

24-25

THE CHEER INSTITUTE



SEASON 9 GAME TIME!



WE ARE TCI!!

ABOUT US



"THE CHEER INSTITUTE, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in The Cheer Institute Home of the 2024 CheerSport Champions! We opened in 2015 with a reputation for excellence and are excited that you are considering joining us in Season 9! No matter the age or skill level of your athlete, we have a program that can meet your needs!

"WE BELIEVE"

Our mission is to provide a safe and welcoming training environment for athletes of all backgrounds and levels. The goal of our program is to empower and educate youth promoting leadership, problem solving techniques, confidence, and creative networking opportunities through sports education. We strive to create a positive learning environment fostering lifelong relationships, and memorable experiences! We work to cultivate partnerships and collaborative efforts with community groups and service providers that are also committed to uplifting youth and their families.

OUR CORE VALUES:

- Character Trumps Talent: It doesn't matter how talented you are, being talented is only a small part of who you are. Being a great person stays with you through your life and helps you grow faster.
- Fail Forward: Failing is a normal part of life. When we fail we make progress. Practice makes you better not perfect!
- We Before Me: The needs of the team are more important than my individual needs. We are better together.
- Practice Personal Discipline: To be great in life, I have to control my emotions, thoughts, and behaviors. I will take accountability for my actions, and know my actions get me to where I want to be.
- No Excuses: I will take feedback and listen without excuses. "Yeah but" is not acceptable. If it is to be, it is up to me!



ABOUT US



GYM POLICIES:

Gym policies are designed to create clear communication amongst our community with empathy and structure. A full copy of gym policies can be found in our parent handbook, jackrabbit, and by request.

COACHING PHILOSOPHY:

Our coaching staff is trained and committed to providing quality training to all athletes. This training allows athletes to be optimally utilized for team participation, while creating a gateway for success towards personal goals. Our coaches help to prepare our athletes for the next level using an effective progression program. Our program is designed to provide comprehensive training, creating well rounded and confident athletes.



SEASON 9

- **New programs:**
 - Cheerabilities coed exhibition team (1/2 Season)
 - Hip Hop Dance (1/2 Season)
 - International Open Level 4
- **Returning Programs:**
 - Novice
 - Prep
 - Elite
 - Power Stunt/Tumble

TEAM EVALUATIONS



HOW DO EVALUATIONS WORK?

All athletes are required to attend the evaluation clinic for their appropriate level, then attend a 15-30 minute stunt and tumble level evaluation. During these sessions a group of 3-4 athletes will meet with coaches to show what stunt, tumbling, jump, and dance skills they have mastered. Athletes will show two standing passes and two running passes from the tryout rubric. Passes should be performed with proper technique and should not need a spot. Following evals, athletes will receive correspondence with their assigned team and practice schedule.

Athletes will be selected for a team based on skill level (stunt, jump and tumble), work ethic, and age group. Our goal is to place individuals where they will have the most growth and success, as well as ensuring we have the most successful teams. We have three tiers of teams, which can run June-April. There is a potential for prep and elite teams to participate in post season teams going into May 2025.

WHAT DO I NEED TO BRING FOR EVAL?

We look forward to working with you at our upcoming evals. Be sure to arrive with these items in order to expedite the process:

- Eval Fee: \$35
- Athlete Birth Certificate
- **Registration Form** (completed online)

TEAM COMMITMENT DAYS

Our team commitment day is a requirement for all athletes accepting their position on a team. We will host Team Commitment days for each program tier (Novice, Prep, Elite) for athletes and their parents. On this day athletes will:

- Order Season 9 practice gear
- Buy/Sell old uniforms and get sized for any new uniforms
- Pay commitment fees
- Join the Team Band, and get team summer information

EVAL INFORMATION



| Level 1 Novice | Prep Teams | Elite Teams |
|--|---|--|
| <p>Level 1 Teams</p> <ul style="list-style-type: none"> • Forward/Backward Roll • Handstand • Cartwheel • Bridge • FWO= Front Walkover • BWO- Back Walkover | <p>Standing-</p> <ul style="list-style-type: none"> • Forward Roll • Front/Back Walkover(FWO/BWO) • BWO Switch Leg • Valdez <p>Running-</p> <ul style="list-style-type: none"> • Cartwheel • Round Off • Cartwheel Back Walkover series • FWO cartweel switch leg | <p>Standing-</p> <ul style="list-style-type: none"> • Back Extension roll, 2 BWO • Valdez • Handstand Rollout <p>Running-</p> <ul style="list-style-type: none"> • FWO Cartwheel- BWO- Switch Leg |
| <p>Level 2 Teams</p> <ul style="list-style-type: none"> • BHS= Back Handspring | <p>Standing-</p> <ul style="list-style-type: none"> • BWO BHS • BWO BHS Step Out BWO • Back extension roll BHS <p>Running-</p> <ul style="list-style-type: none"> • Round Off 2 BHS • FWO Round Off 2 BHS • Front Handspring • Fly Spring | <p>Standing-</p> <ul style="list-style-type: none"> • BWO Switch Leg BHS • BHS Stepout BWO BHS <p>Running-</p> <ul style="list-style-type: none"> • Round Off BHS Step Out- BWO BHS BHS • Front Walkover Round Off 3 BHS • Front HS • Cartwheel BHS |
| <p>Level 3 Teams</p> | <ul style="list-style-type: none"> • PH - Power Hurdle • PF- Punch Front <p>Standing-</p> <ul style="list-style-type: none"> • Jump BHS BHS • 3 BHS <p>Running-</p> <ul style="list-style-type: none"> • PH Round Off 2 BHS Tuck • FWO Round Off BHS Tuck • PF through to tuck | <p>Standing-</p> <ul style="list-style-type: none"> • Jump 3 BHS • BHS Step Out BWO BHS Series • BHS Series <p>Running-</p> <ul style="list-style-type: none"> • Round Off BHS Step Out 1/2 Turn Round off BHS Tuck or Round Off Tuck • Front Walkover Aerial • Punch Front through to tuck • PH roundoff tuck • FHS through to tuck |

EVAL INFORMATION



SKILLS BY LEVEL :

| Level | Prep Teams | Elite Teams |
|---|--|---|
| Level 4 Teams | Standing- <ul style="list-style-type: none"> • BHS BHS Tuck • BWO Tuck • Tuck Running- <ul style="list-style-type: none"> • Punch Front step out to layout • FHS Punch Front • Whip tuck • Round Off BHS Layout | Standing- <ul style="list-style-type: none"> • Jump BHS Tuck • BHS Tuck Running- <ul style="list-style-type: none"> • PF thru to Layout • Round Off Whip BHS Layout • Cartwheel Tuck |
| Level 5 Teams | Standing- <ul style="list-style-type: none"> • BHS BHS Layout • Jump Tuck Running- <ul style="list-style-type: none"> • Round Off BHS Full • Round Off Arabian | Standing- <ul style="list-style-type: none"> • BHS Whip Tuck • BHS Layout Running- <ul style="list-style-type: none"> • FP to Full • Front Full |
| Level 6 Teams <ul style="list-style-type: none"> • SF= Standing Full • FHS= Front Handspring | Standing- <ul style="list-style-type: none"> • BHS BHS Full • BHS Full • SF • Jump BHS BHS Full • Cart Off Full | Running- <ul style="list-style-type: none"> • Round Off BHS Double • Round Off Double • FHS FP to Full/Double • Arabian to Full/Double • FP to Full/Double • Full thru to Full/Double • Whip thru to Full/Double |

Other Factors:

Jumps
Stunting position
Dance

PROGRAM TIERS



Teams will be comprised of members whose talents provide the best chance of success at competition. Not every teammate will have the same strengths, experience or skill set.

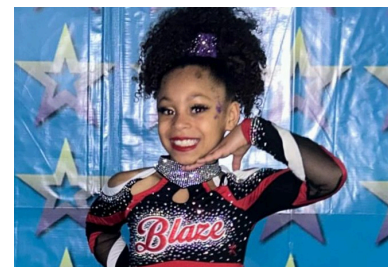
*Athletes ages 3-4 do not need to attend level evaluations in June. These athletes will be welcomed to the novice program in August 2024.



Novice Teams: A great introductory program for athletes just getting started with all star with less experience. Our novice teams learn the foundation needed for cheer, while giving them the experience needed to have confidence while performing.

Prep Teams: These teams are for athletes who are working to master level skills and are ready for the full competition experience. Practices are held two times weekly. These teams will compete in the prep division. This tier is a perfect way to prepare for an elite team.

Elite teams: These teams are meant to give athletes who want a very competitive environment that opportunity. We know that level of commitment is not for everyone, but if it is, this team is for you!



AGE GROUPS:

Eligibility age for the season is based on the year your athlete was born. Many athletes will fall into more than one category. We will place them based on what we feel is the best fit for the athlete.

All Athletes are required to bring a copy of your birth certificate or photo ID for TCI to have on file. (age grid subject to change)

Age groups are as follows: subject to change

Tiny Novice- 2017-2021

Tiny Level 1- Born in 2017-2019

Mini Teams- Born in 2015-2019

Mini Teams- Born in 2015-2018 usasf

Youth Teams-Born in 2012-2019

Youth Teams- Born in 2012-2017 usasf

Junior Teams- Born in 2008-2018

Junior Teams-Born 2009-2016 usasf

Open Teams-

International Open Coed level 4: 2010 or before (Open Championships)

2007 or before (USASF)

PROGRAM TIERS



We offer a variety of programs to meet your needs!

| | All Star Novice Ages 3-9 | All Star Prep Ages 5-18 | All Star Elite Ages 5-18 | All Star Open Ages 13-Up |
|-----------------------------|--|--|---|---|
| Season Runs | August-April | June- April | June- April | June- April |
| Practices | 2 hours per week 1 Tumbling Class | 3.5 hrs per week 1 Team Tumbling | 7-8 hours per week Team Tumbling Flyers Class | 6-8 hours per week Flyers Class Team Tumbling |
| Uniforms | Up to \$350- plus Tax Includes: Shell/Skirt | Up to \$475- plus Tax Includes: Shell/Skirt | Up to \$525- plus Tax Includes: Shell/Skirt | Up to \$525- plus Tax Includes: Shell/Skirt |
| Competition Schedule | (3) TCI Showcase Appearances 3-4 Competitions Lite Travel Required | (3) TCI Showcase Appearances 5-6 Competitions Lite Travel Required | (3) TCI Showcase Appearances 6-8 Competitions Travel Required | (3) TCI Showcase Appearances 4-6 National Competitions Travel Required |
| Additional Info | <ul style="list-style-type: none"> • Ages 3-9 • 1/2 Season • modified travel schedule | <ul style="list-style-type: none"> • Evals and Skill Maintenance Required • Attends choreo camp • Eligible for Post Season Events | <ul style="list-style-type: none"> • Evals and Skill Maintenance Required • Attends choreo camp • Attends Allstar Worlds/D2 Summit | <ul style="list-style-type: none"> • Evals and Skill Maintenance Required • Attends Super Camp • Attends the All Star Worlds/D2 Summit |
| Potential Teams | Tiny Novice w/Restrictions & Mini Novice | Tiny, Mini, Youth Level 1 Mini, Youth, Junior level 2 | Mini, Youth, Junior 1-4 | Int. Open level 4 |

FINANCIAL



TUITION

We have a comprehensive monthly fee that includes tuition and annual fees. **Uniform packages and travel fees are an additional cost.** The initial commitment fee will be due on June 3rd, 2024. Our first monthly fees will be due June 15th, 2024, then the 1st of each month July 2024-May 2025. Any discounts offered only apply to the training tuition fees. Jackrabbit software will be used to manage all account finances. ***Fees subject to small adjustments**

Novice Teams for the 2024-25 Season: \$250 commitment fee due July 15th, 2024

- \$235 per month if registered by July 15th, 2024
- \$245 per month as of July 16th, 2024

Prep Teams for the 2024-25 Season: \$300 commitment fee due June 3rd, 2024

- \$300 per month if registered by May 1st, 2024
- \$310 per month as of May 2nd, 2024

Elite Teams for the 2024-2025 Season: \$350 commitment fee due June 3rd 2024

- \$335 per month if registered by May 1st, 2024
- \$345 per month as of May 2nd, 2024

Tuition for Specialty Teams:

- Open Team: \$265/month **\$300 commitment fee due June 3rd, 2024**
- Cheerabilities: \$125/Month
- Dance: TBD



ANNUAL FEES:

Annual Fees are included in our comprehensive payments along with tuition. All fees are due on the 1st of each month.

Annual Fees include: Competition Fees, Choreography Fees, Music Fees, Coaches Travel Fees, End of The Year Celebration, and special competition gifts.

Additional Associated Season Cost (not included in monthly payments) \$300-\$1500

- TCI Registration Fee
- Eval Fee
- Post Season Cost
- USASF Fees
- Travel Cost
- Make Up
- Package Items
 - Uniform
 - Hair Bow
 - Tshirt
 - Jersey
 - Backpack
 - Practice Wear (2 Sets)
 - Warm Up

DISCOUNTS AND SAVINGS:

Limit one discount per athlete

- Siblings will receive \$15 off of their additional child's tuition for travel All Star Teams.
- Loyalty discount of 10% off tuition is available after athletes have completed **3 Full Year Seasons with us.**
- \$25 referral fee!
- Paid in Full Tuition Deal: 15% off tuition
- Fundraisers Available

WHEN IS CAMP AND CHOREOGRAPHY?

Choreography Camp:

TCI choreography camp will take place on specific days between **July 21st-July 31st, 2024**. Camp will run approximately 4-5 hours per day, a detailed schedule will be released as we get closer. Camp is mandatory for all competitive athletes.

Skills Camps/Clinics:

All of our teams will attend skills clinics and camps throughout the season. These days are mandatory and vital to our athlete's progress. Teams will be working stunt and tumble choreography. If athletes have a preplanned vacation during this time, this needs to be approved by our All Star Director.

There are no refunds for missing camp, camp fees are calculated on a set number of athletes.

Camps are a vital part of the success of our teams. During this time the teams are learning stunt sequences, skills for the routine, and learning to work together as a team. Athletes will also work on leadership, teamwork, and mental health strategies.



SUMMER PRACTICE SCHEDULE



SUMMER SCHEDULE:

We understand that summer is a vital part of everyone's childhood and parents sanity! This year we will have set closure weeks to allow families to plan travel etc. While practices are very important, we do understand that your athlete might miss some summer practices and that is okay! Please make sure you submit an absence form in advance so coaches can plan ahead.

During the summer our teams will practice 2 times per week for two-three hours. Teams will also host skills camps and clinics. There will also be a mandatory choreography session (2-3 days). These schedules will be announced on team commitment days. The summer schedule will run from June 5th- August 31st.

| CLOSED WEEKS | IMPORTANT WEEKS |
|--------------------|---|
| June 2nd-8th, 2024 | Evals: May 20th-23rd, 2024 Team Reveal: May 29th, 2024 Commitment Day: June 3rd, 2024 |
| July 3rd-5th, 2024 | Skills Training Begin: June 10th, 2024 |
| | Choreography July 21st-31st, 2024 |

FALL SCHEDULE

After Labor Day weekend we will begin our fall practice schedule. This schedule will include 2-3 team practices per week.

The fall schedule will be released in advance so you can plan ahead for when the change happens. All of our teams practice between the hours of 4:30-9:30pm, Monday through Thursday, Saturdays between 9am-3pm, Sundays between 1pm-6pm



REGISTRATION INFORMATION



[READY TO REGISTER FOR SEASON 9? CLICK HERE](#)

STEP 1-

- Complete our online registration form
- Your registration is not complete until step 2 has been completed.

STEP 2-

- Head to tcicheer.com and click the 'enroll now' button to complete early registration by May 1st, 2024 for early bird registration!
- Click "Login" if you already have an account with us or, "Create Account" if you do not. Please DO NOT create a new account if you are a current member in the gym. You will use the email we have on-file to find your account. If you have questions contact thecheerinstitute@gmail.com. When creating your account you will accept our policies, enter all of your information and then add your child as a student.
- Click "Find A Class" select the student you wish to enroll and click "See classes"
- Select "2024-2025 Early Registration. This is just to enroll your child in our system as an athlete for next season.
- Complete payment page and submit. You will then be forwarded to a page that says "Thank you for your purchase" this means you have successfully completed your registration.

Contact US:

Location: 7020 Huntley Road Unit C.

Number: 614-636-1067

Email: thecheerinstitute@gmail.com

Social media:

IG [@thecheerinstitute](#)

FaceBook: The Cheer Institute

STEP 3-

- Sit back and relax. Wait for Eval clinic information and evaluation times to be released via email. You can sign up for a slot once they have been released.

FAQ'S

- My athlete wants to work on their skills prior to tryouts. What is the best way to do that?
 - All athletes are encouraged to enroll in our Spring Tumble Club session or enroll in privates. Registration is now open!
- Is there an advantage to registering early?
 - Yes!! The earlier you register the more you save! Also the first 50 athletes who register this year will be entered into a drawing for free practice gear!!!
- Can I participate in fundraising before the season begins officially? Yes anyone who becomes "Signed for Season 9" can begin fundraising efforts!

