



Cheers and More Season 24-25

All Star Tryouts

Saturday, May 18th

Tryouts will be held at both locations

Edmond - 507 South Coltrane Edmond, Ok 73034

Norman - 3525 Wellsite Dr. Norman, Ok 73069

9:00 am - 9:30 am	Level 1	Beginning level of tumbling and cheer
9:45 am - 10:15 am	Level 2	Back-handspring required
10:45 am - 11:30	Level 3	Standing back-handspring series and round off back-tuck required
11:45 am -12:30	Level 4	Standing back tuck and round off layout required
12:45 pm - 1:30 pm	Level 5	LEVEL 5 / Toe Back & standing one back-handspring to layout. Round off handspring full - encouraged
	Level 6	LEVEL 6 / standing 2 back-handspring full. Standing full, three to double fulls, Round off specialty to full/double fulls etc.

** Team placement /

1. Athletes will first be evaluated on tumbling skills.
2. Step 2 we will separate by the USASF age divisions
3. Step 3 we will create stunt positions.



What to expect during the All Star Season 24-25

Level 1 - This is the beginning level of All Star cheer. This team will train twice a week, for 1 hour each practice. There will be minimal travel for this team. They will perform/compete at 5 to 6 competitions plus the end of season showcase. All the competitions will be held in Oklahoma.

Level 2 - Back-handspring and round off back handspring are performed at this level. This team will train twice a week for 1.5 hours each practice. They will perform/compete at 5 to 6 competitions plus the end of season showcase. Most of the competitions will be held in Oklahoma plus one or two travel competitions in Texas or Kansas.

Level 3 - Series of back-handsprings round off back-tuck are performed at this level. This team will train twice a week with 1 hour and 45 minutes per practice. They will perform/compete at 5 to 6 competitions plus the end of season showcase. Most of the competitions will be held in Oklahoma with a few travel competitions in Texas and/or Kansas.

Level 4 - Standing back-tuck and round off back-handspring lay-out are performed at this level. This team will train twice a week with occasional extra practices during the season. They will compete in 5 to 6 competitions (NCA as one of the competitions) plus the end of season showcase and will consider an end of season bid event.

Level 5- Toe touch - back-tuck and back-handspring layout and round-off back-handspring full twist are performed at this level. This team is a highly competitive team competing at two-day events throughout the season. (NCA and Summit) They will compete in Oklahoma, Texas and Kansas plus the end of season showcase and the Summit held in Orlando, Florida.

Level 6- Standing back-handspring full twisting skills and running full twisting skills with double fulls are performed at this level. This team is Highly competitive and requires travel to World bid qualifying events throughout the United States. The World Championship will be held in Orlando, Florida at the end of April.



CHEERS AND MORE ALL STAR 2024-2025

Financial Obligations

- Monthly tuition (tuition includes monthly training, choreography, and competition fees excluding Worlds and Summit)
 - Level 1 - \$110
 - Level 2 - \$210
 - Level 3 - \$245
 - Level 4 - \$250
 - Level 5 - \$265
 - Level 6 - \$270
- Uniform (due July 1st) fittings June 3-4 (includes, top and skirt)
- We are keeping the same uniform as last season (23-24). Only new members will need new uniforms. Used uniforms might be available depending on size and inventory.
- Level 1 - \$200
- Level 2,3,4 - \$300
- Level 5 - \$350
- Level 6 - \$400
- Bow - \$25 (order in August)
- Warm up jacket - \$50 (order in August)
- Skills camp - \$60.00 due with first tuition payment on June 1st

Additional cost / USASF membership for level.



ALL STAR TEAMS 2024-2025 COMPETITION SEASON

SAVE THE DATES

Saturday, May 18th	TRYOUTS at both locations
Monday - Thursday May 20-23	NEW TEAM PRACTICE
Monday - Tuesday May 28-29	LEVEL 5 and 6 SKILLS CAMP 1:30-4:00 level 5 4:30-7:00 level 6
Monday - Tuesday June 3-4	LEVEL 1-4 SKILLS CAMP 10:00-12:30 level 1-2 1:00-3:30 level 3-4
Wednesday - Thursday June 5-6	RESPECT CHOREOGRAPHY
June 7-8	REIGN and REACTION CHOREOGRAPHY
June 10 - August 1	Summer Session
August 4-5	Level 2 and Level 3 choreography
August 7-8	Level 4 and Level 1 choreography
August 12	Fall session begins.



EDMOND 2024 SUMMER SCHEDULE

**** June 10th – Aug 1st****

For more information, please call (405) 341-2390 or visit us at www.cheersandmore.com

<p><u>Monday (Room I)</u></p> <p>9:30am – 11:00am Renegades (Level 3) 11:00am – 12:30pm Reign (Level 5) 1:00pm – 2:30pm Respect (Level 6 Worlds)</p> <p><u>Tuesday (Room I)</u></p> <p>9:30am – 11:00am Regal (Level 2) 11:00am – 12:30pm Rubies (Level 4)</p> <p><u>Wednesday (Room I)</u></p> <p>9:30am – 11:00am Renegades (Level 3) 11:00am – 12:30pm Reign (Level 5) 1:00pm – 2:30pm Respect (Level 6 Worlds) 4:00pm – 5:00pm Back Handspring class 5:00pm – 6:00pm Power Tumbling</p> <p><u>Thursday (Room I)</u></p> <p>9:30am – 11:00am Regal (Level 2) 11:00am – 12:30pm Rubies (Level 4)</p>	<p><u>Monday (Room II)</u></p> <p>9:30am – 11:00am Renegades (Level 3) 11:00am – 12:00pm Red Hots (Level 1)</p> <p><u>Tuesday (Room II)</u></p> <p>11:00am – 12:30pm Royalty (Level 3.2)</p> <p><u>Wednesday (Room II)</u></p> <p>10:00am – 11:00am Gym/Cheer I 11:00am – 12:00pm Red Hots (Level 1)</p> <p><u>Thursday (Room II)</u></p> <p>11:00am – 12:30pm Royalty (Level 3.2)</p>
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Closed July 1st – 4th

See All Star packet for All Star pricing

Tumbling class fee is \$100 for the Summer session and is due the first day of class

Schedule subject to change



NORMAN 2024 SUMMER SCHEDULE

**** June 10th – Aug 1st ****

For more information, please call (405) 341-2390 or visit us at www.cheersandmore.com

Monday

10:00am – 11:30am Reflex (Level 2)
11:30am – 1:00pm Remedy (Level 3)
1:00pm – 2:00pm Power Tumbling
2:30pm – 4:00pm Riot (Junior Level 4)
4:00pm – 5:30pm Code Red (Senior Level 4)
5:30pm – 7:00pm Reaction (Senior Level 5 Coed)
7:00pm – 8:00pm Back Handspring & Jump class
7:00pm – 8:00pm Power Tumbling

Tuesday

10:30am – 11:30am Mini Ritz (Level 1)
11:30am – 12:30pm Gym/Cheer I class (Beginner tumbling (Ages 4-8))
11:30am – 1:00pm Rockers stunt team

Wednesday

9:00am – 10:00am Back Handspring & Jump class
10:00am – 11:30am Reflex (Level 2)
11:30am – 1:00pm Remedy (Level 3)
1:00pm – 2:00pm Power Tumbling
2:30pm – 4:00pm Riot (Junior Level 4)
4:00pm – 5:30pm Code Red (Senior Level 4)
5:30pm – 7:00pm Reaction (Senior Level 5 Coed)

Thursday

10:30am – 11:30am Mini Ritz (Level 1)

*** Closed July 1st – 4th ***

See All Star packet for All Star pricing

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Schedule subject to change



EDMOND 2024-2025 Fall/Spring SCHEDULE

****August 12th - May 16th****

For more information or to enroll, please call 341-2390 or visit us at www.cheersandmore.com

<p><u>Sunday</u></p> <p>1:00-3:00pm Reign (Level 5) 3:00-5:00pm Respect (Level 6 Worlds)</p> <p><u>Monday</u></p> <p>4:30-6:00pm Renegades (Level 3) 5:30-7:00pm Reign (Level 5) 6:30-8:00pm Respect (Level 6 Worlds)</p> <p><u>Tuesday</u></p> <p>4:30-6:00pm Regal (Level 2) 5:30-7:00pm Rubies (Level 4) 7:00-8:00pm Power Tumbling</p> <p><u>Wednesday</u></p> <p>4:30-6:00pm Renegades (Level 3) 5:30-7:00pm Reign (Level 5) 6:30-8:00pm Respect (Level 6 Worlds)</p> <p><u>Thursday</u></p> <p>4:30-6:00pm Regal (Level 2) 5:30-7:00pm Rubies (Level 4) 7:00-8:00pm Power Tumbling</p>	<p><u>Monday</u></p> <p>4:45-5:45pm Red Hots (Level 1)</p> <p><u>Tuesday</u></p> <p>4:30-6:00pm Royalty (Level 3.2) 5:00-6:00pm Gym/Cheer I (Beginning level) 6:00-7:00pm Back Handspring class 7:00-8:00pm Lady Rouge (Club Stunt)</p> <p><u>Wednesday</u></p> <p>4:45-5:45pm Red Hots (Level 1)</p> <p><u>Thursday</u></p> <p>6:00-7:00pm Back Handspring class</p>
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Tumbling class fee is \$200 for the Fall session (August through December) and \$200 for the Spring session (January through May) and is due the first day of class

Schedule subject to change



NORMAN 2024-2025 Fall/Spring SCHEDULE

**** August 12th - May 16th ****

For more information or to enroll, please call 341-2390 or visit us at www.cheersandmore.com

Sunday

12:45-2:45pm Code Red (Senior Level 4)
2:45-3:30pm Level 4 and 5 tumbling
3:30-5:30pm Riot (Youth Level 4)
5:15-6:45pm Reaction (Senior Coed Level 5)

Monday

5:00-6:00pm Gym/Cheer I (Beginning level)
5:30-6:30pm Shining Starz (Cheer Abilities)
6:00-7:00pm Back handspring class
6:30-8:00pm Reaction (Senior Coed Level 5)

Tuesday

4:30-5:30pm Mini Ritz (Mini Level 1)
5:15-6:45pm Reflex (Youth Level 2)
6:30-8:00pm Remedy (Junior Level 3)
7:30-8:30pm Power Tumbling

Wednesday

5:00-6:30pm Riot (Youth Level 4)
6:15-7:45pm Reaction (Senior Coed Level 5)
7:30-9:00pm Code Red (Senior Level 4)

Thursday

4:30-5:30pm Mini Ritz (Mini Level 1)
5:15-6:45pm Reflex (Youth Level 2)
6:30-8:00pm Remedy (Junior Level 3)
7:30-8:30pm Rockers (14U Stunt)

Tumbling class fee is \$200 for the Fall session (August through December) and \$200 for the Spring session (January through May) and is due the first day of class

Schedule subject to change



Cheers and More All Stars Season 24-25

AGREEMENT FORM

I agree to make the monthly payments on the first day of the month June 1, 2024 - May 2025. Monthly payments will be automatically drafted, or a credit card must be on file. Cash and checks will only be accepted for multiple monthly payments at one time.

I understand that I will pay a quitter's fee of \$300 should my athlete quit at any time during the season.

I understand that this is a team and my child's attendance is important and all practices are required unless excused by a coach.

I understand that all competitions are required.

Name of Student _____

Signature of Parent _____

Date _____