

Lawrence Cheer Athletics

2011-2012 Season Packet

Included is information on:

Our Mission
Tryouts
Classes and Schedules
General Info
Team Info and Pricing
Tentative Schedule for the year

Thank you for your interest in Lawrence Cheer Athletics!

LCA is the cheer division of Lawrence Gymnastics Academy and Athletics. Our classes are held at 5150 Clinton Parkway at the cheer gym, in which we offer both recreational and competitive classes. We will be moving into our third and most important season yet! Our goal for the 2011-2012 season is to have a strong team program. Each team is important and we want a dominant PROGRAM, not TEAM.

For more information or questions, contact Maya Tillman-Rayton, Cheer Director at mlynnray25@gmail.com
All information will be posted on LGA's website www.lawrencegymnastics.com and on our Facebook page.
Become a fan! We are under Lawrence Cheer Athletics.

We are a NCA and USASF Curriculum based gym. Our program holds these traits as our standard:

- Athletic activities are great bonding opportunities around which the entire family can unite.
- Team cohesion and performance is prized above individual talents and accomplishments.
- We value improvement! Signs of improvement are a good measure of success.
- A happy, healthy, independent child is the goal.
- No one single individual makes a team successful; teams become successful through the collective talents and best efforts of all their members. We will use all talents to put our best foot forward as a team.
- There is no substitute for hard work and preparation.
- Perseverance, resourcefulness, and dedication will overcome obstacles and setbacks. There are always setbacks....how we respond is the game changer!
- There are no closer friendships than those made through practicing, losing, and winning together as a team.
- Small triumphs promote confidence, self-esteem, dedication, and desire, which pave the way for future, larger triumphs.
- Skills and concepts learned in the gym can be applied to everyday life.

TRYOUTS

Even though we say “tryouts”, it is actually a skill evaluation. Every child that auditions for us will make a team. How many skills they complete and how well the skill is completed will dictate which team they are placed on. This season, LCA will have spots for 4 teams:

Mini Level 1 (Age 5-8)

Youth Level 2 (Age 9-11)

Junior Level 3 (Age 12-14)

Senior 3, 4 or 4.2 (Age 15-18)

Evaluation dates are May 8th, May 15th, and May 22nd from 5pm-6:30pm at the Cheer Facility. Each child will be evaluated on tumbling and cheer skills. Athletes will only need to attend one evaluation session. Please contact the director for a private evaluation if your child is not able to make one of the dates. June 30th is the last date we will take members for the team.

Your child will arrive at the gym and stretch. The coaches will walk the kids through motions, tumbling, and stunting. After touching on the material, we will break the kids up into groups of 4 to evaluate them. There are about 30+skills that each girl will be evaluated on.

After the evaluation is over, coaches will make final recommendations and put them in writing. Parents may pick up the evaluation sheet from LGA’s front desk the following Wednesday. The evaluation sheet will let you know what skills the child completed and what skills they can be working on. The sheet will also have the team placement and tumbling classes they will need to sign up for.

This year, we have included a bump rule for each level. If your child is younger, but performs the next team level available, they must be able to execute the majority of skills at the higher level to be considered. **EX:** If a 10 year old can do back tucks and tumbling series and fly they will be placed on the Junior level 3 team instead of the youth level 2 team.

**“TRYOUTS” ARE CLOSED FOR OBSERVATION
RETURNING MEMBERS MUST HAVE CURRENT ACCOUNTS TO AUDITION**

CLASSES AND SCHEDULES

During the summer, teams practice Mondays or Tuesdays. Mini team will practice 2 hours a week at \$65 while the other 3 teams will practice 2.5 or 3 hours a week at. Those without a back handspring class will be in the gym for 2.5 hour at \$75. Those WITH a back handspring class will be in the gym for 3 hours at \$85 a month.

August 7th will be the first practice of the competitive season. Teams will begin choreography and their new schedule at that time. Each member will have to take Choreography class, a Tumbling class, and a Cheer Technique class. **The Choreography Class is set, the Tumbling and Technique Classes will be offered a several times a week. You can schedule them for your convenience.** Tumbling and technique classes to enroll in will be written on your child's evaluation sheet.

The Choreography Class is designed to put together our routines or make changes. Most of our stunting plus tumbling will occur during this practice. Technique classes focus on the individual skills we perform in a routine; it is designed to help improve stunt and jump ability and increase flexibility. The tumbling class is an extra chance in the week for the athlete to tumble. We understand that our athletes may be in more than one activity, so we are allowing a little more flexibility with the tumbling and technique classes during the week for this season.

Those classes will still consist of team members only. The girls will get a chance to work with girls from other teams making our whole network stronger and closer in the process. The classes will have athletes of the same skill, so they will be able pick up material better.

The fall schedule will be out by July. Tumbling and Technique classes will be available Mondays, Tuesdays, and Thursday evenings plus Saturday mornings.

Choreography Practices

Mini Team- **10-11am Saturday**

Youth Team- **2-4pm Sunday**

Junior Team- **4-6pm Sunday**

Senior Team- **6-8:30pm Sunday**

GENERAL INFO

As members of the team, parents are responsible for tuition and booster payments. Tuition payments are to be made to LGA and all parents will need to be enrolled in automatic withdrawal payments. You may give LGA your information and they will withdraw on the first of every month. To be a member of team, this is a mandatory requirement. Booster payments are the fees associated with being a part of a CLUB activity. All booster fees will be paid to the booster club account on the third week of every month. This covers uniforms and competitions. Any member that is delinquent on either account will cause their athlete to sit out until it is caught up. Late fees will be associated with both the booster fees and tuition.

The Biggest Question...ARE THERE FUNDRAISERS??? Yes!!! The fundraisers will be run through the booster club. All parents are automatically booster club members, and the objective as the boosters is to raise funds to defray club costs. You will have a vote as to when and what kind of fundraisers you do, but to truly benefit from this, you must be active! Boosters have their own guidelines and regular meetings to discuss such matters.

New to this season, team parents are allowed to observe one practice every other week. LGA has had this rule in effect for a while and we are adopting it. This is a common practice with almost every competitive cheer, gymnastics, or dance program across the US. There have been over three dozen sports science articles in the last 20 years discussing the benefit that children can get from working on their own and with their teammates. The coaching staff will be sending out progress reports to parents to keep them updated.

Practices are a time to improve. Missing practices hinders both team and individual growth. This team has a moderate time commitment and we expect all team members to adhere to the schedule. Excessive tardies and absences will result in athletes having to sit out from competitions, regardless to if fees have been paid. If you know you have conflict, please contact the director for clarification.

Mini team

This team is a **level 1** team for kids 5-8 years old. They will practice 3 hours a week and attend 6 competitions locally. If an invitation to a national competition is earned during the season, the team may decide if they would like to attend.

On a level 1 team, skills performed are:

Tumbling:

- No Back Handsprings, Only Back Walkovers
- Cartwheels
- Round Offs
- Backwards Rolls/Back Extension Rolls
- Any Variation or combination of these

Cheer Skills:

- 3 Connected Jumps
- Stunting only to prep level, not above head
- Sharp performance ability (smiling, memory)

Bump Rule: If a child fits in this age group, but has the skill level for the level 2 team, they will be placed on the level 2 team. This is unless the family decides they want to stay at the level 1 team. To be considered for the level 2 team, the child must have 2 Back walkovers connected, a working back handspring, and a level Toe Touch and Pike jump.

Financial Outlook for the season

Tuition \$80 a month (3 hours)

Booster fees

- New Members \$735: **\$75** deposit in June, **\$65.80** a month
- * Includes uniform, shoes, warm up, performance make up, practice gear, bag, and 6 competitions

Used shoes and uniforms could be available for purchase. If an used item is found for you, your account will be credited the difference.

Youth team

This team is a **level 2** team for kids 9-11 years old. They will practice 4 hours a week and attend 7 competitions. There are 3 possible invitations to national competitions. If the team earns a bid we will take it. If so, the youth team could go to a total of 10 competitions.

On a level 2 team, skills performed are:

Tumbling:

- Back Handsprings, Toe Touch pause Back Handsprings
- Round Off Back Handspring Series
- Front Walkovers to Back Handspring Series
- At least 50% of the team must be able to perform these skills

Cheer Skills:

- 3 + Connected jumps with rotation
- Stunting to extended level
- Straight ride basket tosses
- 1 legged stunts at prep level
- Motion Sequences
- Sharp performance ability (smiling, memory)

Bump Rule: If a child fits in this age group, but has the skill level for the level 3 team, they will be placed on the level 3 team. To be considered for the level 3 team, child must have a working back tuck, standing or in a series. They also must be proficient in stunting. This is unless the family decides they want to stay at the level 2 team.

Financial Outlook for the season

Tuition \$95 a month (4 hours)

Booster fees

- Returnees \$640: **\$75** deposit in June, **\$56.50** a month from July-April
*Includes new practice gear, shoes, sleeves, and 7 competitions

- New Members \$900: **\$100** deposit in June, **\$80.00** a month
* Includes uniform, shoes, warm up, performance make up, practice gear, bag, and 7 competitions

Used uniform tops, skirts, and shoes could be available for purchase. If a used piece is found for you, your account will be credited the difference. Former Mini team members may sell back the uniform, shoes, and warm up pieces. For those reselling an item, the amount paid will be credited to your account.

Junior Team

This team is a **level 3** team for kids 12-14 years old. They will practice 4.5 hours a week and attend 7 competitions. There are 3 possible invitations to national competitions. If the team earns a bid we will take it. If so, the Junior team could go to a total of 10 competitions.

On a level 3 team, skills performed are:

Tumbling:

- Back Handsprings, Toe Touch Back Handsprings connected
- Round Off Back Handspring Back Tuck
- Front Walkovers to Back Handspring Series
- At least 50% of the team must be able to perform these skills

Cheer Skills:

- 4+ Connected jumps with rotation
- Stunting to extended level, rotational load-ins/dismounts
- 1 trick basket tosses
- 1 legged stunts at extended level
- Advanced Motion Sequences
- Sharp performance ability (smiling, memory)

Bump Rule: If a child fits in this age group, but has the skill level for the Senior team, they will be placed on the Senior team. To be considered for the Senior team, child must have a working lay out and a Toe Touch Back tuck, . They also must be proficient in stunting. This is unless the family decides they want to stay at the level 4 team.

Financial Outlook for the season

Tuition \$105 a month (4.5 hours)

Booster fees

- Returnees \$630: **\$75** deposit in June, **\$55.50** a month from July-April
*Includes new practice gear, shoes, sleeves, and 7 competitions

- New Members \$900: **\$100** deposit in June, **\$80.00** a month
* Includes uniform, shoes, warm up, performance make up, practice gear, bag, and 7 competitions

Used uniform tops, skirts, and sleeves **WILL** be available for purchase. **NOTE: The previous senior team will be selling their tops and sleeves to the Junior team. More than likely, every new member of the Juniors team will receive that at 80% of cost.** Current members of the Senior team that are in the age or skill category of Juniors will not need to purchase a new uniform.

Senior team

This team could be a **level 3,4,or 4.2** team for kids 15-18 years old. They will practice 4.5 hours a week and attend 7 competitions. There are 3 possible invitations to national competitions. If the team earns a bid we will take it. If so, the Senior team could go to a total of 10 competitions.

On a level 3 or 4 team, skills performed are:

Tumbling:

- Back Handsprings, Toe Touch Back Handsprings and Tucks
- Round Off Back Handspring Series to Tuck or Layout
- Front Walkovers to Back Handspring Series
- Working Twisting skills
- At least 50% of the team must be able to perform these skills

Cheer Skills:

- 5 + Connected jumps with rotation
- Stunting to extended level, full ups/double downs
- 1 or 2 trick basket tosses
- 1 legged stunts at extended level with transitions
- Elite level Motion Sequences
- Sharp performance ability (smiling, memory)

Financial Outlook for the season

Tuition \$105 a month (4.5 hours)

Booster fees

- Returnees \$695: **\$75** deposit in June, **\$62.00** a month from July-April
*Includes new practice gear, shoes, top, and 7 competitions

- New Members \$965: **\$100** deposit in June, **\$86.50** a month
* Includes uniform, shoes, warm up, performance make up, practice gear, bag, and 7 competitions

Used uniform tops, skirts, and shoes could be available for purchase. If so, your account will be credited the difference. Former Mini team members may sell back the uniform, shoes, and warm up pieces. For those reselling an item, the amount paid will be credited to your account.

2011-2012 Tentative Calendar

MAY-

- 8** - Tryout Clinic #1 5pm-6:30pm
- 15** - Tryout Clinic #2 5pm-6:30pm
- 29** - Last Day for returning members to commit

JUNE-

- 6** - Beginning of Summer Classes, Session #1
- 14** - Parent Observation Day
- 21** - Booster Deposit Due
- 30** - Team Fittings, time TBA

JULY-

- 4** - No Classes
- 5** - Summer Session #2 Starts
- 12** - Parent Observation Day
- 13** - Mandatory Parent Meeting at LGA
- 19** - Booster Payment due

AUGUST-

- 1-6** - No practice
- 7** - Fall Schedule officially begins, Choreography begins
- 21** - Booster Fee Due

SEPTEMBER-

- 4** - No Practice
- 11** - Finishing Choreography
- 18** - Booster Fee Due

OCTOBER-

- 16** - Booster Fee Due
- 30** - Dress Rehearsal for Parents
- TBA** - Picture Day

NOVEMBER-

- 5** - JamFest Twister Jam in Topeka (All Teams)
- 13** - Booster Fee Due
- 20** - Champions Cup Series in Overland Park (All Teams)

DECEMBER-

10-America's Best in Wichita (Youth, Junior, Senior teams only)

18- Booster Fee Due

25-Jan 2-Holiday Break

JANUARY-

3-Classes Resume

7-Make up Practices

8-Championship Spirit Group in KC, MO (All Teams)

15- Booster Fee Due

21-ACDA Spirit Competition in KC, MO (Mini and Youth Only)

28-GLCC Competition in Independence (Junior and Senior Teams only)

FEBRUARY-

11-Make up Practice

12-Booster Fee Due

18 &19-JamFest Nationals in KC, MO (Youth, Junior, and Senior Teams only)

MARCH-

3-CHEERSPORT Competition in Independence (All Teams)

18-Booster Fee Due

APRIL-

TBA-US FINALS AND INTERNATIONAL ALL LEVELS (Any teams earning a bid)

15-Booster Fee Due