



CHEER EXTREME RICHMOND

2020-2021

TRYOUT & REGISTRATION PACKET

North Gym - Ashland	South Gym – Petersburg
10087 Whitesel Road Ashland, VA 23005	23225 Airpark Drive Petersburg, VA 23803

OVERVIEW & TRYOUT INFORMATION

Cheer Extreme Richmond wants to ensure that each family fully understands the level of team and financial commitment involved with All Star Cheerleading.

All Star Cheerleading is an exciting sport suitable for the earliest beginner all the way through the most accomplished elite level athlete. As this sport has grown, the All Star Cheerleading industry has created standard divisions and levels to determine and regulate the manner in which competitive teams are to be divided, as well as the rules in which each team must abide and are governed. Teams are formed according to age, total athletes needed and skill level.

YOU MUST HAVE THE FOLLOWING IN ORDER TO TRYOUT FOR AN EVALUATION GROUP:

1. Completed Online Registration & Payment
2. Tryout / Evaluation Information Form
3. Cheer Extreme Terms & Conditions Form – Please initial, sign and date
4. CEA Richmond Waiver
5. Birth Certificate
6. All outstanding debts must be paid in **FULL**

Relax! This will be an enjoyable process so no need to be nervous 😊

The CEA Richmond Coaching Staff will evaluate each athlete on the following criteria:

1. Tumbling and jump difficulty and execution
2. Athleticism
3. Willingness to accept and apply instruction
4. Stunting positions (flyer, main base, side base, backspot)
5. Tumbler positions (anywhere from 1-6 positions may be offered on each team)
6. Overall attitude and attendance from the previous season, if applicable

OVERVIEW & TRYOUT INFORMATION (Continued)

What to expect:

- Athletes and their parents will check in at the front desk to make sure all required registration paperwork is completed. Once registration is verified, athletes will be escorted into the gym.
- Tryouts will occur in groups of three (3), grouped together first by age and then desired level.
- Athletes will be given 10-15 minutes to warm up before performing skills in front of staff. Each athlete will be asked to execute tumbling skills according to their tryout level, which includes: one running specialty pass (a second pass if desired), standing tumbling, standing tumbling connected to a toe touch, and hurdler- toe touch jump combination. Please review our tumbling skills grid (provided online or at the front desk) for a breakdown of skills required for each level.
- Athletes will be asked which stunting position they prefer: Flyer, Base, and/or Backspot. Flyers will be asked to execute all body positions on a provided stunt stand, which includes: liberty, heel stretch (left and right), front stretch (left and right), bow and arrow, arabesque, scale, scorpion and needle. **(The more stunt positions mastered, the better chance the athletes has at making their desired team/level)**
- If an athlete does not necessarily have the tumbling for a certain level but would like to be considered as a flyer, base or back spot for that level, please indicate that on your evaluation/tryout information card. **NOTE:** Some athletes will need to be placed on their level appropriate evaluation group and/or team based on tumbling and crossover to the higher level for the stunting position depending on team needs.
- Please check the two team box on your Tryout Information Card if you wish to be considered for two teams. Crossover considerations are ultimately selected by the coaching staff.
- **After tryouts**, athletes will be placed in their appropriate evaluation groups. Please keep in mind that evaluation groups are not finalized teams.
- **Tryout Attire:** For tryouts and evaluation group practices, we ask that athletes wear CEA apparel or black on black (black top/black bottoms) with hair in a high ponytail (cheer bow, scrunchie. Light makeup is recommended but not mandatory.

Video Tryout Submission Information: If you are interested in trying out for Cheer Extreme Richmond but unable to make it to the gym for an in person tryout, this is the best option for you!

Your video should include:

- Up to two running tumbling passes
- Up to two standing tumbling passes
- Jumps connected to standing tumbling
- 2 jumps connected – hurdler, toe touch
- Up to three stunting videos (if available). Please try to include a spinning element, a release element, an inversion (if level 5).

- If trying out for a flyer position, you must show ALL body positions: Heel stretch, front stretch, bow and arrow, scorpion/needle, scale and arabesque.

Email subject line should appear as follows:

Last Name, First Name – Birth Year – Tryout Level (Ex: Doe, Jane – 2002 – Level 4 Tryout)

The Body of your email should include:

- Athlete Name:
- Athlete Birth Year:
- Date you are available to start practicing:
- Current Level:
- Years of All Star Experience at that level:
- Stunt Position: (flyer/backspot/side base/main base)

Please note: In order for the coaches to include your video in the staff tryout review meeting, you must complete the online registration and pay the registration fee. This is for us to ensure your degree of commitment to the program for the year.

All video tryout submissions should be emailed to cearichmondva@gmail.com by June 30th 2020.

TEAM INFORMATION

VIRTUAL PARENT MEETINGS: All parents will need to attend an introductory meeting with Kelly, Teal and Tracie. Please attend the parent meeting that is most convenient for your schedule prior to your child's tryout. You can register for these parent meetings on our website.

TEAM INFORMATION:

- Athletes will be placed in evaluation groups according to their appropriate age and skill level executed during their tryout and their work ethic and skills demonstrated from the year prior. ***All athletes must attend their mandatory evaluation group practices following tryouts in order to be placed on a Team.***
- Evaluation group training weeks are used to assess the athletes stunting abilities and test their consistency overall with skills required for that specific level. During this time, athletes and parents should expect some shifting in groups. This is so our coaching staff can best place each athlete in a group that best fits their strengths and consistency overall. Our goal is to create the most competitive and cohesive teams possible; therefore, we want to allow training in these groups to assess the athletes in a team like setting before we finalize teams.
- Once teams are finalized, the Training/Evaluation Groups will be considered established teams and will be announced at our **Teal Reveal on July 26th.**

TEAM INFORMATION (Continued)

Within the year, an athlete and/or team competition skill level may change. There are occasions in which the coaching staff must reassess skill levels and/or competition levels of any athlete or team. CEA Richmond reserves the right to change an athletes/team's skill level and will make this decision as needed throughout the competition year. Changes to an athlete or teams' level may result in change to an athlete's membership and practice schedules and may be temporary or permanent. We ask parents and athletes to understand that if we move an athlete, we are doing so in the best interest of said athlete and the teams involved. ***PLEASE NOTE THERE ARE NO REFUNDS WHEN/IF THIS OCCURS.***

IMPORTANT PLEASE READ

When you join CEA, you are joining the program, not a specific team. Team placements on initial team rosters are set for choreography purposes by **July 31st**. Athletes who lose skills performed at tryouts / group evaluations may be moved to a different team and/or become an alternate for that team. Athletes who've shown marked improvement may be moved up. These same rules apply throughout the entire season and for post season events. Rosters are open to change as athletes grow out of or into stunt positions. Ultimately, it is up to the coaching staff to comprise a team that has shown consistency in the gym before taking the mat. We are not known for leaving anything "up to luck" when taking the competition floor. Athletes must show consistent attendance with a good attitude throughout the summer in order to keep their spot. Athletes must be hitting full out routines two (2) weeks prior to a competition in order to solidify their spot on the competition floor. Please keep in mind that once a routine is learned, only a very unique body can fulfill the expectations of what was created. ***A re-choreography fee of \$250 will apply to those who leave or are dismissed.***

ALL STAR TEAM PRACTICES

- **All Practices are MANDATORY!**
- **Summer Practices begin July 27th**: Teams practice once a week; One (1) practice will be between Monday – Friday.
- **Fall & Winter Practices**: Teams practice twice a week; One (1) practice will be between Monday – Thursday and one (1) practice will be on Sunday. **Sunday practices will begin September 13th**.
- All athletes are required to attend one (1) tumble class a week.
- All flyers are required to attend one (1) stunt private and/or class a week.
- During certain parts of the season, the parent viewing area may close. This is so our coaching staff can provide athletes the most focused atmosphere possible. The final determination and practice schedules will be made after the evaluation process.
- **Non-Travel / Half Year Program** athletes will utilize the unlimited tumble program starting May 2020 through October 2020. This will also include an additional weekly 2 hour training class. Practices will begin after tryouts in November (Dates TBA)

TEAM INFORMATION (Continued)

TEAM / GYM COMMUNICATIONS

- **Gym Communications:** Everyone should join the CEA Richmond Group on Facebook after registration. This will be the #1 source of communication during the tryout and evaluation process as well as throughout the season.
- **Team Moms:** Each team is assigned a Team Mom after Teal Reveal. All parents and athletes are required to download the Groupme App to their cellular device for team specific communications. Team Moms are the primary contact for all team specific information and all questions/concerns (non-athlete related) should be directed to the Team Mom. If you are interested in becoming a Team Mom, please contact Tracie Williams.

ATTENDANCE

- We adhere to a very strict attendance policy for our all-star teams. Once athlete are place on a team, it is their responsibility to attend all practices.
- Athletes will be allotted six (6) total absence request for the entire season. These absences must be accompanied by a documented absence request form provided by your Team Mom two (2) weeks prior to the absence. Athletes may be required to have an approved fill in for the practice being missed. This should be discussed with your team coaches.
- **ABSENCES WITHIN 2 WEEKS OF COMPETITION WILL BE MARKED UNEXCUSED – NO EXCEPTIONS!** Please be aware this also applies to the two weeks leading up to routine choreography.
- Any athlete not participating in practices the **full two (2) weeks** prior to a competition will risk being replaced with a fill in for that competition.
- After two (2) unexcused absences, a fill in will start learning the athletes routine.
- After three (3) unexcused absences, the athlete will be removed from the next competition and the coaches will discuss removal permanently.
- You are charged \$35.00 per unexcused absence.
- Athletes with a sickness/injury the day of practice must notify their Team Mom within three (3) hours of the practice start time for the absence to be excused. If a doctor's visit is required for a diagnosis of the sickness or injury (strep throat, flu, concussions, sprains, breaks, etc.), the athlete must come to the next practice with a signed doctor's note in order for the absence to be marked excused. We recommend sending a picture of the note to your Team Mom and coaches immediately to avoid any confusion. Please do not wait until the last minute to give notification as coaches need time to evaluate if a fill in is needed.
- Death in the family and family emergencies are excused.
- Attendance for routine choreography & dance choreography is MANDATORY
- School and other recreational sports **will not** count as an excused absence request. If arriving late from another sport, you must arrive to your teams practice within 30 minutes of its start time, or the attendance for that practice will be marked unexcused.

We have many athletes who have never missed a practice if you can believe that 😊

TEAM INFORMATION (Continued)

APPEARANCE

- **Jewelry** is not allowed at practices or competitions (this includes Apply Watches). We ask that you please refrain from getting a new piercing during the competition season.
- **Nails:** No long finger nails at any time. Only French Tip, neutral colors, or light pastel colors are allowed during competition season.
- Athlete hair color must stay a natural color throughout the competition season. No blues, purples, pinks, or other exotic colors will be allowed on stage.
- **No extra undergarments are allowed under your skirt (Nike pros, spandex).**
- Each athlete wearing a crop top uniform is mandated by the USASF to have a cover-up while walking around the competition.
- Practice wear is especially used for practices, choreography, out of town practices during competitions, send offs and as requested by the teams coaches. If you choose not to wear your practice wear at a practice, we ask that you please wear either CEA apparel or black on black.

2020-2021 GYM HOLIDAYS / CLOSURES (Tentative)

MEMORIAL DAY	May 25th 2020
SUMMER BREAK	July 1st – July 5th 2020
FALL BREAK	September 6th – September 12th 2020
THANKSGIVING BREAK	November 22nd – November 28th 2020
WINTER BREAK	December 20th 2020 – January 2nd 2021
SPRING BREAK	April 2nd – April 10th 2021

Please make sure to check our online calendar for the most accurate information

REGISTRATION & TUITION EXPENSES

PLEASE READ THROUGH ALL OF THE INFORMATION CAREFULLY PRIOR TO SUBMITTING REGISTRATION FEES AND PAPERWORK

Annual Registration Fee

New Athletes

- \$105 per child
- \$130 per family

Returners (from season prior)

- \$80 per child
- \$105 per family

All Star Monthly Tuition

All Star Full Year Program *May Tuition is \$100 and will be charged on May 5th*

- \$120 – Tiny/Mini
- \$145 - Youth/Junior/Senior
- \$165 – Senior (Worlds)

Monthly Crossover Fee

- \$35 per athlete

All Star Non-Travel / Half Year Program *May Tuition will be charged on May 5th*

- \$80 (May 2020 – October 2020)
- \$100 (November 2020 – April 2021)

****Crossovers are not allowed between the full year program and non-travel/half year program****

Unlimited Tumble

- Monthly Tuition - \$65/month
- Pay Per Class - \$10/class (no monthly tuition – classes billed to account)

***\$10 Discount per child after the 1st (Oldest) for families with multiple children**

COMPETITION & TEAM FEES

PLEASE READ THROUGH ALL OF THE INFORMATION CAREFULLY PRIOR TO SUBMITTING REGISTRATION FEES AND PAPERWORK

ALL STAR ELITE COMPETITION & TEAM FEES: The following fees will be due in seven (7) installments on August 15th, September 15th, October 15th, November 15th, December 15th, January 15th and February 15th. A fee schedule will be available to each team after Teal Reveal. **(All Star Prep/Non-Travel teams will pay per competition they attend. Fees range from \$25-\$150 per event)**

- **Competition Registration Fees:** \$300-\$975 (not including Post Season Events – Worlds, Summit, The One)
 - Crossovers pay separately for each competition they attend; however, they only pay once for choreography, music, coaches travel. They will pay the amount for the team with the highest fee for each and/or the team who travels more extensively. Crossover Fees range from \$90-\$200 per competition and will be due by April 15th, 2021.
- **Choreography & Music** \$100-\$400
- **Coaches Travel Fees** \$80-\$250
- **Banquet Fee** \$35
- **Administrative Processing** \$35
- **USASF Fee** \$30
- **Summer Skills Camps** \$30-\$100 (depending on team necessity)

APPAREL FEES:

- **NEW! Uniform:** This year we are getting a new uniform for our All Star Elite program!
 - **Female Senior Uniform: \$415.00**
 - **Female Youth/Junior Uniform: \$415.00**
 - **Female Crossover Piece (Junior to Senior Crossovers): \$45.00**
 - **Male Uniform: \$350.00**

Mini and All Star Prep / Non Travel teams will be wearing the black uniform from the 2017-2020 seasons!

Uniform Payment Schedule

Female Uniform		Male Uniform	
Deposit - \$100	June 15 th 2020	Deposit - \$100	June 15 th 2020
1 st Installment - \$150	July 15 th 2020	1 st Installment - \$100	July 15 th 2020
Final Payment - \$165	August 15 th 2020	Final Payment - \$150	August 15 th 2020

COMPETITION & TEAM FEES (continued)

- **Competition Bow: \$25-\$50 (depending on customization and quantity)**
- **Mandatory Practice Wear Package (New Athletes Only): \$250.**
 - We will be using the same practice wear from the 2019-2020 Season. All new athletes are required to purchase this practice wear package. If you are a returning athlete who will need a new size, you can request those new sizes as well. Practice wear fees will be due at the time of your order.
 - Athletes will be asked to provide sizes during the tryout process to insure practice wear arrives before choreography. (You can also update in your GoMotion account at any time)
 - **Practice Wear Package Includes:**
 - 2 Sets – CEA Program Wide
 - Practice / Competition Scrunchie
- **Makeup: \$45-\$50**
- **Non-Travel / Half Year Program apparel fees are TBD.**

CHEER EXTREME RICHMOND FINANCIAL POLICIES

- **2020-2021 All Star Pricing:** The All Star Program is offered as a 12-month program with payments due monthly beginning May 2020 through April 2021. We encourage these members to take advantage of all unlimited tumble and virtual classes offered throughout the entire month of May.
- **Electronic Payments:** All monthly tuition paid to CEA Richmond will be drafted on the 1st business day of every month through bank draft or credit card. **NO EXCEPTIONS!** You must provide banking information during registration and add at least one (1) credit card on file. We require every account to attach a credit card as backup to bank account information to ensure payment is collected on time.
- **NSF:** CEA Richmond transacts business with its online merchant processors and will pass along any NSF fees. The fee will be \$40.00 per occurrence.
- **Early Termination:** If you decide to withdraw or are dismissed from CEA Richmond for any reason after **July 31st**, your account will be charged tuition for the entire season and an additional \$250.00 routine re-choreography fee. Final dismissal decision is ultimately up to the owner, Kelly Lunderman.
- **Refunds:** There are no refunds of competition fees, tuition or registration fees to anyone who leaves or is dismissed from the program regardless of the date of leaving the program. ***(We do not charge extra for added practices nor do we discount for gym closings)***
- **Late Payment Fees:** All payments received after the 20th of the month will receive a \$25 late fee. Please keep in mind that if your account is not paid by the end of the next monthly tuition draft, your bank account or credit card will be charged the total balance owed. (NSF fees still apply). Accounts with a past due balance will be put in the Suspended status until paid in full. This means the athlete will not be able to participate in competitions, practices, classes, privates, purchase additional apparel or participate in additional activities until the balance is paid in full. If you are experiencing any financial hardships, please contact Kelly Lunderman as soon as possible.
- **Competition Arrival:** There is a \$1 fee for every minute the athlete is late or not competition ready (full hair/makeup & uniform) upon their specific Team Meet Time.
- **Competition Fees are Non-Refundable - No Exceptions:** A lot of effort is put into setting the competition schedule and preparing each routine for the competitions. If your athlete is injured/sick, decides to quit or is removed from the program, we must find a replacement and prepare them for the competition. As a result, competition fees will not be refunded even if your athlete leaves their team prior to competition or otherwise does not attend the competition for any reason. Your athlete will not compete unless all fees are paid. Please DO NOT ask or suggest to our staff any additions/subtractions to the competition schedule for any teams once the schedule is released. It is up to the Coaching Staff if they feel it is necessary to add/subtract a competition for their teams.

All Star Elite / All Star Prep Teams Explained

All Star Elite Teams: Teams attend 4-9 competitions each year between October and April. Typically, 4-5 competitions are local (<2 hours away), 3-4 are drivable (<6 hours away), 1-3 may require a flight. This will include our annual Cheer Extreme Showcase in Winston -Salem, NC.

All Star Prep / Non Travel Teams: **NEW!** Teams attend 3-5 competitions each year between February and May. All competitions are in the state of Virginia!

Tiny, Mini, Youth and Junior (Level 1/2) Teams: Travel locally around the DMV Area (D.C., Maryland, Virginia) and have the ability to obtain a bid to a Post Season Event - The One or U.S. Finals (Multiple Locations- end of April to May) and The Summit (Orlando, Florida – early May). If your athlete is on a team that attends one of these post season events, there will be additional expenses.

Junior & Senior Teams: Teams travel extensively and can obtain a bid to a Post Season Event - The One or U.S. Finals (Multiple Locations- end of April to May) and The Summit (Orlando, Florida – early May). If your athlete is on a team that attends one of these post season events, there will be additional expenses.

Senior Worlds Teams: Teams travel extensively and can obtain an At Large or Full Paid Bid to The Cheerleading Worlds held in Orlando, FL at the end of April. If your athlete is on a team that attends Worlds, there will be additional expenses.

2020-2021 USASF AGE GRID

TIER	DIVISIONS	TARGET AGES	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																		
			5/31/01 or before	6/1/2001-12/31/2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	1/1/2017-6/1/2017	
ELITE CLUB	Senior Open(L4/L6)	13+	x	x	x	x	x	x	x	x											
	Senior (L6)	13-18		x	x	x	x	x	x	x											
	Senior (L1-5)	12-18		x	x	x	x	x	x	x											
	Junior (L5-6)	9-15					x	x	x	x	x	x	x								
	Junior (L4)	8-15					x	x	x	x	x	x	x	x							
	Junior (L1-3)	6-15					x	x	x	x	x	x	x	x	x						
	Youth (L5)	9-11									x	x	x	x							
	Youth (L4)	8-11									x	x	x	x	x						
	Youth (L1-3)	5-11									x	x	x	x	x	x	x	x			
	Mini (L1-2)	5-8												x	x	x	x	x			
Tiny (L1)	5-6														x	x	x				
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	10-18		x	x	x	x	x	x	x	x	x	x								
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	6-15					x	x	x	x	x	x	x	x	x	x	x				
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	5-11									x	x	x	x	x	x	x	x			
	Mini Prep (L1.1, 2.1, 2.2)	5-8											x	x	x	x	x				
	Tiny Prep (L1.1)	5-6													x	x	x				
NOVICE	Senior Novice(L1-3 w/restrictions)	10-18		x	x	x	x	x	x	x	x	x	x								
	Junior Novice (L1-3 w/restrictions)	6-15					x	x	x	x	x	x	x	x	x	x					
	Youth Novice(L1-3 w/restrictions)	5-11									x	x	x	x	x	x	x	x			
	Mini Novice (L1-2 w/restrictions)	5-8											x	x	x	x	x				
	Tiny Novice(L1 w/restrictions)	3-6													x	x	x	x	x		
CheerAbilities	CheerAbilities Elite (L2 w/restrictions)	5+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Novice (L1 w/restrictions)	5+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Exhibition (L2 w/restrictions)	5+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
ELITE INTERNATIONAL	International Open (L7)	16+	x	x	x	x	x														
	International Open/NT/Global (L6)	13+	x	x	x	x	x	x													
	International Open (L4)	13+	x	x	x	x	x	x	x												
	International Senior (L1-4)	13-17			x	x	x	x	x	x											
	International Junior (L1-4)	9-15					x	x	x	x	x	x	x								

AGE OF ATHLETE FOR ALL DIVISIONS

- An athlete's date of birth must be on or between the dates listed to be eligible for the division.
 - Target Ages are reflective of the typical age range athletes are during the birth years listed for each division.
- Background checks are an eligibility requirement for "adult" athletes on teams. "Adults" are athletes born in the year 1999 or earlier.
- **Tiny Novice Athletes must be at least 3 years old on 6/1/2020** which is the start of the USASF Member Team

All Star Tryout Timeline (Tentative)

<u>Date / Time</u>	<u>Event</u>
April 27st 2020 – 6:30pm	1 st 2020-2021 Parent Meeting
May 5th 2020	May Tuition - \$100.00
May 11th – June 11th 2020	Virtual Classes & Tryout Preparation
June 1st 2020	June Tuition
June 15th – June 19th 2020	Open Tumble (By Level)
June 21st 2020	Tryout Registration Deadline
June 22nd 2020	Level 1 & 2 Tryouts
June 23rd 2020	Level 3 Tryouts
June 24th 2020	Level 4 / 5 / 6 Tryouts
June 29th & June 30th 2020	Make Up Tryout (email cearichmondva@gmail.com to schedule)
July 1st	July Tuition Due
July 1st – July 5th 2020	Gym Closed (Summer Break)
July 5th 2020	Evaluation Groups Posted Online
July 6th – July 10th 2020	Week 1 of Group Evaluations
July 12th 2020	Updated Evaluation Groups Posted Online
July 13th – July 17th 2020	Week 2 of Group Evaluations
July 20th – July 24th 2020	Week 3 of Group Evaluations
July 26th 2020	Teal Reveal
July 27th	Team Practices Begin
July 31st 2020	Last Day to Withdraw (without financial penalty)

CEA RICHMOND STAFF CONTACT INFORMATION

Name	Title	Cell Phone	Email
Kelly Lunderman	Owner	804-339-2078	Jus4kk@aol.com
Tracie Williams	Head Team Mom	804-389-2106	Tracie.williams719@gmail.com
Jill Whittle	Billing Admin	804-721-8337	Jill.whittle@comcast.net
Teal Bachelor	All Star Manager & All Star Coach	804-683-5034	cearichmondva@gmail.com
Benjamin Wells	Social Media Manager & All Star Coach	804-363-6203	ivolleywells@gmail.com
Alli Wells	All Star Coach & Class Instructor	804-922-1879	allihabib@gmail.com
Brandon Turpin	All Star Coach & Class Instructor	804-549-6691	Bcoachns2@yahoo.com
Susan Cassidy	All Star Coach & Class Instructor	804-687-5430	daddysusu@verizon.net
Preston Gist	All Star Coach & Class Instructor	804-301-6173	Pgist1922@gmail.com
Sarah Hendrickson	All Star Coach & Class Instructor	804-852-1631	Shendri619@gmail.com
Amanda Lee	All Star Coach & Class Instructor	804-855-4941	Amanda.nslee@gmail.com
Lexi Joseph	All Star Coach & Class Instructor	804-317-0611	Lexi.joseph@hotmail.com
Chris Cicoria	Class Instructor	804-332-3892	christophercicoria@aol.com

