



CHEER ATHLETICS

Club STUNT Evaluation Packet 2024

ST. LOUIS



THE BEST OF THE BEST



CHEER ATHLETICS ST. LOUIS CLUB STUNT FALL 2023

YOU BELONG HERE.

INTRO


2024-25 marks the 31st season of Cheer Athletics and the 4th year of Cheer Athletics St. Louis Club STUNT! This tryout packet has been carefully prepared to best inform you with dates, pricing and some other information about our program that has been tried to truly be the best of the best.


WHY US

Cheer Athletics is widely regarded as the most successful athletic program of its type. CA helps build healthy, happy, and confident athletes. The life lessons are many; including sportsmanship, teamwork, time management, goal setting and striving to win!

Today, more than ever, athletes need a place to belong, a reason to persevere and feel empowered. CA athletes, their parents and families are invited to be part of G3FCA2A tradition. We are united for our athletes, to challenge limits and beat expectations!

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OUR SERVICES

Cheer Athletics helps push athletes to be the best version of themselves. Athletes learn the "CA Way" of competitive cheerleading and STUNT the Sport, but they will also be given lifelong skills that will help them throughout their lives. The progress our athletes see in positive and productive surroundings can be amazing. A pat on the back, a high five, and positive reinforcement can go a long way.

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STUNT THE SPORT

STUNT is one of the fastest growing female sports in the country. As a new form of competitive cheerleading, STUNT is performed in a head-to-head 4-quarter format. Each quarter focuses on different elements of competitive cheerleading.

- Quarter 1: Partner Stunts
- Quarter 2: Pyramids & Tosses
- Quarter 3: Jumps & Tumbling
- Quarter 4: Team Routine

Within each Quarter, there are 2-4 rounds of play, dependent upon age category. Each "round" of play will focus on a pre-set routine that ranges in skill level. (*Skill Grid breakdowns by age and level at the end of this informational packet*). For 8U teams, there are 3 potential levels of play while 11U, 14U, 16U, and 18U have a potential of 6 levels of play. Each "play" will last 30 seconds, or ten 8-counts. A game of STUNT typically lasts about 45-60 minutes.

Scoring Officials will determine the number and degree of errors made by each team during play. The team with the fewest deductions is declared the winner of each round, receiving points toward their final score.

Learn more about STUNT the Sport by visiting www.stuntthesport.org

TEAM PLACEMENTS

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have developed and demonstrate a potential to learn new skills.

After the final session of evaluations, the staff assembles rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Athletes individual skills, experience, age, and what would form the most competitive and successful team are taken into consideration. After rosters are set, athletes (or parents) are contacted by phone to let them know the results of the evaluations.

We offer multiple evaluation sessions. Athletes are only required to attend one evaluation session for STUNT the Sport.

There are 5 potential age groups an athlete could be placed in:

- 8U: 5 to 8 years old
- 11U: 8 to 11 years old
- 14U: 11 to 14 years old
- 18U: 14 to 18 years old
- 18+: 18 to 25 years old

Athletes will be placed on the team that correlates with their age group. "League Age" is determined by the age of the athlete as of June 1, 2024. Each team will consist of anywhere between 8-24 athletes. As in most sports, athletes will be given the opportunity to learn all choreography and plays for all levels. Athletes will be chosen to perform in selected plays within their skill level and which benefits the team.

All athletes attending an evaluation will be selected for a team. If CA is not able to find a placement for an athlete, 100% of the tryout fee will be credited back. If an athlete chooses to decline a roster spot prior to June 15, the initial tuition will be credited back.

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PRACTICES/ATTENDANCE

All teams have a regular two practice days per week schedule. Typically, 2 weekday practices, one weekday and one weekend, or both on the weekend depending on levels. From September through December, please count on the additional team practice. Practice times usually remain consistent throughout the season and are only changed as needed. (Some facilities may adjust schedules during the summer months to 2 weekday practices, returning to a "regular" schedule in the fall.)

During important times of the season, extra practices may be scheduled. These practices are typically scheduled well in advance and all athletes are expected to attend.

Classes in stretching, jumps and tumbling are available to sign up. Any CA Club STUNT athlete is eligible for the "Class Pass" rates, but must be enrolled in the program in June to take advantage of the offer. The "Class Pass" rates will be charged to your account monthly for the entire season, running from June through December.



GAME SCHEDULE

Game/Tournament schedule will depend on age division. The cost of the season that is paid in your monthly tuition cost includes the fees associated with registering and competing in 3-6 different events.

Our 8U and 11U teams will most likely stay within our "region" for games. These age groups are not eligible for post-season tournaments. All other divisions (14U, 18U, 18+) will travel nationally in order to play other teams in their age groups and work towards a chance to be invited to post-season tournament play.

Game/Tournament schedules will be released in the month of July/August after teams have been set and tournament registrations open.



COST/TUITION

STUNT the Sport, while not as costly as some youth activities, can still be expensive. Before considering CA or any program, please consider the financial commitment involved. Cheer Athletics has the finest staff and the most state-of-the-art facilities in our sport. As a result, our fees are higher than many programs. However, factoring tournament entry fees, summer activities, and other expenses that are typically charged separately at many other gyms, you may end up spending more at some other programs. Although others may advertise lower rates, CA's overall value per dollar is highly competitive.

We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 2024 Club STUNT season, there will be 7 monthly charges beginning June 2024 through December 2024. The first month of tuition will be charged on or around Saturday, June 15, tuition will be payable on the 15th of each month. (July tuition July 15, etc.)

This monthly fee covers tuition 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. Costs vary depending on location - please see tuition listing for your facility.

The season price covers all expected costs including annual team fees, regular season game/tournament fees, music, choreography, and coaching fees. Not included in this cost is any apparel items that the athlete will keep, cost for travel and stay for away games/tournaments, post-season tournament fees, and USA Cheer Athlete Membership Fee and new this season \$100 Camp Fee to cover extra time/training for the Tumbling Fundamentals, STUNT Fundamentals, and Play Assignment Camps.



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2024 ST. LOUIS INFORMATION

EVALUATION SESSION DATES

SESSION 1

Tuesday, May 28

5:00pm-7:00pm	Athletes 11 & under 2012-2018 birth years
7:00pm-9:00pm	Athletes 12 & up 1998-20111 birth years

SESSION 2

Tuesday, June 3

5:00pm-7:00pm	Athletes 11 & under 2012-2018 birth years
7:00pm-9:00pm	Athletes 12 & up 1998-20111 birth years

EVALUATION FEES

New Athletes

New Athlete	\$40
Private Tryout	\$75

Returning Athletes

Returning Athlete	\$30
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Late Evaluation Fee

ALL LATE ATHLETES	\$60
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**All athletes that are evaluated after the date of June 3, 2024 will incur an evaluation fee of \$60.*

TEAM PLACEMENT CALLS

Team placements will be announced the week after Memorial Day Weekend. The athlete or parent will receive a phone call.

Practice schedule will be communicated during team placement calls. First week of practices will be held the week of June 10, 2024.

TUITION

Season consists of 7 monthly payments, June-December

STUNT Only Athlete Pricing

	Season	Monthly
8U & 11U	\$1260	\$180
14U / 18U / 18+	\$1540	\$225

****SPECIAL CROSSOVER ATHLETE PRICING****

This is special discounted pricing for any of our CA All Star Team Athletes ONLY.

Crossover Athlete Pricing

	Season	Monthly
8U & 11U	\$900	\$129
14U / 18U / 18+	\$1000	\$143

OTHER COSTS (estimates)

- ****NEW**** Camp Fee \$100 (due upon contract signing)
- Practice Wear & Game Day Uniform \$250 (more info below)
- Annual Registration Fee \$55 (typically in June)
- USA Cheer STUNT Athlete Membership Fee (due to USA Cheer)
 - Returning Athlete \$20
 - New Athlete \$25
- Possibility of extra game/tournament fees if cost exceeds the anticipated amount (added cost likely under \$200 total)
- Possibility of extra costs for post-season bid tournaments (State/Regional/National Championships)

SEASON APPAREL (estimates)

Practice Tank	\$26
Blue Claw T-Shirt	\$28
Black Claw T-Shirt	\$28
Game Day Jersey	\$32
Game Day Spandex	\$24
Shoes	\$90

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SKILL GRID (FROM FALL 2023 SEASON ROUTINES)

8U

Partner Stunts

Level 1

- Thigh Stand
- Teddy Bear
- Crossed Legged Turn
- Straddle Transition
- Knee Stand

Level 2

- Prep
- Bump Down Dismount
- Waist Level Arabesque Tick-Tock
- Waist Level Liberty

Level 3

- Assisted Preproperty
- Assisted Front Cradle Dismount
- 1/2 Up to Load
- Prep

Jumps & Tumbling

Level 1

- X Jump
- Forward Roll

Level 2

- Cartwheel
- Assisted Hand Stands
- Forward Rolls
- Tuck Jump

Level 3

- Back Walkover
- Backward Roll
- Toe Touch
- Power Hurdle Roundoff
- Cartwheel
- Forward Roll
- Pike Jump

11U

Partner Stunts

Level 1

- Prep
- Bump Down Dismount
- Waist Level Arabesque Tick-Tock
- Waist Level Liberty

Level 2

- Assisted Preproperty
- Assisted Front Cradle Dismount
- 1/2 Up to Load
- Prep

Level 3

- Handstand to Teddy Bear
- Half Up to Prep
- Preproperty
- Pump & Go Extension

Level 4

- Half Up to Prep
- Baja
- Pump & Go Cradle
- Preproperty Heel Stretch

Jumps & Tumbling

Level 1

- Cartwheel
- Assisted Hand Stands
- Forward Roll
- Tuck Jump

Level 2

- Back Walkover
- Backward Roll
- Toe Touch
- Power Hurdle Roundoff
- Cartwheel
- Forward Roll
- Pike Jump

Level 3

- Toe Touch
- Forward Roll
- Back Walkover
- Hand Stand Forward Roll
- Cartwheel
- Power Hurdle Front Walkover Cartwheel
- Right Front Hurdler

Level 4

- Pike Jump
- Cartwheel Back Walkover
- Power Hurdle Roundoff Back Handspring
- Toe Touch
- Standing Back Handspring
- Right Front Hurdler



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SKILL GRID (FROM FALL 2023 SEASON ROUTINES)

14U

Partner Stunts

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none"> Quick Toss to Load Load to Prep Load to Prone Roll 1/4 Up to Shoulder Sit P&G to Shoulder Level Hitch 	<ul style="list-style-type: none"> Below Shoulder Level Inversion 1/2 Up to Prep Liberty Retake to Prep Extension Cradle Retake to Thigh Stand 	<ul style="list-style-type: none"> Quick Toss P&G Extension Pop Off Dismount Basket Grip 1/2 Up to Prep F. Suspended Roll from Load Roundoff to Load to Extension 	<ul style="list-style-type: none"> FWO to Prep Shoulder Level 360 to Load to Extension Prep Release 1/2 around to prep Flatback at Waist Level Back Walkover out Dismount P&G Extension 	<ul style="list-style-type: none"> FWO Ground to Shoulder Level Pike Sit P&G Full Down Dismount Quick Toss to Prep Retake to Liberty 360 to Load Prep 	<ul style="list-style-type: none"> Quick Toss to P&G Extension Full Down Dismount Shoulder Level Inversion to Prep 360 to Prep Liberty

Jumps & Tumbling

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none"> Right Front Hurdler Cartwheel Backward Roll Toe Touch Power Hurdle Front Walkover Hand Stand Forward Roll 	<ul style="list-style-type: none"> Hand Stand Forward Roll Cartwheel Right Front Hurdler Toe Touch Power Hurdle Front Walkover Cartwheel Forward Roll 	<ul style="list-style-type: none"> Right Front Hurdler Standing Back Handspring Power Hurdle Front Walkover Toe Touch Power Hurdle Roundoff Back Handspring Back Extension Roll 	<ul style="list-style-type: none"> Pike Forward Roll Power Hurdle Roundoff Tuck Power Hurdle Roundoff 2 Back Handspring Standing Back Handspring Toe Touch 	<ul style="list-style-type: none"> Toe Touch Power Hurdle Roundoff BHS Standing BHS Standing 2 BHS Backward Roll Forward Roll Power Hurdle Roundoff BHS Tuck Right Front Hurdler Cartwheel 	<ul style="list-style-type: none"> Power Hurdle Roundoff Tuck Power Hurdle Roundoff BHS Tuck Standing Tuck Pike Standing BHS Toe Touch

18U

Partner Stunts

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none"> Below Shoulder Level Inversion 1/2 Up to Prep Liberty Retake to Prep Extension Cradle Retake to Thigh Stand 	<ul style="list-style-type: none"> Quick Toss to Load Faux Single Base Prep Load to Prone Roll 1/2 Up to Prep Hitch to Press Extension Cradle Reload to Prep 	<ul style="list-style-type: none"> FWO Ground to Shoulder Level Pike Sit P&G Full Down Dismount Quick Toss to Prep Retake to Liberty 360 to Load Prep 	<ul style="list-style-type: none"> Peg Leg 3/4 Up to P&G Heel Stretch Corkscrew Dismount Quick Toss to Prep Prone Dismount to FWR CW to Prep Retake to Liberty 	<ul style="list-style-type: none"> 360 to Target Faux Single Base Extension Pop Off Dismount Roundoff Release to Target 1/4 Turn Switch Up Arabesque 1-1/4 Full Down Dismount Cradle Reload to Extension 	<ul style="list-style-type: none"> Back Handspring Up to Pump & Go Low-to-High 360 Arabesque Split Leg Pancake Dismount 360 Release to Target Corkscrew Dismount Single Base Liberty

Jumps & Tumbling

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none"> Hand Stand Forward Roll Cartwheel Right Front Hurdler Toe Touch Power Hurdle Front Walkover Cartwheel Forward Roll 	<ul style="list-style-type: none"> Back Extension Roll Power Hurdle Roundoff 2 BHS Forward Roll Toe Touch Standing BHS Power Hurdle FWO Roundoff BHS Right Front Hurdler 	<ul style="list-style-type: none"> Toe Touch Power Hurdle Roundoff BHS Standing BHS Standing 2 BHS Backward Roll Forward Roll Power Hurdle Roundoff BHS Tuck Right Front Hurdler Cartwheel 	<ul style="list-style-type: none"> Power Hurdle Roundoff BHS Tuck Right Front Hurdler - Toe Touch Combo Power Hurdle FWO Toe Touch Power Hurdle Roundoff Tuck Handstand FWR Standing BHS Tuck Toe Touch BHS 	<ul style="list-style-type: none"> Standing BHS Right Front Hurdler - Toe Touch Combo Roundoff BHS Layout Power Hurdle FWO Roundoff BHS Tuck Pike Jump Standing Tuck 	<ul style="list-style-type: none"> Front Walkover Right Front Hurdler - Toe Touch Combo Standing Tuck Toe Touch Toe Touch Back Handspring Power Hurdle Roundoff Back Handspring Layout Roundoff Back Handspring Full Standing Back Handspring Tuck

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AGE GRID for 2024-2025 STUNT Season

DIVISION	LEAGUE AGE	LEAGUE AGE AS OF	MIN # ON TEAM	MAX # ON TEAM
8U	5-8 years old	June 1, 2024	8	16
11U	8-11 years old	June 1, 2024	8	16
14U	11-14 years old	June 1, 2024	8	16
18U	14-18 years old	June 1, 2024	12	24
18+	18-25 years old	June 1, 2024	12	24

Important Dates for 2024-2025 STUNT Season

FIRST PRACTICE: Week of June 10
STUNT FUNDAMENTALS CAMP: June 14
TUMBLING FUNDAMENTALS CAMP: June 15
PLAY ASSIGNMENT CAMP: June 24-27
BLUE DEBUT: November 10
LAST PRACTICES: Week of December 15

BREAKS

SUMMER BREAK: June 28 - July 7
LABOR DAY: August 30 - September 2
FALL BREAK: November 27 - 30





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