



# **2019-2020 SIGN-UP PACKET**

*Evaluation Information for the 2019-20  
Season*

# WELCOME TO OUR FAMILY!

Dear valued athlete and parent,

Thank you for considering us this season! With your best interests in mind we will provide a little information about our program and our mission here at Valley.

Back in 2017 we started up this program with the vision of a new Allstar program dedicated to cultivating cheerleaders who knew little about Allstar Cheerleading. We started off teaching only FUNdamentals classes, and then developed into a Half-Year Prep Team. We still uphold that belief that anybody who wants to be a cheerleader can! Our staff dedicates themselves to bettering the athletes and training them not only for the mat, but also the real world.

Our mission here at Valley Flight is to teach skills for the long run! Dedication, perseverance, and integrity are only a few of the values we pride ourselves with instilling into our athletes. We teach that winning “off the floor” is better than any trophy or medal. Lifelong memories are made, and bonds are created!

This season we aim to continue this mission, while we make our big announcement!

*We are moving into the full year elite division!*

We never want to get too comfortable where we are, so we have decided to kick it up a notch. We know that our athletes will find themselves working harder and pushing through boundaries they never thought they could. Overcoming discomfort and succeeding is one of the best feelings in the world, and we would love to teach and share these experiences with our members! This season, a big theme in our gym will be “Confidence through performance”. Meaning, we hope to help kids break through their shells and find something that's truly theirs! We want to instill a love for cheerleading, and a love for themselves and everything they do. We know this season will be special, so thank you for considering us.

If you have any questions about what we are truly about here, don't hesitate to talk to a Cheer staff member. We think you'll find a place in our family and your athlete will too!

*- Valley Flight Coaches and Staff*

# LOCATION AND EVALUATION INFORMATION

## OUR GYM

Our facility is located at  
1307 Champlin Ave. Utica, NY  
We currently house a 20,000 Sq. Ft.  
USA sanctioned gym space with

- a spectator viewing area
- 2,000 ft spring floor
- 2 full length tumble tracks
- a fully air conditioned complex
- top of the line tumbling instructional equipment
- USASF credentialed staff

## EVALUATIONS

### NEW THIS YEAR!

*We are moving into the full year elite division!*

We are doing things a little differently this season, last season we placed athletes on teams immediately after their evaluation and trained during the summer off-season to prepare them for their half-year prep team.

**Now**, we will be evaluating athletes and placing them into practices based on their skill level, where they will practice for few weeks before teams are announced. This will help us refine skills, and really will help us get to know our athletes before we place them on a team. All summer they will be given the opportunity to advance their skills and the coaches will have more hands-on time to evaluate them in a practice setting.

Team announcements will be made by the last week in July by email. We will then split into our teams and have our respective choreography camps!

**What to bring:** Cheer shoes, hair up, black shorts, a t-shirt/sports bra and a bow in your hair. Please complete the forms attached to the back of this packet and bring with you along with your registration fee. Don't forget your smile!

### **REGISTRATION FEE MUST BE PAID OR YOUR CHILD WILL NOT BE EVALUATED**

**FLYERS:** If you wish to tryout as a FLYER please note it on your evaluation sheet. Flyers will be chosen upon their initial evaluation date in order to train stunt groups over the summer. We will have a stunt group available to evaluate you. :)

You need only attend one evaluation date, evaluations will partake mostly in a group setting with some one-on-one scoring. Private evaluations can be scheduled for an additional cost of \$20.

Athletes will be scored on: Jumps, Tumbling, and Dance capabilities. (Flyers will be scored additionally on flexibility, tightness, and personality)

# **HOW EVALUATIONS WORK**

We will begin in a group setting and do some introductions to make everyone feel comfortable, our coaches will introduce themselves and explain to everyone the tryout process! Some parts of the evaluation will be done as a group, jumps, tumbling, and flyers will happen 1-on-1.

## **Dance**

Dance evaluation will be done in a group and a 2 8-count dance will be taught all together. We may ask certain athletes to perform the 8-counts during their 1-on-1 with us.

What we are watching for: We look for those that shine through the rest! We understand that not all cheerleaders are dance-inclined, this group evaluation will only help us with choreography. We are looking for our fast learners, who yield confidence and technique. Just because you may not have danced in the past does not mean you cannot learn! This portion is meant to be fun and easy going, and a good place to get to know the athletes we will be working with and for the athletes to get to know each other.

## **Jumps**

Jumps will be evaluated 1-on-1 with our coaches. IF you have never cheered before we can offer a coach to help walk you through it, or you can come to a clinic before evaluations!

What we are watching for: We are looking for precision in motions, height, and technique. This means no bent legs, landing with feet together, and pointed toes.

## **Tumbling**

Tumbling will be warmed up as a group and we will offer open floor for those with running passes. on the next page you can find a chart for level appropriate tumbling as provided by USASF. We will also evaluate tumbling one-on-one.

What we are watching for: First we are looking for confidence to step forward and warm up during warm ups. Even cartwheels! Willingness to learn is a big part of our program. We are also looking at technique and level appropriate skills.

## **Flyers**

Flyers will be given a chance to stretch their body positions. We have a stunt group ready to assist you. You will be given some warm up time to get to know them as well.

What we are watching for: CONFIDENCE! We need our biggest personalities in the air; tightness, flexibility, and communication are also things we are looking for. We will not be placing flyers unless they have met the minimum on our evaluation scoresheet. This will keep things running smoothly through the season. However it must be noted; just because you meet the scoresheet requirements to be placed as a flyer does not mean you are guaranteed a spot flying in the routine. It all depends on how many groups we have and the skillset we are working with. Anybody is welcome to be evaluated as a flyer, you never know until you try!

## **BLOCK ITINERARY FOR THE SEASON**

*Upon commitment to the gym, a full packet with competition dates, broken-down costs, and program rules will be provided to you.*

### May-Early June:

May 19th-June 9th: Evaluations and level placements. Private evaluations may be done during this time as well.

Level announcements will be made through email the day after your evaluation. Your practice schedule will be provided with your placement email.

June 11th: Leveled practices begin

June-July: Leveled practices continue. We will use this time to perfect and advance our skills. The absolute basics will be covered and perfected for stunting and then we will begin to learn some creative entries and dismounts. This will prepare us for our choreography camp.

### August:

*Team announcements!*

*\*choreography and music fees MUST be paid by this time\**

Once teams are announced we will separate into our respective team practices and get to know each other. Choreography camps will take place in August where our routines will be learned as a whole. We will continue to practice through August afterwards.

### September-November:

*\*Uniform, shoes, and bow MUST be purchased by this time\**

Team practice continues. We will be practicing more frequently during these months to prepare for our season.

*\*we are closed on Labor Day and Veterans Day*

### December-May

Competitive season begins! We will be competing on the weekends through these months. Practices will continue as normal.

*\*We will not schedule competitions during winter or spring break*

### May

Team banquet TBD

*We may ask the team appear at showcases, events, or community service during the season.*

# TUMBLING CHART

Tumbling level guidelines as provided by USASF	Standing	Running
Level 1	Cartwheel, Round-off, Front Walkover, Back Walkover, Handstand Press	Round-off
Level 2	All level 1 skills Single standing handspring, Backwalkover backhandspring	Round-off handspring series Specialty passes including level 1 skills
Level 3	All level 1 & 2 skills Standing handspring series Backwalkover handspring series Jump through to handspring series	Round-off back tuck Round off back handspring series back tuck Punch front/front tuck Specialty pass including level 1 & 2 skills

## AGE GUIDELINES

Athlete age as of August 31st, 2019

Tiny: 5-6

Mini: 5-8

Youth: 5-11

Junior: 5-14

Senior: 11-18

The above data is informative, and may not affect your team or level placement. Placement is at the discretion of the coaches based on how your athlete works with others, communicates, and gives forth effort even if they do not meet their level skill requirement. I.e. an exceptional 12 year old may be placed on a senior team if they exhibit characteristics that the coaches believe qualify them for a senior team.

# CHEERLEADING APPLICATION

ATHLETE FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ CITY STATE ZIP: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ AGE AS OF AUG 31ST, 2019: \_\_\_\_\_

GRADE IN SCHOOL: \_\_\_\_\_ PHONE: \_\_\_\_\_

## CIRCLE YOUR SKILL LEVEL

If no experience circle 1

Tumbling Skills	1 2 3 4 5
Standing	1 2 3 4 5
Running	1 2 3 4 5
Stunts	1 2 3 4 5
Base	1 2 3 4 5
Backspot	1 2 3 4 5
Flyer	1 2 3 4 5 N/A

What else should we know to help your child reach their full potential?

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1. How long have you been cheerleading? (Pop Warner, Rec, Allstar, or School) \_\_\_\_\_

2. Are you a base, flyer, or backspot? \_\_\_\_\_

3. What's your favorite thing about cheerleading?

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4. Are there any nicknames you prefer? \_\_\_\_\_

5. Are there any names you HATE? \_\_\_\_\_

6. Who referred you to our gym? \_\_\_\_\_

Please mark **HERE** if you wish to be evaluated as a flyer



**2018-2019**

**Registration Form**

GYM	WARR	CHEER	ATHL
Class: _____			
Day/Time _____			
Previous	Trial /joined	Board	Computer
Y / N	/		/

Child's Name \_\_\_\_\_ CELL PHONE ( ) \_\_\_\_\_  
 (Last Name) (First Name)

D.O.B. \_\_\_\_\_ AGE \_\_\_\_\_ PARENTS NAME \_\_\_\_\_

Address \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Medical Concerns \_\_\_\_\_ Medical Insurance \_\_\_\_\_

Email Address: \_\_\_\_\_

My child and I are aware that participating in gymnastics, warrior, cheerleading, or other activity is potentially hazardous. I assume all risks associated with participation in this sport, including but not limited to falls, contact with other persons and other reasonable risk conditions associated with the sport. All risks to my child are known and understood by me.

I understand this consent form and agree to its conditions on behalf of my child.

Tuition payments are due the 1st of each month. Payments must be received/postmarked by the 10th of the month or there will be a \$15.00 late fee assessed to the month's tuition. No refunds. There will be a \$25.00 fee for any returned check.

**Please tell us how you heard about VALLEY GYMNASTICS?**

PREVIOUS	BILLBOARD	WEB	INTERNET	FRIEND	OTHER

**Valley Gymnastics Training Center, Inc., Policies/Regulations 2018-2019**

**PAYMENT POLICY**

- Tuition is paid on a monthly basis and is due the 1st of each month. Attendance at any time of that month constitutes enrollment for that month. If 2 consecutive classes are missed and tuition has not been paid for the month, the students name will be removed from the roster. The student may rejoin the class, if space is available, by calling the Valley Gymnastics Training Center, Inc., front desk.
- Payments / Registrations may be mailed to: **Valley Gymnastics Training Center, Inc. - 1307 Champlin Ave, Utica, NY 13502**
- Late payments after the 10th of the month will be assessed a \$15.00 late fee.
- We accept American Express / Mastercard / Discover and Visa
- Family discounts: \$4.00 tuition discount for 2nd and 3rd child. (per month)
- Tuition discounts will be given only for serious illness or injury with a valid doctor's note.
- Insufficient check fees are \$25.00

**TRIAL FEES**

- Trial fees are equal to the cost of the class. (Example: A one hour class cost \$16.00 trial fees will then cost \$16.00)

**DRESS / ATTIRE**

- Girls should wear a leotard or shorts and a T-shirt (tucked in).
- Boys should wear shorts and a T-shirt (tucked in).
- Long hair needs to be pulled back.
- No jewelry, no gum.

**SAFETY RULES**

- Absolutely NO unsupervised use of equipment. NO horseplay. NO adults allowed on ANY equipment.
- Children waiting for rides MUST wait inside the building.
- Parents and siblings MUST remain in designated seating areas.
- No food or drinks in the gym.

**HOLIDAY SHOW WEEK**

-Holiday show week will be held for one week in December, to be determined in Early November. All classes will meet at the same time in lieu of their regular class time. This will be considered your class for that week. No credits will be given for not attending the Holiday show.

**MAKE-UP POLICY**

-Valley gymnastics offers one make-up class per month for all students. Ages 5 and up make up on the first Friday of each month as part of the Open workout from 6:00 - 7:00 PM. The make up class for 2-4 year olds must be made up in another pre-school class. Call the Front Desk at 315-736-4400 to sign-up for all make up classes. Make-ups must be done within 30 days.

**PHOTO AUTHORIZATION**

-I am aware that photographs may be taken of participants during events, activities and classes by VGC staff members, professional photographers, or news media. I understand that I can request to not have my child's picture taken. I hereby give my consent for Valley Gymnastics Training Center, Inc., to use photos of my child in future flyers, websites, and social media, etc.. I understand that Valley Gymnastics Training Center, Inc., may take photos of its programs and events, and their participants from time to time and that these photos remain the property of Valley Gymnastics Training Center, Inc..

Parent/Gurdian's Signature \_\_\_\_\_ Date \_\_\_\_\_