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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.

**Tryouts 'prep' classes:** Friday, May 19th

- 5:00-6:30 level 1 & 2
- 6:30-8:00 levels 3, 4, & 5

**Tryouts: Sunday, May 21st**

- Level 1 & 2: 3:00-4:30 (including Prep)
- Level 3, 4, & 5: 5:00-6:30

Thank you for considering Capitol City Cheer for your next season. Yes, we are still accepting new athletes for our 2023-24 teams. Our cheer staff is led by Ron Swanson, a 27-year industry veteran. Our program is one of the longest standing programs in the state of Missouri, starting season #21! 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 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.

### **Prep Cheer Teams**

#### *Level 1*

Tumbling skills: Round off, backward roll, forward roll, back walkover and front walkover.

#### *Level 2*

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

Prep teams start in August.

Early tryouts are in May.

Second tryout July 23rd.

### **Fundamental Cheer Teams**

#### *Non-competitive*

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

Fall, Winter, and Spring

# 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 if they do not disturb other classes.
- Gym tuition: \$140/month
- Attends 6 competitions, 1-2 out of state. Competition fees TBA (Schedule and fees to be determined, estimated \$1600 for entire season. Split into payments from June 18<sup>th</sup> – November 18<sup>th</sup>).
- 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 if they do not disturb other classes.
- Gym tuition: \$100/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 18<sup>th</sup> – November 18<sup>th</sup>).
- Uniforms: \$275 + taxes

## FUNDAMENTALS

*Beginner/Novice level teams. No skills required.*

- 1 practice per week, 55 minutes.
- Gym tuition: \$79/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: \$35 + taxes