



CHEER EXTREME RICHMOND

2023-2024

TRYOUT & REGISTRATION PACKET

10087 Whitesel Road
Ashland, VA 23005

OVERVIEW & TRYOUT INFORMATION

Cheer Extreme Richmond wants to ensure that each family and athlete 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 Registration
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. Ability 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 per team)
6. Overall attitude and attendance from 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 3-5, which are 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 demonstrate one running pass, a second pass if desired, standing tumbling, standing tumbling connected to a toe touch, and hurdler- toe touch jump combination. Make sure to review the tumbling skills grid (provided online or at the front desk) for a breakdown of skills required for each level.
- All athletes will be asked which stunting position they prefer. If wishing to be considered as a flyer, they will be asked to execute body positions on a provided stunt stand or stunt group provided. (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 have at making their desired team/level.
- If your athlete doesn't 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. **(Additional crossover fees apply)**
- **After tryouts**, athletes will be placed in their appropriate evaluation groups. Please keep in mind that evaluation groups ARE NOT teams. We ask that you trust our coaching staff and the entire tryout/evaluation process.
- **Tryout and Evaluations Attire:** we ask that athletes wear CEA apparel or black on black (black top/black bottoms) and hair in high pony with a cheer bow or 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 4-5)
- If you are 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

The body of your email should include:

- Athlete Name:
- Athlete Birth Year:
- Date you are available to start practicing:
- Current Level
- Year of All Star Experience at that level:
- Stunt Position:

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.

All video tryout submissions should be emailed to JUS4KK@aol.com by May 11, 2023.

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.

Please send all questions regarding the tryout & evaluation Process to jus4kk@aol.com.

TEAM INFORMATION

PARENT MEETINGS: All parents ARE REQUIRED to attend an introductory meeting with Kelly, Lindsay and Staff. Please come to the parent meeting that is most convenient for your schedule and prior to our child's tryout. All information given at these meetings will be the same.

TEAM INFORMATION:

- Athletes will be placed in Evaluation Groups according to their appropriate age and skill level performed at tryouts 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.***
- Following tryouts, we will utilize the next two weeks to assess the athletes stunting abilities and test their consistency overall with skills required in that level. During this time athletes and parents should expect some shifting through evaluation groups for our staff to best place the athletes 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 MAY 30TH.**](#)

TEAM INFORMATION (Continued)

Within the year, an athlete/ team's competition skill level may change. As with the movement of an athlete, 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 that 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 **June 1st**. Athletes who do not keep skills performed at tryouts and during evaluations may be moved to a different team and/or become an alternate for that team. Athletes who showed 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 CEA Richmond 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 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 after choreography.**

FULL YEAR ALL STAR TEAM PRACTICES

- **All Practices are MANDATORY!**
- Summer Practices begin after Teal Reveal - Teams practice ONCE a week (1 practice will be between Monday – Thursday)
- Fall 2023 – Spring 2024: Teams practice TWICE a week (One practice will be Monday – Thursday and the second practice on Sunday). **Sunday practices will begin September 10th, 2023.**
- All athletes are required to attend ONE tumble class a week.
- All flyers are required to attend ONE stunt private and/or class a week.
- During certain parts of the season, the parent viewing area may be close to spectators. We apologize for any inconvenience, however, our goal is to provide our athletes the most focused atmosphere possible. The final determination and practice schedules will be made after tryouts.
- **Non-Travel / Half Year Program** athletes will utilize the unlimited tumble program May – September with an additional 2 hour training class 1 day a week. Practices will begin after tryouts in September.

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. This is where team competition videos are posted.
- **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.

ATTENDANCE

- We adhere to a strict attendance policy for our Full Year All Star Teams. Once placed on a CEA Richmond team, it is your responsibility to attend all practices.
- Athletes will be allotted five (5) total absences for the entire season. These absences must be communicated two (2) weeks prior to the requested absence date AND accompanied by a documented absence form provided by your Team Mom. (Athletes may be required to have an approved fill in for the practice being missed. This will be decided by team coaches)
- **ABSENCES WITHIN THE 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 2 WEEKS** before a competition risks being removed from that competition.
- After 2 unexcused absences, we will have a fill-in start learning the routine.
- After 3 unexcused absences, the child will be removed from the following competition and the coaches will discuss removal permanently.
- You are charged \$40.00 per unexcused absence.
- An athlete with a sickness/injury on the day of a 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 for it to be 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 JUNE 26-30**
- School and other recreational sports **WILL NOT** be counted as an excused absence. If arriving late from another sport, you must arrive to practice within 30 Minutes of its start time, or it 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 practice or at competition; please refrain from having your child get a new piercing during competition season.
- **Nails:** No long fingernails at any time. Only French Tip, neutral colors, or light pastel colors are allowed during competition season.
- Your child's hair color must stay a natural color throughout the competition season. No blues/purples/pinks/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.
- It is very important to keep up with your practice wear. Practice wear is especially used for 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.

2023-2024 GYM HOLIDAYS / CLOSURES - Tentative

MEMORIAL DAY	May 29th
SUMMER BREAK	July 3rd-July 7th
THANKSGIVING BREAK	November 20th – November 25 th
WINTER BREAK	December 24 th – January 1st
SPRING BREAK	April 1st– April 5 th

REGISTRATION & TUITION EXPENSES

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

Annual Registration Fee

New Athletes

- \$100 per child (earlybird during the month of April only)
- \$125 per child after April
- \$150 per family

Returners (from season prior)

- \$85 per child (earlybird during the month of April only)
- \$125 per child after April
- \$130 per family

All Star Monthly Tuition

All Star Full Year Program

- \$125 – Tiny/Mini
- \$150 - Youth/Junior/Senior
- \$170 – Senior (Worlds)

***\$10 off tuition per child for families with multiple children**

Monthly Crossover Fee

- \$40 per athlete

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

Unlimited Tumble

- Monthly Tuition - \$80/month
- Pay Per Class - \$15/class (no monthly tuition-classes billed to account)

COMPETITION & TEAM FEES: The following fees will be due in eight (8) installments on June 15th, July 15th, August 15th, September 15th, October 15th, November 15th, December 15th and January 15th. (***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 coaches travel. This fee will be due the Friday before the scheduled competition.
 - Crossovers WILL pay music and choreography PER TEAM.
- **Choreography:** \$250-\$350 per team
- **Music** \$200-\$300 per team
- **Coaches Travel Fees** \$80-\$300
- **Banquet Fee** \$50
- **Administrative Processing** \$40
- **Summer Skills Camps** \$30-\$100 (depending on team necessity)

APPAREL FEES: These fees are due at the time of fitting / order is placed.

- **NEW! Uniform:** \$300-\$600
 - Female Senior \$400-\$700
 - Female Youth/Junior Uniform \$400-\$600
 - Mini uniform TBD
 - Male Uniform \$400-\$700
- **Competition Bow: \$25-\$50 (depending on customization and quantity)**
- **Practice wear fees- \$100**
 - You will be asked to provide sizes during the tryout process.
 - Includes:
 - Sports bra
 - Shorts or Skirt
 - Practice Bow
- **Makeup: \$45-\$50**
- **Non-Travel / Half Year Program apparel fees are TBD.**

CHEER EXTREME RICHMOND FINANCIAL POLICIES

- **2023-2024 All Star Elite Pricing:** The All Star Elite Program is offered as a 12-month program with payments due monthly beginning May 2023 through April 2024. We encourage these members to take advantage of all unlimited tumble 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 **June 1st**, your account will be charged tuition for the **ENTIRE** season. If terminating after choreography, you will be charged an additional **\$250.00** routine re-choreography fee. If payment is not made within 30 days of contract termination, the open balance will be turned over to the gym attorney. You will be responsible for all court costs and legal fees. A daily interest rate of 5% will be added to any outstanding balance.
- **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:** Tuition is drafted on the 1st business day of the month. We highly recommend that everyone enroll in electronic payment drafts for competition fees and other installments. If not, cash, check or money order is accepted for those payments only (not tuition). Payments that are mailed, please allow 7-10 business days for mail delivery. All payments received after the 20th of the month will receive a **\$35 late fee**. Accounts with balances of any type after the 25th of the month, will result in the athlete NOT being allowed to participate in competitions, practices, privates, purchase additional apparel or participate in additional activities until the balance is paid in full. If the balance is not resolved by the 1st of the following month, the athlete will be removed from the team and possibly the program for the remainder of the year. Please contact Jill Whittle and Kelly Lunderman IMMEDIATELY should you run into any issues with payments.
- **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.

Full Year 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.

Non-Travel / Half Year Teams: 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 postseason 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 postseason 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.

***Please know that any full year team you join, there is a high possibility that you will receive a postseason bid to Orlando, FL. Please let us know on your Tryout Form if you will or will not attend postseason events. ***

CEA RICHMOND STAFF CONTACT INFORMATION

NAME	Title	Cell Phone	Email
Kelly Lunderman	Owner	804-339-2078	Jus4kk@aol.com
Lindsay Jarvis	Head Team Mom & Billing Administrator	804-332-1470	elljarvis925@gmail.com
Brandon Turpin	Tumbling Director \ Head Coach		
Susan Cassidy	Head Coach \ Tumble Instructor		
Preston Gist	Head Coach \ Tumble Instructor		