



Cheer Station Team Packet 2020-21

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STRONG VALUES & FIRST CLASS COACHING

WHY CHOOSE CHEER STATION

When you train with Cheer Station you get the best of both worlds-our athletes get strong technique training with an emphasis on sportsmanship and world caliber choreography and coaching. Cheer Station offers your athlete positive role models in a family atmosphere when they are training to national recognition. We believe our athletes learn valuable “life lessons” when they are training together to achieve their personal and team goals. We know that our athletes develop stronger character and confidence while in our program and take those attributes on in their daily lives.

Cheer Station Athletes are known around the country for being not only the top team in every level, but for having great sportsmanship. CSI teams are repeatedly complimented for their team spirit and good attitudes are often the winners of spirit awards for both athletes and fans!

Our Cheer Station staff is the most knowledgeable and well-trained staff in the industry and although they can be tough at times, they always encouraging and positive. All of our staff is credentialed by the USASF and our Owner is a member of the USASF rules, disciplinary committee and Regional Advisory Board. CSI Staff have Coached at University of Texas, Stephen F Austin, Hawaii Pacific and they have cheered at Baylor, UT, SFA, Hawaii, HPU, NC State, Navarro and some of best All-star programs in World. You can trust that your athlete is in good hands. We required all CSI team coaches to join the Positive Coaching Alliance pass their coaching courses to work with our teams and our staff meet and exceed every industry standard and lead the Safe Sport initiative.

Cheer Station also believes in balancing the family and team. During the summers we know how important family time is and we have moved our weekend practices off the weekends. We also try to avoid competing close to holidays, so that our athletes can enjoy more time with their families when they are off school without compromising the quality and of our teams or events.

Cheer Station is proud to be the oldest running all-star program in Texas! We are a family and we are happy to share our values and legacy of winning with your athlete year after year. Please feel free to call or email us anytime if you have a question. The first round of Cheer Station Team tryouts can start by video on May 4th through 16th and in person on May 16th for All-star, Prep and show teams.

All tryouts must include, athlete name, birthdate and the following skills: Two running passes, two standing tumbling passes & three jumps. The jumps must be in order: Toe touch, Front hurdler and a pike. Please email your tryout video to brad@cheerstation.com from May 4th -16th and signed forms must be sent to Katie@cheerstation.com . All Top persons /partners must show both heel stretches, scorpion & arabesque or a scale. Please email me with any questions.

Regards,

Brad Page

Brad@cheerstation.com



Dear Parent and Athlete,

We would like to take this opportunity to thank you for choosing Cheer Station National Cheerleader Training Center. Our qualified and experienced staff will provide you with a positive learning environment to improve your skills. Here at Cheer Station, we build confidence in our athletes by nurturing a “can do” attitude with positive coaching. We strive for balance and set our standards high. We try to challenge our athletes to safely compete at the top of their ability level and teach them to reach their goals by mastering skills and performing them on the floor and building teamwork and real confidence. We are proud of the Cheer Station Family and are known for our sportsmanship and team spirit.

Over the past 30 years, we have coached and choreographed over 450 national champion all-star and high school teams and individual competitors. Cheer Station graduates are cheering at Stephen F. Austin, University of Texas, Baylor University, Texas State, Texas Tech, University of Louisville, University of Nebraska, University of Colorado, University of Virginia, Sam Houston University, University of Oklahoma, and many more. American Cheerleader Magazine has also named us as one of the Top 20 cheerleading gyms in the nation. Other achievements include 40 Gold Medals at the AAU Jr. Olympic Games, World Title at Final Destination, and Top five in the Cheerleading World Championship’s. CSI has also been voted Austin’s favorite place to cheer by Austin Family Magazine for the last five consecutive years. Owner, Brad Page was recognized as the 2015 Gym Owner of the Year by his peers at the USASF and this year we have brought home several National titles, Paid bids to Worlds, Bids to The Summit and D2 Summit, four paid to THE ONE and an NCA and ACP choreography award over the past several years!

We are here for our clients and will be glad to answer any questions you may have after reading over the material in our team packet! We hope that you this information will familiarize you with our team policies and procedures. We realize being part of our team program is a commitment, but it is also an experience of a lifetime. If you have any questions, please feel free to contact us at any time at #512-452-4337. Feel confident that you have made the right decision in choosing CSI. We look forward to establishing a long -lasting relationship with you and your child. Thanks again and we are excited for you to join our family!

Sincerely,

Brad Page

Ladd Lebus

Katie Rebers

President

CEO

Vice president

What Parents are saying about Cheer Station...



Emily is who she is today because of all those hours at Cheer Station! Thank you for helping raise my daughter! Y'all taught her so much... So much more than just cheer-leading! My younger daughter will be cheering with you soon!

Thank you! Thank you!
Emily's mom
Lara Lee

AS we near the end of our season, I want to say thank you and I am so grateful for your hard work and devotion to so many young athletes. I am so lucky to have a 2nd generation perspective. I know that life skills they are learning because I have witnessed them with my own children. The score sheet is just a tool to be utilized for growth in the areas that truly matter. The list is long but here are a few:

Goal setting, results oriented, poise amidst adversity, dedication, strong work and conduct ethic(big one), success oriented, leadership, promotability, personal motivation, kind, capable, empowered(big), And my personal favorite... the ability to leap large buildings with a single jump!

Mary
Cheer Station Grandmother

Cheer Station has been such a tremendous influence in my daughter's life! We already miss it so much and she can't wait to see you guys again!

Jill

Makenzie has grown sooo much under your direction! Her confidence and self-esteem is just where it should be and she is already well prepared for her high school cheerleading.

XOXO,

Kelly

We have been part of Cheer Station for 9 years! Over that time, my daughter has grown from a curious 1st grader learning her first cartwheel to an elite competitive high school cheerleader (WHS won UCA this year!) I am confident that she would not have had the same success without Cheer Station. The Cheer Station Staff is by far the most experienced, knowledgeable, safety-oriented, and not to mention –FUN! IF you are interested in cheerleading at any level, why not go with the best? We have tried other gyms because of convenience or location, but always come back home to our Cheer Station Family.

Amy

WHS cheer mom

Cheer Station All-Star Team

Welcome to the Cheer Station National Cheerleading Training Center All-Star Program. We are delighted that you have chosen to become a part of one of the most prestigious all-star programs in the country. Cheer Station is the longest running competitive cheer program in the country and we welcome you to our family. In the following pages, you will find an outline of our:



- Cheer Station Policies
- Important Dates
- Frequently Asked Questions (FAQ's)
- Financial Commitment
- Other important information that you will need to know about our program...

Please take your time to read and understand all the material enclosed in this packet.

Our mission at Cheer Station over the past 30 years is to enrich the lives of all athletes and their families through the sport of competitive cheerleading. Our goal each day is to teach our team members the value of hard work, integrity, leadership, self-confidence, positive attitude and a love for our sport.

We strive to be the very best program in the country and we believe that each and every athlete is important to the overall success of the program.

Please complete the following forms after reading and understanding the information in this packet:

- Payment Form/Financial Commitment Form
- Tryout Form
- Annual Team Registration/ Medical Release Form

Please turn in all of the properly filled out forms and the \$75.00 tryout fee to be placed on a team by May 18th, 2020. Athletes trying out after after May 18th will need to schedule an evaluation with the head coach to be placed on a team. A Video tryout must include two running and two standing tumbling passes, three different jumps and a stunt. Please submit your video to brad@cheerstation.com. \$75.00 Registration and tryout fees apply and there is no additional fee for a video evaluation.

Please keep the remaining parts of the team packet as a reference guide throughout the season. We are here to answer any questions that you may have concerning our program. Feel free to contact us if you would like further explanations on the CSI Team Program:

Brad Page brad@cheerstation.com

Katie Rebers katie@cheerstation.com

Cheer Station Policies

Practice Times

Team members should arrive to practice 10 minutes prior to their scheduled time. Students will not be allowed in the gym unsupervised. A CSI staff member must supervise all students at ALL TIMES. If a team member needs to leave practice early, you must ask your team's head coach before the scheduled practice. There may be times that this request will be denied if the coach needs to keep all team members present. For team practice times, see attached team information. ***There will be times when the parent viewing area must be closed in order to help keep our team focus! We will try to post closed viewing days in the lobby. Practices the week of competition, and two weeks before nationals will be CLOSED to parent viewing.***

We will be scheduling extra practices before each competition and you will have ample time to mark your calendars. We will be creating a NEW Team calendar to verify and update all scheduled CSI events. Please visit the team calendar for any updates and schedule changes.

Dress Code:

- No jewelry.
- Athletic attire should be fitted and will not limit movement or inhibit spotting.
- Fingernails should be kept short and athletic.
- Hair should be pulled back out of your face.
- No cell phones on the floor

Open Gym

Open gym is FREE to all competitive CSI team members. You may use open gym to condition and perfect new skills. There will be a staff member available to help and monitor the gym and do some light spotting. Please check with the office for updated open gym times.

Gym Holidays

The gym will be closed on all AISD & RRISD school holidays, unless we are close to a competition date. We will not have team practices on Memorial Day, July 4th, Labor Day, Thanksgiving day, Christmas Break (December 18- January 2nd, 2021)-we will reopen for team practice on January 3rd, Martin Luther King Day, Presidents Day, Easter, AISD Spring Break, back to school week in August (dates TBA) and one practice after our last Nationals for each team.

Summer team camp for choreography

Team choreography camp is scheduled for August 10-16th and Times are TBA and Show Teams on September 12th.

Add a class: athletes are encouraged to add classes to improve skills. Tumbling classes are discounted \$25 per month and stunt classes are discounted \$10 per month for team athletes.

Add a Team: Some athletes compete with two teams. There are additional training and competition fees. Please meet with Brad or Katie if your athlete is interested.



Each level has skills required and we will choose each athlete for a specific role. Athletes will fill spots for Bases, Flyers, Back Spots and specialty tumblers/front bases.

This form helps us understand your athlete and their current skill set. Thank you.

Name _____ Age as of December 31, 2020 _____

Birth date _____

Have you ever cheered before? _____ Yes _____ No If so, where? _____

<p>Please list the five hardest stunting skills that you have hit and list your position:</p> <p>Flyer _____ Main base _____ Side Base _____ Back Base _____</p>
<p>Please list the three strongest standing tumbling skills that you can hit without a spot.</p> <p>Standing Tumbling:</p>
<p>Please list the three strongest running tumbling skills that you can hit without a spot.</p> <p>Running Tumbling:</p>
<p>Please list any other Competitive cheerleading experience and attributes that we should consider when placing you on a team.</p>

Competition Schedule

The competition schedule is usually finalized as early as possible but may as late as August. Please understand that tuition pays for coaching and training, it does not pay for the right to compete or perform. Team members earn that right by working hard, keeping a good attitude, attending practice, and maintaining their skills. Athletes that are competing with their school teams on the same day as their CSI team will only be allowed to do both if they are at the same event. We will not allow athletes to compete with their school and their CSI team if they are at different venues. All athletes will be required to travel and practice the night before a two-day competition. **You may have to leave school early or even miss school for some events.**

If a team gets bids to the Summit, The One, or Cheerleading Worlds, their competition season may be extended.

Tuition and additional competition and travel fees will apply. If an event is cancelled for any reason (including a natural disaster) we will make every effort to replace that event and reschedule or we will implement a “ Plan B” to level up team skills and we will add a skills workshop in its place. If the team chooses to add another competition, there will be additional competition and travel fi

Travel

There is a “**Stay to Play**” rule for most of our events and those National Championship events will require hotel accommodation to be booked at their specific hotels. The event host will be blocking rooms at each national’s and you will be **required** to stay in the team block. For one day events, you will have to make your own travel and hotel arrangements. We try to book our hotels as close to the each event as possible. We strongly urge you to book early as the blocks expire quickly in the host cities. Please plan on traveling early and staying for your team awards.

All athletes may be required to travel to each Nationals a day before preliminaries for the team to have a practice in the host city if it is possible. At all other events, athletes are required to arrive up to 2 hours before their team’s competition warm up time to prepare and be ready. One day events may start early and we have had call times as early as 6:30 AM. At those events, we require all athletes to travel to the event on the night before to avoid weather issues and for a team practice/meeting.

Remember: Most competition companies wait until the week of the event to release their schedules. We will keep you informed of the schedule as soon as we know it.

Uniform, Work-out gear, Appearance (Hair , make-up, and Nails)

We have decided to keep the current team uniforms for one more season and reduced the costs of the required work out gear

A new CSI custom blinged uniform costs \$465.00 and must be ordered at the gym and paid for when your athlete is fitted. There may be a limited number of pre-owned uniforms available at a discount. See Kaylee in our office for details.

Work out gear is required and will be worn at choreography camp and team practices. A team bow will be ordered in the fall. Athletes should have safe athletic nail length (no claws) and no nail polish.

Note: All athletes should compete with natural hair color and no jewelry will be allowed unless for a medical alert.

Did you know that CSI Teams have competed at the World Championship and Summit in Florida 11 times and placed top 5!

All Cheer Station Team Coaches are required to be USASF and SafeSport certified.

Spectators, Families, and Guests

We have a parent viewing area located in the lobby or on the second level of the gym. **All spectators may watch practice from the designate area.** Viewing is behind the viewing area walls, not on the mats. Please refrain from walking on the mats, as this is a danger to both you and our athletes. Should you need to talk to a coach, please wait until after practice or set up a meeting time with that coach.

Sometimes, the parent viewing will be closed so teams can give their full attention to the coaches and Routines (this is to ensure that teams are ready and the routines are not compromised).

On these days we ask all parents to drop off and leave the facility. If a team member would like to bring a friend or a recruit to practice, please ask the coaches permission. All-star cheerleaders from other programs **will not** be allowed to visit the gym during the competition season without permission from the program director. **Any parent, spectator or athlete that acts without respect or talks negatively about another athlete, gossips or acts with poor sportsmanship will be asked to leave the viewing area or the gym. Please keep your comments kind and positive as we are always on a journey of self-improvement!**



2020 Recommended Tumbling Skills and Required Age Groups

Level 1	Standing:	Forward roll, Cartwheel, Round-off, Back Walk over and Front Walk over
	Running:	Forward roll, Cartwheel, Round-off, Back Walk over and Front Walkover immediate Front Walk over
Level 2	Standing:	back handspring and Back walk over Back Handspring
	Running:	Round-off back handspring, BHS series and front walk over through to ROBHS, ROBHS step out passes bounding FWO through to BHS series
Level 3	Standing:	BHS series and a Jump BHS
	Running:	Round off Tuck, Running ROBHS Back Tuck, punch Front tuck, and an aerial, FWO through to ROBHS Tuck or Front Tuck or aerial through to a ROBHS Tuck
Level 4	Standing:	Tuck, BHS Tuck, jump BHS Tuck, series to back Tuck
	Running:	RO Layout, ROBHS Layouts, Layout step-outs, Front tuck step-out through, Handspring Front Tuck and whip passes.
Level 5	Standing:	Jump back tuck, BHS Lay-outs, BHS series to Layout , whip passes
	Running:	Twisting Fulls
Age Groups		Tiny Novice 3-6 w/restrictions (Stars Show Team) Tiny 5-6 Mini 5-8 Youth 5-11,8-11 (Level 4), 9-11 (Level 5) Junior 6-15, 8-15 (Level 4), 9-15 (Level 5 & 6) Senior 12-18 All-Star, 10-18 All Star Prep

