



NOVICE, PREP & ELITE CHEERLEADING

SEASON 5
TEAM INFORMATION PACKAGE 2024 - 2025





WELCOME

Thank you for choosing Impact Cheer Athletics as your premier all-star cheerleading program. We are embarking on our 5th competitive season, and we are very excited. Impact Cheer Athletics has become a well-recognized name in the all-star cheerleading industry due to our clean technique, creative choreography and consistent program direction. Hard work, perseverance, positive reinforcement and the dedication of our cheerleading families is what makes ICA truly a unique place to learn and enjoy the sport of competitive cheerleading.

Our mission is to create a safe and fun environment that encourages our athletes to challenge themselves and develop their skills. We strive to create a positive impact on our community and empower our athletes to reach their full potential. More importantly, our athletes learn skills that benefit them throughout every area of their lives. Our #1 focus is ensuring your child learns valuable life skills while having fun and making lifelong friendships.

Our coaching staff is committed to developing competitive athletes who are not only superb on the competition floor, but also upstanding individuals in everyday life. We create leaders and build confident athletes who have self-discipline and excellent work ethic. We hope that when it comes time for our athletes to graduate and move on to a new phase in life, they take with them the integrity, character, work ethic and self-confidence they have gained by being a part of the Pure Impact Cheerleading family.

A few things you'll see that are new (or different) this season:

- Mandatory level tumbling classes / strength training and flight school classes for all flyers (included in monthly tuition price)
- Competition fees INCLUDED in tuition fees
- Travel competition for selected Elite teams
- 2 week Blackout weeks
- Choreography camp in the summer
- MASTERS Team (Parent Team) & CHEER ABILITIES
- BAND - replacing Facebook groups to help better communication

In this package, you will find all the information needed to become a competitive cheerleader at Impact Cheer Athletics. We have a variety of options so you can make the best decision for your family. You will see a section on assessment information, parent and athlete policies, financial obligations and other important information. If you have questions over the information in this package, feel free to contact us.

Sincerely,

Ashley Sherman

Impact Cheer Athletics, Owner
owner@impactcheerathletics.com

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NON-COMPETITIVE

RECREATIONAL cheer & tumble



This is a non-competitive program that does not require a contract of any kind. This page is provided so families can review all options regarding cheerleading programs at Impact Cheer Athletics.

AGES	Recreational cheerleading is open to athletes, ages 3 - 14+ years old. We offer a variety of programs and classes from beginner cheerleading to advanced tumbling.
PRACTICES	Practices are once per week. Athletes have the option to participate in multiple classes throughout the week (additional costs applied). For example, an athlete can participate in one of our cheerleading classes and a tumbling class.
COST	While costs fluctuate based on the length of the session and class type, they typically run between \$220 - \$390 for a 12 week session.
ATTIRE	Recreational athletes do not need a special uniform. We just ask that they arrive with hair tied back and in active wear attire, no baggy clothing is permitted. Indoor running shoes are suggested for anyone taking our cheer classes.
WHAT TO EXPECT	<p>Throughout the sessions we will teach the following skills:</p> <p>Cheer Classes</p> <ul style="list-style-type: none">• Tumbling Circuits / stations• Cheer jumps• Motions• Basic stunting <p>Tumbling Classes</p> <ul style="list-style-type: none">• Tumbling basics• Drills & body awareness• Skill progression & technique <p>Parent viewing is permitted at the gym in our foyer area. We ask that parents who are viewing watch quietly and respectfully</p>

NOVICE TEAMS



<h2>AGES</h2>	<p>For athletes who are NEW to All-Star but ready for performance-based teams that are evaluated at competitions. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive Elite level teams.</p> <p>While Impact Cheer Athletics has traditionally had novice teams for younger athletes, novice teams are open this year for ages 3-16 years old. Impact Cheer Athletics will evaluate the demand based on age and skill to establish the age divisions offered at the gym.</p>
<h2>PRACTICES</h2>	<ul style="list-style-type: none"> • Season 5 Novice runs from August 1st, 2024 through to the end of April 2025 (9 months) • Practices are once per week for 2 hours. • Additional competitive tumbling is recommended, but not required. • Novice teams will be participating in 3 competitions throughout the season
<h2>COST</h2>	<ul style="list-style-type: none"> • \$145 per month • Registration Fee: \$120.00 due July. 1st, 2024 <i>*non refundable</i> • Uniform Fee: \$250.00 due July. 15th, 2024 (new athletes only) <i>*non refundable</i> • Optional \$60 / month to add in x1 / week additional tumbling class
<h2>UNIFORM</h2>	<p>Our novice uniform is a professionally designed sublimated top and spanx. All uniform fees include a hair piece. Uniform fees are due in August 2024 and are approximately \$250.00. Athletes are responsible for providing white no-show socks and white cheer shoes.</p>
<h2>WHAT TO EXPECT</h2> <hr/> <p>End of Season Event: TBA</p>	<p>New competitive athletes will need to attend assessments for Season 5</p> <p>Novice athletes will learn a 1 1/2 minute routine. Their routines will include elements of:</p> <ul style="list-style-type: none"> • Stunting and pyramid • Standing and running tumbling • Dance <p>Athletes will compete in three events per year locally. Practices are very important and cannot be missed due to the requirements for stunting and choreography.</p> <p>Additional practices may be required throughout the season for choreography and routine upgrades.</p>

PREP

U8/U12 AND UP LEVEL 1

<h3>AGES</h3>	<p>For athletes with limited tumbling and stunting requirements who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams typically require less time and cost commitments than are required of Elite level teams.</p> <p>Prep divisions are available for ages 4 - 18 years. Impact Cheer Athletics will consider the age and skill level of athletes and determine what levels and age divisions will be most appropriate and successful for interested athletes. Regular attendance at all practices is required.</p>
<h3>PRACTICES</h3>	<ul style="list-style-type: none"> • Season 5 U8 Prep teams will train from August 1st, 2024 through to the end of April 2025 (9 months). Practices are once per week for 2 hours. • Optional \$60 / month to add in x1 additional tumbling class • U8 prep will be participating in 3 competitions throughout the season • Season 5 U12 and up Prep teams will train from July 1st, 2024 through to April 2025 (10 months). Practices are x2 per week for 1.5 hours. • Choreography camp for Prep U12 and up during the summer months (DATES TBD) • Optional \$60 / month to add in x1 additional tumbling class • U12 and up prep will be participating in 4 competitions throughout the season
<h3>COST</h3>	<p>Prep U8</p> <ul style="list-style-type: none"> • \$170 per month • Registration Fees: \$120 due July. 1st, 2024 <i>*non refundable</i> • Uniform Fees: \$250 due July. 15th, 2024 <i>*non refundable</i> • Optional \$60 / month to add in x1 additional tumbling class <p>Prep U12 & up</p> <ul style="list-style-type: none"> • \$190 per month • Registration Fees: \$140 due July. 1st, 2024 <i>*non refundable</i> • Uniform Fees: \$250 due July. 15th, 2024 <i>*non refundable</i> • Optional \$60 / month to add in x1 additional tumbling class
<h3>UNIFORM</h3>	<p>Our prep uniform is a professionally designed sublimated uniform with an estimated cost of \$250 due in July 2024. All uniform fees include a hairpiece. Uniforms require a pre-order and are typically ordered in July. Athletes are responsible for providing white no-show socks and white cheer shoes.</p>
<h3>WHAT TO EXPECT</h3> <hr/> <p>U12 and up Prep team choreography camp: TBA</p> <hr/> <p>End of Season Event: TBA</p>	<p>New competitive athletes will need to attend assessments for Season 5 Prep athletes will learn and compete a 2-minute routine. The prep divisions get far more competitive from Novice. Prep U12 and up teams will have a choreography camp in the summer months. Athletes will attend practices throughout the summer focused on increasing their skill level and technique. Summer practices will allow flexibility for vacations, but mandatory practices will begin in August.</p> <p>Routine elements are similar to that of a novice team, but tumbling plays a much bigger role on the scoresheet.</p> <p>It is very important that athletes attend regular practices for both tumbling and cheer so the individual and the team can progress and increase difficulty throughout the season.</p>

PREP U12 LEVEL 2

<p>AGES</p>	<p>Prep U12 Level 2 division are available for ages 8 - 12 years. Impact Cheer Athletics will consider the age and skill level of athletes and determine what levels and age divisions will be most appropriate and successful for interested athletes. Regular attendance at all practices is required.</p>
<p>PRACTICES</p>	<ul style="list-style-type: none"> • U12 Level 2 Prep teams will train from July 1st, 2024 through to the end of April 2025 (10 months). Practices are twice per week for 1.5 hours. • Optional \$60 / month to add in x1 additional tumbling class • U12 Level 2 Prep will be participating in 5 competitions throughout the season • Mandatory routine choreography (DATES TBD) • Regular attendance at all practices is required for overall team success • There is no June training for Prep U12 level 2 - we will be hosting tumbling and stunting clinics during this month that you can sign up for
<p>COST</p>	<p>Prep U12 Level 2</p> <ul style="list-style-type: none"> • \$220 per month • Registration Fees: \$140 due July. 1st, 2024 <i>*non refundable</i> • Uniform Fees: \$250 due July. 15th, 2024 <i>*non refundable</i> • Optional \$60 / month to add in x1 additional tumbling class
<p>UNIFORM</p>	<p>Our prep uniform is a professionally designed sublimated uniform with an estimated cost of \$250 due in July 2024. All uniform fees include a hairpiece. Uniforms require a pre-order and are typically ordered in July. Athletes are responsible for providing white no-show socks and white cheer shoes.</p>
<p>WHAT TO EXPECT</p> <hr/> <p>U12 Level 2 Prep team choreography camp: TBA</p> <hr/> <p>End of Season Event: TBA</p>	<p>New competitive athletes will need to attend assessments for Season 5 Prep athletes will learn and compete a 2-minute routine. The prep divisions get far more competitive from Novice. Prep U12 Level 2 will have a choreography camp in the summer months. Athletes will attend practices throughout the summer focused on increasing their skill level and technique. Summer practices will allow flexibility for vacations, but mandatory practices will begin in August.</p> <p>Routine elements are similar to that of a novice team, but tumbling plays a much bigger role on the scoresheet.</p> <p>It is very important that athletes attend regular practices for both tumbling and cheer so the individual and the team can progress and increase difficulty throughout the season.</p>



ELITE TEAMS

<h2>AGES</h2>	<p>Our elite teams are available for ages 6 - 18+ years old.</p>
<h2>PRACTICES</h2>	<ul style="list-style-type: none"> • Season 5 runs from June 1st, 2024 through to the end of April 2025 (11 months) • June practices are 1x / week for 2 hours • July 2024 - April 2025 practices are twice per week for 2 hours. • Level tumbling class & strength / conditioning / flyer stretch is included in tuition • Mandatory Routine Choreography (DATES TBD) • Regular attendance at all practices is required for overall team success • June tumbling and stunting clinics will also be offered for those that wish to sign up
<h2>COST</h2>	<ul style="list-style-type: none"> • \$280 per month • Registration Fees: \$160 due July. 1st, 2024 <i>*non refundable</i> • Uniform Fees: (TBD) due July. 15th, 2024 <i>*non refundable</i> • Optional \$60 / month to add in x1 / week level up tumbling class
<h2>UNIFORM</h2>	<p>Our elite uniforms are not only beautiful, but they're eye-catching on the floor! Uniform fees are due in July 2024 and are approximately (TBD). We are on a brand new 3 year cycle for our uniforms. Athletes are responsible for providing white no-show socks and white cheer shoes.</p>
<h2>WHAT TO EXPECT</h2> <hr/> <p>Elite team choreography camp: TBA</p> <hr/> <p>End of Season Event: TBA</p> <hr/> <p>All Star World Championship: Date TBA</p>	<p>Our elite athletes will attend practices throughout the summer focused on increasing their skill level and technique. Summer practices will allow flexibility for vacations, but mandatory practices will begin in August. Elite athletes will attend a three-day choreography camp to learn their routine (DATE TBA)..</p> <p>Elite athletes will compete a 2 1/2 minute routine at 7 events throughout the year. We will compete locally and regionally in the 2024 season,</p> <p>Team practices are mandatory. During blackout weeks (2 weeks prior to competition), if an athlete is not in attendance, they may be removed from a section of the routine or completely taken out for that competition.</p> <p>*ONLY SELECTED ELITE TEAMS OR ELITE TEAMS THAT HAVE RECEIVED A BID WILL BE COMPETING AT ALL STAR WORLDS 2025 - THIS WILL BE DETERMINED WHEN TEAMS ARE MADE AFTER ASSESSMENTS</p>





CHEER EVOLUTION

NATIONAL CHAMPIONSHIPS

ATHLETE
placements
AND PRACTICE
information



TEAM placements

HOW THEY WORK

Here at Impact Cheer Athletics, we believe team placements should be an exciting time to set and achieve goals. Unlike previous seasons, we believe the 2024-2025 season needs to be a comprehensive assessment (and reassessment) of each athlete's skills - allowing them to progress at their individual pace and skill level. This season, all current novice, prep and elite athletes from Season 4 will not need to attend assessments but will be given a progression check and will need to fill out the **'Returning Athlete' form**. Athletes who were not part of the Season 4 competitive season, will need to attend New Athlete Assessments in May 2024.

What Are Progression Checks

Athletes who were part of the 2023-2024 season will receive a progression check report card in mid-April. Included in that check will be their tumbling, stunting, jump and dance skills that will be assessed by their coaches in the 2023-2024 season.

New Athlete Assessments:

New athletes to our competitive program will need to attend a 2 day assessment where they will do the following:

- Standing tumbling skills
- Running tumbling passes
- Jumps
- Stunting with groups in various positions

This will be conducted as a group for all athletes trying out for a particular level. Please review the pre-requisite tumbling skills required for each level. Note that tumbling is not the only aspect of a cheerleading routine, we also need to consider about stunting and overall athleticism. That being said, although an athlete has all the level 2 tumbling skills, they might not be quite ready for an Elite level 2 stunting. A list of what we look for can be found on the tumbling rubric for assessments ([CLICK HERE](#)).

Athletes will NOT be placed on a Novice, Prep or All-Star team based on which team their friend or sibling is on and lack of consistency with level appropriate skills. Please respect that our coaches are highly experienced and want what is best for each and every athlete. The placement of your athlete is not up for debate and staff will not tolerate any form of harassment from parents and/or athletes regarding this matter. Parents with questions about placements, regarding their athlete only, are welcome to email their concerns following the team reveal. Any form of harassment will lead to program removal effective immediately.



TEAM *placements*



Team Reveal

Team reveal will take place at the gym and will be for athletes and coaches only. Athletes will receive a piece of paper revealing what team(s) they will be on, pricing for the season, competition dates and what day and time your child's practice will be. (An estimated day/time may be available prior to tryouts dependent on the composition of athletes registered for tryouts).

- Team Reveal
- Meet the coaches
- Team Activity

Season 5 Welcome Day

On this day, teams will be designated a time to come to the gym where we will do the following:

- Fit athletes for uniform items / training sets
- Confirm contact information and billing
- BAND set up (NEW FOR SEASON 5)
- Take a fun first team photo and individual photos for Meet the Team posts

Parents will be given a 'Passport' that they will have to get signed by a coach / volunteer at each station stating that they have completed the task!

START OF SEASON 5 TIMELINE

MAY 13 - 17	NEW Athlete Assessments
MAY 25	Team Reveal at the gym
MAY 26 - JUNE 2	No Competitive Training
MAY 31 - JUNE 1	Season 5 Welcome Days (TEAM TIMES TBD)
JUNE 3	Team Practices Begin x1 / week (ELITE TEAMS)
JULY 2	Team Practices Begin x2 / week (PREP U12 and up (L1&2) & ELITE)
AUGUST 1	Team Practices Begin x1 / week (NOVICE & PREP U8)
SEPTEMBER 1	Team Practices Begin x1 / week (MASTERS & CHEER ABILITIES)

TEAM *placements*

Your eligibility age for the season is based off of the year your child was born. Many athletes will fall into more than one category. We will place them based on what we feel is the best fit for the child. Please see the link below for a forecast of teams we expect for Season 5. Keep in mind that the below teams may not become available at our gym if we do not have the numbers (minimum 5 athletes) to make a team. Alternate options will be given to those athletes under the circumstances

The Impact Cheer Athletics coaching staff reserve, at any time & without notice, the right to rearrange the rosters of the teams for the benefit of the athletic performance and routine content. Athlete's may be removed from a team or program for reasons which may include but are not limited to; disrespect from parents and/or athletes towards teammates and/or coaches, consistent absences and/or tardiness or lack of financial responsibility. There will be no refunds in the event of a removal from a team or program.

CLICK HERE
FORECAST OF SEASON 5 TEAMS

IMPORTANT *dates*

Please read through the following and mark your calendar accordingly for gym closures.

Canada Day - July 1st, 2024

Civic - Monday, August 5th, 2024

Labor Day - Monday, September 2nd, 2024

Halloween - Thursday, October 31st, 2024

Thanksgiving Weekend - Saturday, October 12th - 14th, 2024

Christmas Break - December 21st, 2024 - January 5th, 2025

Family Day - Monday, February 17th, 2025

Easter Weekend - Friday, April 18th - Monday, April 21st, 2025

TIME Commitment

Competitive cheerleading truly is like no other sport. Every teammate has an integral role in the routine, and there are no benchwarmers or alternates. As a result, it's important that athletes take practice times seriously so as to not delay the progress of the team as a whole. We also believe it's important for athletes to participate in after-school activities and other pinnacle moments in their childhood and young adulthood. When we have adequate notice, coaches can adjust lesson plans to meet the needs of both the individual and the team.

For that reason, we ask that absences are kept to a minimum (no more than 2-3 absences) July 1, 2024 through April 20th, 2025. **Absences should be submitted to Impact Cheer Athletics a minimum of two weeks in advance.** We ask that parents take into consideration a team's inability to practice without every athlete. Please schedule all other vacations and conflicts (ie. appointments) outside of practice schedules, choreography camp, blackout weeks, and competition weekends as much as possible.

Competition schedules will be released in July, and all competitions require 100% attendance. ***If attendance becomes an issue with an athlete, they may be removed from the team and alternate options will be available, no refunds will be given (EX. An Elite level athlete will be moved to a prep level team).*** *Note: March competitions typically fall the week before or after Spring Break, and we cannot always offer an alternate option that month. Please plan your Spring Break accordingly.

SUMMER SCHEDULE - JUNE 1ST - AUGUST 30TH, 2024

Over the summer we will hold weekly practices focusing on synchronized tumbling, level-appropriate stunting (when possible) and jumps. Summer training varies for each level (Novice - Elite). Please review over pages 5 - 7 as well as the financial commitment for more accurate dates for summer training. **Choreography camp dates for prep U12 and up level 1, prep U12 level 2 & elite teams is TBD and will be scheduled based on teams for Season 5.** We ask that athletes make every effort to be at practices July and August so we can prepare for choreography camp and use the week after to run through formations and solidify counts. If athletes are in the area they are expected to be at practices

REGULAR SEASON - SEPTEMBER 1ST, 2024 - APRIL 30TH, 2025

MANDATORY PRACTICES: Cheer is the ultimate team sport and it's necessary that athletes are 100% committed to their teams during this part of the season. Regardless of the level, team attendance is mandatory. We ask that you schedule appointments and other personal matters outside of practice times.

BLACKOUT PRACTICES

Athlete attendance is mandatory for all team training practices. During BLACKOUT weeks an athlete may be removed from certain sections of the routine or not compete at all if they are not in attendance. ***Athletes missing practices a few weeks or a week leading up to a competition impacts the teams capability to train to their fullest potential and have the CONFIDENCE they need to perform their routine at competition.***

Blackout weeks will be in effect 2 weeks leading up to a competition.

PRACTICE

expectations

ATTIRE

New this year we will be mandating particular practice wear for all athletes that is included in your registration fee. Each practice will have a particular shirt / training set that athletes will be required to wear. Looking the part is only the beginning, we want our athletes to look professional not just at competitions but at practices as well. This helps our coaches see the details in choreography. Our Overall Impression and Routine Composition scores are heavily weighted on small details we can catch at practice when our team has uniformity. **Athletes may not wear anything to practices that has zippers, hard pieces of metal or branded attire from opposing cheerleading gyms.**

HAIR, NAILS & JEWELRY

For practices, hair should be firmly secured out of the face. We recommend keeping a few extra hair ties in your child's cheer bag. Please refrain from wearing jewelry to practice as it compromises athletes' safety during stunting and tumbling. Natural, acrylic and stick-on nails more than 1/8" in length are not permitted for practices or competition.

CONDITIONING

Conditioning is an important part of every practice. While it is extremely difficult to change the physical capabilities of an athlete in 1-2 practices per week, we will spend roughly 15 minutes of each elite practice (5-10 minutes in novice and prep practices) doing cardio and strength-training exercises. We believe this is an important part of fostering healthy habits later in life. Athletes who are working toward higher level tumbling skills or finding routine elements challenging may be given additional conditioning and flexibility homework. We ask that parents support our staff by helping keep athletes accountable. Ultimately, children and young adults may not yet have the self-discipline to accomplish goals without the help of their parents and coaches. Nevertheless, we know they want to reach these goals and want to do everything in our power to support them. We have also included a 1 hour / week strength training class to their schedules that we highly recommend every athlete be in attendance for.

NUTRITION

Several times throughout the season athletes begin to feel queasy or uncomfortable at practice due to a poor diet throughout the day. Please help us encourage your children to make healthy choices (especially on practice days), with complex carbs, protein and plenty of water. Athletes will be given regular water breaks throughout practice.

ILLNESS OR INJURY

Athletes exhibiting any symptoms of strep or the flu are asked to stay home until symptoms subside or a doctor's note is provided. Athletes with an injury that will take them out of practice for more than 8 weeks in the summer or 6 weeks during the regular practice season will need to meet with the All Star Director to determine the best course of action regarding choreography and/or a safe return to the team. Each situation is very different and will be assessed on a case-by-case basis.

COMMUNICATION

information

COACHES & SOCIAL MEDIA

It's very important that parents and athletes have the opportunity to interact with coaches and ask any questions they may have. That said, practice is a tough time to do that as coaches work hard to create a lesson plan that has the most effective utilization of time for all teammates. For that reason, we ask that parents set up a time to meet with their team coach outside of regular practice times. We're happy to set up an in-person, over the phone or Zoom meeting to best meet your schedule. That said, many of our coaches are students and have full-time jobs outside of Impact Cheer Athletics. We do ask parents to refrain from private messaging our coaches. To establish a healthy work and personal-life boundary, our staff has been asked to direct any inquiries made on their personal social media accounts to the gym's email and/or social media. By doing this, we're able to create a healthy work environment while also responding to your needs efficiently and accurately.

POSITIVE COACHING ENVIRONMENT

Our goal as a gym is to always ensure that your child is developing healthy character skills and leadership that will continue to benefit them later in life. Sports is an excellent way to foster teamwork, drive and self-discipline. All star cheerleading, while incredibly rewarding, is also very challenging. At times, both you and your child will be challenged emotionally and mentally. From the emotional growth of a young adult, and the difficulties of overcoming challenges - your child may be faced with adversity at times. We ask that you let our staff know if they're finding challenges in sports, school or even daily that would impact their choices and attitude at practice. This helps our staff to work alongside you to foster positivity. In the same way, we ask that parents who have questions or concerns bring those to our staff in a timely manner. By doing this, we are provided the opportunity to answer your questions and develop solutions before negativity ensues. We also ask that parents who are watching practice in the lobby during parent viewing week refrain from "coaching from the sidelines". It is important that our coaches are given the ultimate authority to make decisions and help your child grow in the areas we see fit. That said, if parents ever have any questions or would like to get clarification on their child's progression plan, please set up a time to meet with our All Star Director, who will be happy to provide additional information.

OUR CORE VALUES

We believe strongly in a set of core values that will encourage growth of character for the long haul. Impact Cheer Athletics six core values are:

- Trust the process
- Teamwork and Strategy
- Enter with no excuses, leave with no regrets
- Do what is right
- Growth Mindset
- Community



FINANCIAL

Commitment



FINANCIAL

Commitment

Like our recreational classes, tuition payment is automatically charged by the 1st of each month. There is no penalty for early payments. On the 5th of each month, a \$10 late fee is assessed. If payment is still not made by the 10th of the month, the athlete may not participate in practices/competition. In the event that this occurs, full payment is required before the athlete may return to practice/competition. If the athlete has missed any practices in this time, he or she is subject to miss the next competition and re-choreography fees may apply.

All tuition, registration and uniform fees must be current before an athlete may compete, practice, or collect any uniform, clothing or other items. No refunds will be given for any reason. If an athlete is released from a team due to not paying, unsportsmanlike behaviour or breach of contract, a \$150 re-choreography fee will be processed immediately for each team the athlete is on. This fee is waived for injuries that result in an athlete not being able to compete at the next competition. Crossovers to any team who are released from one team for not meeting their contract obligations are hereby released from all teams.

Not included in the tuition / registration / uniform fees include the following:

- Socks and cheer shoes
- Cheer make up
- Uniform items athletes outgrow
- Additional practice wear items
- Parent and family spectator fees
- Team bonding activities
- Private lessons required to get back-on-track for athletes who need additional assistance with skills or routine choreography
- Membership requirements from competitions
- INDY / DUO routines

This year, competition fees have been included in the price of the monthly / yearly tuition fees to help spread out the cost of competitions.

CLICK HERE

Excel Financial Breakdown

FINANCIAL *Commitment*

FEES FOR THE 2024-2025 SEASON

TRYOUT FEE	FREE		
NOVICE TUITION	\$145 / month x1 practice / week 2 hours / practice	\$1,305 / year YEARLY (9 months) Aug, 2024 - April 2025	Included in Novice Tuition: <ul style="list-style-type: none"> • team training • competition fees (x3 competitions)
U8 PREP TUITION	\$170 / month x1 practice / week 2 hours / practice	\$1,530 / year YEARLY (9 months) Aug, 2024 - April 2025	Included in Prep U8 Tuition: <ul style="list-style-type: none"> • team training • competition fees (x4 competitions)
U12 & UP PREP TUITION	\$190 / month x2 practices / week 1.5 hours / practice	\$1,900 / year YEARLY (10 months) July, 2024 - April 2025	Included in Prep U12 and up Tuition: <ul style="list-style-type: none"> • team training • competition fees (x4 competitions - including Nationals) • choreography camp
U12 PREP LEVEL 2 TUITION	\$220 / month x2 practices / week 1.5 hours / practice	\$2,200 / year YEARLY (10 months) July, 2024 - April 2025	Included in Prep U12 Level 2 Tuition: <ul style="list-style-type: none"> • team training • competition fees (x5 competitions - including Nationals) • choreography camp
ELITE TUITION	\$280 / month June Training \$140 June 2024 x1 team practice / week 2 hours / practice *same tumbling as below July 2024 - April 2025 x2 team practices / week 2 hours / practice x1 level tumbling 1 hour / practice x1 Strength / flexibility 1 hour / practice	\$2,800 / year YEARLY (10 months) July, 2024 - April 2025 *does not include June training fee	Included Elite Tuition: <ul style="list-style-type: none"> • monthly level tumbling • monthly strength training & flyer stretch • monthly team training • choreography camp • competition fees (exception of NCA, Summit & All-Star Worlds)

FINANCIAL *Commitment*

MASTERS TEAM

MONTHLY TUITION	REGISTRATION FEE	SEASON	COMPETITIONS
\$50 / month OR \$300 / season x1 practice / week 2 hours / practice	\$120 Included: <ul style="list-style-type: none"> • Choreography • Team T-shirt (competition t-shirt) • Music 	SEPT. 1st - FEB 28TH, 2025 6 MONTHS	X2 COMPETITONS *competition fees will be communicated in June 2024 and are an addition to tuition fees

About Our Masters Team

Our Masters Team, also known as the Parent Team, caters to athletes aged 18 and above who are not eligible for the U18 team.

This brand-new addition to the gym for Season 5 performs at Level 2NT and will focus on mastering a 2-minute routine to showcase at two upcoming competitions. Details regarding competitions for the season will be disclosed in June 2024.

There are no tryouts or assessments for the Masters Team. Registration can be done through your online Motion account. New members to our gym can access the registration login link through our website.

Registration Opens May 13th, 2024

CHEER ABILITIES

MONTHLY TUITION	REGISTRATION FEE	SEASON	COMPETITIONS
\$170 / month OR \$1360 / season x1 practice / week 2 hours / practice	\$120 Included: <ul style="list-style-type: none"> • Choreography • Team T-shirt (competition t-shirt) • Music 	SEPT 1st - MAR 30TH, 2025 8 MONTHS	X2 COMPETITONS *competition fees will be communicated in June 2024 and are an addition to tuition fees

FINANCIAL *Commitment*

FEES FOR THE 2024-2025 SEASON CONTINUED

<p>ONBOARDING REGISTRATION FEE</p>	<p>On-boarding registration fee assist in covering music, team practice wear, and athlete year end banquet ticket. These fees are non-refundable</p> <p>Novice: \$120 due July 1st, 2024 Prep U8 Level 1: \$120 due July 1st, 2024 Prep U12 and up Level 1: \$140 due July 1st, 2024 Prep U12 Level 2: \$140 due July 1st, 2024 Elite: \$160 due July 1st, 2024 Masters: \$120 due September 1st, 2024 Cheer Abilities: \$120 due September 1st, 2024</p>
<p>UNIFORM FEE</p>	<p>Novice: \$250 NEW PREP & ELITE 3 YEAR UNIFORM CYCLE Prep: \$250 Included: Uniform & hair piece Elite: TBD Masters: included in on-boarding fee (competition t-shirt) Cheer Abilities: included in on-boarding fee (competition t-shirt)</p>
<p>LEVEL UP TUMBLING</p>	<p>\$60 / month <i>*must have mastered all current level tumbling before working on next level tumbling</i></p>
<p>CROSSOVER</p>	<p>\$60 / month <i>*Athletes cannot crossover from a novice to prep team or a prep team to an elite level team</i></p>

Fundraisers

For the 2024-2025 season, Impact Cheer Athletics will arrange fundraisers to help raise funds for the season. This year, fundraisers will be used to help offset the cost of tuition throughout the year, uniform fees, along with help with travel expenses for those teams that are competing a regional or international event. Fundraising is 100% optional for parents. If you choose not to participate in fundraising you will be expected to pay all fees out of pocket.

All money raised from each fundraiser must be handed into Impact Cheer Athletics by the designated due date and will be added to your "account". Impact Cheer Athletics will keep track of the money you raise and will only use the funds through your consent. All payments are still due on the due date provided (EX. Uniform fees must be paid by July 15th).

At no time may parents use the logo, team names or gym name in reproduction or fundraising efforts to receive monetary incentive.

LINKS & INFO

ADDITIONAL SEASON FEES

Not included in the tuition / registration / uniform fees include the following:

- Socks and cheer shoes
- Cheer make up
- Uniform items athletes outgrow
- Additional practice wear items
- Parent and family spectator fees
- Team bonding activities
- Private lessons required to get back-on-track for athletes who need additional assistance with skills or routine choreography
- Membership requirements from competitions
- INDY / DUO routines

QUICK LINKS FOR REFERENCE

- [Tumbling Rubrics for Assessments](#)
- [Competition Schedule](#)
- [Financial Breakdown](#)
- [Returning Athlete Registration Form](#)
- [NEW Athlete Registration Link](#)

ELITE ATHLETES ONLY: ALL STAR WORLDS



After assessments, selected Elite Teams will end their season in Orlando, FL for All Star Worlds. All athletes accepting placement on an Elite Team selected to compete at All Star Worlds in 2025 should be prepared to travel in late April / early May for this event. All athletes selected are required to go. Additional competition fees apply and will be due in February / March 2025.

Please note that teams competing at All Star Worlds will be doing a fundraiser specifically to help offset the cost.

2024-2025 registration

READY TO REGISTER FOR SEASON 5?

RETURNING COMPETITIVE ATHLETES:

STEP 1: READ THE ENTIRE PACKET INCLUDING LINKS.

STEP 2: COMPLETE THE RETURNING ATHLETE SEASON 5 REGISTRATION FORM

[**CLICK HERE**](#)

STEP 3: KEEP AN EYE ON YOUR EMAIL FOR FURTHER DETAILS ABOUT TEAM REVEAL & SEASON 5

NEW COMPETITIVE ATHLETES:

STEP 1: READ THE ENTIRE PACKET INCLUDING LINKS.

STEP 2: REGISTER FOR SEASON 5 ASSESSMENT THROUGH OUR WEBSITE USING THE ONLINE REGISTRATION PORTAL

[**CLICK HERE**](#)

STEP 3: KEEP AN EYE ON YOUR EMAIL FOR FURTHER DETAILS ABOUT ASSESSMENTS AND TEAM REVEAL

SUMMARY & IMPORTANT NEED TO KNOWS

- Competitive cheerleading is a 9 - 11 month commitment (depending on the level)
- Season 5 starts JUNE 1ST, 2024 and ends April 30TH, 2025
- ALL team training days during the season are MANDATORY
- Blackout practices are 2 weeks leading up to a competition, if an athlete is not in attendance during blackout weeks they may be removed from sections of the routine or not compete at all (fees are still required to be paid)
- Choreography camp will be during the summer training months for certain levels. Date is TBD
- Level tumbling, strength training / flyer stretch training are all included ELITE monthly tuition fees. We HIGHLY encourage athletes to be attending these training sessions on top of their team training to help with the overall success of athlete progression
- LEVEL UP tumbling classes are offered for an additional \$60 / month. Please note that athletes must "master" all LEVEL skills before working on next level skills