



CHEER TYME

Fairfax

We'll Rock the Floor

2017 TRYOUT PACKET
Our Twentieth Season



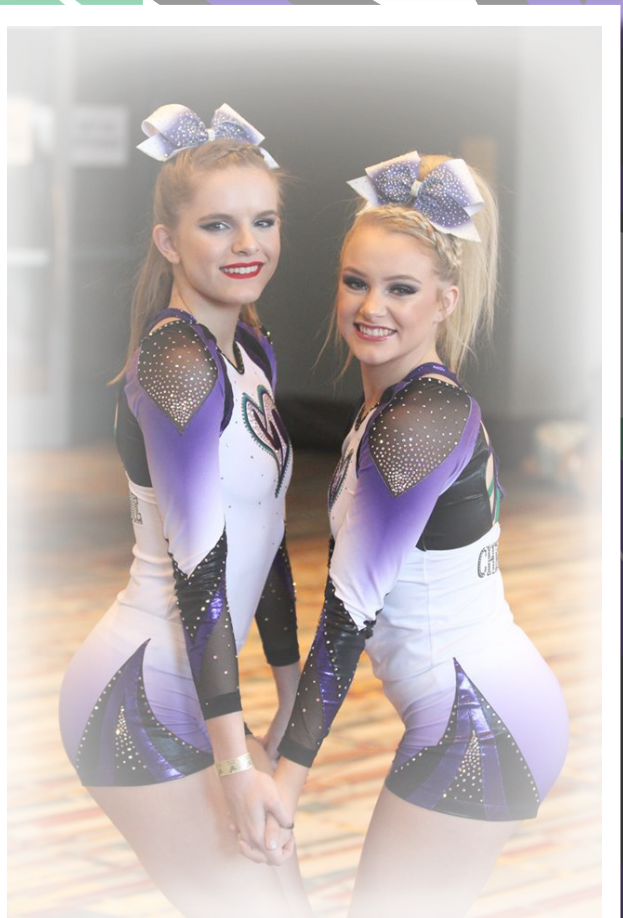
CHEER TYME - We'll Rock the Floor

Welcome to Cheer Tyme! We wish to provide YOU, our customer, with the highest level of service possible. Our mission since 1998 has been to provide Athletes with a safe and structured program that teaches them the values of commitment, teamwork, leadership, integrity, and self confidence.

Our Goal is to push our athletes at every level to be the best of the best. Each of you, our customer, is important to us and our program. Cheer Tyme is a family from our Tiny teams, to our Open Teams, Dance, Special Needs and all teams in between.

Cheer Tyme is very proud of its several accomplishments over the years, however, we are more than a gym founded solely on winning. Sportsmanship, teamwork, life lessons, self-esteem and the many opportunities that we have given to the youth of PA and VA is what we pride ourselves on most! Watching our athletes develop into model citizens and exceed in life means more to us than just cheerleading alone.

Thank you for choosing Cheer Tyme, we look forward to you joining our family!



Welcome to Season 20!

It's hard to believe where we started, from tumbling and stunting in backyards to state of the art cheerleading gyms! One thing has always remained the same, Family. We have brought thousands of people into our Cheer Tyme Family and into our hearts. Our passion for each and every athlete, from the beginner tiny to worlds level athletes, has been consistent and true. We are training second generation athletes and it is very humbling to know you have entrusted your children to our program. There are many gyms out there in 2017, but we feel that Cheer Tyme has remained on top for many reasons. We love our athletes, we train the athletes with perfection of technique, while staying at the forefront of creativity and choreography. We strive to be cutting edge, we listen to our customers concerns wholeheartedly, and look for ways of making our program better for you!

Thank you for the memories, you are a part of a tradition of excellence and a family that always has your back. If you are new to Cheer Tyme, welcome to the family and here's to our best year yet, Season 20!



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All Stars

Practice Expectations:

All Star Athletes can expect to practice 2 to 3 days a week. Practice times will vary in hours based off of thier age group. All practices are considered MANDATORY! Please ensure you understand the time commitment involved with All Star Cheerleading prior to making your final decision to join a team. Additional practices may be added at the coaches or directors discretion in order to ensure proper bench marks are being met.

- Mini Teams will practice up to 3 hours a week.
- Youth Teams will practice up to 4 hours a week.
- Junior Teams will practice up to 5 hours a week.
- Senior Teams will practice up to 5 hours a week.
- Worlds Teams will practice up to 7 Hours a week.

Competition Expectations:

Our competition season will begin in early November and run through mid April. Additonal post season competitions may be added in the event a team receives a bid to any of the following competitions. USASF World Championships, The Summit or U.S Finals. Other post season events will be considered if no bid to one of the formentioned events is obtained. Families can expect to attend competitions falling in the below categories.

Up to 5, Local Competitions
(within a 45min radius, no hotel will be required):

Up to 2, One Day Nationals
(within a 3 hour radius, no hotel will be required):

Up to 3, Two Day Nationals
(Hotel stay, and or flights may be required.
Prep teams will only compete 1 day at 2 day nationals):

Evaluations

- Monday, May 22nd Under 11 Years Old
- Tuesday, May 23rd 12 to 14 Years Old
- Wednesday, May 24th 15 to 18 Years old
- Thursday, May 25th 4/5 Call Backs (Invite only)

Tuition Cost

Mini Team	\$210/Month
Youth Team	\$255/Month
Junior Team	\$285/Month
Senior Team	\$285/Month
Worlds Team	\$315/Month

Other Cost

- Start Up Fee \$350 due June 1st
- Uniform \$400
(Installments due July 15th, August 15th)
- Sneakers \$75 - \$105
- USASF Membeship \$30
- Hotel and Travel accomodations
- Post season competitions fees - Worlds, Summit, US Finals etc.
- Possibility of extra competition fees if cost exceeds the anticipated amount (added cost likely under \$300 total)





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Skill Grid

	Level 1	Level 2	Level 3	Level 4	Level 5 Restricted	Level 5
Level Appropriate						
Standing Tumbling	<ul style="list-style-type: none"> •Forward Roll •Backward Roll •Cartwheel 	<ul style="list-style-type: none"> •Back Handspring (BHS) 	<ul style="list-style-type: none"> •Standing 3 BHS •Jump to Connected 1 BHS 	<ul style="list-style-type: none"> •Standing Back Tuck •Standing BHS Tuck •Jumps connected to BHS Tuck 	<ul style="list-style-type: none"> •Jump Tuck Combination •Standing BHS(s) to Full 	<ul style="list-style-type: none"> •Jumps to Tuck Combination •Jumps to BHS Full
Running Tumbling	<ul style="list-style-type: none"> •Round-off 	<ul style="list-style-type: none"> •Round-off BHS 	<ul style="list-style-type: none"> •Round-off Tuck •Round-off BHS Tuck 	<ul style="list-style-type: none"> •Round-off Layout •Round-off BHS Layout 	<ul style="list-style-type: none"> •Round-off BHS Full •Front Walkover Round-Off BHS Full 	<ul style="list-style-type: none"> •Punch Front Round-off BHS Full •Round-off BHS Whip to Full
Stunting	<ul style="list-style-type: none"> •No experience necessary 	<ul style="list-style-type: none"> •Prep Level 1 leg stunts •Extended 2 leg stunts 	<ul style="list-style-type: none"> •Extended Single leg stunt •Full twisting transition to prep level stunt •Release to prep level stunt •Full twisting dismount from two leg stunt 	<ul style="list-style-type: none"> •Full twisting transition to extended two leg stunt •Release to extended single leg stunt •1.5 twisting transition to prep level •Double Twisting dismount from two leg stunt 	<ul style="list-style-type: none"> •Full twisting transition to extended single leg stunt •1/4 Twisting release to extended single leg stunt •1.25 Twisting transition to extended two leg stunt •Double twisting dismount from extended single leg stunt 	<ul style="list-style-type: none"> •1.25+ Twisting transition to extended two leg stunt •Lib to Lib extended release (High to High) •Downward inversion from extended stunt •Released inversion from prep level to extended stunt •Double twisting dismount from extended single leg stunt

	Level 1	Level 2	Level 3	Level 4	Level 5 Restricted	Level 5
Advanced						
Standing Tumbling	<ul style="list-style-type: none"> •Handstand Forward Roll •Back Walkover •Front Walkover •Multiple Back Walkovers 	<ul style="list-style-type: none"> • Back Walkover BHS 	<ul style="list-style-type: none"> •Standing BHS Steput to multiple BHS •Jumps to multiple BHS 	<ul style="list-style-type: none"> •Standing BHS(s) to Layout •Standing BHS(s) to Whip to Layout •Jump BHS(s) to Layout •Jumps BHS(s) to Whip to Layout 	<ul style="list-style-type: none"> •Jumps BHS(s) to Full •Standing BHS to Whip to Full 	<ul style="list-style-type: none"> •Standing BHS(s) to Double Full •Jump Standing BHS(s) to Double Full •Standing Full •Jump to Standing Full •Standing BHS(s) to Whip Punch Double Full
Running Tumbling	<ul style="list-style-type: none"> •Cartwheel Back Walkover •Front Walkover to Cartwheel •Cartwheel half turn to Front Walkover 	<ul style="list-style-type: none"> •Front Walkover to Round-off BHS(s) 	<ul style="list-style-type: none"> •Front Walkover to Round-off BHS Tuck •Aerial •Aerial pause Round- off BHS Tuck •Punch Front •Punch Front pause Round-off BHS Tuck 	<ul style="list-style-type: none"> •Punch Front connected to Round-off BHS Layout •Whip to Layout •Roundoff BHS Whip Punch Layout •Front Handspring Punch Front to Round-off BHS Layout 	<ul style="list-style-type: none"> •Front Walkover Round-off BHS Full •Punch Front Round- off BHS Full •Whip to Full •Round-off Arabian pause Round-off BHS Full 	<ul style="list-style-type: none"> •Round-off BHS Double Full •Punch Front Round- off BHS to Double Full •Whip to Double Full
Stunting	<ul style="list-style-type: none"> • Tic Toc below prep level •1/4 Twisting transition to prep •Braced prep level body position 	<ul style="list-style-type: none"> •1/2 Twisting transition to extended two leg stunt •1/2 Twisting Tic Toc to prep level 1 leg stunt •Inversion from ground level to extended stunt 	<ul style="list-style-type: none"> •Full Twisting transition to prep level body position •Lib to extended body position tic toc •Release to prep level body position 	<ul style="list-style-type: none"> •1.5 Twisting transition to prep level body position •Full twisting release to prep level body position •1.5 Twisting release to prep level single leg stunt •Released inversion from below prep level to extended stunt 	<ul style="list-style-type: none"> •Full twisting transition to extended body position •1/4-3/4 twisting release to extended 1 leg stunt •Lib to body position Tic Toc •Release from Prep level or below to extended 1 leg stunt 	<ul style="list-style-type: none"> •1.5 Twisting transition to extended body position •Full twisting switch up to body position •Released inversion from prep level or above to extended body position •Double up to extended single leg stunt



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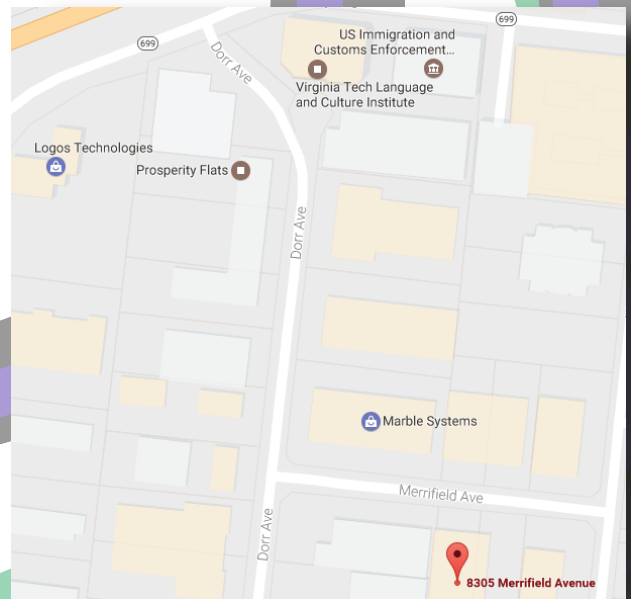
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