



# FREEDOM ATHLETICS

## ALL STAR CHEER HANDBOOK

### SEASON 21



6030 N US Hwy 1 Melbourne, FL 32940.  
We are upstairs inside of Control Results.  
[www.freedom-athletics.com](http://www.freedom-athletics.com)

#### **ABOUT US:**

We are a competitive cheerleading program dedicated to teaching athletes of all ages and abilities. Our all-star program starts with ages 4 through adults. The success of our program comes from our loyal coaches who teach each athlete as if they were their own. All of our staff have been competitive all-star cheerleaders and/or have cheered/coached at the youth, school, all-star and collegiate levels. Now we are young adults, older adults, mothers, wives and **STILL** the most passionate coaches you will find in the business. Thank you for giving us the opportunity to work with your athlete.

#### **COMMUNICATION:**

**BAND App-** Practice schedule, special events, reminders, important info

**Email-**[info.freedomathletics@gmail.com](mailto:info.freedomathletics@gmail.com)- Questions about billing, adding lessons/privates, general gym questions

**Team Moms-** Questions about schedule, competitions, team bonding events, etc

**Website-** [www.freedom-athletics.com](http://www.freedom-athletics.com) - Sign-up for classes, private lessons, camps, clinics, etc.

**Facebook-** Freedom Athletics Inc.

**Instagram-** @Freedom\_allstars

**iClasspro App-** An easy way to sign-up, get classes, check your bill, etc.

#### **FREEDOM CHEER CORE VALUES:**

Here at Freedom Athletics all decisions we make are guided by our core values. We will teach these core values to all of our athletes and make sure they understand and can commit to these before becoming a part of our program.

- **Character Trumps Talent** - *"IT DOES NOT MATTER HOW TALENTED I AM, BEING TALENTED IS ONLY A SMALL PIECE OF WHO I AM. BEING A GREAT PERSON STAYS WITH ME FOR LIFE AND HELPS ME GROW FASTER"*
- **Fail Forward** - *"FAILING IS A NORMAL PART OF LIFE, WHEN I FAIL I MAKE PROGRESS"*
- **We Before Me** - *"THE NEEDS OF MY TEAM ARE MORE IMPORTANT THAN MY INDIVIDUAL NEEDS"*
- **Practice Personal Discipline** - *"TO BE GREAT IN LIFE I WILL CONTROL MY EMOTIONS, THOUGHTS AND BEHAVIORS. I WILL TAKE ACCOUNTABILITY FOR MY ACTIONS AND I UNDERSTAND THAT MY ACTIONS GOT ME TO WHERE I AM TODAY AND WILL GET ME TO WHERE I NEED TO GO"*
- **No Excuses** - *"I WILL TAKE FEEDBACK AND LISTEN WITHOUT EXCUSES, 'Yeah but' IS NOT ACCEPTABLE, I AM RESPONSIBLE FOR MYSELF AND MY BEHAVIOR"*

## **ROSTER SELECTION:**

Rosters for our teams are designed, as best we can, to give each team a roughly equal chance for success within their division. We try to match up the athletes as best we can, but please remember that coachability, maturity, physical stature, stunting, pyramids, jumps, dance, motions and age are huge factors as well. Every athlete is on a team for a reason - please trust our staff. We are always working harder to push every athlete to improve their skills, even if it means working on skills that are above what is allowed in the routines at their teams current level.

**The most common confusion or misconception from parents and athletes relates to tumbling ability.** Proper technique is more crucial now than ever to achieve high scores in difficulty, technique, and execution. Simply being able to complete a skill without falling to the ground is no longer the standard for when athletes 'have' skills. Athletes must perform the skill with perfect or near-perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. Many athletes and parents greatly overestimate the ability and form of the athlete against this standard. A parent's version of 'my child has a back handspring or a tuck or a layout' can often be dramatically different from that of the coaching staff, and this can lead to confusion about team placement.

**The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other factors.** As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.

Please note that we do not promise any placement to any athlete. The COACHING STAFF and OWNER reserve the right, at any time, without notice, to change the rosters of teams by adding, rearranging formations, or removing athletes to or from teams for a performance or practice. However, we attempt to make roster changes as infrequent and with as much warning as possible. Athletes may be benched or removed from our program at any time for reasons which may include but not limited to:

1. Attitude problems
2. Excessive absences and/or tardiness
3. Talent level
4. Lack of improvement
5. Losing a required skill
6. Lack of financial responsibility
7. Fitness level of an athlete
8. Personality conflicts between athletes, coaches, parents or anyone else involved in our program

## **IMPORTANT EVALUATION INFORMATION:**

1. Parents must complete the 2024-2025 Parent Form before arrival at evaluations (**use QR code or link:** <https://forms.gle/cE9iR8adQpCy9tLQA>)
2. Athletes must arrive in proper athletic attire (see iClasspro for detailed description of what athletes should wear)
3. Each athlete will have their picture taken upon arrival which will be used throughout the year
4. Please arrive 15-20 minutes before your scheduled time to warm-up and stretch
5. Skill evaluations are CLOSED; parents are not allowed to watch
6. Ensure that you arrive ON TIME; late athletes will be evaluated during another available time slot.



# FREEDOM ATHLETICS SKILL EVALUATIONS- 2024

Athletes will be asked to perform one of the skills from each category listed below (standing tumbling, running tumbling & jumps) and should choose their tryout skills based on those they have perfected and are confident doing by themselves without a spot. Athletes may be asked to perform additional skills after their initial pass, so that coaches can gauge which skills have been perfected. Coaches are looking for the following in determination of perfection of skill:

- Correct approach
- Correct arm, head and hand placement
- Pointed toes & locked-out legs (knees locked)
- Strong landings
- Feet together in skills where they should be

<b>TUMBLING</b>	<b>NOVICE</b>	<b>PREP</b>	<b>ELITE</b>	<b>PREMIER</b>
<b>LEVEL 1</b> S= STANDING R= RUNNING	<b>S: Backbend Kickover</b>	<b>S: Backwalkover</b>	<b>S: Back Walkover - back walkover switch (connected)</b>	<b>S: Valdez - Back Walkover (connected)</b>
	R: Cartwheel Forward Roll Round-off	R: Cartwheel - back walkover (connected)	R: Cartwheel - back walkover series (connected)	R: Front walkover - cartwheel - back walkover (connected)
<b>LEVEL 2</b> S= STANDING R= RUNNING		<b>S: Back Handspring OR Back Walkover Back Handspring (connected)</b>	<b>S: Back Walkover Switch - Back Handspring (connected)</b>	<b>S: Back Handspring Step out - Back Walkover - Back Handspring (connected)</b>
		R: Round-off - Back Handspring	R: Power hurdle - Back Handspring series (2+)	R: Front Walkover - Round-off - Back Handspring (connected)
<b>LEVEL 3</b> S= STANDING R= RUNNING		<b>S: Back Walkover - Back Handspring Series (2+)</b>	<b>S: Toe Touch - Back Handspring Series (2+)</b>	<b>S: Back Handspring - Toe Touch - Back Handspring (connected)</b>
		R: Round-off - tuck (connected)	R: Round-off - Back Handspring - Tuck (connected)	R: Front Walkover - Round-off - Back Handspring - Tuck (connected) OR Front Walkover - Ariel
<b>LEVEL 4</b> S= STANDING R= RUNNING			<b>S: Back Walkover - Tuck (connected)</b>	<b>S: Toe Touch - Back Handspring Series (2+) - Tuck (connected)</b>
			R: Round-off - Back Handspring - Layout (connected)	R: Punch Front Step out - Round-off - Back Handspring - Layout (connected)

<b>JUMPS:</b>	<b>NOVICE</b>	<b>PREP</b>	<b>ELITE</b>	<b>PREMIER</b>
<b>LEVEL 1</b>	Tuck Jump T jump	Single Toe Touch Single Pike	Double Toe Touch Single Hurdler (Left & Right)	Double Hurdler (Left & Right) Single Toe Touch
<b>LEVEL 2</b>		Single Toe Touch Single Pike	Double Toe Touch Single Hurdler (Left & Right)	Double Hurdler (Left & Right) Single Toe Touch
<b>LEVEL 3</b>		Single Toe Touch Single Pike	Double Toe Touch Single Hurdler (Left & Right)	Double Hurdler (Left & Right) Single Toe Touch
<b>LEVEL 4</b>			Double Toe Touch Single Hurdler (Left & Right)	Double Hurdler (Left & Right) Single Toe Touch

<b>FLYERS:</b> All body positions must be shown LEFT & RIGHT	NOVICE	PREP	ELITE	<b>PREMIER</b> <i>Premier Flyers will be checked for ALL body positions from prep to premier</i>
<b>LEVEL 1</b>		Lib Arabesque Heel stretch	Heel stretch Front Stretch Scale	Scorpion/Needle (kick up) Bow and Arrow
<b>LEVEL 2</b>		Lib Arabesque Heel stretch	Heel stretch Front Stretch Scale	Scorpion/Needle (kick up) Bow and Arrow Basket skills <i>(to be demonstrated during hell weeks)</i>
<b>LEVEL 3</b>		Lib Arabesque Heel stretch	Heel stretch Front Stretch Scale	Scorpion/Needle (kick up) Bow and Arrow Basket skills <i>(to be demonstrated during hell weeks)</i>
<b>LEVEL 4</b>			Heel stretch Front Stretch Scale	Scorpion/Needle (kick up) Bow and Arrow Basket skills <i>(to be demonstrated during hell weeks)</i>
			<i>Flyers will be required to demonstrate all body positions throughout hell week in the air in order to be considered for Elite &amp; Premier team positions</i>	<i>Flyers will be required to demonstrate all body positions throughout hell week in the air in order to be considered for Elite &amp; Premier team positions</i>

**Freedom Athletics**

2024-2025 SEASON  
**ALLSTAR CHEER Tryouts**

**PARENT MEETING**  
 MAY 30 @ 6:30 p.m.  
 VIA ZOOM

**SKILL EVALUATIONS**

CHOOSE ONE DATE:  
**JUNE 1 or JUNE 8**  
 Multiple times available  
 15-minute tryout slots  
**TRYOUT FEE: \$20**

Scan to visit our website

Scan to signup for skill evaluations  
[info.freedomathletics@gmail.com](mailto:info.freedomathletics@gmail.com)

**Freedom-Athletics.com**  
**321-508-4300**

2024 BRONZE

**FREEDOM WEEKS (AKA) HELL WEEKS:** *There will be two sessions each week*

Session #1=BIRTH YEARS 2015-2020\*; Session #2=BIRTH YEARS 2007-2016\*\*

\*Select athletes from session #1 may be asked to stay for part of session #2 based on skills/team needs

\*\*After team reveals, athletes may be assigned to a different session in order to best meet the needs of all teams

Tiny Novice team members will attend 3 days (M, T, TH 9AM-12PM) \$110 (cc)/ \$100 (cash)

Freedom Week fees INCLUDE: clinic fees, competition choreography fees, training, team building, competition music, activities/gifts.Required Freedom Weeks will take place- 6/10-6/14, 6/24-6/28, 7/8-7/12, 7/22-7/26, 8/5-8/9There are no freedom weeks/cheer practice these weeks: 6/3-6/7, 6/17-6/21, 7/1-7/5, 7/15-7/19, 7/29-8/2

	<b>TIMES</b>	<b>COST</b>	<b>DUE DATE</b>	<b>WEEKLY COST INCLUDES</b>	<b>THEME</b>
<b>Week #1</b> 6/10-6/14	<u>SESSION #1</u> ( <i>Birth years 2015-2020</i> ) M, T, TH, F= 9AM-2PM W= 10AM-2PM	\$250(cc)/ \$240(cash) ALL ATHLETES	6/7/24	Continued skill evaluations; Stunt, Jump & Tumble Clinics with ACC. Strength Training and team building	<u>Freedom Colors:</u> Monday- Black Tuesday- Blue Wednesday- White Thursday- Red Friday- Freedom Colors!
	<u>SESSION #2</u> ( <i>Birth years 2007-2016</i> ) M, T & TH= 2PM-7PM W= 2PM-6PM F= 1PM-6PM				
<b>Week #2</b> 6/24-6/28	<u>SESSION #1</u> ( <i>Birth years 2015-2020</i> ) M, T, TH, F= 9AM-2PM W= 10AM-2PM	\$250(cc)/ \$240(cash) PREP, ELITE & PREMIER	6/17/24	Completion of skill evaluations, team commitment signing, sizing for practice wear, team practices & stunt choreography  <u>Wednesday= Team Reveals</u>  <u>Friday= Team bonding &amp; fun with our new teams! Times to be announced</u>	<u>Our future is BRIGHT:</u> Neon Colors!
	<u>SESSION #2</u> ( <i>Birth years 2007-2016</i> ) M, T & TH= 2PM-7PM W= 2PM-6PM F= TBA				
<b>Week #3</b> 7/8-7/12		\$235(cc)/ \$225(cash) PREP, ELITE & PREMIER	7/5/24	Skill-specific training for stunting, team practices, team building, tumbling & jump choreography	<u>Team colors/theme:</u> Teams will choose their colors/theme after reveals!
<b>Week #4</b> 7/22-7/26		\$235(cc)/ \$225(cash) PREP, ELITE & PREMIER	7/19/24	Team practices, routine choreography & team building	<u>We're ready to battle for a championship:</u> Camouflage or all black!
<b>Week #5</b> 8/5-8/9		\$110(cc)/ \$100(cash) PREP, ELITE & PREMIER	8/2/24	Team building, training, summer fun/games & more!	<u>End of summer:</u> Beach, tacky tourist, tropical, etc!

**If your athlete must miss a required Freedom Week, you will still be charged a fee for that week as it includes the cost of competition choreography, music, training, team building, etc. If you know that your athlete will be out for one of the required weeks, please email us ASAP!**

## **TUITION:**

Tuition is paid monthly per athlete for all teams; Tuition covers: the cost to train in the facility, cheer instruction, team tumbling, normal operating expenses and coaches pay.

Additional tumbling classes are available to current Freedom athletes at a discounted rate.

**Tuition is billed to your account on the 20th of each month and must be PAID on the 25th of each month. Tuition is automatically run through iClassPro, our class management software. All gym members must have a valid credit card on file in their account; a discount is available for paying in cash BEFORE the 25th of each month.** August will be the first month that your monthly tuition will be due. June and July you will pay bi-weekly for your Freedom weeks. Competition and uniform packages are separate fees and charged throughout the season. Competition fees are due by 12/1/2024; Uniform package fee due dates will be announced ASAP.

## **DISCOUNTS:**

1. Sibling discount - \$50 off monthly tuition
2. Referral Discount - \$25 credit towards your account for each athlete referred to Freedom Athletics that becomes a member of a cheer team or tumbling class. This credit will be applied to your January tuition and the athlete must still be enrolled in January.
3. SGT classes (Small Group Tumbling) Classes - All current Freedom all-star cheerleaders can take our SGT classes at a discounted rate. This will get billed monthly and is due on the 1st of each month.
4. Tuition paid in full - a 5% discount off the total tuition amount for those who pay in full by June 15, 2024.
5. Cash discount- dependent upon team/tuition rate; must be paid before the 25th of each month to qualify.

**OTHER COSTS:** *These will vary by team/family & due dates will be communicated throughout the year*

\*Travel to competitions- for athlete and for family

\*Team building activities- critical for the success of our teams! These will be organized by our team moms and costs will be kept to a minimum whenever possible.

\*End of year banquet- highly encouraged!

\*Additional practice wear- families may purchase additional tops and must purchase shorts/bottoms as required by the coach of each team.

\*Competition fees- see competition schedule for more information; fees due in full by 12/1/24

\*Uniform package- as required for each athlete; due dates will be announced.

\*Flyer flexibility class- premier teams only

## **FUNDRAISERS:**

Throughout the year we will offer optional fundraisers to help each athlete raise money toward their account. This can include things like popcorn sales, raffles, etc. There will also be at least one MANDATORY gym-wide fundraiser that is used to help raise funds for gym-wide expenses and all athletes must participate in.

**STAFF:**

Our staff is THE best in the business! We are experienced coaches, athletes, moms, business professionals, teachers, motivators and more!! We work together as coaching STAFF to ensure that every athlete and every team is reaching their highest potential. Coaches roles may fluctuate throughout the season to accommodate the needs of the gym and our athletes.

**Coach Nancy McDowell-** Owner, Coach, Head Boss Lady

**Coach Bre**

**Coach Courtney**

**Coach Cris Griffin**

**Coach Erica**

**Coach Geordon**

**Coach Jaedyn (Seasonal)**

**Coach Jenn**

**Coach Kristina**

**Coach Lisa**

**Coach Mayiah**

**Coach Taylor**

**Coach Trianna**

**Sarah Hardy-** Office Manager ([info.freedomathletics@gmail.com](mailto:info.freedomathletics@gmail.com))

## WHICH TEAM IS RIGHT FOR MY ATHLETE? (2024-2025 SEASON)

	FUNDAMENTALS	MID-SEASON	NOVICE	PREP	ELITE	PREMIER
<b>ANTICIPATED AGE GROUPS</b>	LADY BUGS RED (4-5 YEAR OLDS)	MINI (2015-2019)	TINY (2017-2020)	TINY (2017-2019)	MINI (2015-2019)	MINI (2015-2019)
	LADY BUGS BLUE (6-8 YEAR OLDS)	YOUTH (2012-2019)	MINI (2015-2019)	MINI (2015-2019)	YOUTH (2012-2019)	YOUTH (2012-2019)
	FIRECRACKERS (9-12 YEAR OLDS)	JUNIOR (2008-2018)		YOUTH (2012-2019)	JUNIOR (2008-2018)	JUNIOR (2008-2018)
				JUNIOR (2008-2018)	SENIOR (6/1/05-2012)	
<b>TIER DESCRIPTION</b>	This intro to cheer program is for kids aged 4 - 12 years old and incorporates age-appropriate, beginner-level instruction in tumbling, jumps, dance, stunting, motions, movement, flexibility and more! <b>*SIGN-UP BEGINS IN AUGUST!*</b>	This program is perfect for those interested in the competitive cheerleading world but not yet ready to commit to our year-around all star program. <b>*SIGN-UP BEGINS IN NOVEMBER!*</b>	Great introduction to the world of all-star cheerleading! Novice teams compete but are only scored/compared to themselves.	For those athletes ready for a more intense competitive environment but not quite ready for an elite-level team; These teams WILL compete against other all-star teams in their level and traditionally compete in one-day competitions in the local area.	For athletes who want a more competitive environment. Skill requirements are identified based on the athlete's age and level. Multi-day competitions and additional travel are required.	For athletes who want a very competitive environment & competition schedule that may include out-of-state travel. Teams will run on a demerit system; athletes who don't maintain skills will be moved to a different team/level.
<b>PRACTICE SCHEDULE</b>	1 day per week	2 days per week	3-5 hours per week	4-6 hours per week	4-6 hours per week + 2 extra hours per week starting in Nov/Dec.	4 hours + 1-1.5 hours of tumble/strength + 2-3 extra hours per week starting in Nov/Dec.
<b>COMPETITION+ PERFORMANCE SCHEDULE</b>	1 performance (in-gym or showcase)	2 local, one-day competitions + 1 showcase	3-4 local, one-day competitions + 1 showcase	4-5 competitions + 1 showcase	5-6 competitions + 1 showcase + travel required	6-8 competitions + 1 showcase + travel required
<b>MONTHLY TUITION</b>	TBA	TBA	\$125/ \$135 (cc)	TINY & MINI- \$185/\$195 (cc) YOUTH & JUNIOR - \$220/\$230 (cc)	\$220/\$230 (cc)	\$240/\$250 (cc)



## NOVICE TEAMS



**Great introduction to the world of all-star cheerleading! Novice teams compete but are only scored/compared to themselves.**

**SEASON RUNS: June 2024 - April 2025**

**COMMITMENT INCLUDES:**

3 Hours per week / 5 Hours per week starting in January

\*Optional tumbling Add On\*

3-4 local one- day competitions + 1 showcase

Summer Practice: June & July (3 Days of Freedom Weeks M,T,TH 9am - 12pm)

TINY	NOVICE	2017-2020	\$125/\$135 (cc)
MINI	NOVICE	2015-2019	\$125/\$135 (cc)

**TINY & MINI NOVICE UNIFORM PACKAGE:**

1 uniform top and bottom (Tiny \$150/ Mini \$175)

1 competition bow (\$30)

1 pair of competition shoes (\$40)

Freedom Jersey (\$75)

Freedom backpack Small (\$140) / Large (\$150)

Competition Lips (\$50)

## PREP TEAMS

**For those athletes ready for a more intense competitive environment but not quite ready for an elite-level team; These teams WILL compete against other all-star teams in their level and traditionally compete in one-day competitions in the local area.**

**SEASON RUNS: June 2024 - April 2025**

**COMMITMENT INCLUDES:**

4 Hours per week / 6 Hours per week starting in January

\*Optional tumbling Add On\*

4-5 competitions + 1 showcase

Summer Practice: 5 weeks of Freedom Weeks



TINY	PREP	2017-2019	\$185/\$195 (cc)
MINI	PREP	2015-2019	\$185/\$195 (cc)
YOUTH	PREP	2012-2019	\$220/\$230 (cc)
JUNIOR	PREP	2008-2018	\$220/\$230 (cc)

**TINY/ MINI PREP UNIFORM PACKAGE**

1 uniform top and bottom (Tiny \$150 / Mini \$300)

1 competition bow (\$30)

1 pair of competition shoes (\$50-\$100)

Freedom Jersey (\$75)

Freedom backpack Small (\$140) / Large (\$150)

Competition Lips (\$50)

**YOUTH/ JUNIOR PREP UNIFORM PACKAGE**

1 uniform top and bottom (Youth \$500 / Junior \$300)

1 competition bow (\$30)

1 pair of competition shoes (\$115)

Freedom Jersey (\$75)

Freedom backpack Small (\$140) / Large (\$150)

Competition Lips (\$50)



## ELITE TEAMS:

**For athletes who want a more competitive environment. Skill requirements are identified based on the athlete's age and level. Multi-day competitions and additional travel are required.**

SEASON RUNS: June 2024 - May 2025

### COMMITMENT INCLUDES:

4 Hours per week / 6 -8 Hours per week starting in November/December

\*Optional tumbling Add On\*

5-6 competitions + 1 showcase + Travel Required

1-2 end of season bid events (pending receipt of bid)

Summer Practice: 5 weeks of Freedom Weeks

MINI	ELITE	2015-2019	\$220/\$230 (cc)
YOUTH	ELITE	2012-2019	\$220/\$230 (cc)
JUNIOR	ELITE	2008-2018	\$220/\$230 (cc)
SENIOR	ELITE	6/1/05-2012	\$220/\$230 (cc)

### MINI/ YOUTH/ JUNIOR/SENIOR ELITE UNIFORM PACKAGE

1 uniform top and bottom (Mini \$200 / Youth, Junior & Senior \$500)

1 competition bow (\$30 - \$35)

1 pair of competition shoes (\$115)

Freedom Jersey (\$75)

Freedom Backpack Small (\$140) / Large (\$150)

Competition Lips (\$50)

## PREMIER TEAMS:

**For athletes who want a very competitive environment and competition schedule that will include out-of-state travel.**



### WHAT TO EXPECT:

- ★ In order for your athlete to be selected for a premier team, they must demonstrate skills with perfection as indicated in the tryout skills sheet for the premier tier.
- ★ High Standards - We expect these teams to be your #1 priority. While we want everyone to be able to enjoy family time, etc, we want you to make sure this team is a priority and missing practice is to be kept to emergencies ONLY.
- ★ These teams will run on a demerit system. Athletes that reach 12 demerit points will be removed from the team and added to a different team tier or level (if possible).
- ★ There will be at MINIMUM two team practices AND a required team tumbling/strength training practice each week. Additional practices will be added throughout the competition season.
- ★ Athletes who do not maintain tumbling, jumps and stunting skills throughout the season will be moved to another team tier or level.
- ★ These teams will travel out-of-state, accept bids to the All Star Worlds and The One Finals.
- ★ Premier Teams will have required pre-competition travel and practice schedules that may include additional costs.

**SEASON RUNS: June 2024 - May 2025**

### COMMITMENT INCLUDES:

4 hours per week of practice + 1-1.5 Hours Team tumbling/strength + 2 hours of additional practice per week *(starting in November/December)*

\*Required Flyer class\*

\*Optional tumbling add on\*

6-8 competitions + 1 showcase + Travel Required

1-2 end of season bid events (pending receipt of bid)

Summer Practice: 5 weeks of Freedom Weeks

MINI	PREMIER	2015-2019	\$240/\$250 (cc)
YOUTH	PREMIER	2012-2019	\$240/\$250 (cc)
JUNIOR	PREMIER	2008-2018	\$240/\$250 (cc)

### MINI/YOUTH/JUNIOR PREMIER UNIFORM PACKAGE

1 uniform top and bottom (Mini \$200/Youth & Junior \$500)

1 competition bow (\$30-\$35)

1 pair of competition shoes (\$115)

Freedom Jersey (\$75)

Freedom Backpack Small (\$140) / Large (\$150)

Competition Lips - BlueRed(\$50)

## CALENDAR AT A GLANCE:

<p><b>May, June, July, August</b></p>	<p>5/30 - Parent Zoom Meeting          6/1 &amp; 6/8 - Skill Evaluations          6/10-6/14 - Freedom Week #1          6/24-6/28 - Freedom Week #2          7/8-7/12 - Freedom Week #3          7/22-7/26 - Freedom Week #4          8/5-8/9 - Freedom Week #5</p> <p>Vacation - No Cheer Practices          6/3-6/7          6/17-6/21          7/1-7/5          7/15-7/19          7/29-8/2</p> <p>8/12 - 1st Day of school BCPS &amp; Cheer Practice starts</p>	<p>Skill Evaluations          Freedom aka "Hell" Weeks          Strength Training          Skill Training          Team Building &amp; Bonding          Routine Choreography  <i>*Mandatory*</i></p>
<p><b>September, October, November</b></p>	<p>9/2 - Gym Closed Labor Day          10/26 &amp; 10/30- Halloween themed practices          10/31 - NO cheer practice          11/11 - No cheer practice- Veteran's Day          11/3- Elite &amp; Premier teams weekend practice begins (exact dates TBA)          11/25-11/29 - No Cheer Practices          Thanksgiving Break</p>	<p>Strength/Cardio Training          Practice sections of routines &amp; full routines          1 weekend practice each month (Elite &amp; Premier Teams only)          1st virtual competition in November/December</p>
<p><b>December, January, February</b></p>	<p>12/1- Competition Fees due          12/14- Cocoa- Rockledge Christmas Parade          12/23-1/5 Gym Closed for Winter Break          1/6 -BCPS School Starts &amp; Cheer practice resumes          Jan. 4,5,11,12,18,19,25,26- Extra Practice (specific day TBA)          Feb. 1,2,8,9,15,16,22,23 - Extra Practice (specific day TBA)</p>	<p>Competition fees due in full          Strength/Cardio Training          Cocoa/Rockledge Christmas Parade <i>*Mandatory*</i>          Christmas Party @ Gym          Practice every weekend (Jan. &amp; Feb.)          Compete full routines</p>
<p><b>March, April, May</b></p>	<p>3/1 or 3/2- Freedom Showcase          3/17-3/21- BCPS Spring Break          Gym Closed No Cheer Practice          3/22 &amp; 3/23 - Extra Practice          3/29 &amp; 3/30 - Extra Practice</p>	<p>Freedom Showcase          Compete full routines          Add/Take away skills          New practice schedule after spring break          End of Year Banquet</p>

## COMPETITION DATES

All competition fees include entry fees for the athlete + coaches fees; these fees are not yet finalized as various competitions have not posted their costs yet. Below are the **tentative dates** of competitions we plan to attend this season. Not all teams will compete at every competition; our coaching staff reserves the right to add or take away any competition based on the readiness of the team, schedule, athlete success, etc. **Competition fees will be billed to your account in JULY. Full payment is due no later than DECEMBER 1, 2024. Parents can make payments towards competition fees throughout the season. (June - December).**

<b>Competition Date</b>	<b>Competition Name</b>	<b>Competition Location</b>
11/22/2024	Kick Off Showcase	Virtual
12/7/2024	Ultimate Championships	Ft. Pierce, FL
1/17/2025	Showcase Reveal	Virtual
1/19/2025	Florida Challenge	West Palm Beach, FL
1/25-1/26/2025	CheerFest Nationals	Kissimmee, FL
1/31-2/2/2025	All Out Nationals	Orlando, FL
2/8/2025	Central Florida Challenge <u>OR</u> The Cheer Tour	Lakeland, FL Concord, NC
2/22-2/23/2025	Soflo Nationals	West Palm Beach, FL
3/1 <u>OR</u> 3/2/2025	FREEDOM SHOWCASE	Viera High School
3/8-3/9/2025	Destin Beach Nationals	Destin, FL
3/29/2025	ECC Prep & Elite Open	Lakeland, FL
4/5/2025	Ultimate Battleground	Ft. Pierce, FL
4/12-4/13/2025	The Grand Nationals @ Orlando World Center Marriott	Orlando, FL
4/15-4/18/2025 <i>BID EVENT; ADDITIONAL FEE WILL BE DUE</i>	All Star Worlds @ OCCC	Orlando, FL
5/2-5/3/2025 <i>BID EVENT; ADDITIONAL FEE WILL BE DUE</i>	The ONE Finals	Orlando, FL <u>OR</u> Sandusky, OH
5/10-5/11/2025	All Out Spirit Splash Nationals	Daytona, FL

