CARDINAL COMPETITION CHEER

2020-2021 SEASON



**What the Cardinals are all about:**

Here at the Cardinal gym we aim to teach our cheerleaders the sport of cheering. We do this by teaching them proper technique, commitment, and most importantly; sportsmanship.

Our main goal for every season is to create a safe atmosphere for our cheerleaders so they feel like they have a *forever family with the Cardinals.*

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**Everything You Need to Know About Evaluations:**

Obviously, we are in a time of uncertainty and cannot provide all the answers we wish we could, we still plan on putting together the best season that we can for our cheerleaders!

**May 23rd: Online Sign Ups Begin**

**How They Work:**

After clicking the link for the Cardinal Athletics 2020/2021 Sign Up Sheet, fill out your information that is asked. Once you submit your sign up you will shortly get an email from Coach Paula that will include a welcome letter as well as the evaluation packet to fill out and send back to us. You will also receive the sponsor forms for this season.

**Evaluation Dates @ The Cardinal Gym:**

Although we cannot provide the exact dates for evaluations just yet we are looking to have some type of evaluation throughout June and July. (These might be through Zoom or at the gym) We will send out an additional information packet once we have a definite answer.

* What to Wear?
  + Black top, red bottoms for any Zoom tryout and for the first in person try out.
  + No jeans or baggy clothing.
  + Top: either tank top or t-shirt.
  + Cheer sneakers or running sneakers, no converse-like shoes, no velcro
  + NO Jewelry, NO long nails
  + Hair up in a high pony tail with a bow!
* What to Bring?
  + WATER! Bring at least 2 water bottles each day.
* How do Evaluations Work?
  + Everyone makes a team, we **do not** cut anyone.
  + During evaluations, cheerleaders will learn a dance, perform their jumps, perform their tumbling, and work on stunting. All of which will be evaluated by the coaches.
* What Are We Looking for at Evaluations?
  + Stunting: We will look at every cheerleader’s ability to stunt. We will look for technique, strength, flyer’s flexibility, and ability to perform a sequence.
  + Tumbling: We will look for specific skills for each level. We will be looking at timing of the skill, technique of the skill, and perfection of the skill. (Skills listed on page 6)
  + Jumps: We will look at height, flexibility, form, and timing.
  + Dance: We will look at motions, footwork, cleanliness, and sharpness of dance.
  + Spirit: We will look at spirit of flyers, all spirit of jumping, and all spirit of dancing.
  + Attitude: We will be looking at cheerleaders with good sportsmanship involving helping others and keeping a positive attitude at evaluations.

**Evaluation Process and Team Requirements**

Evaluation Process

Our main goal for this year is to take our 2020 season teams and move up with our amazing teams. We want to try to keep our teams similar while adding any new cheerleaders to the team they fit best with. Overall the teams are chosen with the following process; cheerleaders are evaluated and placed on a team for their stunting. Stunting is chosen according to age and skill. Once each team has full stunt groups, tumblers are added for each teach. Team tumblers will be chosen by age and skill, the team tumblers should also be able to keep up with the team and act as a backup position for stunting.

New Crossover Rules

With the competition cheer rules constantly changing, we always adjust our team rules according to USASF rules. For this year, this means that crossovers are only allowed up to 2 teams, which means we will not be choosing so many crossovers as we have in the past. If you want to be considered to crossover, please fill out the crossover sheet.

Team Requirements

Flyers: To fly for the 2020/2021 season every flyer must have the following skills perfected…

Left Heel Stretch, Right Heel Stretch, Left Scale, Left Scorpian and Left Bow and Arrow

Bases: (Included backs) To base for the 2020/2021 season every base must have the following skills according to their level…

Lower level stunting perfected

Correct technique of basic skills

Tumblers: To be put on a team according to tumbling there are certain skills that must be PERFECTED. Remember *YOU DO NOT NEED TUMBLING TO MAKE A TEAM.* But for those trying to make a second team FOR their tumbling, the following skills are required…

* Minis
  + Back Bend
  + Round-off
* Level 1:
  + Double Back Walkover
  + Back Walkover Switch
  + Front Walkover
  + Front Walkover, Cartwheel, Back Walkover
* Elite Level 1:
  + Toe Touch, Forward Roll Step Out, Front Walkover, Back Walkover
  + Back Walkover, Front Walk Over, Cartwheel to Knee
  + Front Walkover, Cartwheel, Front Walkover, Round-Off, Back Walkover
  + Handstand, Forward Roll Step Out, Cartwheel, Back Walkover
* Level 2:
  + Back Handspring Step out
  + Back Handspring, T Jump, Back Handspring
  + Back Walkover, Back Handspring
  + Round Off Triple Back Handspring
  + Front Walkover, Round-off, Back Handspring
* Elite Level 2:
  + Back Handspring, T Jump, Back Handspring Step Out, Hurdle Round-off, Double Back Handspring
  + Back Handspring Step Out, ½ Turn Round-off, Triple Back Handspring
  + Front Walkover, Round-off, Triple Back Handspring
  + Round-off, Back Handspring, Tuck Jump ½ Turn, Round-off, Double Back Handspring
* Level 3:
  + Standing Triple Back Handspring
  + Back Walkover, Double Back Handspring
  + Round-off, Handspring Tuck
  + Front Walkover, Round-off, Back Tuck
* Elite Level 3:
  + Toe Touch, Handspring, Toe Touch, Triple Back Handspring
  + Back Handspring, Back Handspring Step Out, Back Handspring
  + Standing Round-off, Back Tuck
  + Front Punch, Power Hurdler Round-off, Back Tuck
  + Round-off, Two Back Handsprings, Back Tuck
  + Power Hurdle, Round-off, Back Handspring, Back Tuck
* Level 4:
  + Standing Back Tuck
  + Standing Back Handspring, Back Tuck
  + Round-off, Back Layout
  + Punch Front Step Out, Round-off, Back Tuck
  + Round-off, Back Handspring, Back Layout

**Fundraising, Sponsors, & Cost!**

Coach Paula always remembers why she started this program, to have an inexpensive and AFFORDABLE program for kids to cheer for!

**Cost:**

Cost this year will go up, but we will also be offering many fundraising opportunities. More information will come out when we know what the season looks like for us. However, here is some information we can provide:

**Breakdown of Costs…**

There will be a registration cost that can be fundraised by getting Sponsors. There will be a discount for a second child’s registration as well. The tiny and mini registration is discounted since they do not compete at every competition. If someone needs a new uniform the cost will be $302 for the uniform, returning cheerleaders can use their uniform from last season and will not need to pay for a uniform. There will be a monthly facility fee of $35-$40 depending on how many total cheerleaders we have this season. This facility fee is collected the 1st of every month. Registration covers: Music, Bows, Competitions, Team T-Shirts, and Insurance

**Sponsors:**

Cheerleaders can go out and get Sponsors to cover their registration. Feel free to get as many Sponsors as needed. If anyone gets enough sponsors to cover the full registration fee, then whatever money is left over can go towards monthly facility fees and uniform costs. Sponsors are due by October 1st.

Option 1: $100 Business name on T-shirt

Option 2: $150: Name and number on banner at the gym

Option 3: $200 Business name and phone number/email on T-Shirt

Option 4: $300 Banner at the gym and business name on T-Shirt

**Canning:**

Throughout the Summer and into the Fall, feel free to can to get money towards your monthly facility charge! By canning on your own you will receive all profits put towards your facility charge. To set up canning please contact Coach Paula FIRST.

**Fundraisers:**

To run such a great competition program with little money, we strive on our fundraisers. This upcoming season we will have many new and old fundraisers! We ask that everyone tries to participate and shows support for our program by attending whatever they can! The following are just some of the fundraisers we plan on doing for this season…

Annual Pancake Breakfast

Comedy Show

Pocketbook Bingo

Bath Bomb Fundraiser

Disney fundraising

And more to come!

**Uniform Fundraising**

We will have a Rebel account set up where cheerleaders can do their own fundraising for their uniforms. How it works…

Go to the website: Rebelathleticrewards.com

Register or Sign up

Share and Shop!

All money made from this fundraiser will pay for your new uniforms!

**Competitions and Practices**

Competitions:

Each year we do about 8/9 competitions. We do mostly local competitions and a few sleep away competitions. This season our sleep away competitions will hopefully include Asbury Park, Hershey Park, and Disney! We will send out a competition schedule once Coach Paula has booked all of our competitions for the season. We ask that everyone blocks off each day of competition so that we can assure that everyone is there.

Practices:

Each team practices twice a week at the Cardinal Gym. As competitions get closer we may add a few practices at a spring floor gym as well. Tinies only practice once a week for an hour. Minis only practice once a week for an hour and a half. Every other team will have two, 1 hour and a half practices every week. EVERY practice is MANDATORY! Cheerleaders are expected to be at practices 5-10 minutes early to have shoes on and stretch and to be ready and on the mat precisely at practice time ready to go.

Summer Schedule:

Typically, over the summer we offer cheer camp, competition prep camp, stretching classes, open gym, tumbling camps, tumbling clinics, stunt clinics and tumbling classes. However, with the current situation at hand we are taking things one day at a time, so we will send out any plans we have for summer once we know.