



Norfolk Pre - Competitive Team

Take your cheerleading skills to the next level with our Norfolk Pre-Competitive Team! Athletes will train in a supportive team setting, working on advanced skills and preparing to showcase their progress at the Norfolk Invitational competition. It's an amazing chance to build confidence, improve technique, and be part of an exciting season with Impact Cheer Athletics!

Program Highlights

- **Monthly Cost:** \$240
- **Skill Development:** Build a 2 minute routine focused on stunts, jumps, tumbling, and teamwork
- **Competition Experience:** Participation in the Norfolk Invitational as an exhibition team
- **Ages:** 8 - 17 years old

Practice Schedule

- **Practice Schedule:** 2x per week, 1.5 hour practices
 - **Monday** 7:00 - 8:30PM
 - **Thursday** 7:00 - 8:30PM
- **Contract:** January 6th, 2025 - April 30th, 2025

What's Included in Monthly Cost

- Monthly training 2x per week (1.5 hour practices)
- Pre - Competitive Team T-shirt for practices
- Uniform for exhibition competition
- Bow for exhibition competition

White cheerleading shoes are required for this level. These can be purchased on Amazon or from a cheerleading shoe provider online (see some options below).

- [Total Spirit Cheerleading](#)
- [Rebel Athletic](#)

How to Register

- We are accepting only 20 athletes for this program, and spots will fill fast. All interested athletes will participate in an assessment to ensure the best fit for their skills. If we feel that another session of recreational cheer would be more beneficial before joining the pre-competitive team, we'll let you know.
- To register for the pre-competitive assessment, please visit our website and complete your registration using your SportsEngine account. **Look for Norfolk Pre - Competitive Team Assessments**
- **There will be an assessment fee of \$15**

Assessment

- **Date:**
- **Time:**
- **Fee:** \$15 / athlete (*2nd child \$10*)
- **Location:** Port Dover Community Centre
- **WHAT TO EXPECT:**
 - **Skill Overview:** Coaches will guide athletes through the fundamentals of motions, jumps, tumbling, and stunts.
 - **What Coaches Look For:**
 - Strength and coordination
 - Timing and rhythm
 - **Coachability** – ability to follow instructions and adapt quickly
 - **Versatility as an athlete** – openness to learning new skills and taking on different roles
 - Enthusiasm and eagerness to learn
 - **Finding the Right Fit:**
 - If the pre-competitive pace feels too advanced for an athlete, parents will be advised, and we'll recommend our recreational cheer and tumbling program to help them build foundational skills and confidence!