



(CHEER)

TWIN CITIES

2024-2025

**PROGRAM
PACKET**

WELCOME

Thank you for your interest in becoming part of Cheer Twin Cities!

We look forward to meeting each of you and working with your athlete. When you come to Cheer Twin Cities, it is more than just learning cheerleading - It's about gaining confidence, learning the value of hard work, leadership, responsibility, and how to work as a team.

We have prepared the following information to help each family understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. Discuss the following information with not only your athlete but also with your family prior to registering to ensure this is a good fit. Together, we can have a positive impact on your athlete's life and create experiences for the entire family. We hope that you find this packet informative and that it answers any questions you might have.

We're excited to welcome you to the #BlueCrew community!



WHO WE ARE

MISSION

At Cheer Twin Cities, our mission is to build an inclusive community where athletes feel valued and cared about while developing self-confidence and grit to successfully navigate the world around them.

OUR VALUES

COMMUNITY

Cheer Twin Cities (CTC) is a place of belonging and acceptance. Our community is comprised of the coaches, athletes, families and support systems that help the gym, teams, and individuals' reach their goals both inside the gym and out.

ACCOUNTABILITY

Our community depends on one another to show up, give their best effort, have a positive attitude, and prioritize the team over personal interests.

GROWTH MINDSET

We believe that all people can improve their skills, ability and intellect through focused effort and resilience.

EXCELLENCE

We acknowledge and celebrate all improvements, while striving for better in all that we do through discipline, dedication, and hard work.

CONFIDENCE

At CTC, we believe that confidence is developed by building competence in one's ability to bounce back from disappointments and overcome challenges both on and off the mat.



WHAT IS ALLSTAR CHEERLEADING?

All Star Cheerleading is a dynamic team sport that includes both girls and boys. They perform a 2:30 minute routine consisting of stunting, pyramids, dance, showmanship, acrobatics, tumbling and a number of other types of choreographed maneuvers utilizing a spring floor.

While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

All Star Cheer differs from traditional school cheer teams in that its primary purpose is competition, while school cheer involves crowd leading and other school roles, as well as the option for competition. All Star cheer teams are most often organized and based out of a club and have teams that are open to all area cheer athletes.

TEAM PLACEMENTS

The All Star program fields teams of athletes ages 3+ and ranging in levels 1-6. The full year season begins in June and lasts through mid March. If we are awarded a bid, we do plan on attending end of season events which teams will then practice through late April.

All Star Cheer is divided into categories by age and experience so that an athlete may participate in a way that fits them perfectly. These divisions allow programs to place athletes on teams where they can grow, be inspired and be challenged throughout the season ahead.

Teams are formed based on tiers for every ability level, from Novice to Elite. All Star rules are leveled based on progressions of skills commonly performed in cheer and are developmentally appropriate for the age of the competitor.



SKILLS GRID

Tumbling must be demonstrated with proper technique

LEVEL 1	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>forward roll backward roll</p>	<p>RUNNING</p> <p>round off cartwheel</p>
LEVEL 2	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>back handspring</p>	<p>RUNNING</p> <p>round off back handspring</p>
LEVEL 3	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>3 BHS jump BHS</p>	<p>RUNNING</p> <p>RO BHS Tuck aerial punch front</p>
LEVEL 4	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>tuck BHS tuck series BHS to tuck</p>	<p>RUNNING</p> <p>RO BHS layout</p>
LEVEL 5	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>jump tuck combo BHS(s) to layout BHS(s) to x-out</p>	<p>RUNNING</p> <p>RO BHS full</p>
LEVEL 6	LEVEL APPROPRIATE	ADVANCED
	<p>STANDING</p> <p>jumps tuck combo jumps to BHS full</p>	<p>RUNNING</p> <p>PF RO BHS full RO BHS whip to full</p>

EVALUATION INFORMATION

We will be offering teams of various skill levels for all ages. Athletes will need to attend 1 initial evaluation and 1 group evaluation. All athletes with the will to learn & have fun will be placed on a team and will be placed according to both age and skill level. Evaluations will be offered at both our Burnsville + Woodbury location and we plan to have prep/elite teams in both locations. If you do not have a location preference, you may tryout at either.

FEES

Early Bird Registration: \$129 (4/1 - 4/7)

Registration Fee: \$179 (beginning 4/8)

Private Evaluation: \$199

Late Registration: \$199 (after 5/16)

Flyer Evaluation: \$25

EVALUTION DATES

Evaluations begin: Week of 5/13

*Evaluation age range does not elude to the age range of any team(s) and is simply a way for us to break up the evaluation times!

- Ages 4-6 (birth years 2019-2017)
- Ages 7-12 (birth years 2012-2016)
- Ages 13+ (birth years 2005-2011)

Flyer Tryouts: Week of 5/13

Group Callbacks: Week of 5/20 (times tbd)

Team Announcements: 5/26

Mandatory Parent Meeting: 6/2

Practices Start: 6/3

*We will be offering a novice team for ages 3-6 (birth year 2018-2021), however they will not be required to be evaluated and will start in August. More information can be found in the 'Program Costs' page of this packet.

EVALUATION PROCESS

Tryouts at CTC are casual and low-stress. During the evaluation, athletes show skills they have developed and demonstrate a potential to learn new skills. Athletes are given numerous opportunities to show skills in a laid back environment.

After the final tryout session, the staff assembles rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Athlete individual skills, experience, and what would form the most competitive and successful team. After rosters are set, athletes (or parents) are contacted by email to let them know the results of tryouts. We offer multiple tryout sessions for each age group. Athletes should register for one.

If you wish to be considered for a flyer position on a team, you should additionally register and attend one of the flyer evaluations at your preferred location.



HOW TO REGISTER FOR AN EVALUATION

1. Visit www.cheertwincities.com
2. Click the appropriate evaluation link based on your child's age
3. Find a time slot that works and click "book now"

*If you see no available time slots, ensure you select your preferred location from the 'location' drop down.

4. Create a parent account or sign in if you are already registered.

*If creating a new account, make it for yourself first, and then you can add your athlete under your profile.

5. Fill out all required forms and click continue to check out.

6. Get ready to be a part of something great!

Athletes will attend one initial evaluation during the week of 5/13 and then will be assigned a group evaluation during the week of 5/20.



TEAM INFORMATION

We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 24/25 season, there will be 10 monthly charges beginning June 2024 through March 2025 for full year teams. The first month of tuition will be charged on June 7th. For the remaining months, tuition is payable on the 1st of each month. (October tuition due on October 1, etc.)

This monthly fee covers tuition, competition fees, choreography, music, and most other expenses and does not fluctuate from month-to-month. Tuition does not change based on the number or length of practices in any particular month. Multiple fundraising opportunities are offered throughout the year to help offset the cost of the season.

All athletes attending evaluations will be placed on a team. If an athlete chooses to decline a roster spot, no refunds will be made.

APPAREL

The only item that is required but not included in our apparel package is white cheer shoes as everyone looks for something different in their footwear. If this is your first year or you're ready to retire the torn up shoes you've had for a few seasons, we've got you covered!

We have chosen Rebel Athletic as an industry partner, who has given us a discount on all Rebel Athletic footwear to pass along to our families. We like that their shoes are durable, super lightweight, and best of all - comfortable. We will have the different styles and sizes available to try on at the gym and we will be placing orders at team fittings.

There will be two different options for your apparel payment. Below, we have shared what both options will look like for your convenience.

Option 1: Pay for apparel up front and receive a discount.

Option 2: Split apparel up into 4 monthly payments (June-September) and pay combined with your tuition.



INCLUDED NOVICE APPAREL

	UNIFORM	PRACTICE T-SHIRT	BOW	SHOES	BACKPACK	PROGRAM PRACTICE WEAR BRA
Novice	✓	✓	✓	Optional	Optional	Optional

INCLUDED PREP APPAREL

	UNIFORM	COMP BOW	TANK TOP 1	TANK TOP 2	LIP KIT	BACKPACK	PROGRAM PRACTICE WEAR BRA	PROGRAM PRACTICE WEAR SHORTS	COVERUP JERSEY
New Prep Athlete	✓	✓	✓	✓	✓	Optional	Optional	Optional	Optional
Returning Prep Athlete		✓		✓			Optional	Optional	Optional

INCLUDED ELITE APPAREL

	UNIFORM	COMP BOW	PRACTICE BOW	TANK TOP 1	TANK TOP 2	LIP KIT	BACKPACK	PROGRAM PRACTICE WEAR BRA	PROGRAM PRACTICE WEAR SHORTS	COVERUP JERSEY
New Elite Athlete	✓	✓	✓	✓	✓	✓	✓	✓	Optional	Optional
Returning Elite Athlete		✓	✓		✓			✓	Optional	Optional

PROGRAM COSTS

NOVICE

Our Novice All Star teams are a great introductory training program that focus on the skill building, technique, and performance factors needed in competitive cheer.

Novice Teams: Ages 3-6 (birth year 2018-2021)

Practices: 1 per week (1 hour)

Competitions: 2 local performances

Novice Team Costs:

\$139/month (August-February)

- Payment Option 1: \$139 monthly
- Payment Option 2: \$973 due 9/1



PREP

Our Prep All Star program is best suited for athletes that have basic skills for their respective All Star level but would like additional training to perfect their technique.

This program offers a lesser travel + time commitment than Elite while still offering a great competitive + training experience

Prep Teams: Ages 5+ (birth year 2018 and before)

Practices: 1 per week (2 hours)

Competitions: 5 local competitions,
1 regional competition

Prep Team Costs:

\$2,350 + Apparel (\$235/month June-March)

- Payment Option 1: \$235 monthly + \$425 apparel fee due 7/1
- Payment Option 2: \$366 due in June, July, August, September, \$235 for the remainder of the season.

Returning Prep Athletes:

\$2,350 (\$235/month June-March)

- Payment Option: \$235 monthly + \$80 apparel fee due 7/1



PROGRAM COSTS

ELITE

Our Elite All Star program is designed for athletes that have level preferred skill sets focused on technique/execution + skill mastery.

Elite Teams: Ages 5+ (birth year 2018 and before)

Practices: 3 per week (2 - 2 hour team practices, 1 - 1 hour tumbling practice.)

Competitions: 3 local competitions, 2 regional competitions, 1 national competition

New Elite Athlete Costs:

\$3,550 + Apparel (\$355/month June-March)

- Payment Option 1: \$355 monthly + \$760 apparel fee due 7/1 (Save \$100)
- Payment Option 2: \$560 due in June, July, August, September, \$355 for the remainder of the season.

Returning Elite Athletes:

\$3,550 (\$355/month June-March)

- Payment Option: \$355 monthly + \$200 apparel fee due 7/1



GYM BREAKS

NO PRACTICES	
Labor Day	August 30th - September 2nd (Gym Closed)
MEA	October 16-17th (Practice will be adjusted to another day this week)
Halloween	October 31st (Practice will be adjusted to another day this week)
Thanksgiving	November 26-30th (No team practices)
Holiday Break	December 23rd - January 1st (No team practices)

IMPORTANT DATES	
Team Pictures	December 2nd @ CTC Burnsville
Choreography	Exact choreography dates will be determined once we have all teams determined. Typically this will take place in early August and attendance is mandatory.

COMPETITION SCHEDULE

Our competitions are still being selected for the 2024-2025 season. Competition season begins in November and will go through March. We plan to have our competition schedule finalized by July 1st. Please wait to book any travel between November-May until we have our competition schedule finalized.

END OF SEASON EVENT

This season we are planning on attending end of season events if we are awarded a bid. This includes US Finals, All Star Worlds, or The Summit. The cost of these events are not included in this packet as it is not a guarantee.

ACCOMODATIONS

We plan on attending competitions that will be 'stay to play' events. This means that you will need to book hotel accommodations through a housing partner offered by the competition host. We will send out instructions on how to book your rooms in advance.



**STILL HAVE QUESTIONS?
REACH US AT:**

✉ CHEERTWINCITIES@GMAIL.COM

☎ 952-595-5498