



# Cheer Station

National Cheerleader Training Center

[www.cheerstation.com](http://www.cheerstation.com)

CONFIDENCE

TEAMWORK

SUCCESS

FRIENDS

FITNESS

FUN

TRAVEL



Cheer Station Team Packet

All-Star , Prep , & Novice

Information Packet 2022-23

9330 United Drive Suite 180 Austin, TX 78758

512-452-4337

# 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 are 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. All CSI Staff have Coaches are certified by SafeSport and many cheered 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 without compromise. During the summers we know how important family time is and we have moved our weekend practices off the weekend to ensure better team attendance. 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 2022 are scheduled on May 15-16th<sup>h</sup> for our All-star and year round Prep teams. We want to see Individual tryouts and video tryout also encouraged . Please email [brad@cheerstation.com](mailto:brad@cheerstation.com) for details.



Dear Parent and Athlete,

Welcome to our family! We would like to take this opportunity to thank you for choosing Cheer Station for your cheer needs. Our qualified and experienced staff will provide you with a positive learning environment to train and compete. 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 32 years, we have coached and choreographed over 460 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 five consecutive years. Cheer Station Teams won first at SC, ACA, ACP NCA, a Paid bid to the Cheerleading Worlds & The Paid and At Large bids to The Summit Championships! This past year four CSI teams made the Summit Finals and J-Fly won The Summit! The Chiefs placed second, Flyers and Mercury both made the finals in Orlando!

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

# Cheer Station All-Star Team Note

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 31 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
- Medical Release Form

Please turn in all of the properly filled out forms and the \$75.00 team registration fee to be placed on a team roster and secure a spot on a CSI team by May 15th. Athletes trying out after May 16<sup>th</sup> 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](mailto:brad@cheerstation.com) with a \$75.00 Allstar team registration fee.

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](mailto:brad@cheerstation.com)

Katie Rebers [katie@cheerstation.com](mailto:katie@cheerstation.com)

# Cheer Station Policies

## Practice Time

Attendance for our teams is mandatory and we allow FOUR missed practices in the summer June 1 through August 15<sup>th</sup> and THREE absences during the season from August 16<sup>th</sup> – May 15 will need to be made up in a class or private lesson with the team coach. You cannot miss a practice the week of an event.

Although we want our athletes to cheer at school, we cannot compromise our training, athletes that cheer for school or play sports at school cannot not miss their team practices and will be moved to another team or be moved off the mat to an alternate position to ensure safe and solid routines.

We ask that you inform the gym in advance before practice if your athlete is sick or needs to miss for any reason. Please send a note via the team group me or call us at the gym. We also ask that you call or text your staff if you are running late. Our routines are always changing/improving spots may also change as routines evolve. CSI Team members should arrive to practice 5 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.

*Parent viewing will be available on a first come basis. **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 several 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.*

## Class & Open Gym

Team members will receive a \$20 per class discount. Open gyms are offered several times per week for only \$10 per visit.

## Gym Holidays Gym will be closed

- Memorial Day May 27<sup>th</sup> -May 30<sup>th</sup>
- Fourth of July (July 1-5)
- Labor Day September 2-5
- Halloween October 31<sup>st</sup>
- Thanksgiving November 23-26<sup>th</sup> \* We will practice on Sunday November 27<sup>th</sup>
- Christmas break December 18-January 2<sup>nd</sup>, 2023
- Spring Break March 11-19
- Easter Sunday April 8- 9<sup>th</sup>

## Summer team camp for choreography

Mandatory Team choreography camp is scheduled for August 8<sup>th</sup>- 14<sup>th</sup> and Times are TBA.



Each level has skills required and we will choose each athlete for a specific role.

Athletes will fill spots for: Circle all that apply ...

Bases, Flyers, Back Spots or Front bases ( must be specialty tumblers)

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

Name \_\_\_\_\_ Age as of December 31, 2022 \_\_\_\_\_ Birth date \_\_\_\_\_

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

Please list the four highest level stunt skills that you have hit and list your position:			
Level _____			
Flyer _____	Main base _____	Side Base _____	Back Base _____
1.	2.	3.	4.
Please list the three strongest standing tumbling skills that you can hit without a spot.			
Standing Tumbling:			
Please list any other Competitive cheerleading experience and attributes that we should consider when placing you on a team.			

**Recommended Level skills**

- Level 1** cartwheel, Round off and front and back walkovers
- Level 2** standing back handspring and round off back handspring
- Level 3** standing series and aerials , and running front and back tucks
- Level 4** standing tucks and running passe with whip throughs and in layouts or stepouts
- Level 5** toe touch back tuck, standing passes with layouts and whips and running Fulls
- Level 6** standing passes with fulls and running pass with double full or whip fulls

## 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 either on the same weekend. 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 that are out of town.**

If a team gets bids to the Summit, The One, or Cheerleading Worlds, their season may be extended through late early May. Tuition and additional competition and travel fees will apply. We Plan on accepting bids and attending at least one of these end of the season events.

## 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 host 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 have to make your own travel and hotel arrangements. We try to book our hotels as close to 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 final schedules. We will keep you informed of the schedule as soon as we know it.





### Spectators, Families, and Guests

We have a parent viewing room available and there will be periodic “show off “ performances for family and friends. 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 is focused and ready to compete).**

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. Thanks in advance for your understanding and compliance.**

**Teams offered. Please Note all Teams will have a mandatory choreography camp.**

### CHEER STATION PROGRAMS 2022-23

All-Star Elite	Twice a week practice 2 hours	5 -6 competitions	2.5 minute routine	\$389 month
Full Season Prep	Once a week practice 2 hours	4-5 one day competitions	2 minute routine	\$259 month
Novice	Once a week practice	3-4 local one day competitions	1.5 minute routines	\$105 plus comp fees
Fall Express Novice /Prep (Starts in September )	Once a week Half season	3 one day competitions	1.5 Minute routine	TBA

\*Athletes are placed on a team by skill and age. In 2022 the age ranges have changed to make the bottom age move up one year. USASF uses birth years to determine eligibility and levels. The age range is 10-18 for Senior Prep and Senior Novice Teams.

USASF Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Tiny 5-6					
Mini 6-8	6-8	6-11			
Youth 6-11	6-11	6-11	8-11	9-11	
Junior 7-15	7-15	7-15	8-15	9-15	9-15
Senior 12-18	12-18	12-18	12-18	12-18	13-18