

# 2021-22 PCF All Star Cheerleading

## USASF AGE Grid

Tiny Novice	Ages 3-6
Elite Tiny	Ages 5-6
Elite Mini	Ages 5-8
Elite Youth	Ages 5-11
Elite Junior	Ages 6-15
Elite Senior	Ages 12-18
Senior Open	Ages 13+

Age is determined by their age as of Dec 31st 2021

## **UNDERSTANDING USASF**

Novice, Prep, Elite, International

Novice Cheer is introductory to the cheer world. Novice isn't going to have the same requirements as an Elite Cheer Team. Novice has no tumbling requirements, less time commitment, and is very affordable.

Prep Cheer we do require tumbling. Our prep teams are not in the gym as many hours as our Elite teams and we do more local travel. This is also an affordable option.

Elite Cheer is a full Year commitment and we require higher level skills. We are in the gym more hours and we attend more competitions as well as some out of state competitions.

When it comes time for placements we look for the same thing judges are looking for, execution (how well a skill is performed and is it performed correctly) We also look at their age and skill level and where they are going to benefit a team the greatest.

Ex. On a team with 10 kids the majority of 6 kids must be level appropriate tumbling, 7 is most, so it's 60% Tumbling. If your child is unable to perform the pass we need, can they aset my team in Stunts? These are areas we look for.

A child may be put on a higher level if they demonstrate exceptional strength in another area besides tumbling such as Stunts and jumps. Stunts score more on Varsity scorecards as opposed to tumbling. Our teams are not based 100% on tumbling. Also having the necessary tumbling skills does not mean an athlete will automatically make the higher level team. Please remember we will always do what's best for the team as a whole.

PCF is a 12-month commitment. Tuition charges begin in May 2021 and continue through May 2022. By agreeing to take a spot on a team, you are agreeing to a twelve month financial commitment and will owe tuition all twelve months. If anyone breaks this commitment prior to receiving any part of their uniform, warm up, or practice clothes, the items become the property of PCF. Our annual PCF showcase is in May and our all star cheer teams perform one last time here. We also have a cheer banquet, team parties, etc in May so please be prepared to pay tuition through May.

### Skill Level Requirements

<b><u>Level 1 Basic Skills</u></b>	<b><u>Level 2 Basic Skills</u></b>	<b><u>Level 3 Basic Skills</u></b>
Forward Roll/back roll	Standing Back Handspring (BHS)	Standing BHS series (3)
Handstand	Backwalkover BHS	Ariel
Cartwheel	Cartwheel BHS	Punch Front
Backbend	Round off BHS	Roundoff Back Tuck
Roundoff	T Jump BHS	Roundoff BHS/Series Tuck
Backwalkover (BWO)	Roundoff series BHS (3)	Toe touch BHS/Series
Front Walkover (FWO)	BHS Step Out	
<b><u>Level 1 Elite Skills</u></b>	<b><u>Level 2 Elite Skill</u></b>	<b><u>Level 3 Elite Sills</u></b>
Backwalkover switch legs	Pass with extension roll	Toe touch BHS x3
Connected multiple BWO	BHS T Jump BHS	BHS Toe Touch BHS
Handstand Roll-down	BHS Step Out BWO BHS	Punch Front RO BHS Tuck
Back Extension Roll	FWO round off BHS Series	Ariel RO Tuck
Connected multiple FWO	Front Handspring RO BHS	FWO RO BHS Tuck
Valdez		
<b><u>L1 Tumbling Technique</u></b>	<b><u>L2 Tumbling Technique</u></b>	<b><u>L3 Tumbling Technique</u></b>
Skills must be performed with pointed toes and straight legs. Feet together on landings and to the proper count.	Skills must be performed with pointed toes and straight legs. Feet together on landings and to the proper count.	Skills must be performed with pointed toes and straight legs. Feet together on landings and to the proper count. High sets are required and stick and stand landings.
<b><u>L1 Jumps Technique</u></b>	<b><u>L2 Jump Technique</u></b>	<b><u>L3 Jump Technique</u></b>
3 Jump combo Correct arm placement Feet together on landings High V approach	3 Jump combo T Jump BHS with feet together on landings. Correct arm swing and placement. Toes pointed. Whip approach	3 Jump combo Jump BHS series with feet together on landings. Correct arm swing and placement. Toes Pointed. Whip approach
<b><u>Level 4 Basic Skills</u></b>	<b><u>Level 4 Elite Skills</u></b>	<b><u>Level 4 Technique</u></b>
Standing Back Tuck	Running RO whip BHS layout	3 jump combo, plus extra jump
BHS Back Tuck	Punch Front Step Out to layout	Feet land together
Cartwheel Back Tuck	Standing Tuck BHS tuck	Correct arm placement
Toe Touch BHS Back Tuck		Whip approach
Standing BHS Series layout		Toes pointed
RO BHS Layout		Stick and stand landings

All forms must be completed and returned along with your \$20 tryout fee. The selection of teams is a very tedious and often complicated process. Many things are considered when forming teams. We must choose a well-rounded variety of individuals for each group. We are looking at tumbling, jumps, whether the athlete is a base, a back spot or a flyer, but we are also looking for leaders and athletes with drive and passion.

Teams will be posted at the end of May. This is when you will meet your team and start the bonding process with your newly formed team. These are exciting and very fun practices! It's very important to get to know new athletes and start working together. No team changes after Choreography (your child has 1 month to gain new skills to advance levels before choreography)

After Choreography Teams are FINAL!

Team meetings will be held after choreography.

These meetings are very important as we will discuss practice schedules, competition schedules, coaches, rules and fundraising.

**PLEASE NOTE:**

**We reserve the right to move an athlete at any time, based on skill set or specific needs of teams.**

**Closings**

Aug 27- Sept 6 2021 (Fall Break)

October 31 (Halloween)

November 24-28 (Thanksgiving Break)

Dec 24 -Jan 2 (Christmas Break)

April 15-17 (Easter Break)

May 8 2022 (Mothers Day)

May 27-30 (Memorial Holiday Break)

**Fundraising is available but optional. If you have a balance with the gym, Fundraising is mandatory. All funds are kept in athlete accounts and can be used for any cheer expense other than tuition.**

**Competitions**

We expect our older teams to attend 5-6 competitions for the 2021-22 season. Our younger teams are expected to attend 4-5 during the 2021-22 season. Please check the dates carefully. All competitions are mandatory. We will only consider excusing an absence for a major event if we are notified PRIOR to evaluations.

THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION. Every athlete is expected to attend every competition. If an athlete is ill on the day of a competition, they will be expected to show up and do their best to compete. In the case of severe illness, the parents will be expected to stay in frequent communication with the coaches. If an athlete NO SHOWS at a competition, the athlete will be dismissed from the program immediately and will be charged the total entry fee for the team/athletes that were affected by the athlete not showing.

Not all our teams will attend the same competitions.  
Our novice teams will travel 2-3locally starting in Jan/Feb.

End of the season competitions are very expensive and require a lot of extra practice time.  
If your child's team gets a bid and an athlete is unable to go we will try to find a sub or move forward and rework the routine so the rest of the team attends.

**Maintain Skills: Athletes are expected to maintain the skills they threw at tryouts throughout the season and may be made an alternate or moved to another team if they lose those skills. Once made an alternate, athletes are not guaranteed their spot back due to choreography changes, etc.**

## **Team Expectations**

### ATTENDANCE POLICY

This is a year-long commitment you have agreed to take on. It takes full commitment from both the athlete and the family. Both parents/guardians and the athlete must be aware of the attendance requirements. It takes every athlete to make the team work, missing 1 athlete stalls our process and takes us longer to achieve our goal. Cheerleading is more of a team sport than any other sport. We have no back-ups or second string athletes. When one athlete misses a practice, it affects three to four other athletes who cannot stunt and affects the entire team who cannot fully execute the pyramid. It is very important for athletes to be fully committed to their teams. Comp week is Black out week and practices are MANDATORY.

### **All Practices are mandatory after choreography.**

We do understand that throughout the entire year, there will be graded school events, school cheer commitments, and major family events, such as weddings. We try very hard to be flexible and if your child is in multiple sports there must be a compromise.

If it is affecting our practices then pulling the athlete from Stunts, tumbling may be necessary. If it becomes a huge problem they may be removed from the team. We don't have extra days to be in the gym for practices so they must attend their scheduled practice.

### PRACTICE WEAR

ALL athletes are expected to wear the correct practice outfit to each practice. Cheer shoes must be worn to every practice, hair must be pulled back in a tight high ponytail, no jewelry of any kind. Wearing the wrong attire to practice, will result in the athlete conditioning at the end of practice. The practice Wear is posted in our parent pages & our Band communication app.

## PARENT VIEW AREA

Parents will be asked to follow a drop off policy during practices. Our policy is closed practices, parents are welcomed to view the last 15 of each practice. This is for our athletes to have greater focus during team practices. We will also have occasional Parent View nights! If the viewing area becomes a negative environment at any time in the year, the viewing area will be closed. We want our athletes, families and coaches to feel safe coming to the gym. We build each other up and not tear each other down. There will be no negativity allowed and those involved will be dismissed from the program.

### **Cost overview**

#### Uniform

TBA (Mini)

\$225 (Youth)

\$400 (Junior)

\$375 (Senior)

Bow approximately \$30/\$25 Prep/Novice

USASF \$30

Shoes \$105/\$40 Prep

Bag (optional) \$105

Jacket (optional) \$85

Choreography TBD

Music TBD

**If an athlete is removed from a team or quits other than for relocation a \$300 separation fee is owed. This goes into effect after choreography. All fees owed up to that point are owed. Prep teams have till September to decide without having to pay a separation fee.**

Every athlete is placed in routines based on where our choreographer sees them most beneficial. Uneven numbers on teams may mean someone isn't participating in a stunt, not having a level appropriate tumbling pass may result in that athlete not having a pass. These are things our choreographer decides. This does not mean they are not a part of the team, every athlete is given a job and no athlete will ever kneel the whole routine, we always do our best to maximize each athlete. EVERY position on a team is of equal importance, whether you are a base, backspot, frontspot, flyer, or tumbler. We do understand the frustration an athlete may have not having their ideal spot but every athlete is equally important.

**We hope to have a successful 10<sup>th</sup> season and are so glad you chose PCF to call your home this season. Our staff is excited to work with your children and provide them a fun, positive learning environment.**