



FULL YEAR ALLSTAR TRYOUT PACKET 2024-2025



Season 4

"Family Over Everything"

The mission of Rock Cheer Company is to provide a family-oriented environment that will promote skill development, work ethic, and a competitive spirit, but more importantly, build character and self confidence so that our athletes can be champions for life.



What is Allstar Cheerleading?

Allstar cheerleading is a unisex sport where a group of athletes of similar age & skill level create a team where they will be taught a routine comprised of stunting, tumbling, choreography, and dance elements. The routine time ranges between 1 minute 30 seconds and 2 minutes 30 seconds, depending on the cheer team tier. The routine they learn is performed on a 54x42 spring floor at local and national events throughout the season where they will compete against other teams of similar caliber.

Registration

To register, please visit www.rockcheercompany.com

- Go to our customer portal tab
- Create an account for you & your athlete (if you don't already have one)
- Search for **"Tryout Registration 2024-2025"** - which can be found under "Camps"
- Read, agree to & sign all gym policies
- Pay the tryout registration fee

Early Registration - March 15th - April 15th : \$70/athlete or \$90/family

Registration - April 16th- May 18th : \$80/athlete or \$100/family

Athletes must be registered in order to participate in the Tryout Week clinics

In order to tryout, all outstanding balances must be paid in full

Registration Fees are non-refundable



What to Expect

Full Year Allstar Cheer Commitment

Once tryouts are completed, athletes will be asked to join a team. Every athlete makes a team. Commitment levels will be different based on their age & tier. Age Groups include Tiny, Mini, Youth, Junior & Senior. This is based on birth year. Tiers include Exhibition, Novice, Prep, & Elite.

Cheer is a year-round sport - it begins in May and ends in May.

We have a strict attendance policy to ensure our athletes are getting the most out of their experience in our program. (See terms & conditions)

We consider summer our "down-season"- however, a lot of important training for routines happens during this time, including skill building, stunt & pyramid training, & routine choreography. Our attendance policy is less strict over summer, however, missing practices and camps could affect an athlete's team placement & routine placement.

We encourage you to make practice a priority.

Every athlete age 5+ will participate in our **June Tumbling Camp** & every team will have a **mandatory skills camp** and a **mandatory routine camp** sometime during July, August, or early September.

Our competition season begins in early November & can extend through the end of April/early May. The competitive season will consist of Showcases, local competitions, & travel competitions.

All showcases and competitions are 100% mandatory events.

Extra practices will be added throughout the season to better prepare the athletes for competitions.

- **Elite:**
 - Summer (May-Sept 4) - 1 team practice/week + 1 tumbling class
 - After Labor Day - 2 team practices/week + 1 tumbling class
 - 2-4 Travel competitions + 5-6 Local events
- **Advanced Prep:**
 - Summer (May-Sept 4) - 1 team practice/week + 1 tumbling class
 - After Labor Day - 2 team practices/week + 1 tumbling class
 - 2-4 Travel competitions + 5-6 Local events
- **Prep:**
 - Summer (May-Sept 4) - 1 team practice/week
 - After Labor Day - 1 team practice/week + 1 tumbling class
 - 5-6 Local events + 1 travel competition
- **Novice:**
 - Year-round (May-May) - 1 team practice/week
 - 5-6 Local events + 1 travel competition
- **Exhibition:**
 - Year-round (May-May) - 1 team practice/week
 - 5-6 Local events



MAY SCHEDULE

- “Train with your Dream Team” practices are for existing 23-24 registered full year athletes only.
- New athletes registered for 24-25 Tryouts are welcome to attend the optional tumbling clinics, open gyms, and the Mandatory Tryout Clinics leading up to Tryouts.



Check out our Live Calendar link here:



May 2024						
Sunday April 28	Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4
FLORIDA FINALS 2024	TRAIN WITH YOUR DREAM TEAM - Come train with a team you are hopeful to make!					THE SUMMIT 2024
WORLD CHAMPIONSHIP 2024	East Floor A Mommy & Me 12:00-1:00 PM TINY NOVICE 1 AGES 3-5 (BEGINNERS) 5:30-7:00 LEVEL 1 (BEGINNERS) AGES 10 & UP 7:00-8:30	East Floor A Mommy & Me 10:00-11:00 AM YOUTH LEVEL 1 AGES 8-12 5:30-7:30 LEVEL 2 AGES 8-18 7:30-9:30	East Floor A TINY LEVEL 1 (BWO) AGES 5-6 5:30-7:00 LEVEL 2 AGES 7-12 7:00-9:00	East Floor A LEVEL 1 (BWO & FWO) AGES 7-9 5:30-7:30 LEVEL 1 (BWO & FWO) AGES 10-18 7:30-9:30	East Floor A Open Gym 7:30-9:30 \$15/athlete	Trout Tumbling Clinics \$20/athlete - Register on iClassPro Level 1 Beginner Ages 3-6: 10:00-10:45 Level 1 Beginner Ages 7 & Up: 10:45-12:00 Level 1 Ages 9-9: 10:45-12:00 Level 1 Ages 10 & Up: 12:00-1:15 Level 2 Ages 7-11: 1:15-2:30 Level 2 Ages 12 & Up: 2:30-3:45
May 5	May 6	May 7	May 8	May 9	May 10	May 11
THE SUMMIT 2024	TRAIN WITH YOUR DREAM TEAM - Come train with a team you are hopeful to make!					THE SUMMIT 2024
May 12	May 13	May 14	May 15	May 16	May 17	May 18
Happy Mother's Day	LEVEL 5+6 Tumbling 5:30-6:30 WEST A Q & A 6:30-7:00 Learn the Dance 7:00-8:00 WEST A STUNTING - Non Tumble Worlds Eval 8:00-9:00 WEST A Open Gym \$10 - All Levels 8:00-9:00 EAST A	LEVEL 3+4 Tumbling 5:30-6:30 7-11 YRS EAST A 5:30-6:30 12+ YRS WEST A Q & A 6:30-7:00 Learn the Dance 7:00-8:00 7-11 YRS EAST A 7:00-8:00 12+ WEST A Open Gym \$10 - All Levels 8:00-9:00 EAST A	LEVEL 2 Tumbling 5:30-6:30 7-11 YRS EAST A 5:30-6:30 12+ YRS WEST A Q & A 6:30-7:00 Learn the Dance 7:00-8:00 7-11 YRS EAST A 7:00-8:00 12+ WEST A Open Gym \$10 - All Levels 8:00-9:00 EAST A	LEVEL 1 Tumbling 5:30-6:30 3-6 YRS WEST B 5:30-6:30 7-11 YRS EAST A 5:30-6:30 12+ YRS WEST A Q & A 6:30-7:00 Learn the Dance 6:30-7:00 3-6 YRS WEST A 7:00-8:00 7-9 YRS EAST A 7:00-8:00 9 & UP WEST A Open Gym \$10 - All Levels 8:00-9:00 EAST A	TRYOUT DAY LEVEL 6 NON TUMBLE 5:30-7:30 PM 7:30-9:30 PM	ROCK CHEER CO BANQUET 24-25 WHERE: ROCK CHEER CO TIME: 12:00-5:00 Open Gym 7:30-9:30 \$15/athlete
May 19	May 20	May 21	May 22	May 23	May 24	May 25
Save the Date for Group Evaluations					Gym Closed For Holiday	
May 26	May 27	May 28	May 29	May 30	May 31	June 1
Gym Closed For Holiday						
June 2	June 3	June 4	June 5	June 6	June 7	June 8
Save the Date for Group Evaluations					"THE ROCK REVELATION" Team Reveal Day WHERE: ROCK CHEER CO West A TIME 6:00-7:30 PM	
East Floor A Mommy & Me 12:00-1:00 PM Advanced Flight Class 1 - 4:30-5:30 Beginner Flight Class 2 - 4:30-5:30 POWER TUCK 5:30-6:30 POWER INTRO TO BWO 6:30-7:30	East Floor B Mommy & Me 10:00-11:00 AM Intermediate Flight Class - 4:30-5:30 FUNDAMENTALS 4:30-5:30 POWER BHS 5:30-6:30	East Floor B Advanced Flight Class 2 - 4:30-5:30 POWER FULLS & UP 5:30-6:30 BOYS CLASS 7:30-8:30	East Floor B FUNDAMENTALS 4:30-5:30 POWER INTRO TO BWO 5:30-6:30 POWER INTRO TO BHS 6:30-7:30	West Floor A POWER LAYOUT 6:30-7:30 POWER INTRO TO TUCK 7:30-8:30	West Floor A FUNDAMENTALS 4:30-5:30 POWER INTRO TO BWO 5:30-6:30	West Floor B FUNDAMENTALS 4:30-5:30 POWER INTRO TO BWO 5:30-6:30



Athletes should attend the tryout day that matches their TUMBLING LEVEL

TRYOUT PREP

Mandatory Tryout Clinics

athletes must be registered to attend

Monday May 13th

May 13
LEVEL 5+6
Tumbling
5:30-6:30 WEST A
Q & A
6:30-7:00
Learn the Dance
7:00-8:00 WEST A
STUNTING - Non Tumble Worlds Eval
8:00-9:00 WEST A
Open Gym \$10 - All Levels
8:00-9:00 EAST A

Tuesday May 14th

May 14
LEVEL 3+4
Tumbling
5:30-6:30 7-11 YRS EAST A
5:30-6:30 12+ YRS WEST A
Q & A
6:30-7:00
Learn the Dance
7:00-8:00 7-11 YRS EAST A
7:00-8:00 12 + WEST A
Open Gym \$10 - All Levels
8:00-9:00 EAST A

Wednesday May 15th

May 15
LEVEL 2
Tumbling
5:30-6:30 7-11 YRS EAST A
5:30-6:30 12+ YRS WEST A
Q & A
6:30-7:00
Learn the Dance
7:00-8:00 7-11 YRS EAST A
7:00-8:00 12 + WEST A
Open Gym \$10 - All Levels
8:00-9:00 EAST A

Thursday May 16th

May 16
LEVEL 1
Tumbling
5:30-6:30 3-6 YRS WEST B
5:30-6:30 7-11 YRS EAST A
5:30-6:30 12+ YRS WEST A
Q & A
6:30-7:00
Learn the Dance
6:30-7:00 3-6 YRS WEST A
7:00-8:00 7-9 YRS EAST A
7:00-8:00 9 & UP WEST A
Open Gym \$10 - All Levels
8:00-9:00 EAST A

Welcome to Rock Cheer

SEASON 4

NEW FAMILY OPEN HOUSE

Friday May 10th 6:00-7:30 PM

Meet the coaches, tour the gym, & make new friends!

OPEN GYM

Prep for tryouts with open gym tumble & fun!

Friday May 3rd 7:30-9:30, Saturday May 4th 7:30-9:30,

Saturday May 11th 7:30-9:30

\$15/athlete/2 hour session

Monday May 13th, Tuesday May 14th,

Wednesday May 15th, Thursday May 16th 8:00-9:00

\$10/athlete/1 hour session

TUMBLE CLINICS

Register & Pay Online (\$20/athlete)

Saturday May 4th

Level 1 Beginner Ages 3-6: 10:00-10:45 AM

Level 1 Ages 5-9: 10:45-12:00 PM

Level 1 Ages 10 & Up: 12:00-1:15 PM

Level 2 Ages 7-11: 1:15-2:30 PM

Level 2 Ages 12 & Up: 2:30-3:45 PM

Friday May 10th

Level 3: 5:00-6:15 PM

Level 4: 6:15-7:30PM

Level 5 & 6: 7:30-8:45 PM



Official Tryout Day



ALL athletes must attend a tumbling tryout session - any athletes attending the L6 Non Tumble Tryout will also attend the tumbling tryout that coordinates with their tumbling level

Friday May 17th

Level 6 Non Tumble
Birth Years 2006-2011 Only
5:30-6:00 - Sign In + Warm Up
6:00-7:30 Stunt

Level 6/5/4 Tumble Tryouts
7:30 PM-8:00- Sign In
8:00-8:15 PM - Warm Up
7:15-9:30 PM - Tryout

Saturday May 18th

Level 3
9:30-10:00 AM - Sign In
10:00-10:15 AM - Warm Up
10:15-11:00 AM - Tryout

Level 2
13 YRS & UP
10:30-11:00 AM - Sign In
11:00-11:15 AM - Warm Up
11:15-12:00 PM - Tryout

Level 2
12 YRS & UNDER
11:30-12:00 PM Sign In
12:00-12:15 PM - Warm Up
12:15-1:00 PM - Tryout

Level 1
13 YRS & UP
12:30-1:00 PM - Sign In
1:00-1:15 PM - Warm Up
1:15-2:00 PM - Tryout

Level 1
7-12 YRS
1:30-2:00 PM - Sign In
2:00-2:15 PM - Warm Up
2:15-3:00 PM - Tryout

Level 1
3-6 YRS
2:30-3:00 PM - Sign In
3:00-3:15 PM - Warm Up
3:15-4:00 PM - Tryout

If you cannot make these tryout dates, email info@rockcheercompany.com

Evaluations

Following tryouts, each athlete will be assigned a group number and further evaluations will be held in practice format before teams are named. Group numbers will be emailed out by 8 PM on Saturday May 18th

Potential Evaluation Days:

- Sunday May 19, Monday May 20, Tuesday May 21, Wednesday May 22
- Tuesday May 28, Wednesday May 29, Thursday May 30th, Friday May 31st,
- Sunday June 2nd, Monday June 3rd, Tuesday June 4th, Wednesday June 5th

We are closed for Memorial Day May 23rd-May 27th





Important Tryout Day Info

1. Make sure to start by registering online by going to www.rockcheercompany.com & clicking on customer portal. Find **Tryout Registration 2024-2025**
2. Registration Opens March 15th and extends through tryouts.
3. Athletes should select the level day they tryout for based on their **CURRENT SKILL SET on the spring floor**. See the Tumbling Level Breakdowns below for guidance.
4. Upon arriving on Tryout Day - see the **"Registration & Sign In"** station where your athlete will be given a tryout number. This number will determine the group they tryout with. The groups will be organized once they enter the gym to warm up.
5. At sign in, the athletes will also be given a **stunt position worksheet** (flyer, main base, side base, backspot, unsure) indicating the athlete's declared level, previous stunt position, mastered skills, and cheer experience - if they are multiple positions, fill out each sheet and bring them in together. If they have never cheered before, we will have a 'beginner athlete' sheet. These worksheets will be handed to the coaches before the athletes complete their tryout.
6. **Tryouts will be completed in groups of 4-5 in front of the coaching staff.** They athlete groups will be organized by age. While groups are waiting to try out, they will be seated quietly in the gym until it is their groups' turn. Once they complete their tryout, they will be free to leave the gym.
7. Throughout the week, we will help guide the athletes on what passes they should be throwing at tryouts. The athletes will be asked to throw skills based on the level they plan to declare on their worksheet. We will also demonstrate how the tryout process will work. The athletes' tryout will consist of the following skills in this order:
 - a. Running Tumbling Pass #1
 - b. Running Tumbling Pass #2 (optional)
 - c. Standing Tumbling Pass #1
 - d. Standing Tumbling Pass #2
 - e. Jumps - this will include a toe touch and a hurdle, toe touch connected.
 - i. Tiny athletes will just do a straight jump off the ground.
 - f. Dance
 - g. Potential flyers will be asked to pull body positions
8. Proper attire includes athletic apparel & athletic shoes. Make sure hair is pulled securely out of their face. No jewelry allowed. RCC apparel will be available for purchase leading up to tryout day & additional apparel will be available for purchase on tryout day.
9. Parents will not be allowed in the lobby area during the tryout day due to capacity restrictions & registration. (You can watch through our camera link)
10. **Every athlete who tries out for a team at RCC will make a team.** Based on the athlete's experience, we may encourage you to try our half year team instead of full year, if we feel that this may be a better fit for your athlete. Half year tryouts will be held later in the season.



Team Placement

Ages 3-6 YRS - Athletes will be evaluated on the following criteria:

- Coachability
- Ability to count music
- Ability to work with other athletes
- Ability to apply corrections & changes
- Listening skills
- Potty Trained

Ages 7 & up - Athletes will be evaluated on the following criteria:

- Tumbling ability: difficulty & technique
- Stunting ability/position: difficulty & technique
- Jump technique
- Coachability
- Athleticism
- Overall ability to listen, receive critique, & apply corrections

During the team formation process, several different aspects are considered including but not limited to tumbling technique, jump technique, stunt position and technique, flyer flexibility and body control, performance ability, maturity level, attitude, previous commitment level & attendance, and coachability. Teams can hold 1-3 tumbling positions.

NEW TO CHEER?

Beginner athletes are always welcome as we want to train you from the ground up

the ROCK way

We are confident that you will have a positive experience with our program. Our goal is for athletes to grow to love cheerleading the way we do. Our staff is here to develop your athlete into the best competitive cheerleader they can be. We are excited to find a home for your athlete on one of our teams here at The Rock!





General Pricing Info

All Payments are collected electronically through our registration system - iClassPro.

- Registration Fee
 - Early registration-\$70 ind/\$90 family (March 15th-April 15th)
 - Registration-\$80 ind/\$100 family (April 16th-May 18th)
- Monthly Tuition (June 2024-May 2025)
 - Charged on the 1st of the month
 - June tuition charged on Monday June 10th
 - **Worlds L6:** \$215/mo
 - **Elite/Advanced Prep 1-5:** \$205/mo
 - **Prep:** \$155/mo
 - **Novice:** \$105/mo
 - **Exhibition:** \$80/mo
 - All Tiny Team tuition will depend on number of practices per week & the total amount of training time.
 - Sibling Discount: \$20/athlete/month
- Monthly Crossover Fee: \$35/mo
 - Charged on the 1st of the month - this only applies to athletes on more than one team
 - Competition crossover fees for each individual competition will be charged right around when the event takes place.

Additional Misc. Fees:

- Uniforms - Tax not included in the below prices
 - Worlds L6: \$600
 - Elite: \$441-\$508
 - Prep/Novice/Exhibition: \$236 - \$292
 - Payment processed during Summer
 - Uniform Bow: \$35
 - Bows may vary per team
 - Payment processed during Fall
 - Shoes: ~\$130
 - USASF Membership Fee - \$49 (Ages 17 & under); \$68 (Ages 18+) *subject to change*
 - Post-Season Event Competition Fee:
 - Cost is dependent on the End of Season event
 - Charged on March 15, 2025
 - We are hopeful to decide on EOS events between November and January
 - Additional Travel/Hotel Fees
 - Additional specialty classes, private lessons, clinics
 - Late Payment Fee: \$10 charged on the 10th of every month to anyone with an outstanding balance & \$15 charged on the 25th to anyone with an outstanding balance. (\$25 per month if unpaid)
 - Contract Termination Fee
 - After July 1st 2024: \$250
 - After September 1st 2024: \$500
- In effort to have more commitment to the program and better attendance, we are adding the following fees:
- Absence Fees:
 - 2 Week Rule Fee - \$50/missed practice; this fee is fined to anyone who misses a practice for any reason within 2 weeks of a competition.
 - Excessive Absence Fee - \$50/missed practice; this fee will be fined to anyone who misses more than 3 mandatory practices during the season.
 - *Only exceptions: sick with doctor's note, death in the family, mandatory graded school event with note.

Rock Cheer Company requires a card to be on file for auto draft. We will process payments on the 1st & 15th of every month. The only way to opt-out of keeping a valid card on file is to pay the year in full by the first team practice. There is no exception to this rule. You may make your payment prior to the first if you do not wish for your fees to be drafted using the card on file. You will be emailed a reminder of the fees that will come out on the 1st & 15th. If your payment is declined, you will receive an email and/or a phone call. If your account remains past due by the 10th or the 25th of the month, you will receive a late fee and your athlete will be asked to sit out of practices and classes. If you know in advance that a payment may need to be paid a few days late, email Caroline (info@rockcheercompany.com) so she can make a note on your account. Late fees may apply.

Installment Fees:

The fees listed below will be added together & split in to 9 installments due on the following dates:
June 15, July 15, August 15, September 15, October 15, November 15, December 15, January 15, February 15

June 15th: All athletes will owe \$250

July 15th: All athletes will owe \$250

Once the full competition schedule is decided, the rest of the installment payments will be split into 7 even payments from August - February.

TOTAL Installment Fee Cost will range between ~\$1,500-\$2,600 depending on team
All crossovers will have an additional Installment Fee on Feb 15 of \$140

- Installment Fees cover Competition fees, Mandatory Tumbling Camp, Skills Camps, Routine camps, Mandatory Practice Wear, Choreography, Music, Coaches Fees, Banquet, & Administrative Fees + End of Season Travel Fee
 - Total Installment Fee cost is dependent on team/tier/age group/competition schedule.
- Competition schedule is usually posted in mid-late July.
- Registration Fees, Camp Fees, Tuition, & Installment Fees are non-refundable. No refunds will be made to anyone who quits or is asked to leave the program. No exceptions.
- Once your tryout is complete, you will receive a digital financial contract via email. Please understand that our program operates on a 12 month billing cycle and everything is carefully calculated to ensure we can continue to provide the best Allstar experience possible. You are responsible for paying ALL of the monthly tuition and installments payments even if you join late. You have 3 options to pay: cash, checking account, or credit card.



Things to Know Before Joining

- Being a part of our program requires athletes & parents to show good sportsmanship, polite manners, kindness, & respect at practices, competitions, and in our lobby. *Gossip, drama, or continued bad behavior will lead to dismissal from our program.*
- Punctuality is important to us. Please arrive on time to practices, competitions, or any scheduled event.
- Once practice wear arrives, we have a set dress code for practices & specific attire for competitions. It is your responsibility to wear the appropriate attire.
- Hair color must remain a natural color during the competition season - no red, blue, purple, pink, etc.
- Jewelry is not allowed on during practices or competitions. Please refrain from getting a new piercing during the competition season.
- Social Media posts that are a poor representation of Rock Cheer Company may result in suspension or dismissal from our program.
- During practices, personal items should be left with parents or near the cubbies. Please do not leave items at the gym. We are not responsible for lost or stolen items.
- **If you have any questions or concerns, please use the following chain of communication:**
 - a. **Team Parent** (these will named at team reveal) - general questions
 - b. **Manager/Director** - they will put you in contact with the Coach if needed - any basic concerns or questions regarding your athlete
 - c. **Office Admin/Owners** - anything regarding major concerns or billing
- *Please feel free to come to us with any issue or concern using the chain of communication listed above - your team parent will direct you to a manager, director, coach or owner if the situation requires it. Remember to only approach coaches at an appropriate time (this time should always be scheduled) - During classes or practices is not an appropriate time.*
- When you try out, you are joining our program, not a team. Once placed on a team we expect athletes to maintain their skill set and perform the required skills of the team. Athletes can be moved up or down teams based on their skill set through out the season.
- Practice times can be changed or added through out the season.
- Only Athletes & Coaches are allowed in the gym area. Parents should stay in the lobby unless invited into the gym.
- It is the parent's responsibility to know what is going on with the team. Please check GroupMe, our Facebook group, & your email regularly for updates.
- Parents, relatives, and athletes are not allowed to speak with competition officials for any reason.
- Our 24-25 competition schedule will be decided July/August of 2024 and is subject to change. Installment fees can adjust based on this schedule.
- *What is the USASF?* The USASF stands for the United States All-Star Federation, which is the governing body for club cheer and dance teams. Each athlete is required to have their own USASF membership profile in order to participate in any USASF sanctioned events. The annual membership fees are listed above. These fees are paid directly to the USASF when setting up a new profile or renewing an already existing profile. To learn more about your membership, please visit www.usasf.net/your-membership. Instructions on setting up, renewing, or transferring athlete accounts will be emailed out after the season begins.
- Our attendance policy is strict. Athletes are allowed 2 unexcused absences & 3 excused throughout the competitive season. Once they have passed this limit, fees will occur (see above). Athletes with excessive absences will be taken out of sections & if they continue to miss, they will be dismissed from the program.
- Your Allstar membership can be terminated at any time. There will be no refunds. If an athlete quits after July 1st, they will be charged a termination fee (see above).
- *Rock Cheer Company reserves the right to refuse services at any time.*



Important Dates

Tryout Dates

- **May 17th & 18th, 2024**

Group Evaluation times will be posted by 8 PM May 18th

Group Evaluation Dates

- **May 19th-May 22nd**
- **May 28th-May 31st**
- **June 2nd-June 5th**

The Rock Revelation - Team Reveal Day

- **June 6th, 2024**

Full summer schedule will be released following team reveal

Mandatory June Tumbling Camp

- **June 21, 22, 23**

Mandatory for all full year athletes ages 5+

Mandatory Skills Camp

Skills Camp for each team will fall on one of the following weekends-

- **July 19, 20, 21**
- **July 26, 27, 28**
 - Potential Non Tumble 6 candidates should save the date for this weekend
- **August 2, 3, 4**

Mandatory Routine Camp

Routine Camp for each team will fall on one of the following weekends-

- **August 9, 10, 11**
- **August 16, 17, 18**
- **August 23, 24, 25**
- **September 6, 7, 8**

The dates listed are all tentative and can change - we are doing our best to provide you with dates ahead of time, but ultimately, camp & choreo weekends have to be scheduled around instructors. Thank you for your patience.

Predicted Holiday Breaks / Gym Closures

- *Memorial Day: May 23-May 27*
- *Summer Break: July 1-July 12*
- *Labor Day: August 28-September 2*
- *Halloween: October 31*
- *Thanksgiving: November 25-December 1*
 - *Potential Competition Nov 23/24*
- *Christmas: December 16-January 2 2025*
- *Spring Break: March 17-23 2025*
- *Easter: Sunday April 20 2025*

Post-Season Events: All full year teams will participate in a post-season travel event. Teams will compete at events throughout the year that will award bids to a post-season event (IE- The Summit, AllStar Worlds, The Cheerleading Worlds, etc).

In the event that your team receives a bid to a post season event, the coaches/managers will make a decision regarding the EOS event & information will be emailed out regarding additional payment deadlines and trip information. All athletes will participate in their post-season event.

Please do not make any travel arrangements until after you have received information from Rock Cheer Company.

TUMBLING LEVEL BREAKDOWN

Athletes should declare the level of which they have mastered phases 1, 2, & 3. Beginner athletes will declare level 1

Level 1		Level 2	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Forward Roll	Cartwheel	BHS	Round-off BHS
Fall to Bridge	Handstand	BHS step out	Round-off 2 BHS
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Bridge Kickover	1 Arm Cartwheel	Back Walkover BHS	Front Walkover RoBHS
Backwards Roll	Handstand Forward Roll	Straight Jump BHS	Ro BHS Step out RoBHS
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
Back Walkover	Cartwheel Back Walkover	BHS Step out Ro BHS*	RO Multiple (3 + BHS)
Round-off	Front Walkover	BHS Step Out BWO BHS	Front Walkover Ro Multiple
PHASE 4: ELITE		PHASE 4: ELITE	
Connected Back Walkover	Back Walkover Switch Leg	Valdez BHS	Fly Spring
Cartwheel Switch Leg	Valdez	BWO switch leg BHS	Front Handspring Stick

Level 3		Level 4	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
3 BHS Connected	Round-off BHS Tuck	Standing Tuck	Ro BHS Layout
BWO multiple BHS	Round-off BHS Series Tuck	3 BHS to Tuck	Ro BHS Series Layout
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to BHS	Aerial	Cartwheel Tuck	Whip Thru to Tuck
BHS Step out BHS	Front Walkover to Tuck	2 BHS to Tuck	PF S/O Ro BHS Tuck
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS rebound Jump BHS	Punch Front Stick	Carthwheel tuck thru to Tuck	Whip Punch Tuck
Jump BHS Series	Front Walkover Aerial	1 BHS to Tuck	PF S/O or whip BHS to LO
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS TT BHS BHS	*3 Combo Passes to Tuck*	BWO Tuck	Front Handspring PF to LO
BHS Step out multiple BHS	FHS Punch Front	Toe Touch BHS tuck	Multiple Combo passes to LO

Level 5		Level 6	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Toe Touch Tuck	RO BHS Full	3 BHS to Full	PF S/O / whip to Full
3 BHS to Layout	Ro BHS Series Full	2 BHS to Full	Arabian S/O to Full
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to Tuck	Whip Thru to Full	1 BHS to Full	Whip punch Full
2 BHS to Layout	PF S/O Ro BHS Full	2 BHS to Whip Full	RO BHS Double Full
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS tuck BHS BHS Layout	Round off Full	3 BHS to Double Full	PF S/O / whip to Dbl Full
Toe Touch 2 BHS to Layout	Arabian stick thru to Full	Standing Full	Arabian S/O to Dbl Full
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS whip BHS BHS LO	Front Handspring PF to Full	2 BHS to Whip Dbl Full	Whip punch Dbl Full
1 BHS to Layout	Arabian step out thru to Full	Toe Touch Standing Full	1 1/2 step out to Dbl Full



Time to ROCK!

QUESTIONS? CONTACT US

Caroline Hodges

Office Administration - Information regarding registration, billing, apparel questions, and general feedback.
info@rockcheercompany.com

James Durham

Gym Manager - Information regarding coaches, scheduling, & gym-related feedback.
rockcheerjames@gmail.com

Orla Waddell

Lead Allstar Director - Information regarding teams, attendance, or athlete-related feedback.
rockcheerorla@gmail.com

Follow us on Social Media:

 @rockcheercompany

 Rock Cheer Company Parents & Athletes (MEMBERS ONLY) Group

 Rock Cheer Company (Page)



Welcome!

Thank you for your interest in Rock Cheer Company. Our gym offers a wide variety of programs, ensuring that every athlete that walks through our door has the tools to succeed.

This packet details the commitment, general financial obligations, and terms that apply to our Full Year Allstar Cheerleading Program. If you have any questions regarding this tryout packet, or any of the other programs that we offer, please contact us!

Over the past three years, our gym kids have become family to us. Having moved here from across the country, it was extremely important for us to establish an extraordinary gym environment that would allow life-long relationships to flourish, and in the meantime, train some great cheerleading. We are so proud of the growth we have experienced together, both in physical skills and confidence levels. We are still only getting started - we look forward to what the future holds with all of you.

Our main goal is to provide a family-oriented environment that is friendly, yet competitive, and will lead athletes to become the best version of themselves, both physically and mentally. Owning a gym has been a dream of ours and we are so happy to be living that out here in Colorado. Thank you for your kindness, loyalty, and love. Thank you for believing in our dream and trusting us with your most valued possessions; your children. We will never take for granted the privilege we have to impact their lives in a positive way.

We hope to provide you with the best experience possible and we are always open to questions, comments, and concerns on how to provide you with a better experience.

You can always reach us directly through email.

We can't wait to ROCK with you!

**Cheers,
Cullen & Zachariah Rogers
Gym Owners
info@rockcheercompany.com
(720) 599-4559**

