



# **TEAM**PACKET

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ALL-STAR ELITE . NOVICE . PREP  
**2024-2025**

**Cheer**  
**Station**  
CHEERLEADING AND TUMBLING  
[www.cheerstation.com](http://www.cheerstation.com)

**CHEERSTATION**  
9330 United Drive Suite 180  
Austin, TX 78758  
512-45-CHEER

# CHEER STATION

## STRONG VALUES & FIRST-CLASS COACHING

When you train with Cheer Station you get the best of both worlds...our athletes get strong technique training with an emphasis on sportsmanship, as well as world caliber choreography and coaching. Cheer Station offers your athlete positive role models in a family atmosphere. 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 strong 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 not only being the top teams in every level, but having great sportsmanship. CSI teams are repeatedly complimented for their team spirit and good attitudes. As a program, we are often 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 are credentialed by the USASF and our Owner is a member of the USASF rules, disciplinary committee and Regional Advisory Board. All CSI Staff and Coaches are certified by SafeSport and many cheered at the university level at award winning universities like the University of Texas, Stephen F Austin, Hawaii Pacific and they have cheered at Baylor, UT, SFA, Hawaii, HPU, NC State, Navarro and some of the 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. Our staff meet and exceed every industry standard and lead the SafeSport initiative.

Cheer Station believes in balancing the family and team without compromise. During the summer months we know how important family time is, we have moved our weekend practices off the weekend to ensure better team attendance. We also try to avoid competing close to holidays. This ensures that our athletes can enjoy more time with their families while on holiday school breaks without compromising the quality of our teams or events.

Cheer Station is proud to be the longest running all-star program in the United States! 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 2024 are scheduled on May 17-18<sup>th</sup> for our Elite and year-round Prep and Novice teams. If athletes are unable to attend individual tryouts, video tryout are also welcomed. Please email [brad@cheerstation.com](mailto:brad@cheerstation.com) and/or [Katie@cheerstation.com](mailto:Katie@cheerstation.com) for more details.



# CHEER STATION

Welcome to the Cheer Station All-Star Team Program. We are delighted that you have chosen to become a part of one of the most prestigious all-star programs in the country. 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 complete the following forms after reading and understanding the information in this packet:

- Team Registration Form
- Team Registration & Eligibility Form
- Team Payment Form/Financial Commitment Form
- Tryout Form
- Practice Wear Form
- \$75 Team Registration Fee

Please turn in all the properly filled out forms and the \$75.00 team registration fee so that your athlete can be placed on a team roster by May 18th. All athletes will need to complete the paperwork and payment prior to attending clinics or tryouts. Athletes trying out after May 18<sup>th</sup> will need to schedule an evaluation with a head coach to be placed on a team. A video tryout must include two running and two standing tumbling passes, a stunt and three jumps. 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 always here to answer any questions that you may have concerning our program.

Brad Page [brad@cheerstation.com](mailto:brad@cheerstation.com)

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

## Tryout Process

All athletes will need to attend at least one clinic May 14, 15, or 16. Birth years of 2013-2019 will attend 4:30-6:00, Birth years of 2010-2016 will attend 6:00-7:30, and birth years of 2005- 2011 will attend 7:30-9:00. If your year overlaps during the different time slots, you can pick one that best fits your schedule.

During the clinics, we will put athletes in stunt groups where we will start figuring out bases, back spots, and fliers. We will group athletes according to age, skill level, and whether they are trying out for novice, prep, or elite. You MUST indicate which team program your athlete is trying to join.

All athletes will need to attend a tumbling tryout/ evaluation as well on May 17 or 18<sup>th</sup>. If you would like a private tryout, you can email [katie@cheerstation.com](mailto:katie@cheerstation.com) to set one up. The cost is an additional \$40 for a private tryout.

Athletes trying out for Novice or Prep will need to be here at:

\*Friday, May 17 from 4:30-6:00

Athletes trying out for Elite Teams will need to be here at:

\* Level 1 elite will be on Friday, May 17 from 6:00-7:30PM

\* Level 2 elite will be on Friday, May 17 from 7:00-8:30PM

\* Level 3 elite will be on Saturday, May 18 from 9:00-10:30 AM

\*Level 4 elite will be on Saturday, May 18 from 10:00-11:30AM

\*Level 5 & 6 elite will be on Saturday, May 18 from 11:00AM-12:30PM

Athletes that cannot commit to the above times, will need to be here Saturday, May 18<sup>th</sup> from 12:30-1:30. Please email

[katie@cheerstation.com](mailto:katie@cheerstation.com) with any questions.

## Team Selection

When selecting teams, we consider age, skill level, and stunt groups. Team selection will be announced on Sunday, May 19<sup>th</sup> after 6:00 pm and teams will start as early as Monday, May 20<sup>th</sup>. We ask that you wait 24 hours after the team selection announcement to contact us for any reason.

# CHEER STATION

## PRACTICES

Attendance for our teams is mandatory. We allow **FOUR** missed practices in the summer from June 1st through August 15<sup>th</sup> and **THREE** excused absences during the season from September 1st – May 1<sup>st</sup>. While missed practices are for family emergencies and other unforeseen life events, during competition season all missed practices will need to be made up in a 30 minute private lesson with your stunt group and a team coach. The athlete that misses practice, will be financially responsible for the coaches time for the private that must be made up within 7 days. Athletes that are 30+ minutes late to a practice, will be required to make up the time as well.

Tiny, Mini and Youth Elite Athletes will practice up to 4 hours per week and have 2 weekday practices. Junior and Senior level athletes will practice 4 hours per week and have 1 weekday practice and a Sunday practice. Prep teams will practice 1 day per week for 2 hours, while Tiny Novice will practice 1 day per week for 1.5 hours.

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. They 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 an excused absence. The three excused absences include activities for a school grades, illness with a fever over 100, wedding, funeral or a family emergency. Unexcused absences include concerts, charity events, recreational sports, or family vacations. Please send a note via our new platform, the Band App 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 and improving and the team member positions may also change the routines evolve. You cannot miss a practice the week of an event or you may not be eligible to compete.

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 to help keep our team focus! We will post closed viewing days on our Band App. All team practices the week of competition, and two weeks before each national competition will be CLOSED to parent viewing.***

*We will be scheduling several extra practices before each competition. 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.*

# CHEER STATION

## CHOREOGRAPHY CAMP

All teams will have a Mandatory Team Choreography camp where they will learn their competition routines. Mandatory Elite for Levels 3-6 Team Choreography Camp is scheduled for July 29th-August 3rd and Times are TBA. Mandatory Team Choreography Camp for Elite Levels 1-2, prep and novice teams is scheduled for August 5-11. Failure to attend camp will result in \$55 per day fee, in addition to your choreography fee, which will be drafted and paid to the person that has to fill in and teach you the choreography.

## GYM HOLIDAYS

The Gym will be closed:

- Memorial Day May 24<sup>th</sup> -May 27<sup>th</sup>
- Fourth of July (July 1<sup>st</sup> -6<sup>th</sup> )
- Labor Day August 30<sup>th</sup>- September 2<sup>nd</sup>
- Halloween October 31<sup>st</sup>
- Thanksgiving November 27-30<sup>th</sup> \* We will practice on Sunday, December 1<sup>st</sup>
- Christmas break December 22-January 5<sup>th</sup>, 2025
- Spring Break March 16<sup>th</sup>-22<sup>nd</sup>
- Easter Sunday April 20<sup>th</sup>

## COMPETITION SCHEDULE

The competition schedule is usually finalized as early as possible but may as late as August 1. 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 on the same weekend. All elite 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, All-Star Worlds, The One, or Cheerleading Worlds, their season may be extended through May. Tuition and additional competition and travel fees may 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 their host hotels. The event host will be blocking rooms at each national competition 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 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 when 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 may have 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.

# CHEER STATION

## 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. Meetings can be set up directly through the Band app.

**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 for a coach’s 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 disrespectful 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.**

## CLASS AND OPEN GYM/TEAM TUMBLING

Team members will receive a \$20 per class discount. Open gyms are offered several times per week for only \$10 per visit. We will offer 1 free open gym per month for our team program, dates to be announced.

## TEAM SIBLING DISCOUNTS

This year, we are offering a \$50 sibling team discount for the 2<sup>nd</sup> or 3<sup>rd</sup> child for the elite team program. There is a \$20 sibling discount if you have multiple athletes on prep teams or one athlete on elite and one athlete on prep/novice.

## UNIFORMS

Uniforms will stay the same for prep and elite teams. Uniform fitting dates are July 17<sup>th</sup> from 3:00-7:30. This is the only date that we will be doing fittings since our rep is coming in from Oklahoma. You will be able to order select pieces if your athlete has outgrown their uniform. The pricing list will be available at the fitting. If you will be out of town for the uniform fitting, you will need to take measurements for your athlete and send them to [Amara@cheerstation.com](mailto:Amara@cheerstation.com). If you need help measuring your athlete, please ask Katie or Amara.

## CHEER STATION TEAM PROGRAMS 2024-2025

Cheer Station offers three team programs! All of our programs will require commitment as we are not able to build our stunts and pyramids when an athlete misses. The different programs depend on the level of commitment and the skill level of the athlete.

All-Star Elite (May-April)	Level 1-6	2 hour practice twice per week	5 -6 competitions	2.5 minute routine	\$389 per month
Full Season Prep (May-April)	Level 1-3	2 hour practice once per week	5 one day competitions	2 minute routine	\$259 per month
Full Season Novice (May-April)	Level 1-3	1.5 hour practice once per week	4 one day competitions	1.5 minute routine	\$225 per month
Express Novice or Prep *Half Season Team (Sept. 15 -April)	Level 1-3	2 hour practice Once per week *Half Season Team	3 one day competitions	1.5 Minute routine	\$225 per month

**Team tuition includes extra practices before each competition. It does not include end of season extra training like the Summit, All Star Worlds, or Worlds .**

Team selection will be based on age, standing and running tumbling as well as the athlete's contribution to stunting. Tumbling is simply a guideline.

\*Athletes are placed on a team by skill and age. In 2024 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 13-19 for Senior Prep and Senior Novice Teams and is one year lower than elite.

### USASF LEVELS and AGES

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Tiny 6-7					
Mini 7-9	7-9				
Youth 8-12	8-12	8-12	8-12	8-12	
Junior 9-15	9-15	9-15	9-15	9-15	9-15
Senior 13-19	13-19	13-19	13-19	13-19	14-19

- Senior Age is determined by 06/01/2005-2012 but Level 6 will be 06/01/2005-2012.
- Senior Prep and Novice teams ages are 12-19 and can go up to level 3 with restrictions.



### Suggested Skills for Each Level

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Cartwheel	Roundoff Back handsprings	Round off Back Handspring Back Tuck	Round off Back handspring Layout	Round off Back Handspring Full	Round off Back Handspring Double
Round off	Round off 2-3 Back handsprings	Round off Back handspring stepout Roundoff to tuck	Front Walkover Round off Back handspring Layout	Alternate (whip or punch front) To a full	Alternate (whip or punch front) To a double
Back Bend Kickover	Front Walkover Round off Back handspring	Front Handspring Front	Alternate (whip or punch front) to a Layout	Arabian to Layout or Full	Round off Back Handspring Full to Full
Back walkover	Standing Back walkover Back handspring	Standing Back Walkover Back Handspring Series	Standing Series to Tuck	Standing Back handspring Layout	Standing Backhandspring (s) To a full/double
Front walkover	Standing Back handspring step out Back walkover	Jump To Back Handspring Series	Jump Back Handspring Back Tuck	Standing Whip To Layout	Standing Full
Valdez	Valdez BHS	Standing Back Handspring Stepout to series	Standing Back Handspring Stepout Tuck	Jump Back Handspring Layout	Jump Back handspring Full or Double

Athletes must demonstrate the minimum skill for each level with good technique to qualify. Remember tumbling is guideline to help us determine your team placement.