



## 2022-2023 CRUSH CHEER HALF-SEASON EVALUATION PACKET

### INTRODUCTION

To athletes that are interested in a meaningful cheer experience, Crush Cheer is a program that inspires, encourages, and nurtures athletes to achieve their very best. Our mission is to develop well-rounded athletes through an environment of positive energy, self-motivation, and hard work. Our Crush core values include: to build and maintain a positive team and family spirit, promote confidence, act with integrity, behave intentionally, foster passion, and inspire a will to win.

### TEAM EVALUATIONS

Crush is offering a half-season cheer team starting at the end of September.

Prep is a lower commitment level team that requires **mandatory** attendance at the following:

- 2: 1.5-hour team practice
- Approximately 3-4 **mandatory** competitions.

*\* Team practices could be at either Champions 1826 or Champions Westlake.*

A team evaluation session is required to join the Crush Half-Season team. The evaluation will showcase your athlete's skills in a practice setting (dance, jumps, tumbling, flexibility, endurance, etc.). All athletes will need to register for evaluations online at [crushcheer.com](http://crushcheer.com).

*\*If you are unable to attend the evaluation session listed below, please email [admin@crushcheer.com](mailto:admin@crushcheer.com) to schedule a private evaluation prior to September 16.\**

Athletes should wear

- black shorts,
- Plain black fitted shirt or tank (*no logos or crazy prints/fonts*)
- hair in a ponytail
- cheer shoes or athletic shoes.

**EVALUATIONS ARE HELD AT CHAMPIONS WESTLAKE LOCATION**  
**AGES 5-18**

<b>TEAM EVALUATIONS</b>	
<b>VIDEO OF DANCE</b> Will be emailed out on September 6th	<b>CHAMPIONS WESTLAKE</b> Friday, September 23 5:00-7:00 PM

*\*Please arrive 15 minutes early to stretch and warm-up before their evaluation.\**

After evaluations, Crush coaches and staff assemble rosters for the upcoming season. Teams are selected based on a variety of criteria including: existing cheer skills and/or ability to pick up on new instruction, previous experience, age and team composition. After rosters are set, families are contacted by email within the next few days to let them know the results of evaluations and recommendations for team placements.

**CAMPS/HOLIDAY BREAKS**

**Mandatory Choreography Skills Camp: Saturday, October 22, 9am - 1pm**

Evolution Camp is mandatory and will be held on October 22 from 9:00 AM - 1:00 PM. Cost is \$50. This will be a skills camp where they will be learning stunts, jumps and motions for their routine.  
(LOCATION TBD)

**Choreography Camp: October 31-November 3rd (LOCATION AND TIMES TBD)**

Choreography Camp is mandatory for all athletes to learn their competition routine and will be held October 31-November 3rd, times and locations TBD.

**HALF-SEASON PRACTICE SCHEDULE**

During the 2022-23 half-season (October through mid-May), Crush Prep teams will have a set weekly practice schedule: two 1.5-hr team practice along at either Champions Westlake or Champions 1826.

Weekly practice times remain consistent throughout the half-season and are only changed under special circumstances. During the weeks leading up to competition, additional practice times may be scheduled on Saturdays or Sundays. Every attempt will be made to notify you as soon as possible.

**COMPETITIONS**

All Crush Prep teams will compete in 3-4 competitions between the months of January - May. Most of the competitions will be regional in location (Austin, San Antonio, San Marcos) with the potential to go to Galveston/Dallas.

Competitions are subject to change due to various factors throughout the season. We will notify you of changes as soon as possible. Teams may also be awarded bids to participate in the U.S. Finals, The One or other bid awarded competitions. Crush Cheer plans to attend any competitions they receive bids for.

## **COSTS AND TUITION**

### **EVALUATION**

Evaluation fees are billed at the time of registration.

- Evaluation Fee \$50

### **MONTHLY TUITION**

Monthly tuition includes team and tumbling practices including any extra team practices that may be needed, administrative costs, and showcase performances. Costs are billed monthly, from September 25, 2022 - April 25, 2023.

- Novice and Prep Team(s) \$240

### **COMPETITION & EXTRA FEES**

Competition & Extras Fees cover competition entry fees, coaches' travel expenses, choreography costs, Spirit Wear fee and music fees. Costs are billed monthly on the 25th of each month, from November, 2022 - April 2023.

- Novice and Prep Teams \$130

### **COSTS NOT INCLUDED IN TUITION**

*All costs are estimates, not inclusive of tax, and are subject to change.*

#### REQUIRED:

- Practice Wear \$125 est +tax
- Competition Uniform + Bow \$250 est. (New uniform this season)
  - ❖ This season we will be offering opportunities to rent uniforms
- Competition Makeup \$50 (Same make-up as last season)

#### OPTIONAL:

- General Open Gyms at either gym \$5 per Open Gym
- Crush Cheer All-Star Team Backpack \$130 (due in October)

*\*All athletes must also purchase cheer shoes (Nfinity Vengeance brand) from their retailer of choice to wear at cheer competitions.*

During the season, several additional *optional* merchandise items may be made available for purchase.

Should we place high at a bid event, there is the possibility of attending an additional competition (The One, U.S. Finals, etc.) for teams that qualify. Participation will be expected from all athletes awarded any level of bid.

Additionally, throughout the competition season, athletes will be required to travel. Hotel accommodations and travel expenses will be the responsibility of the parent/guardian.

## SKILL GRID

We look to build well-rounded athletes that are not defined by just one facet of cheer. During the tryout process, all athletes are evaluated on jumps, dance, core strength, stunt ability, tumbling, and overall coordination and sharpness. All tumbling skills that are demonstrated must be executed with consistency, good technique, and in conjunction with other skills. We also consider the athlete's age, stunt positions, choreography retention, overall coachability and team composition when building our teams. It is best to go into evaluations with no expectations as teams are decided with a big picture in mind.. Please trust the process.

Tumbling skills alone do not determine level placement; however, nearly every athlete should have all of the appropriate tumbling skills for their level, and be able to perform the skills with consistency and good technique. As established by Varsity, the following grid lists the tumbling skills for each level of All-Star cheer, however our team placement is not solely determined based on tumbling.

LEVEL 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HAND STAND • HAND STAND FORWARD ROLL/FRENT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	ROUND OFF • CARTWHEEL BACK WALKOVER • FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS- CARTWHEEL/BACK WALKOVER
LEVEL 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES
LEVEL 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	ARIELS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK
LEVEL 4	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • BACK WALKOVER BHS BACK TUCK • BHS SERIES TO LAYOUT BHS BACK TUCK BHS BACK TUCK • BHS BACK TUCK BHS LAYOUT JUMP TO BHS SERIES TO BACK TUCK/LAYOUT • BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEP OUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEP OUT TO LAYOUT ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT PUNCH FRONT STEP OUT BHS WHIP BHS TO BACK TUCK • PUNCH FRONT STEP OUT BHS WHIP BHS TO LAYOUT FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

## TEAM EXPECTATIONS

All-Star Cheer is a select sport. It takes commitment from both the athlete and the families of athletes. The team and individual can only be truly successful with everyone at practice. We work extremely hard to try and minimize conflicts for our athletes, and expect athletes to make every effort to maintain good attendance.

If you are involved in a school activity, have a planned vacation, or other reason to miss practice, we request written notice 2-weeks in advance. All other absences such as illness should be reported as soon as possible.

## **2022-2023 HOLIDAY SCHEDULE**

Thanksgiving Holiday: November 21 - November 25  
Winter Break: December 19 - January 3  
Spring Break: March 13 - March 17 (We hold practices on the last Sunday of Spring Break)  
Easter: April 9

<b>CRUSH CHEER - Westlake</b> 2805 Bee Caves Rd #405 Austin, TX 78746 (512) 426-1990	<b>CRUSH CHEER - 1826</b> 360 Lotus Circle Austin, TX 78737 (512) 960-5050
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**QUESTIONS? Contact us at: [admin@crushcheer.com](mailto:admin@crushcheer.com)**