

CAPITOL CITY CHEER

Capitol City Cheer

Season #20

2022-2023

1911 Ford St.

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573-761-5425

Front desk hours: 2:00-8:00 Monday – Friday.

We are located behind Sonic just off Ellis Blvd.

Thank you for considering Capitol City Cheer for your next season. Yes, we are still accepting new athletes for our 2022-23 teams. Our cheer staff is led by Ron Swanson, a 25-year industry veteran. Our program is one of the longest standing programs in the state of Missouri, starting season #20! We are focused on developing young athletes into Champions of this sport and leaders among the community. We offer a cheer program to match any budget. Beginning age in our team program is 3 thru 19 years old.

2022 – 2023 Tryout Information

Elite Cheer Teams

Level 1

Tumbling skills: Round off, back walkover and front walkover.

Level 2

Tumbling skills: Standing back handspring and round off back handspring.

Level 4

Tumbling skills: back handspring tuck, standing tuck and round off back handspring layout.

Prep Cheer Teams

Level 1

Tumbling skills: Round off, back walkover and front walkover.

Level 2

Tumbling skills: Standing back handspring and round off back handspring.

Prep teams start in August

Second tryout July 23rd.

Fundamental Cheer Teams

Non-competitive

Tumbling skills: No tumbling skills needed.

Sign-ups start in August for our first Fundamentals session.

2-month teams,

September/October, December/January, March April.

Costs Related to our competitive and non-competitive cheer teams.

ELITE TEAMS

Skills are required for these teams.

- 2 practices per week, 5 hours total. **Includes a condition/Jumps class**
- Full gym access: Team athletes can come work out at the gym during hours of operation, as long as they do not disturb other classes.
- Gym tuition: \$132/month
- Attends 6 competitions, 1 out of state. Competition fees TBA (Schedule and fees to be determined, estimated \$1600 for entire season. Split into payments from June 18th – November 18th).
- Attends 1 season finale out of state.
- Uniforms: \$525 + taxes

PREP TEAMS

Entry level teams. Some skills required.

- 1 practice per week, 2.5 hours total. **Includes a condition/Jumps class**
- Full gym access: Team athletes can come work out at the gym during hours of operation, as long as they do not disturb other classes.
- Gym tuition: \$97/month
- Attends 3 in state competitions. Competition fees TBA (Schedule and fees to be determined, estimated \$800 for entire season. Split into payments from June 18th – November 18th).
- Uniforms: \$275 + taxes

FUNDAMENTALS

Beginner/Novice level teams. No skills required

- 1 practice per week, 55 minutes.
- Gym tuition: \$76/month
- Attends an in gym showcase at the end of each session where our elite and prep teams will perform alongside of them.
- Team shirt and bow: \$30 + taxes