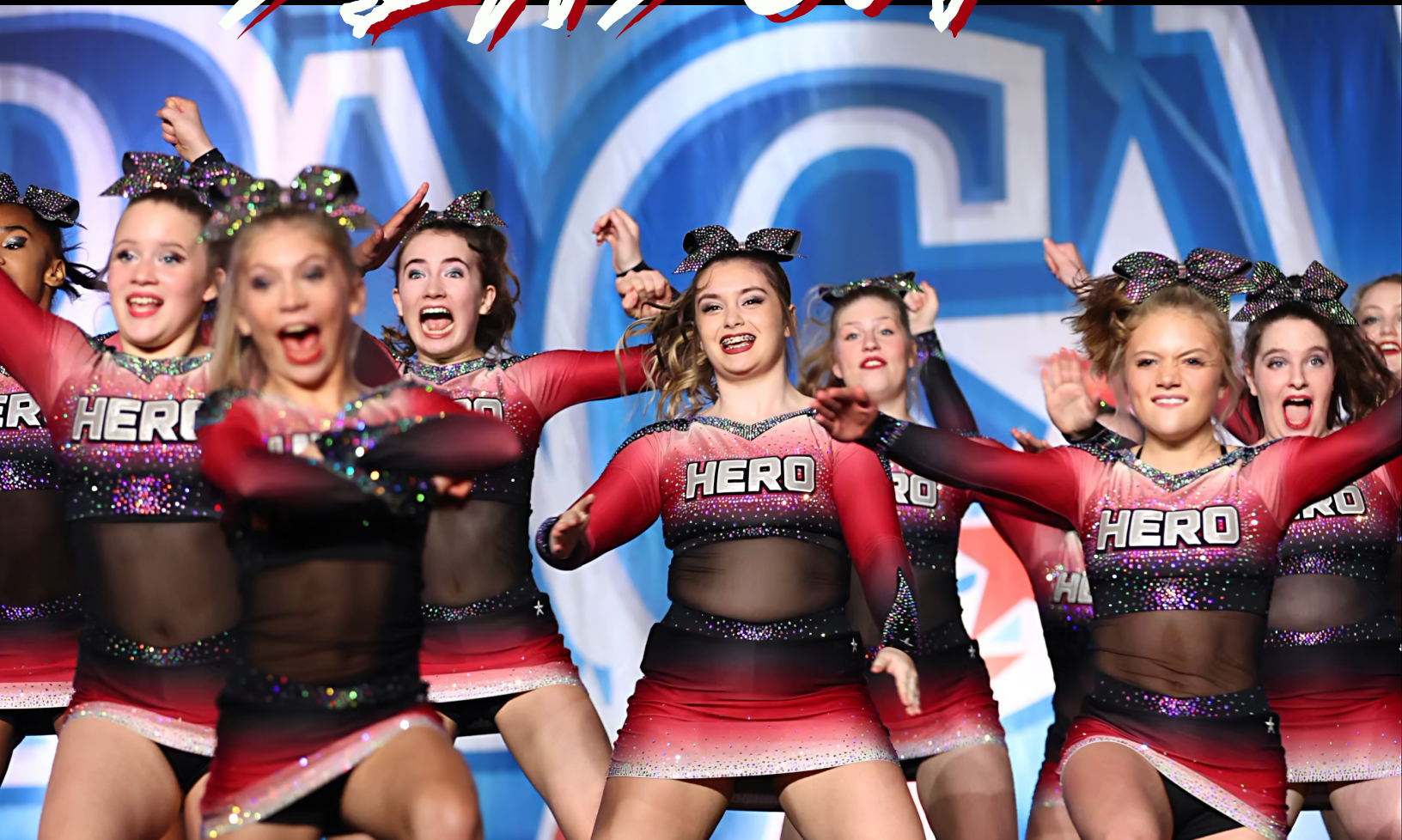


HERO

SEASON 6



TEAM PLACEMENTS

MAY 22-25, 2023

www.hero-athletics.com
info@hero-athletics.com



2023-2024

WELCOME TO HERO!

Welcome to the Hero Athletics Family!

Season 6 is shaping up to be our best year yet! In a sport that is constantly evolving, we are looking forward to a season of big energy and big goals for all our athletes and teams. Our gym is experiencing significant growth, and we are committed to creating and building strong teams that will be successful on the national competition stage. We are adapting some of our programming to better keep up with our diversifying needs.

Our athletes will still be required to tumble outside of their regular team practices, but these will now be specific leveled practices for team athletes only. We also have fewer required summer dates on the schedule, to allow for more flexibility with your family's summer travel plans.

This year we are also taking our junior and senior teams to Dream Camp in central Oregon. This is a high quality overnight skills camp in Blue River, OR, and your kids will have a blast with their team! Athletes and coaches are housed in cabins with showers and toilets, and their days are spent stunting, tumbling, jumping, dancing, doing team building activities, swimming, and hanging out by the firepit at night.

As we enter Season 6, it is important to understand that the requirements and expectations of each level have grown significantly over the past several years, and that with each team we build, we are putting together a puzzle with many pieces that will maximize our scoresheet. Our coaching staff is looking at far more than what tumbling skills an athlete can throw. We are looking at a whole athlete, with many categories of our scoresheet that need to be maximized by a group as a complete unit. We are looking at stunt and tumbling execution, competitive mindset, performance and stage presence, jumps, motions, sharpness. We are looking at each athlete's ability to take corrections, to take responsibility for mistakes, to put the team first, to push themselves. We are looking at which kids are leaders, and which teams need those leaders.

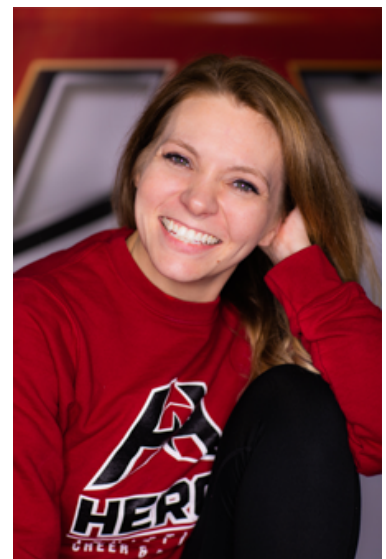
We are as committed as ever to help your athletes learn and grow this season and for many years to come.

In partnership,

HALLIE NEWTON

Owner

Hallie@hero-athletics.com



TEAM PLACEMENTS



Team placements at Hero are scheduled for **May 22-25, 2023**. If you are unable to make these dates, please schedule a private tryout time with our front desk.

At tryouts, we will be evaluating each athlete's individual skill set, as well as group chemistry, mentality, and emotional and athletic maturity. Then we will piece together the puzzle to create teams that we believe will be successful at competitions, using the United Scoresheet as our guide to competitive success.

We will be fielding elite teams for Levels 1-6 and for ages 6&up. After tryouts, we will take a few days to collaborate and build the teams we feel will be most successful for the season. Teams will be announced by May 30. Team Orientation will take place for Elite teams on May 31 and June 1st. Level practices will begin June 5. Final team selections will be made by June 18.

Our elite teams require a healthy level of time and commitment. Every single team member is necessary at practice, and absences should be rare. Elite teams will practice 2.5 hours twice a week. Additionally, each elite athlete is required to take a weekly team tumbling class at their individual skill level. This ensures that they continue to grow and master their tumbling skills regardless of their team level. We do our best to ensure consistent practice schedules, but there may be times when we need to call extra practices and we ask that you make a concerted effort to be there for those additional practices.

Your tuition covers the opportunity to train. Your tuition does not guarantee your athlete their desired position on the competition floor. We create teams and routines to maximize a scoresheet and prioritize success at competition. This may mean that an athlete needs to come out of a section or that a stunt group needs to be pulled, or on rare occasions, that an athlete needs to be placed as an alternate on a team. We must put the success of the team over the success of any one athlete.

IGNORE THIS COLUMN



USE THE
YEAR OF BIRTH



USASF All Star Cheer ELITE TIER CLUB Divisions 2023-24					
Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
3	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
3	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
4	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
4	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Senior Open	18+ years old	5/31/06 & Before	Female/Male	5-24 Members
4	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
4.2	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4.2	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
5	Youth	8-12 years old	2011-2016	Female/Male	5-38 Members
5	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
5	Senior	13-19 years old	6/1/04-2011	No Males	5-38 Members
5	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-38 Members
5	Senior Open	18+ years old	5/31/06 & Before	No Males	5-24 Members
5	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
6	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
6	Senior XSmall *	14-19 years old	6/1/04-2010	No Males	5-16 Members
6	Senior Small *	14-19 years old	6/1/04-2010	No Males	17-22 Members
6	Senior Medium *	14-19 years old	6/1/04-2010	No Males	23-30 Members
6	Senior Large *	14-19 years old	6/1/04-2010	No Males	31-38 Members
6	Senior XSmall Coed *	14-19 years old	6/1/04-2010	1-2 Males	5-16 Members
6	Senior Small Coed *	14-19 years old	6/1/04-2010	1-5 Males	5-22 Members
6	Senior Medium Coed *	14-19 years old	6/1/04-2010	1-8 Males	5-30 Members
6	Senior Large Coed *	14-19 years old	6/1/04-2010	1-19 Males	5-38 Members
* Indicates Worlds Eligible Division					

Levels listed in X.Y format follow Level X rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses) and Level Y rules for Tumbling Skills. Example: Level 4.2 follows Level 4 building rules with Level 2 tumbling rules.

EXAMPLES OF REQUIRED SKILLS AT EACH LEVEL

Teams must have a significant percentage of a team able to compete these "At Level and Advanced Level Skills" in order to be competitive in a level. This is not a FULL list of skills at each level, just an example of some skills.

	At Level	Advanced	Elite
Level 1 Tumbling			
Standing	Back Walkover; Front Walkover; Handstand Forward Roll	Back Walkover Series; Back Walkover Switch Leg; Valdez	Back Extension Roll-Back Walkover; Standing Back Handspring
Running	Cartwheel-Back Walkover; Front Walkover-Front Walkover	Cartwheel-Back Walkover(s) or Back Walkover Switch Leg; Front Walkover-Cartwheel	Front Walk Over-Cartwheel-Back Walkover; Roundoff Back Handspring
Level 2 Tumbling			
Standing	Back Handspring; Back Walkover-Back Hand Spring; Back Handspring Step Out	Back Handspring Step Out-Back Walkover-Back Handspring; BWO Switch Leg-Back Handspring	Back Handspring Series
Running	Roundoff-Back Handspring Series; Front Handspring	FWO-Roundoff-Back Handspring Series; Front Handspring Series	Cartwheel-BHS Step Out-BHS Series; Roundoff-Back Handspring-Back Tuck
Level 3 Tumbling			
Standing	Back Walkover-Back Handspring Series; Back Handspring Series	Jump-Back Handspring Series; BHS Step Out-BWO-BHS Series; BHS-Jump-BHS	BHS Step Out-BHS Series; BHS-BHS-Tuck
Running	Roundoff-Back Handspring-Tuck; Punch Front Tuck	Front Handspring-Roundoff-BHS-Tuck	Roundoff-BHS Step Out-1/2 Turn-Roundoff-BHS-Tuck; Roundoff-to-Layout
Level 4 Tumbling			
Standing	BHS-BHS-Tuck; Back Walkover-Tuck	Back Handspring-Tuck; Jump-Back Handspring Series-Tuck	BHS-BHS-Layout
Running	Front Handspring-to-Layout;	Punch Front Step Out-Roundoff-to-Layout; Roundoff-Whip-Tuck/Layout	FHS-Front Tuck Step Out-Roundoff-to-Layout; Roundoff-BHS-Full
Level 5 Tumbling			
Standing	BHS-BHS-Layout	Jump-Back Tuck; BHS-Whip-BHS-Tuck; BHS-Layout	BHS-Whip-Tuck; BHS-BHS-Full
Running	Roundoff-BHS-Full	Front Tuck Step Out-Roundoff-to-Full; Other Specialty to Full	Roundoff-Arabian-to-Full; Front Full
Level 6 Tumbling			
Standing	BHS-BHS-Full; BHS (series)-Whip-BHS Series-Full; Jump-Back Tuck	BHS-Full; Standing Full; BHS-Whip-Full	BHS Series-Double Full; BHS Series-Whip-Double Full
Running	Punch Front Tuck Step Out-Roundoff-to-Full; Roundoff-BHS-Whip-Full	Roundoff-BHS-Double Full; Roundoff-Arabian-to-Full	Roundoff-ANY Specialty-Double Full

FINANCIAL POLICIES



When you join an elite team at Hero Athletics, you are committing to an entire season. **You are responsible for paying tuition June 2023 through May 2024, regardless of when your athlete's season is over.** We do not prorate tuition for holidays or closures. We do not charge for additional practices that may be added as necessary throughout the year. We do not prorate your tuition if your athlete is not able to attend practice or does not attend the required tumbling class.

Tuition is due on the first of each month. Team fees are due on the 15th of each month. All families are required to have a valid card on file. Charges are put on your account 10 days before they are due. You may choose to pay with whatever method you choose prior to these due dates. Auto-pay will be run on the 1st and 15th. A late fee of **\$25** will be applied to any account with a balance on their account after the 5th and 20th of each month.

Fees for assessments are estimates. Once teams are set, and vendors release their pricing, the fees will be finalized.

There are no refunds. If you choose to leave our program for any reason, you must give us a 30 day notice in writing and are responsible for paying all fees due during that time period. If you leave our program for any reason after choreography, there is a rechoreography fee of \$500. If you are asked to leave the program for any reason, there is a \$500 rechoreography fee.

Beginning September 1, there will be a **\$25** fee for any absence. Beginning April 1st, any athlete on a Summit team will be charged **\$100** for each missed practice.

PAY IN FULL

If you wish to pay for the season in full, there is a 10% discount on the tuition portion of your season. Payment for tuition and all team fees must be received by July 1st to take advantage of this discount.

EXPECTED COSTS

TEAM FEES

Elite Team Fee: **\$325** – Due before first practice

Includes: Annual registration fee, regular season team swag, training fees, equipment fees, continuing education fees, etc.

USASF membership - **\$49** - **Paid directly to USASF in June**

TUITION

Elite team Tuition: **\$299**

(12 monthly installments, June 1 – May 1)

Includes 5 hours of weekly team practice time, plus 1-1.5 hours of leveled tumbling

Any additional classes are **50% off** for all full-year team athletes

Top Girls - required to take a weekly Top Girl class

Sibling discount of 20% on team tuition only for each additional child.

Crossover Tuition: **\$65/month**

ASSESSMENT FEES

Choreography & Music - **\$350**

OPTIONAL - Tumbling/Jumps/Flex Camp June 27-29 - **\$135**

Required Camps - **\$525**

Dream Camp, Blue River OR - July 26-30 (Jr/Sr teams, youth team possibly)

- Mini/youth teams not going to Dream Camp will have an in-gym skills camp

Cleanup Camp - Late September/Early October TBD

Apparel Package: **\$175+tax** – 1 set of camp practicewear, tank, tee, team tee, practice bow.

Warmup jacket: New Athletes only - **\$90+tax**

Uniform: Approximately **\$600+tax (Levels 1-4)** **\$860+tax (Level 5)** **\$650 Worlds–**

Deposit due in June. Balance due in September.

Competition Fees: **\$1550**

Summit/End of Season Event Fees are additional fees of \$300-400

MONTHLY BREAKDOWN

NEW ATHLETES

ASSESSMENT FEES LISTED ARE
ESTIMATES

MAY/JUNE

\$325 - Annual Team Fee
\$49 - USASF Membership

JUNE

1st - \$299 Team tuition
15th - \$330 Team Fee #1
15th - \$300+tax Uniform Dep.

JULY

1st - \$299 Team tuition
15th - \$330 Team Fee #2

AUGUST

1st - \$299 Team tuition
15th - \$330 Team Fee #3
15th - \$300+tax Uniform Bal.

SEPTEMBER

1st - \$299 Team tuition
15th - \$330 Team Fee #4

OCTOBER

1st - \$299 Team tuition
15th - \$330 Team Fee #5

NOVEMBER

1st - \$299 Team tuition
15th - \$330 Team Fee #6

DECEMBER

1st \$299 Team Tuition
15th \$330 Team Fee #7
\$125 NCA Fee #1

JANUARY

1st - \$299 Team tuition
15th - \$330 Team Fee #8
\$125 NCA Fee #2

FEBRUARY

1st - \$299 Team tuition
15th - \$330 Team Fee #9
15th - \$375 NCA Fee #3

MARCH

1st - \$299 Team tuition
15th - \$375 EOS Fee

APRIL

1st - \$299 Team tuition

MAY

1st - \$299 Team tuition

END OF SEASON EVENTS/ SUMMIT/WORLDS

Elite teams will all attend an end of season event - either Regional Summit in Phoenix or The Summit in Orlando. There will be an additional fee of approximately 350-400 paid to the gym, plus competition registration fee. These costs will be due upon earning a bid to the Summit, or in March for those attending the Regional Summit.

MONTHLY BREAKDOWN

RETURNING ATHLETES

ASSESSMENT FEES LISTED ARE
ESTIMATES

THERE MAY BE AN ADDITIONAL COST FOR
A NEW PROGRAM UNIFORM SKIRT

MAY/JUNE

\$325 - Annual Team Fee
\$49 - USASF Membership

JUNE

1st - \$299 Team tuition
15th - \$300 Team Fee #1

JULY

1st - \$299 Team tuition
15th - \$300 Team Fee #2

AUGUST

1st - \$299 Team tuition
15th - \$300 Team Fee #3

SEPTEMBER

1st - \$299 Team tuition
15th - \$300 Team Fee #4

OCTOBER

1st - \$299 Team tuition
15th - \$300 Team Fee #5

NOVEMBER

1st - \$299 Team tuition
15th - \$300 Team Fee #6

DECEMBER

1st \$299 Team Tuition
15th \$300 Team Fee #7
\$125 NCA Fee #1

JANUARY

1st - \$299 Team tuition
15th - \$300 Team Fee #8
\$125 NCA Fee #2

FEBRUARY

1st - \$299 Team tuition
15th - \$300 Team Fee #9
15th - \$125 NCA Fee #3

MARCH

1st - \$299 Team tuition
15th - \$375 EOS Fee

APRIL

1st - \$299 Team tuition

MAY

1st - \$299 Team tuition

END OF SEASON EVENTS/ SUMMIT/WORLDS

Elite teams will all attend an end of season event - either Regional Summit in Phoenix or The Summit in Orlando. There will be an additional fee of approximately 350-400 paid to the gym, plus competition registration fee. These costs will be due upon earning a bid to the Summit, or in March for those attending the Regional Summit.

COMPETITIONS

Our competition schedule will be finalized in the beginning of September. Below is a list of options we are considering. We will attend between 6-7 of these events. We will choose only 1 program fly-away event, plus upper level teams will go to NCA or Cheersport, depending on crossovers and the ability to get into NCA.

POSSIBLE COMPETITION OPTIONS

December 2/3 - American Northwest – Portland

December 16 – ATC - Kent

January 13-14 – Aloha – Portland

January 26-28 – ATC - Bellevue

February 2-3 – Duel in the Desert - Palm Springs (conflict w/HS State)

February 9-10 – Clash of the Titans - Tacoma

March 2-3 – NCA – Dallas OR Cheersport, Atlanta - Upper Levels Only

March 9-10 – PacWest – Portland

March 22- 24- USA Supernationals, Anaheim

April 6-7 - Sea To Sky - Vancouver, BC

***NCA/Cheersport will have additional costs associated for teams that go.** Teams traveling to NCA will be determined by September.

Mini and youth teams will end the season at the Regional Summit in Phoenix, April 13-14. Junior/Senior Level 1 teams will only be accepting PAID bids to the Summit this year, otherwise they will end the season at the Regional Summit.. Level 2+ Summit/World's eligible teams will be working to earn bids to these end of year events. Any team that does not earn a bid to the Summit will end the season at the Regional Summit.



For any competitions that travel out of state, you **WILL** have designated travel dates. You must travel during the designated dates. **If you book dates outside of these required travel times, you will be required to change those dates at your own expense.**

Expect that your child will be required to miss several days of school to travel to competitions. Your child may not miss practice after a travel competition because they have to catch up on schoolwork.

CAMP DATES & SCHEDULE



May 29	Memorial Day - Gym Closed
May 30-June 2	Limited Class Schedule Team Orientation - Required for athlete & parent
June 5	Leveled Practices Start
June 18	Teams Set
June 27-29	Optional Tumbling/Jumps/Flex Camp
July 1-8	Gym Closed for 4th of July
July 26-30	Team Dream Camp in Blue River, Oregon
August 10-20	Team Choreography - exact schedule set in June
Sept 1-4	Gym Closed for Labor Day
Sept 29-Oct 1	Cleanup Camp
November 18	Showcase - Elite Teams (Tentative)
November 22-26	Thanksgiving Break
December 16	First competition
Dec 22 - Jan 1	Winter Break

We do not close or take time off for school closures between January-May. We will have practice on President's Day, mid-winter break, and spring break.

ATTENDANCE POLICIES

This is a truly a team sport - regular, consistent attendance is absolutely crucial for the success of our teams. We ask that you do your best to schedule travel during school breaks and work around our summer camp and choreography schedule whenever possible. We are flexible with attendance during the summer months before routine choreography and during the December holiday season.

Your mid-winter and spring breaks will fall in the midst of peak competition season, and your athlete may not miss practice during this time for family vacations.

After routine choreography, your athlete is expected to be at every practice unless they are ill, at a doctor appointment, or have a grade-related school function.

Beginning September 1, there will be a **\$25** fee for any absence. Beginning April 1st, any athlete on a Summit team will be charged **\$100** for each missed practice.

UNEXCUSED ABSENCES

- Birthday dinners
- Too much homework
- Family in town visiting
- Transportation issues
- Being tired

EXCUSED ABSENCES

- Fever
- Vomiting
- Contagious Illness
- Family emergency
- Grade-related school functions

