



1911 Ford St.

Jefferson City, MO 65101

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573-761-5425

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

We are located behind Sonic just off Ellis Blvd.

Tryout Clinic dates: *April 24th & 25th*

6:00-8:00 pm - \$10/day

Tryouts dates: *April 27th and 28th*

\$35 Tryout fee (non-refundable). Email for sign-up times.

This season we will have a sign-up list to RSVP a tryout time.

Thank you for considering Capitol City Cheer for your next season. Our program is one of the longest standing programs in the state of Missouri, started in 2002! As a gym we are focused on developing young athletes into Champions of this sport and leaders among our community. This year we are changing the way we look at teams. Our goal is to create more options for parents/athletes to choose from for this upcoming season. In changing this we hope to offer a cheer program for most budgets!

2024 – 2025 TRYOUT INFORMATION

Travel 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 3

Tumbling skills: Standing back handsprings series and round off back handspring back tuck.

Level 4

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

Level 5

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

Limited Travel &

In-State 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 3

Tumbling skills: Standing back handsprings series and round off back handspring back tuck.

**Limited travel teams are full year competitive teams that compete less. Do not attend events more than 1 state away.*

**In-State teams are 5-month competitive teams that have a much shorter season and only compete at events here in the state of Missouri.*

Fundamental Cheer Teams

Non-competitive

Tumbling skills: No tumbling skills needed. During the school year we offer 3 sessions.

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

Travel

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 if they do not disturb other classes.
- Gym tuition: \$175/month (includes a tumbling class)
- Attends 7-8 competitions, 2-3 out of state. Attends 1 season finale bid event.
- Comp. fees: \$1000-1500 total, split into monthly payments
- Uniform: \$625.00

Limited Travel

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 if they do not disturb other classes.
- Gym tuition: \$135/month (includes a tumbling class)
- Attends 4 in-state competitions & 1 out of state.
- Comp. fees: \$600-800 total, split into monthly payments
- Uniforms: \$375.00

In-State

Beginner to advance, all levels included here.

- Fall teams start in May and finish in Nov. Spring teams starts January and finish in April. 1 practice per week.
- Full gym access: Team athletes can come work out at the gym during hours of operation if they do not disturb other classes.
- Gym tuition: \$100/month
- Attends 2 in-state competitions. Competition fees TBA (Ask for Budget form).
- Comp. fees: \$300-400 total, split into monthly payments
- Uniforms: TBA