 3 <sup>rd</sup>	November 1 <sup>st</sup>
Tiny/Mini Levels 1 & 2	\$101.25	\$101.25	\$101.25	\$101.25
Yth, Jr, Sr Levels 1, 2, 3, 4, 5	\$213.75	\$213.75	\$213.75	\$213.75

