

HERO

SEASON 7

TEAM PLACEMENTS

MAY 28-30, 2024



WELCOME TO HERO!

Season 7 is underway and we are thrilled that you are taking it on with us! Our program made big strides in Season 6, and we are so excited to continue building on that progress. We are striving for even bigger and better things for the upcoming season and the future beyond.

Our staff is committed to constructive communication; respect for you and your children; love, joy and celebration of our athletes; safe and proper progressions and industry best practices; and an emphasis on excellence of skills, both individually and as a team.

We also emphasize how to be a good teammate, how to resolve conflicts in a healthy way, how to push through when things get hard, how to find joy in the hard work and a thousand other lessons for lifelong success.

We are as committed as ever to help your athletes learn and grow this season and for many years to come. All star cheer does come with a significant time and financial commitment, but it can also be incredibly rewarding for your child and your family.

When your child graduates from our program, these are some of the things we want to have provided to them along the way.

CONFIDENCE | FRIENDSHIP | RESILIENCE LEADERSHIP | COMMUNITY | CONNECTION | FUN

We are grateful for our families that share their children with us each season. Let's have a great year together!

In partnership,

HALLIE NEWTON

Owner

Hallie@hero-athletics.com



**OUR MISSION IS TO HELP BUILD YOUNG WOMEN AND MEN WHO ARE
STRONG OF MIND, BODY AND CHARACTER, SO THAT THEY CAN BECOME
PILLARS OF THEIR COMMUNITY.**

EVALUATIONS & TIMELINES

Team placements start at the end of May. We evaluate the current skill set of each athlete, work to assemble groups of athletes that fit into eligible age divisions and make decisions on how each of these athletes can work together to meet the requirements of our scoresheet. Our goal is to have successful performances and competitive placements at our regional and national events for each of our teams.

We first look at athlete ages, then look at the tumbling skills each athlete has mastered, so that we know what we can reliably put into our routine choreography right away. We don't typically consider skills that are "close" to being performed by an athlete when anticipating our routine choreography or team placements. In our experience, this is a recipe for a stressed out kid and possible mental blocks.

We will play with potential stunt group/tumbling ratios in group tryout settings and fill in any open positions with athletes who may not tumble at a certain level but have very strong stunt skills, to determine what teams we feel our athletes will most successfully field this season. We will sort our athletes into leveled practice for the first 2 weeks of June before finalizing teams. We will continue to move athletes around as summer training progresses to ensure everyone's success.

As you consider your athlete's hopes and desired placements, you should consider a number of areas of excellence that are required for success on a scoresheet at each level. You should look at what division your child can be confident in every category on the scoresheet. This is not a time to worry about the status of the level or team - a team made up of kids who are confident rockstars will be more successful and have way more fun than athletes who are still trying to master the skills they're trying to compete.

At this point, very few changes have been made to the current scoring system for the 2024-2025, so we know what works. We are planning our season based on the current scoresheet, but any future changes to the scoring system will likely play a major part in team placements.



TRYOUT CLINICS & SPRING TRAINING

TRYOUT CLINICS FOR NEW & RETURNING ATHLETES

April 27 & May 18:

Separate registration for each clinic. Each clinic is \$50.

9:00am-10:30am: Level 1

10:30am-12:00pm: Level 2

1:00pm-2:30pm: Level 3+

2:30-4:00pm: Flyer Clinic

(strongly recommended for those that want to be considered for a flyer position on an elite team in Season 7)

May 25 - May 26:

Jumps & Tumble with Guest Instructor Kelly Frye - \$125

2 days of clinics for each athlete

Sessions TBD based on enrollment

Register for clinics here - {insert links}

SPRING TRAINING SESSIONS FOR ALL ATHLETES JOINING A TEAM IN SEASON 7:

These sessions will begin the week of April 21 - \$200 for new athletes. Cost is included in current athlete monthly tuition.

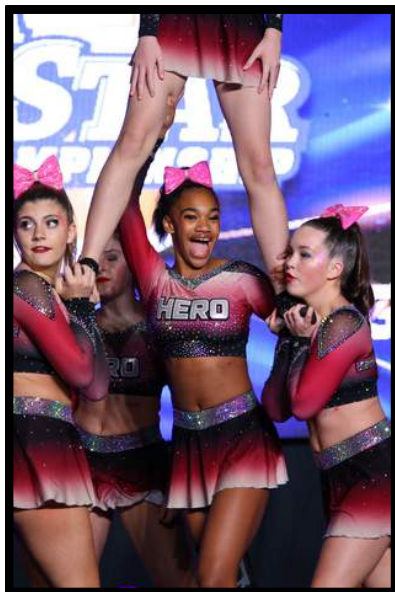
Tiny/Mini: Tues/Thur 5:00-6:30pm

Youth: Tues/Thur 5:00-7:00pm

Junior/Senior: Mon/Wed 7:00-9:00pm

Junior/Senior Level 2+ (Coach Invite Only): Mon/Wed 5:00-7:00pm

Register for spring training sessions here {insert link} Email info@hero-athletics.com for help!

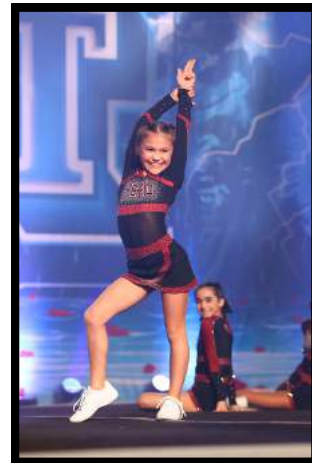


PREP VS ELITE

There are several tiers of team divisions in all star cheerleading: Novice, Prep and Elite. Typically our full season teams are going to fall into prep or elite categories. In either category, consistent attendance is imperative for the success of the team.

PREP TEAMS

- 2 minute routines
- Compete 1 day only at each event
- Practice 3 hours per week
- Smaller financial commitment
- Level 1 only
- Local competitions plus 1 driveable out of state event
- Great for athletes new to this sport



ELITE TEAMS

- 2 1/2 minute routines
- Compete 2 days at most events
- Highly competitive
- Levels 1-6, Ages 7+
- Regional and National Travel
- A great choice for athletes and families who want high levels of training, and the pursuit of elite competition.



Both commitment level AND skill level are considered when forming teams and placing athletes. Your tryout registration will ask for you to choose prep, elite, or either. If you choose prep and we feel your athlete needs more, we will advise that we feel elite is a better place for them if you're able to commit. If you choose elite, we may evaluate your athlete and decide that their skill or maturity level is not where it needs to be for an elite team. Sometimes we will make these adjustments as we progress through summer training and find that an athlete is exceling quickly and needs more, or is struggling to keep with demands of elite.

The goal is to place your athlete on a team where they will thrive and can contribute to many aspects of the expectations of that division.

AGE GRID & DIVISIONS

One of the primary factors we use when determining teams each season is the age grid that we must abide by for all teams at all events. Age divisions are determined by year of birth, and all athletes must have their age verified by the USASF. This is done when you purchase your first membership with the USASF and stays with your athlete account with each renewal.

Please look at the grid below to see what age divisions your athlete may be eligible for. When placing teams we will look first at the youngest age division an athlete is eligible for in order to maximize success.

Athletes who are, or will turn 18 before the end the 2024-2025 season will be required to convert to an adult athlete account, submit for a background check, and complete SafeSport abuse training in order to be eligible to compete at USASF sanctioned events.

Age Group	Prep Birth Years	Elite Birth Years
Tiny	2017-2019	2017-2019
Mini	2015-2018	2015-2018
Youth	2012-2017	2012-2017
Junior	2009-2016	2009-2016
Senior	6/1/2005-2013	6/1/2005-2012
Senior Level 6 (Worlds)	N/A	6/1/2005-2011
Open	N/A	5/31/2007 & before

LEVEL EXPECTATIONS - TUMBLING & BUILDING

We have a series of documents that list out the skills we have to choose from in order to meet the expectations of our scoresheets, and for competitive success. In order to meet our scoring expectations, these tumbling skills must be performed with mastery, precision and confidence for us to consider it for inclusion in our routines. This is not a complete list of all allowed skills, but this is a list of the most common skills that we are likely to put in our routines.

In order to be considered for tumbling positions on a team, your athlete needs to be able to consistently execute these skills with mastery, precision and confidence.

LEVEL 1

Advanced Standing: Back Walkover; Handstand Forward Roll

Elite Standing: Back Walkover Series; Back Walkover Switch; Valdez

Elite Running: Cartwheel Back Walkover series; Cartwheel Back Walkover; Front Walkover Cartwheel Back Walkover/series

Elite Building Skills: 1/4 up to prep; 1/4 up to prep level body position; straight cradle; body position to body position tic toc at prep level; switch up to prep level 1 leg stunt

LEVEL 2

Advanced Standing: Back Walkover Back Handspring; Back Handspring Stepout Back Walkover

Elite Standing: Back Handspring Stepout Back Walkover Back Handspring; Back Walkover switch leg back handspring;

Elite Running: Front Handspring series; bounder/flyspring; cartwheel or roundoff Back Handspring series; Front walkover roundoff back handspring

Elite Building Skills: 1/2 up to extension; 1/2 twisting tic toc body position to body position; inversion from ground level to prep level body position; 1/2 twisting inversion from ground level to prep level body position; straight ride basket toss

LEVEL 3

Advanced Standing: Back Walkover Back Handspring series; Triple back handspring series; advanced jump to BHS series

Elite Standing: BHS Stepout BHS series; BHS stepout BWO BHS series

Elite Running: Front walkover aerial; RO BHS Tuck; FWO RO BHS Tuck; FHS Front;

Elite Building Skills: 1/2 twisting inversion from gut level to extended body position; 360 to extended 2 foot stunt; full twisting cradle; ball up to prep level body position; switchup to prep level body position; ball X-out or full twisting basket toss

LEVEL EXPECTATIONS - TUMBLING & BUILDING

Upper levels begin to have a multitude of combination passes listed as options for credit on our scoring system. There are significantly more options of passes than what is listed below.

Worlds scoring is different than the scoring system for levels 1-5, but this scoring system is used in regular competition season until the actual World championship event. Advanced and elite standing and running skills will be considered when forming level 6 teams and creating routines.

LEVEL 4

Advanced Standing: BHS Series Tuck; BWO Tuck; Back Extension Roll Tuck; Onodi; Valdez Tuck

Elite Standing: BHS/BHS Stepout Tuck; Advanced jump BHS tuck

Elite Running: RO BHS Layout; Front aerial RO to whip layout; FHS Front through to Layout

Elite Building Skills: Full up to extended lib; 1 1/2 twisting transition to prep level 1 leg stunt; full twisting cradle from 1 leg stunt; double down from 2 leg stunt; full around at extended level; switchup to extended BP; BP to BP tic toc from extended to prep level; kick full basket toss

LEVEL 5

Advanced Standing: Advanced jump to Back tuck; BHS Series Layout; BHS series whip tuck; BHS whip/tuck BHS tuck

Elite Standing: BHS Layout; BHS Whip Tuck; BHS whip/tuck to layout

Elite Running: RO BHS Full; PF through to full; Arabian through to full; RO to whip to full; Front Full

Elite Building Skills: Hi-to-hi tic tocs to BP; full up to extended BP; 1 1/2 to extended lib; double down from extended BP; inversion from prep level to extended 1 leg stunt; hitch kick full basket toss; 360 switchup to extended BP, 360 tic to extended BP

LEVEL 6

Advanced Standing: BHS series Full; BHS to whip full;

Elite Standing: BHS Full; Standing Full; Jump HS full; BHS series double full

Advanced Running: Punch Front through to Full; Roundoff whip full; RO to whip to full; RO BHS Kick Full

Elite Running: RO BHS Double full; Arabian through to full; FHS front full; RO BHS full full; Any skill that ends in a double full.

Elite Building Skills: Double up to extended BP; Extended tic toc BP to BP; rewind to extended stunt; 360 tic toc at extended; 360 switchup to extended BP; 1 1/2 to extended BP; kick double cradle; kick double basket toass

Full scoring system, including level appropriate documents, can be found online at www.unitedscoringpartners.com

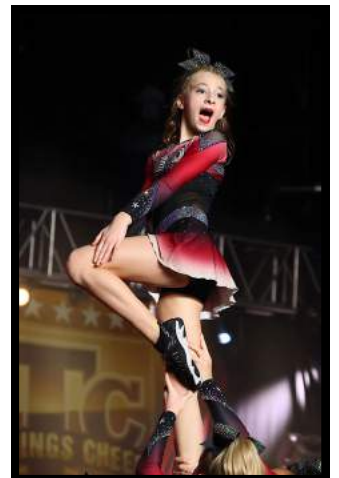
CAMP DATES & SCHEDULE

May 27	Memorial Day - Gym Closed
May 28-30	Tryouts
June 4-6	Team Orientation - Required for athlete & parent
June 3	Leveled Practices Start
June 16	Teams Set
July 1-7	Gym Closed for 4th of July
July 11-15	Team Dream Camp in Portland, Oregon
August 10	Celebrate Woodinville Parade
August 13-22	Team Choreography - exact schedule set in June
Aug 30 - Sep 3	Gym Closed for Labor Day
Oct 4-6	Cleanup Camp
Nov 17	Fall Showcase (Tentative)
Nov 27-Dec 1	Thanksgiving Break
Dec 21-Jan 5	Winter Break (Elite teams/Worlds teams may have limited schedule during this break instead of full closure)

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

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.



COMPETITION SCHEDULE

Our competition schedule will be finalized in the beginning of September. Below is a list of options we are considering. **We will attend between 5-6 of these events.** Prep & elite may or may not attend the same local events. We will choose only 1 program fly-away event for elite teams, plus upper level teams may go to an additional NCA/Cheersport/other SuperNationals event depending on crossovers and scheduling. Prep will only compete 1 day at events listed as a 2-day event, usually Friday evening or Saturday. If your child is a high school cheerleader that competes in WA state, please let us know!

POSSIBLE COMPETITION OPTIONS - WE WILL CHOOSE FROM THIS LIST

December 7-8	American Northwest – Portland *Elite Only
December 13-14	American Grand - Las Vegas *Elite Only
January 11-12	Aloha - Portland *Elite Only
January 25-26	ATC - Seattle **Elite and Prep
February 1-2	Duel in the Desert - Palm Springs (conflict w/HS State)
February 8-9	King of the Jungle - Tacoma **Elite and Prep
February 15-16	Cheersport - Atlanta *Upper Level Elite Only
February 22-23	TSN Tacoma - *Prep Only OR WCC - Bellevue *Prep Only
March 1-2	NCA - Dallas or PacWest – Portland *Elite Only
March 15-16	TSN Everett - ** Elite and/or Prep
March 22- 24	USA Supernationals, Anaheim
March 29-30	OneUp - Bellevue - **Elite and Prep
April 5-6	Sea To Sky - Vancouver, BC - *Elite Only
April TBD	Regional Summit, Phoenix

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

Mini and Youth elite teams will end the season at the Regional Summit in Phoenix, April 13-14. Summit/World's eligible teams will be working to earn bids to these end of year events. Any elite team that does not earn a bid to the Summit will end the season at the Regional Summit. Prep teams will have 1 out-of-region travel event to either Portland, Vancouver BC or Regional Summit (Location TBD). Regional Summit may be considered for Summit, elite and prep teams.



EXPECTED COSTS

TEAM FEES ELITE: **\$325** PREP: **\$225** – 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

TEAM TUITION ELITE: **\$299** PREP: **\$195**

12 monthly installments, June 1 – May 1

Includes 1-1.5 hrs weekly tumbling for elite athletes

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

Top Girls - required to take a weekly Top Girl class - \$25/month

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

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

ASSESSMENT FEES - THESE FEES ARE ESTIMATES

Choreography & Music - Elite: **\$400** Prep: **\$275** Worlds: **\$500**

Required Camps -

Elite: **\$725**

- Dream Camp, Lewis & Clark College, Portland OR - July 11-15
- Bootcamp : October 4-6
- Cleanup Camp - January/February - TBD

Prep: **\$200**

- Summer skills camp at Hero

Apparel Package: Elite: **\$265+tax** Prep: **\$125+tax**

Elite includes Season 7 tank & tee, 1 team tank, 2 sets of camp bras & shorts, Camp bow and/or scrunchie. Prep includes 1 tank, 1 tee, 1 bra and 1 practice bow

Uniform: Approximately Elite: **\$450-700+tax** Prep: **\$300+tax**

Deposit due in June. Balance due in August. This is a new uniform cycle for elite teams, but design and pricing is not finalized yet. Prep is using the same uniform as Season 6.

Competition Fees: Elite: **\$1600** Prep: **\$750**

NCA/Cheersport Teams will pay an additional \$350-400

Summit/Worlds/End of Season Event Fees are additional gym fees of \$400-500



ASSESSMENT FEES LISTED
ARE ESTIMATES



FINANCIAL POLICIES

When you join a full-year team at Hero Athletics, you are committing to an entire season. **You are responsible for paying tuition June 2024 through May 2025, 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 re-choreography fee of \$500. If you are asked to leave the program for any reason, there is a \$500 re-choreography fee.

Beginning June 1, 2024, we will begin charging a 3% surcharge to all card transactions. You can avoid this surcharge by paying with cash or check.

Beginning September 1, there will be a \$25 fee for any team practice 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 and paid by cash or check to take advantage of this discount.

HERO NATION BOOSTER CLUB

Interested in fundraising to help pay for this luxury sport? The Hero Nation Booster Club, a 501(c)3 organization, has lucrative contracts with Lumen Field and Huskey Stadium that has provided opportunities for Hero families to raise significant funds to cover their youth sports expenses. These opportunities are available to all full-year team member families, both prep and elite.

Members who participate work concession stands at football games, basketball games, soccer games, and various concert events throughout the year. In order to volunteer, you must:

- Be 21+ (limited UW basketball concessions for 16+)
- Complete Tips Training/MAST
- Hold a food handler's card
- Complete a background check for UW events
- Be able to work on your feet in a fast-paced environment for 4-8 hours

Donation covered expenses include: Tuition, Assessments, Uniform, Shoes, Hotels, Airfare, Registration, Additional Classes and Private Lessons at Hero Athletics. Those who wish to volunteer for events can also allocate their portion to the Hero Nation Scholarship fund, which gives out need-based scholarships annually.

A fun and unexpected benefit to fundraising is getting to know other parents in the Hero community. We strive to make fundraising a fun and positive experience for volunteers, and have found it to be a great way to build personal connections within our program. Your fundraising family can include parents of athletes, family friends and siblings who are 21+.

MONTHLY BREAKDOWN

ASSESSMENT FEES LISTED

ARE ESTIMATES

ELITE TEAMS

MAY/JUNE

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

JUNE

1st - \$299 Team tuition
15th - \$335 Team Fee #1
15th - \$350+tax Uniform Dep.

JULY

1st - \$299 Team tuition
15th - \$335 Team Fee #2

AUGUST

1st - \$299 Team tuition
15th - \$335 Team Fee #3
15th - \$300+tax Uniform Bal.

SEPTEMBER

1st - \$299 Team tuition
15th - \$335 Team Fee #4

OCTOBER

1st - \$299 Team tuition
15th - \$335 Team Fee #5

NOVEMBER

1st - \$299 Team tuition
15th - \$335 Team Fee #6

DECEMBER

1st \$299 Team Tuition
15th \$335 Team Fee #7

JANUARY

1st - \$299 Team tuition
15th - \$335 Team Fee #8

FEBRUARY

1st - \$299 Team tuition
15th - \$335 Team Fee #9

MARCH

1st - \$299 Team tuition
15th - \$450 EOS Fee

APRIL

1st - \$299 Team tuition

MAY

1st - \$299 Team tuition



PREP TEAMS

MAY/JUNE

\$225 - Annual Team Fee
\$49 - USASF Membership

JUNE

1st - \$195 Team tuition
15th - \$150 Team Fee #1
15th - \$150+tax Uniform Dep.

JULY

1st - \$195 Team tuition
15th - \$150 Team Fee #2

AUGUST

1st - \$195 Team tuition
15th - \$150 Team Fee #3
15th - \$150+tax Uniform Bal.

SEPTEMBER

1st - \$195 Team tuition
15th - \$150 Team Fee #4

OCTOBER

1st - \$195 Team tuition
15th - \$150 Team Fee #5

NOVEMBER

1st - \$195 Team tuition
15th - \$150 Team Fee #6

DECEMBER

1st \$195 Team Tuition
15th \$150 Team Fee #7

JANUARY

1st - \$195 Team tuition
15th - \$150 Team Fee #8

FEBRUARY

1st - \$195 Team tuition
15th - \$150 Team Fee #9

MARCH

1st - \$195 Team tuition

APRIL

1st - \$195 Team tuition

MAY

1st - \$195 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 \$400-500 paid to the gym, plus competition registration fees. These costs will be due upon earning a bid to the Summit, or in March for those attending the Regional Summit.

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, excused or unexcused, for elite teams. 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

