

# 2024-25

# SOUTH COAST Cheer

## Cheer Program Information

SC Cheer offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. Our athletes will develop the skill and confidence to perform at the highest level of competition. SC Cheer is proud to offer a premier experience for everyone in the family.

### General Program Information

This guide outlines the programs we can potentially offer. If a particular program/level does not meet the minimum enrollment for success, we may offer a substitute program option. We make every effort to place all athletes.

- Team placements are held each year in May. Elite and Elite Lite team practices begin immediately after tryouts, Novice and Prep teams begin June 3. Full season teams are a year long commitment and practice and compete through April.
- Junior, senior and open Elite teams that earn at-large or paid invitations to bid events (Summit or Worlds) will attend. Worlds and Summit are held in Orlando and are not elective- a drop fee will be charged if you do not finish the season. Mini and youth Elite teams, and all Elite Lite teams attend The Regional Summit (Phoenix in April) with an earned bid.
- Athlete placement is based on age and overall abilities across all skill sets. Athletes do not need any prior training for beginner teams, and can reach out for guidance on which program is the best fit. Rosters will be comprised of members whose talents provide the best chance of success at competition. Not every teammate will have the same strengths, experience or skill set.
- Athletes are required to practice with their team for two weeks before placement concerns or requests for re-evaluation will be addressed. Let the coaches get to know your child and their strengths, and give your child a chance to confirm they really weren't placed appropriately. Our standards for each level are high, and we rarely have to re-place athletes.
- All teams are charged a monthly tuition rate based on their program and have designated weekly practice times. Extra practices during regular season may be called at no charge, and refunds/proration are not issued for canceled practice. A fee is charged for missing choreography dates, practices within 2 weeks of a competition, and missing more than the allowed absences.
- All teams will attend a minimum number of competitions per season (A schedule is released in July, but is subject to change if needed). Certain programs will require out-of-state travel. Please see your program of choice to determine the number of competitions and travel requirements that are expected. Refunds on competition fees will not be issued if the programs set range is met. There is a \$300 fee for a missed competition or missed practice within 2 weeks of a competition.
- Team athletes can participate in school cheer only if the high school coach is willing to work around SC for the benefit of the child and dual success of the programs. We recommend sideline only or trying a new sport like flag football, lacrosse, track and field, or golf! We expect SC to take priority when conflicts arise with any other extra-curriculars. SC will not make schedule accommodations for high school cheerleaders and dual participation can be overwhelming for the teen athlete and parent.
- All athletes pay a tryout fee. Athletes that accept placement pay an additional \$50 annual registration fee and the initial season down payment before their first practice. These fees are non-refundable even if you choose not to participate at a later time.
- All athletes must register with the USASF and pay their membership fee. All adult athletes require a background check.
- Competitive teams are a season long commitment with a signed financial contract for the full season amount. There is a \$500 drop fee for quitting after June 15. Additionally, the athlete forfeits all items on order, and no refunds will be issued. If an athlete quits within 7 days of choreography or a competition, the early termination fee increases to \$750.
- All families are required to create an on-line account and monthly payments will be automatically withdrawn. A current card on file is required for participation. Receive a 10% discount on tuition for **cash** or **check** pay-in-full by June 15.
- Siblings receive a tuition discount specific to the program offering they participate in.

# 2024-25

# SOUTH COAST Cheer

## Important Policies

Before joining South Coast Cheer, please review our policies as a family and ensure we are a good fit for your lifestyle and priorities. South Coast Cheer teams are intense and require a high level of commitment. Our coaches coach with the philosophy of "become the best you are capable of becoming at any cost." While this is different than a "win at all costs" philosophy, it still comes with high expectations, intense coaching, and requires strong levels of discipline, effort, and passion from the athlete, and a sports-focused mindset from the whole family.

## Team Program Policies

- Only enrolled athletes are allowed in practice areas. Anyone who disrupts the practice setting will be asked to leave.
- No food, drinks (besides water), or cell phones allowed on the floors. Please use a leak-proof water bottle.
- The use of the logo, gym name, team names, etc. are not permitted to be reproduced or used on items.
- Athletes are expected to show up early or on-time to each practice in the correct attire, with an eager attitude and ready to work hard. Athletes should maintain good hygiene and style their hair in a high ponytail with the assigned hair accessory. Incorrect attire will result in team conditioning and fees/re-ordered practice wear incurred after 3 warnings.
- South Coast Cheer requires all athletes and parents to act with integrity on social media. Please do not engage with or repost "cheer anons" or anyone spreading negativity or hatred. Please do not use public forums as a place to express grievances regarding events, vendors or our teams/staff/athletes. Reach out to us and we will work with you to get matters resolved.
- Our program trains athletes of all ages to become their very best. Team coaches lead with passion and intensity, and athletes will be expected to work hard and give their best effort every single practice. Our Elite program is intended for competitive-minded athletes with families who place high value in what their child gains through competitive sports.
- If an athlete is injured outside of practice, please email the gym at [frontdesk@southcoastcheer.com](mailto:frontdesk@southcoastcheer.com) immediately and CC your coaches. If we need to find a substitute or modify the practice plan for your athlete, please give as much notice as possible.
- Attendance is mandatory. Athletes are allowed 3 absences in the summer and 3 absences from Sept 1 - March 31 (5 for prep). There is a \$75 fee per additional miss and possible team shift/alternate placement for missing more than what is permitted.
- There is a \$75 fee for missing camps/choreo per session, and you need to work with your coach to have a fill in approved.
- We have a strict attendance policy 14 days before performances/competitions which includes a \$300 fee and potential benching of the athlete from that event. Worlds and Summit athletes must attend all practices in April. Please save all the important dates once released and work around them.
- Elite teams practice the Sunday after Thanksgiving (Dec. 1) and Sat/Sun after New Years (Jan. 4 & 5) to prepare for competitions. Worlds teams additionally practice Dec. 31 and Jan. 2 & 3. Please plan vacations around these dates.
- Athletes are enrolling in our program and not a specific team - team placement is not final. We will spend the summer shifting athletes around until every team and athlete is set up for success. These changes are most common June through August.
- Parents (and athletes age 12 and up) are expected to be a part of our team communication pages and stay up to date on all current information relating to the team and gym. A monthly newsletter is produced with important information as well.
- In an effort to allow the athletes to focus, and keep negative chatter down in the lobby, team practices and classes are not open to viewing. Parents who promote a culture of negativity, gossip, or complaining may have their child removed.
- South Coast Cheer is a member of the USASF, who provides safety policies to gyms and events, safety training and background check to coaches, and additional measures to protect athletes. All athletes are required to become USASF members, and will incur a fee when enrolling. Athletes who will turn 18 or older during the season require a background check in the summer.

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## Lower Commitment Options

### Novice (Non-Travel)

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This program is the next step for younger athletes to bridge the gap between class training and competitive teams. Athletes learn new skills and perfect a routine that will be showcased at sanctioned events. This division is scored by judges for feedback, but teams are not ranked. Age division offerings are 3-7 or 6-9 years old and we cannot guarantee all age offerings. 3 year olds must be 3 by sign ups to participate on a team and show a readiness for the team. If we do not offer your child's age group in this program, they will be placed on a prep team.

### Tiny and Mini Teams (birth year 2015-2021)

- Practices:** 1.5 hrs/1x a week
- Tumbling:** \$10 off per enrollment (monthly)
- Competitions:** 3 to 4 1-day events (within 100 miles)

### Prep (Limited Travel)

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All Star Prep caters to athletes who are ready to compete against other teams but prefer less commitment as compared to our elite travel program. This program provides a stress-free experience and is the perfect transition for rec or school cheer athletes who want to try all-star, or any athlete new to the sport. The full season prep teams will attend one drivable travel competition.

### Mini-Junior Teams (birth year 2008-2018)

- Practices:** 1.5-2 hrs/2x a week
- Tumbling:** \$10 off per enrollment (monthly)
- Stretch:** Flyers are required to take an additional class
- Competitions:** 3 to 5 1-day events (one drivable travel)

### Elite Lite (Significant Travel)

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Elite Lite is our newest program offering and is intended for families who have a full commitment to their child's athletic development, but aren't quite ready for the intense travel, practice schedule and fees associated with the Elite program. This program wears the Elite uniform, attends elite skills camp, competes both days at events and attends some (but not all) of the events that the elite program attends. This program does not have team tumbling, does not utilize elite choreographers, and does not practice on weekends (with the exception of an extra practice the week before each event). This program attends The Regional Summit and will decline bids to The Summit in Orlando. The commitment, work ethic, and expectation is significantly higher than the prep program.

### Mini-Senior Teams (birth year 2006-2018)

- Practices:** 2 hrs/2x a week
- Tumbling:** \$10 off per enrollment (monthly)
- Stretch:** Flyers are required to take an additional class
- Competitions:** 4 to 6 2-day events (drivable travel required)
- Bid Event:** The Regional Summit (April)

# 2024-25



## ELITE ALL-STAR CHEER

### Mini- Open Levels 1-6 (birth year 2018 and older)

Athletes who are rostered on an elite team will be performing at the highest levels of competition. Worlds team athletes are held to the highest standard in attendance, work ethic, and additional training.

This program includes a rigorous practice schedule and added skills training that ensures successful outcomes for everyone involved. Athletes will be held to strict guidelines and are expected to commit fully to their teammates and coaches. It is recommended that you **do not participate** in competition high school cheer, winter/spring sports, or other extracurriculars with required attendance.

Parents should be prepared for a significant financial obligation that requires out-of-state travel and additional expenses not outlined in our payment plan.

- Practices:** 2-hour practices, 2x a week (May-April), Additional weekend practices (Sept.-April)
- Tumbling:** 1-hour required team tumbling (May-March)  
\$10 off additional classes
- Flyer Stretch:** Flyers are required to take an additional class
- Competitions:** 4 to 6 (These may require a hotel stay) Select teams attend a Super Nationals for an additional fee
- Bid Event:** The Summit (JR/SR teams) or Worlds (Level 6)  
The Regional Summit (Mini/Youth teams)

### Crossover Policies

- Athletes who display a high level of skill, commitment, positive energy, and a strong work ethic may be requested on more than one team.
- There is a section to note on your tryout form if your athlete wishes to compete on two teams, however, this is not guaranteed.
- Athletes must attend all practices for both of their assigned teams.
- The director/coach may choose to discontinue having an athlete cross over at any time for the benefit of the athlete or their teams.
- Crossovers do not pay a second tuition, but are responsible for the additional fees for each team. A one-time fee of \$950 will cover the cost of competition fees, music, choreography, coaches fees and camps. This fee can be broken up into multiple payments.
- Athletes may not cross from prep to elite.
- Athletes may only compete on two teams (up to one level apart) at The Summit.
- If crossover teams attend NCA, they might not be able to attend with both teams, and the coaches will pick which team.
- Up to 8 athletes may cross from a Worlds level 6 team to a Summit level 4 or 5 team. Crossovers are not allowed on two worlds teams at Worlds.

# 2024-25



## TEAM PLACEMENTS

These dates and times are subject to change.

### April 3-May 15

#### PRE- REGISTRATION

Set up your on-line portal account and pay your tryout fee. To schedule a private tryout for \$135 (\$175 for Elite flyers), please email [frontdesk@southcoastcheer.com](mailto:frontdesk@southcoastcheer.com). For accurate placement, private tryouts should occur by May 14.

#### Novice/Prep \$45

April 1-April 15 \$50

April 16-April 30 \$65

May 1- May 13 \$75

### May 8, 9, 13 and 14

#### TRYOUT CLINICS AT 5:00 & 6:00PM

#### OPEN GYM 6:30-8:30PM

Get ready to show us your best! Optional clinics and open gyms... attend as many as you like! Space is limited, and athletes will be grouped by skill level. Athletes must be pre-registered for tryouts to enroll. Enrollment for clinics opens April 15. Staff will be on hand to collect tryout paperwork on these days if you wish to turn it in and avoid the lines.

### May 15 & 16

#### SKILL EVALUATIONS

Athletes must be pre-registered. Please arrive 30 min early to drop off paperwork, or 15 min early if your paperwork is turned in. Times are tentative and will be adjusted based off enrollment. Athletes with a birth year of 2021 must be 3 by tryouts. Please wear a black sports bra or tank top with black shorts and a BOW.

**NOVICE/PREP** Birth year 2021-2009 4:30-5:15PM MAY 15

**ELITE/ELITE LITE** Birth Year 2018-2015 4:30-5:30PM MAY 16

**ELITE/ELITE LITE** Birth Year 2014-2012 5:30-7:00PM MAY 15

**ELITE/ELITE LITE** Birth Year 2011-2009 6:00-8:00PM MAY 16

**ELITE/ELITE LITE** Birth Year 2008-Older 7:30-9:30PM MAY 15

### May 17

#### TUMBLING CALL BACK

All Elite and Elite Lite athletes who tumble will attend a tumbling callback with athletes of similar abilities between 4:30-9:30. Athletes will demonstrate a "tumbling routine" which will be posted to our social media accounts. Practice the routine you have mastered all the skills for. You will receive your call back time and the level routine we want to see at your skill evaluation- you may be asked to attend two levels.

### May 18

#### STUNTING CALL BACK

All Elite and Elite Lite athletes will be invited to one or more stunt call backs. You will receive your call back time at your skill evaluation, you may be asked to attend two levels. We may send emails requesting additional stunt call backs on May 17. Call backs will start at 10:30AM and go all day.

### May 19

#### LEVEL 5/6 CALL BACK @ 10:30AM

All athletes who successfully perform a level 5 or 6 tumbling routine at call backs, and select athletes with high level stunting abilities will be invited to this callback. Attending this callback does not guarantee placement on a level 5 or 6 team or that we will form a team appropriate for your athletes age.

### May 20

#### PLACEMENTS POSTED BY 4:00PM

Join us for a meet and greet to meet the coaches. Parents will have an opportunity to turn in your paperwork and deposit that is due before the first practice. Placement concerns will not be addressed on this day. All athletes must have one representative present to drop off paperwork.

RETURNING ATHLETES 5PM

NEW ATHLETES 6PM

ALL WORLDS ATHLETES 7PM

# 2024-25



## IMPORTANT DATES

These dates and times are subject to change.

### GYM CLOSINGS

May 25-27	Memorial Day
July 4-14	Summer Break
Aug. 31-Sept. 2	Labor Day
Oct. 31	Halloween
Nov. 25-30*	Thanksgiving
Dec. 23 - Jan 2**	Christmas Break
April 20***	Easter

\*We will likely compete the weekend of Nov 23-23, and elite teams will have mandatory practice on Dec. 1. Thanksgiving travel should be planned around these mandatory events.

\*\*Teams might compete December 21-22. Elite teams return to practice on Saturday, Jan. 4, with extra practices for teams Jan. 4-15 to prepare for competition. All level 6 teams will practice Dec. 31, Jan. 2, & Jan. 3. Elite Lite, Prep and novice teams return Jan. 6.

\*\*\*We do not close for spring break. Athletes should not commit to vacations, college tours, school hosted trips, extracurricular activities, or sports in the winter/spring as we have a zero tolerance attendance policy before competitions.

### IMPORTANT DATES

Sept. 8	Weekend Practice Starts
Nov. 9 or 10	Showcase (tentative)

### COMPETITION SCHEDULE

We typically expect to release a draft in July, but delays in this information may occur. See your program of choice for a range of how many events we plan to attend. Regular competitions occur from November- April, with bid events in April/early May. Events may be live or virtual.

*Competition selection can change throughout the season. Some reasons may be: lack of preparation due to athlete attendance or injury, event date or policy changes, elite teams already having or needing bids, etc.*

### CAMP/CHOREOGRAPHY

Each team will be assigned their specific camp/ choreo dates and times 1-2 weeks beforehand. **Attendance is mandatory.** Please save all dates listed below as your designated session may not fall on your regular practice days. There is a fee for missing camp/choreography. These dates are tentative and subject to the availability of our choreographers. Regular practices still typically occur, but may be canceled when there isn't enough space in the gym.

June 21-23	Elite Team Camp
July 24-25	Elite Stunt Choreo
July 28-Aug. 6	All Programs Routine Choreo
August 26-28	Elite Pyramid Choreo
Sept. 20-27	All Programs Dance Choreo

# 2024-25

## NOVICE CHEER

Non-Travel; Birth year 2015-2021

### Full Season Tiny/Mini

Birth year 2015-2021

#### June through early April

- One 1.5-hour practice per week; June-April
- 3-4 competitions (within 100 miles)

### Program Costs

#### Automatic Payment Plan

First payment due with the registration fee as a non-refundable deposit on signing day (May 21). 11 installments on the first of each month June- April.

Tuition	\$1760
Team Fee (Choreo/Comp/Coaches Fee/Music)	\$800
Practice Wear	\$120
Uniform (If Needed)	\$200

\$240/month May-April

#### Pay at Time of Service

Due on the date indicated below.

Registration fee (due at signup)	\$50
Hair Accessories (due at signup)	\$50
Shoes (due Aug. 1 or earlier)	\$TBD

### Half Season Youth

Birth year 2012-2017

#### October through early April

- One 90-minute practice; October-Early April
- 1-2 local competitions (within 100 miles)
- This program is **not** guaranteed

### Program Costs

#### Automatic Payment Plan

7 installments on the first of each month October - April.

Tuition	\$855
Team Fee (Comps/Coaches Fee/ Choreo/Music)	\$480
Practice Wear	\$100
Uniform	\$175

\$230/month October-April

#### Pay at Time of Service

Due on the date indicated below.

Registration fee (due at signup)	\$50
Hair accessories (girls only; due Nov. 1)	\$40
Shoes (due at sign up)	\$TBD

**USASF Membership Fee** You must log on to the USASF website to register your athlete and pay the fee. A \$20 service fee will be applied to your account if your account is not completed by Oct 1 (Feb. 1 for half season).

**Other Expenses** Backpack, warm ups, fan apparel and accessories will be available throughout the year.

# 2024-25

## PREP CHEER

Limited Travel; Birth year 2009-2018

### Full Season Mini/Youth/Junior

June through early April

- Two 1.5-hour practices per week
- Tumbling classes available at discounted rate
- 3-5 competitions, one may require drivable travel (IE - Vegas, Palm Springs, Phoenix)

### Program Costs

#### Automatic Payment Plan

First payment due with the annual registration fee as a non-refundable deposit on signing day (May 20). 11 installments on the first of each month June- April. Returning athletes who do not need a uniform will receive a credit on their April fee.

Tuition	\$2000
Team Fee	\$1100
(Choreography, Music, Coaches Fee)	
Practice Wear	\$120
Uniform (If Needed)	\$200

**\$285/month May-April**

### Pay at Time of Service

Due on the date indicated below.

Annual Registration Fee (due at sign up)	\$50
Hair Accessories (girls only; due June 1)	\$50
Shoes (due Aug. 1 or earlier)	\$TBD

- **USASF Membership Fee** You must log on to the USASF website to register your athlete. A \$20 service fee will be applied to your account if your account is not completed by Oct. 1.
- **Other Expenses** Backpack, fan apparel and accessories.

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# ELITE LITE ALL-STAR CHEER

Moderate Travel; Birth year 2017 and older

The Elite Lite all-star season runs May-April. This program is similar to the Elite program, with a slightly lower cost, travel and time commitment. Athletes in the Elite Lite program will still be held to a high standard of work ethic, commitment, and discipline. Teams compete throughout the season in a level 1 Elite division at regional and national events and potentially earn an at-large or paid invitation to The Regional Summit. Tuition covers all team practices, and extra practices before events. Teams will participate in 4-6 competitions.

## Program Costs

### Automatic Payment Plan

Initial down payment at first practice plus monthly tuition due on the 1st and additional installments on the 15th of each month. These fees are non-refundable, and a card on file is required.

Tuition	\$229/month
Team Fee (competition fee, coaches fee, skill camp, choreo sessions, music, etc.)	\$2040
Practice Apparel and Hair Accessories	\$260 girls \$200 boys

### Pay at time of service

Due on the date indicated below.

Uniform (due July 1, if needed)	\$475-655
Shoes (due Aug. 1 or earlier)	\$TBD

### Regional Summit Package **\$390**

Includes competition fee, updated choreography and/or music, apparel package, and coaches fees.

## Payment Schedule

Tuition of \$229 is due on the first of the month. The payment schedule below lists the additional fees and the date it will be automatically withdrawn. The deposit includes pro-rated May tuition, \$200 practice apparel, and the first Team Fee Installment.

Due Date	Fees
First Practice	\$500 Deposit & \$50 Registration Fee
June 15	\$300 Team Fee & \$60 Practice apparel balance(girls only)
July 15-Jan 15	\$220 Team Fee
March 15	\$390 Regional Summit Package

- \$585 for senior team team COMPLETE UNIFORM
- \$655 for mini-junior 1-4 teams COMPLETE UNIFORM
- \$475 male athlete COMPLETE UNIFORM

**USASF Membership Fee** You must log on to the USASF website to register your athlete and pay the fee.

A \$20 service fee will be applied to your account if your account is not completed by Oct 1.

**Other Expenses** Backpack, fan apparel, etc.

# 2024-25

## ELITE ALL-STAR CHEER

Full Travel; Birth year 2017 and older

The elite all-star season runs May-April. Teams compete throughout the season at regional and national events and potentially earn an at-large or paid invitation to The Regional Summit, The Summit and The World Championships - these events are not elective. Tuition covers all team practices, extra practices and team tumbling. Teams will participate in 4-6 competitions, with select teams attending NCA/CHEERSPORT for an additional fee. NCA/CHEERSPORT teams will be determined in July.

### Program Costs

#### Automatic Payment Plan

Initial down payment at first practice plus monthly tuition due on the 1st and additional installments on the 15th of each month. These fees are non-refundable, and a card on file is required.

Tuition	\$249/month
Team Fee (competition fee, coaches fee, skill camp, 4+ choreo sessions, music, etc.)	\$2500
Practice Apparel and Hair Accessories	\$260 girls \$200 boys

#### Pay at time of service

Due on the date indicated below.

Uniform (due July 1, if needed)	\$475-655+
Team Gift Fee (due Sept. 1)	\$130
Shoes (due Aug. 1 or earlier)	\$TBD

#### Summit/Worlds Package **\$390**

Includes updated choreography and/or music, apparel package, and coaches travel fees. Additional fees will be due to the event producer if a paid bid is not earned.

### Payment Schedule

Tuition of \$249 is due on the first of the month. The payment schedule below lists the additional fees and the date it will be automatically withdrawn. The deposit includes pro-rated May tuition, \$200 practice apparel, and the first Team Fee Installment.

Due Date	Fees
First Practice	\$500 Deposit & \$50 Registration Fee
June 15	\$355 Team Fee & \$60 Practice apparel balance(girls only)
July 15-Jan 15	\$285 Team Fee
March 15	\$390 Summit/Worlds Package

- \$585 for senior team team COMPLETE UNIFORM
- \$655 for mini-junior 1-4 teams COMPLETE UNIFORM
- \$475 male athlete COMPLETE UNIFORM
- Possible addition fees for Worlds uniform(s)

**USASF Membership Fee** You must log on to the USASF website to register your athlete and pay the fee. A \$20 service fee will be applied to your account if your USASF membership is not completed by Oct 1.

**Other Expenses** Backpack, fan apparel, etc.