



# Cheer Station

National Cheerleader Training Center

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

CONFIDENCE

TEAMWORK

SUCCESS

FRIENDS

FITNESS

FUN

TRAVEL



## Cheer Station All Star Teams Information Packet 2021-22

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. 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 require all CSI team coaches to join the Positive Coaching Alliance and pass their coaching courses to work with our teams. We expect our staff to 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 2021 are scheduled on May 4<sup>th</sup>- 8<sup>th</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,

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 31 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 five consecutive years. So far this year, Cheer Station Teams won SC, ACA, ACP NCA, a Paid bid to the Summit!

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...



ALL CSI Teams were absolute stand outs this weekend both with their routines and their support of each other!  
This is what cheer is all about and we are so happy to be part of it!  
-Lynlee

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 2<sup>nd</sup> 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 her 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

We have been part of Cheer Station for 9 years! Over that time, my daughter has grown from a curious 1<sup>st</sup> 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 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 and secure a spot on a CSI team by May 8th. Athletes trying out after May 8<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) and the \$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 is mandatory and we allow **four** missed practices in the summer June 1- September 1 and only **three** absences will be excused during the season from September 1-May 31. We ask that you inform the gym in advance if your athlete will miss so we can plan our practice. We also ask that you call or text y our staff if you are running late. Athletes that miss beyond the allowance will need to make their training up before they are eligible to compete. Routine spots may also change. 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. For team practice times, see attached team information.

*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 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

## Class & Open Gym

Class and Open gym are discounted for our team members. CSI Team members can add a class for only \$54 per month which is \$25 off per month and each open gym is \$10 per session or \$36 per month. This year we are offering a package that includes one tumbling class and all three open gyms for only \$100 per month. That is a \$97 monthly savings.

## 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, 4<sup>th</sup> of July , Labor Day, Thanksgiving day, Christmas Break ( December 19-January 2<sup>nd</sup> , 2022)-we will reopen for team practice on January 3<sup>rd</sup> . WE will not have team practices on 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

Mandatory Team choreography camp is scheduled for August 9-15 and Times are TBA.

*Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.*

*... Vince Lombardi*



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, 2021 \_\_\_\_\_ Birth date \_\_\_\_\_

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

Please list the four hardest 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 passes ending in layout or stepout
- 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

## 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 season may be extended through late early May. Tuition and additional competition and travel fees will apply.

## Travel

There is a “**Stay to Play**” rule for most of our events and those National Championship events will require hotel accommodation 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 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 each event as possible. We strongly urge you to book early as the blocks expire quickly in the host cities. Please plan on traveling and staying for your teams 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.

*I can't tell you how pleasantly surprised I am over and over by how Cheer Station does business and treats its customers! Thanks for all you, Brad and all the coaches, do for us!*

*Jessica*

***Our biggest compliment to Cheer Station is that you keep it professional and have high standards, keep up the good work. Thank you.***

**CSI Parents- Matt & Kristin M.**

### **Spectators, Families, and Guests**

We have a parent viewing room available and there will be periodic “show off “ performances.

**Parents may watch practice from time to time in this room.** 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 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.

### **Difference Between Elite/Prep/Novice**

The Elite Program is for ages 5-18 (June 1, 2001- 2015) and will practice 2 days per week for 2 hours. They will compete 5-6 times and go to multiple 2 day events. The elite program is offered for levels 1-7.

The Full Year Prep Program is for ages 5-18 (June 1, 2001-2015) and will practice 1 day per week for 2 hours. They Will compete 5-6 times and go to 1 day events. The prep program is offered for levels 1-3. Maxing out in level 3 for stunts and level 2 for tumbling. We strongly recommend taking an additional tumbling class to increase skills.

The Half Year Prep Program (Express Teams) is for ages 5-18 (June 1, 2001-2015) and will practice 1 day per week for 2 hours. They Will compete 3 times and go to 1 day events. The prep program is offered for levels 1-3. . The prep program is offered for levels 1-3. Maxing out in level 3 for stunts and level 2 for tumbling. We strongly recommend taking an additional tumbling class to increase skills. Express will have tryouts in the fall (September/October through April).

The Novice Program is for ages 3-18 (June 1, 2001-June 1, 2017) and will practice 1 day per week for 1.5 hours. They will perform 4 times and be graded on an evaluation scale. They may compete at some competitions. The Novice program is offered up to level 3 with restrictions.