

CHEER ATHLETICS



STUNT INFORMATION SPRING 2024



Cheer Athletics – Club STUNT

The BEST of the BEST

STUNT the Sport

STUNT is one of the fastest growing female sports in the country. In January 2023, STUNT was recognized as an 'Emerging Sport for Women' by the NCAA DII. 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 can be found on the last page of this informational packet.) For 8U teams, there are 3 potential levels of play, while 11U, 14U, and 18U have a potential of 6 levels of play. Each "play" will last 30 seconds, or ten 8-counts long. 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



You Belong Here

We are so excited to release our information for the upcoming 2024 Club STUNT Spring Season. We hope that providing more information about this emerging program in the industry and within Cheer Athletics, that it helps interested athletes and families plan.

Cheer Athletics is widely regarded as the strongest, most successful athletic program of its type in the world. For 25+ years, CA has helped build healthy, strong, and confident athletes. Athletes learn about sportsmanship, working together towards goals, and striving to win. The teamwork athletes gain from our program is a valuable lifelong lesson.

The World Needs More Cheer

Today, more than ever, the world needs more cheer. Cheer offers hope, purpose, and community. It **inspires, empowers, & frees**. It unshackles children from society's constraints & expectations, and, it never judges...except for those 30-second plays on the mat.

At **CA** we believe...

That cheer prepares you for the sport called life.
In freeing your inner cheerleader.
That mat talk can change lives.
In changing lives, one 8-count at a time
and more than anything,
the world needs more cheer.





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Evaluations

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

After 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 email to let them know the results of the evaluations.

There are 3 potential age groups an athlete could be placed in for the Spring season:

- 8U: 5 to 8 years old
- 11U: 8 to 11 years old
- 14U: 11 to 14 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, 2023. 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 evaluation fee will be credited back. If an athlete chooses to decline a roster spot prior to Monday, February 5, 2024, the initial tuition will be credited back.

www.cheerathletics.com/rockwall

Season Overview

All teams have one practice day per week and the schedule will be determined after tryouts. There may be extended or additional team practice leading up to any performances, scrimmages, games, or tournaments. Practice times usually remain consistent throughout the season and are only changed as needed. 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.

It is very important for athletes and their families to consider the time commitment and financial obligation associated with STUNT.

Spring STUNT games/tournaments run from February through May, so there is overlap with All Star nationals competition season, typically beginning in January. While it is possible to participate in both All Star and STUNT, we encourage All Star Elite athletes to evaluate the time commitments they already have in place prior to Spring STUNT.

The two programs are different in format, but the skills, level of competition, and camaraderie are equally beneficial for athletes at each age and skill level.





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Game / Tournament Schedule

Game/tournament schedule will depend on age division. The cost of the season that is paid in your monthly tuition includes the fees associated with registering and participating in 3-5 different events.

The 8U and 11U age groups are not eligible for post-season tournaments but may still travel within the state. 14U may travel nationally to play other teams within their age groups and work towards a chance to be invited to post-season tournament play.

Finalized game/tournament schedules will be release in the month of February after teams have been set and tournament registration opens.

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 competition 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 Spring season, there will be 4 monthly charges beginning February 2024 through May 2024. *The first month of tuition will be charged on Thursday, February 1, 2024.* Tuition will be payable on the 1st of each month. (March tuition March 1st, 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. Not included in this cost is any apparel items that the athlete will keep, cost for travel and stay at away games/tournaments, post-season tournament fees, and USA Cheer Athlete Membership fee.

2024 ROCKWALL INFORMATION

Evaluation Session Date

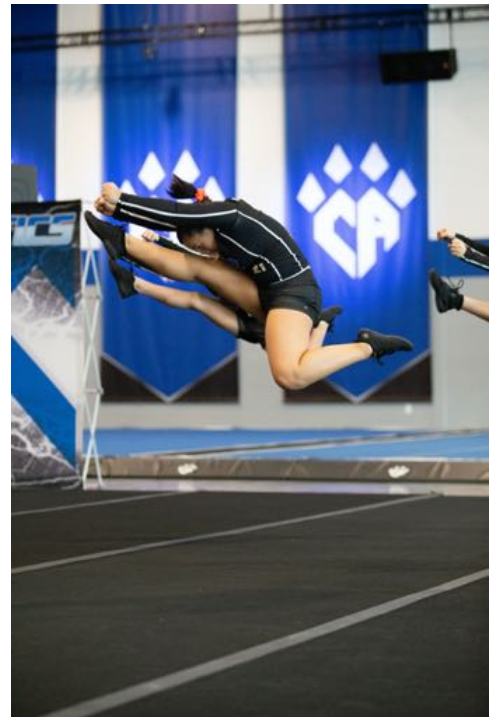
Saturday, January 27 - All age groups

*Age as of June 1, 2023

Evaluation Fees

Evaluation Fee	\$40
Private Evaluation	\$75

**All athletes that are evaluated after the date of February 1, will incur an evaluation fee of \$60.*





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Team Placement & Practices

EMAIL for team placement will be sent by **Monday, January 29.**

Practice schedule will be communicated in team placement email. The first week of practices will be held the week of February 5, 2024.



Tuition Fees

Season consists of 4 monthly payments
February 2024 – May 2024

Athlete Tuition

	Monthly
8U & 11U	\$175
14U	\$195

Crossover Athlete Tuition

	Monthly
8U & 11U	\$130
14U	\$150

****CROSSOVER ATHLETE PRICING****

*This is discounted pricing for any of the
CA Rockwall All Star Elite or Prep/Novice Team Athletes
ONLY*

Other Costs

- Practice Wear & Game Day Uniform approx. \$250 (more information below)
- Annual Registration Fee \$ 49
- USA Cheer STUNT Athlete Membership Fee (due to USA Cheer)
 - \$20 (returning member)
 - \$25 (new member)
- 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)
- Travel to and from games

Season Apparel (estimates)

Blue Claw T-Shirt [Practice]	\$28
Game Day Uniform	\$70
Shoes	\$90
Team T-Shirt (optional)	TBD



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AGE GRID for 2023-2024 STUNT Season

THIS IS BASED UPON THE 22-23 GRID WITH UPDATED DATES. THIS IS NOT ANTICIPATED TO CHANGE.



LEAGUE AGE QUICK REFERENCE TABLE

For play occurring between June 1, 2023 - May 31, 2024

Age as of June 1, 2023 = League Age

Find the athlete's birth month column across the top. Go down the rows to the athlete's birth year. The corresponding League Age and Division listed at the end of the row is the athlete's League Age and Division for the 2023-2024 Club STUNT season.

Division	Rules
8U	See 8U Rules
11U	See 11U Rules
14U	See 14U Rules
18U	See 18U Rules
18+	See 18+ Rules

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	LEAGUE AGE	DIVISION
2018	2018	2018	2018	2018	2017	2017	2017	2017	2017	2017	2017	5	8U
2017	2017	2017	2017	2017	2016	2016	2016	2016	2016	2016	2016	6	8U
2016	2016	2016	2016	2016	2015	2015	2015	2015	2015	2015	2015	7	8U
2015	2015	2015	2015	2015	2014	2014	2014	2014	2014	2014	2014	8	8U or 11U
2014	2014	2014	2014	2014	2013	2013	2013	2013	2013	2013	2013	9	11U
2013	2013	2013	2013	2013	2012	2012	2012	2012	2012	2012	2012	10	11U
2012	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	11	11U or 14U
2011	2011	2011	2011	2011	2010	2010	2010	2010	2010	2010	2010	12	14U
2010	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	13	14U
2009	2009	2009	2009	2009	2008	2008	2008	2008	2008	2008	2008	14	14U or 18U
2008	2008	2008	2008	2008	2007	2007	2007	2007	2007	2007	2007	15	18U
2007	2007	2007	2007	2007	2006	2006	2006	2006	2006	2006	2006	16	18U
2006	2006	2006	2006	2006	2005	2005	2005	2005	2005	2005	2005	17	18U
2005	2005	2005	2005	2005	2004	2004	2004	2004	2004	2004	2004	18	18U or 18+
2004	2004	2004	2004	2004	2003	2003	2003	2003	2003	2003	2003	19	18+
2003	2003	2003	2003	2003	2002	2002	2002	2002	2002	2002	2002	20	18+
2002	2002	2002	2002	2002	2001	2001	2001	2001	2001	2001	2001	21	18+
2001	2001	2001	2001	2001	2000	2000	2000	2000	2000	2000	2000	22	18+
2000	2000	2000	2000	2000	1999	1999	1999	1999	1999	1999	1999	23	18+
1999	1999	1999	1999	1999	1998	1998	1998	1998	1998	1998	1998	24	18+
1998	1998	1998	1998	1998	1997	1997	1997	1997	1997	1997	1997	25	18+