



# CENTER STAGE

## SZN 11

**The Cheer Institute**

**WE ARE TCI!!**



# ABOUT US



## "THE CHEER INSTITUTE, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in The Cheer Institute Home of the 2026 All-star World Champions, 2026 NCA Champions, 2025 Allstar World Champions, 2025 Allstar World Silver Medalist, and 2025 NCA Medalist, 2024 CheerSport Champions! We opened in 2015 with a reputation for excellence and are excited that you are considering joining us in Season 10! No matter the age or skill level of your athlete, we have a program that can meet your

**"WE BELIEVE"** needs!

Our mission is to provide a safe and welcoming training environment for athletes of all backgrounds and levels. The goal of our program is to empower and educate youth promoting leadership, problem solving techniques, confidence, and creative networking opportunities through sports education. We strive to create a positive learning environment fostering lifelong relationships, and memorable experiences! We work to cultivate long lasting friendships, promoting a family environment.

### OUR CORE VALUES:

- Character Trumps Talent: It doesn't matter how talented you are, being talented is only a small part of who you are. Being a great person stays with you through your life and helps you grow faster.
- Fail Forward: Failing is a normal part of life. When we fail we make progress. Practice makes you better not perfect!
- We Before Me: The needs of the team are more important than my individual needs. We are better together.
- Practice Personal Discipline: To be great in life, I have to control my emotions, thoughts, and behaviors. I will take accountability for my actions, and know my actions get me to where I want to be.
- No Excuses: I will take feedback and listen without excuses.



# ABOUT US



## GYM POLICIES:

Gym policies are designed to create clear communication amongst our community with empathy and structure. A full copy of gym policies can be found in our parent handbook, jackrabbit, and by request.

## COACHING PHILOSOPHY:

Our coaching staff is trained and committed to providing quality training to all athletes. This training allows athletes to be optimally utilized for team participation, while creating a gateway for success towards personal goals. Our coaches help to prepare our athletes for the next level using an effective progression program. Our program is designed to provide comprehensive training, creating well rounded and confident athletes.

## SEASON 11

- Returning Programs:
  - Novice
  - Prep
  - Elite
  - Cheerabilities coed exhibition team (1/2 Season)
  - Flex Divisions
  - Power Stunt/Tumble

# TEAM EVALUATIONS



## HOW DO EVALUATIONS WORK?

All athletes can attend evaluation clinics for their appropriate level, then attend a 15-30 minute stunt and tumble level evaluation. During these sessions a group of 3-4 athletes will meet with coaches to show what stunt, tumbling, jump, and dance skills they have mastered. Athletes will show two standing passes and two running passes from the tryout rubric. Passes should be performed with proper technique and should not need a spot. Following evals, athletes will receive correspondence with their assigned team and practice schedule.

Athletes will be selected for a team based on skill level (stunt, jump and tumble), work ethic, and age group. Our goal is to place individuals where they will have the most growth and success, as well as ensuring we have the most successful teams. We have three tiers of competitive cheer and offer levels 1-4 and divisions tiny-Senior! Our season runs from June-April, with a potential for prep and elite teams to participate in post season events going into May 2027.

## WHAT DO I NEED TO BRING FOR EVAL?

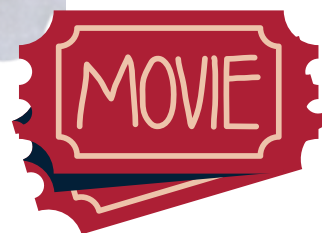
We look forward to working with you at our upcoming evals. Be sure to arrive with these items in order to expedite the process:

- Eval Fee: \$35
- Athlete Birth Certificate
- Registration Form (completed online)

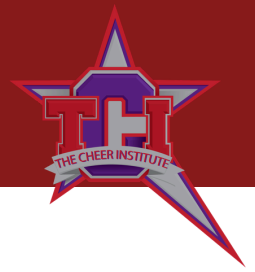
## TEAM SIGNING DAYS

Our team signing day is a requirement for all athletes accepting their position on a team. We will host signing days for each program tier (Novice, Prep, Elite) for athletes and their parents. On this day athletes will:

- Buy/Sell old uniforms and get sized for any new uniforms
- Purchase Practice Gear \$200 (2 sets)
- Join the Team Band, and get team summer information
- Sign annual commitment forms
- Get order information for annual uniform packages.



# TUMBLE REQUIREMENTS




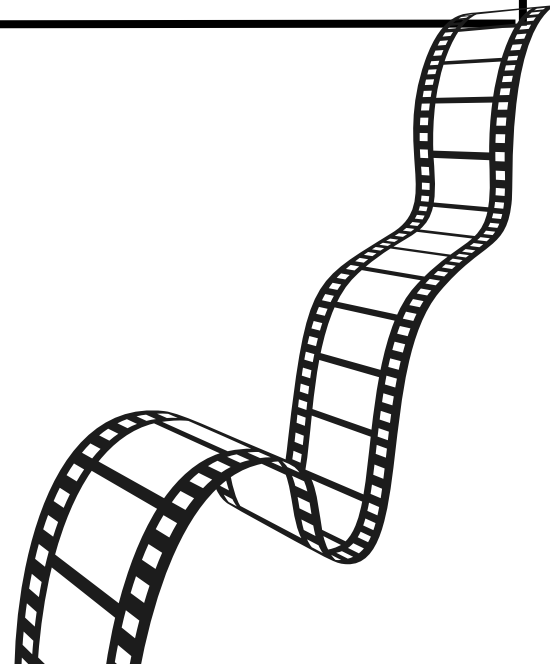
Level 1 Novice	Prep Teams	Elite Teams
<p><b>Level 1 Teams</b></p> <ul style="list-style-type: none"> <li>• Forward/Backward Roll</li> <li>• Handstand</li> <li>• Cartwheel</li> <li>• Bridge</li> <li>• FWO= Front Walkover</li> <li>• BWO- Back Walkover</li> </ul>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• Front/Back Walkover(FWO/BWO)</li> <li>• BWO Switch Leg</li> <li>• Valdez</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• Front Walkover Cartwheel</li> <li>• Round Off</li> <li>• Cartwheel Back Walkover series</li> <li>• FWO cartweel switch leg</li> </ul>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• Back Extension roll, 2 BWO</li> <li>• Valdez Back walkover series</li> <li>• Handstand Rollout</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• FWO Cartwheel- BWO- Switch Leg</li> </ul>
<p><b>Level 2 Teams</b></p>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• BWO BHS</li> <li>• BWO BHS Step Out BWO</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• Round Off 2 BHS</li> <li>• FWO Round Off 2 BHS</li> <li>• Front Handspring</li> <li>• Fly Spring</li> </ul>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• BWO Switch Leg BHS</li> <li>• BHS Stepout BWO BHS</li> <li>• Back extension roll BHS</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• Round Off BHS Step Out- BWO BHS BHS</li> <li>• Front Walkover Round Off 3 BHS</li> <li>• Front HS</li> <li>• Cartwheel BHS</li> </ul>
<p><b>Level 3 Teams</b></p>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• Jump BHS series</li> <li>• 3 BHS</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• Round Off 2 BHS Tuck</li> <li>• FWO Round Off BHS Tuck</li> <li>• Punch Front through to tuck</li> </ul>	<p>Standing-</p> <ul style="list-style-type: none"> <li>• Jump BHS Jump</li> <li>• BHS Step Out BWO BHS Series</li> <li>• BHS Series</li> <li>• Back Extension roll HS series</li> </ul> <p>Running-</p> <ul style="list-style-type: none"> <li>• Punch HS/BHS Step Out 1/2 Turn Round off BHS Tuck or Round Off Tuck</li> <li>• Front Walkover Aerial</li> <li>• Punch Front through to tuck</li> <li>• PH roundoff tuck</li> <li>• FHS/PF through to tuck</li> </ul>

# TUMBLE REQUIREMENTS



## SKILLS BY LEVEL :

Level	Prep Teams	Elite Teams
<b>Level 4 Teams</b>		Standing- <ul style="list-style-type: none"> <li>• Jump BHS Tuck</li> <li>• BHS Tuck</li> <li>• BWO Tuck</li> <li>• Back Extension roll tuck</li> </ul> Running- <ul style="list-style-type: none"> <li>• PF thru to Layout</li> <li>• Round Off Whip BHS Layout</li> <li>• Cartwheel Tuck</li> </ul>
<b>Level 5 Teams</b>		Standing- <ul style="list-style-type: none"> <li>• BHS Whip Tuck</li> <li>• BHS Layout</li> <li>• BHS BHS Layout</li> <li>• Jump Tuck</li> </ul> Running- <ul style="list-style-type: none"> <li>• FP to Full</li> <li>• PH Whip Tuck</li> <li>• Round Off BHS Full</li> <li>• Round Off Arabian</li> </ul>
<b>Other Eval Factors:</b>  Jumps Stunting position/Skill Mastery Dance/Performance/Stamina		



# PROGRAM TIERS



Teams will be comprised of members whose talents and mastered skills work best for the team. Not every teammate will have the same strengths, experience or skill set.

**\*Athletes ages 3-4 do not need to attend level evaluations in June. These athletes will be welcomed to the novice program in August 2026.**



**Novice Teams:** A great introductory program for athletes just getting started with all star with less experience. Our novice teams learn the foundation needed for cheer, while giving them the experience needed to have confidence while performing.



**Prep Teams:** These teams are for athletes who are working to master level skills and are ready for the full competition experience. Practices are held two times weekly. These teams will compete in the prep division. This tier is a perfect way to prepare for an elite team.

**Elite teams:** These teams are meant to give athletes who want a very competitive environment that opportunity. We know that level of commitment is not for everyone, but if it is, this team is for you!

**International Open:** These teams are comprised of athletes 14 years and older. The program is meant to give mostly experienced athletes who want a very competitive environment that opportunity. We know that level of commitment is not for everyone, but if it is, this team is for you!



## AGE GROUPS:

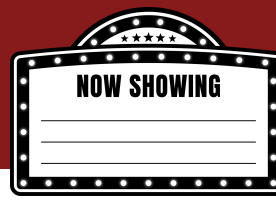
Eligibility age for the season is based on the year your athlete was born. Many athletes will fall into more than one category. We will place them based on what we feel is the best fit for the athlete.

All Athletes are required to bring a copy of your birth certificate or photo ID for TCI to have on file. (age grid subject to change)

**\*Our gym will utilize both United and Open Age grids for the 2026-2027 Season.**



# PROGRAM TIERS



*We offer a variety of programs to meet your needs!*

	<b>All Star Novice Ages 3-9</b>	<b>All Star Prep Ages 5-18</b>	<b>All Star Elite Ages 5-18</b>	<b>All Star Open Ages 13-Up</b>
<b>Season Runs</b>	August-April	June- April	June- April	June- April
<b>Practices</b>	2 hours per week 1 Tumbling Class	3.5 hrs per week 1 Team Tumbling Flyers Class	7-8 hours per week Team Tumbling Flyers Class	6-8 hours per week Flyers Class Team Tumbling
<b>Uniforms</b>	Up to \$400- plus Tax Includes: Shell/Skirt	Up to \$500- plus Tax Includes: Shell/Skirt	Up to \$550- plus Tax Includes: Shell/Skirt	Up to \$550- plus Tax Includes: Shell/Skirt
<b>Competition Schedule</b>	(3) TCI Showcase Appearances 3-4 Competitions Lite Travel Required	(3) TCI Showcase Appearances 5-6 Competitions Lite Travel Required	(3) TCI Showcase Appearances 6-8 Competitions Travel Required	(3) TCI Showcase Appearances 4-6 National Competitions Travel Required
<b>Additional Info</b>	<ul style="list-style-type: none"> <li>• Ages 3-9</li> <li>• 1/2 Season</li> <li>• modified travel schedule</li> </ul>	<ul style="list-style-type: none"> <li>• Evals and Skill Maintenance Required</li> <li>• Attends choreo camp</li> <li>• Eligible for Post Season Events</li> </ul>	<ul style="list-style-type: none"> <li>• Evals and Skill Maintenance Required</li> <li>• Attends choreo camp</li> <li>• Attends Allstar Worlds/D2 Summit</li> </ul>	<ul style="list-style-type: none"> <li>• Evals and Skill Maintenance Required</li> <li>• Attends Super Camp</li> <li>• Attends the All Star Worlds/D2 Summit</li> </ul>
<b>Potential Teams</b>	Tiny Novice w/Restrictions & Mini Novice	Tiny, Mini, Youth, junior	Mini, Youth, Junior, senior 1-4	Int. Open level 4

# FINANCIAL



## MONTHLY TUITION

Monthly tuition includes two-three practices per week, which include tumble, stunt, and cheer technique training. Tumble Club sessions can be added for an additional cost. All flyers are required to take flight class or flyers privates throughout the season. Tuition cost also covers any additional practices that may be added by coaches throughout the season. **Uniform packages and travel fees are an additional cost.** Our first monthly tuition fees will be due at signing day. Any discounts offered only apply to the training tuition fees. Jackrabbit software will be used to manage all account finances. **\*Fees subject to small adjustments**

### Novice: \$200 commitment fee

- \$125 per month/\$1250 Annually (Half Season/10 months)

### Prep: \$200 commitment fee

- \$175 per month/\$1750 annually (Half season 10 months)
- \$175 per month/\$2100 annually (Full Season 12 months)

### Elite: \$200 commitment fee

- \$195 per month/\$2340 annually (Full Season 12 months)

### Tuition for Specialty Teams:

- Open Team: \$125/month/\$1500 annually
  - \$200 commitment fee
- Cheerabilities: \$65/Month/\$650 annually



## ANNUAL ASSESSMENTS:

Assessments payments are due monthly beginning July 2026. All assessments are due on the 15th of each month. This can be paid in equal monthly installments over 10 months (July-April), or in totality up front.

Assessments include: Competition Entry Fees, Choreography, Music, Coaches Travel Fees, End of Year Celebration, and special competition gifts.

Novice: \$160 monthly/\$1440 (paid over 9 months August 2026-April 2027)

Prep: \$155 monthly/\$1550 annually (Paid over 10 months July 2026-April 2027)

Elite: \$190 monthly/\$1900 annually (Paid over 10 months July 2026-April 2027)

International: \$160 monthly/\$1600 annually (Paid over 10 months July 2026-April 2027)

### Additional Associated Season Cost:

These cost are not included in monthly payments: Items will be A LA Cart and purchased by parents. All orders must be in by listed due dates.

- TCI Registration Fee:
  - Returners \$55
  - New Members: \$75

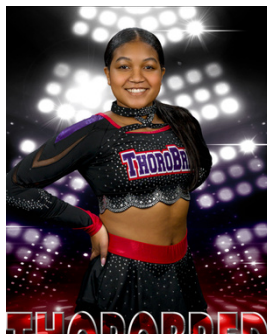
\*Registration increases May 1<sup>st</sup>, 2026

- Eval Fee: \$35
- Post Season Cost: \$250-\$394
- USASF Fees \$49 (Register by August 30<sup>th</sup>, 2025)
- Zorts Fee \$12
- Travel Cost (not included in fees)
- **Uniform Package Items:**
  - Uniform: \$450-\$535 (purchased by July 15<sup>th</sup>, 2026)
  - Hair Bow: \$35
  - Practice Wear (2 Sets): \$200 (Purchased on signing Day)
  - Warm Up: \$125
  - Book Bag: \$65-\$125

## DISCOUNTS AND SAVINGS:

Limit one discount per athlete

- Siblings will receive \$15 off of their additional child's tuition for travel All Star Teams.
- Loyalty discount of 10% off tuition is available after athletes have completed **3 Full Year Seasons with us.**
- \$25 referral fee!
- Paid in Full Tuition Deal: 15% off tuition (paid by July 1<sup>st</sup>, 2026)
- **Fundraisers Available**





## WHEN IS CAMP AND CHOREOGRAPHY?

### Choreography Camp: MANDATORY FOR ALL ATHLETES TO ATTEND

TCI choreography camp will take place on specific days between July 24th-July 30th, 2026. Camp will run approximately 4-5 hours per day, a detailed schedule will be released as we get closer. Choreography camp is mandatory for all competitive athletes.

#### Skills Camps/Clinics:

All of our teams will attend skills clinics and camps throughout the season. These days are mandatory and vital to our athlete's progress. Teams will be working stunt and tumble choreography. If athletes have a preplanned vacation during this time, this needs to be approved by our All Star Director.

*There are no refunds for missing camp, camp fees are calculated on a set number of athletes.*

Camps are a vital part of the success of our teams. During this time the teams are learning stunt sequences, skills for the routine, and learning to work together as a team. Athletes will also work on leadership, teamwork, and mental health strategies.



# SUMMER PRACTICE SCHEDULE



## SUMMER SCHEDULE:

We understand that summer is a vital part of everyone's childhood and parents sanity! This year we will have set closure weeks to allow families to plan travel etc. While practices are very important, we do understand that your athlete might miss some summer practices and that is okay! Please make sure you submit an absence form in advance so coaches can plan ahead.

During the summer our teams will practice 2 times per week for two-three hours. Teams will also host skills camps and clinics. There will also be a mandatory choreography session (2-3 days). These schedules will be announced closer to choreography dates. The summer schedule will run from June 15th- September 6<sup>th</sup>, 2026

CLOSED WEEKS	IMPORTANT WEEKS
June 1st-14th, 2026	Evals: May 26th-28th, 2026 Team Reveal: May 31st, 2026 Time TBD Signing Day: June 3rd(cheerabilities/novice/prep)/June 4 <sup>th</sup> (Elite) 6pm-8pm
July 3rd-4th, 2026	Summer Training Begin: June 15th, 2026
August 9th-16th, 2026	Choreography July 24th-30TH, 2026

## FALL SCHEDULE

After Labor Day weekend we will begin our fall practice schedule. This schedule will include 2-3 team practices per week.

The fall schedule will be released in advance so you can plan ahead for when the change happens. All of our teams practice between the hours of 4:30-9:30pm, Monday through Thursday, Saturdays between 9am-3pm, Sundays between 10:30am-6pm



# REGISTRATION INFORMATION



**READY TO REGISTER FOR SEASON 11? CLICK HERE**

## STEP 1-

- Complete our online registration form
- Your registration is not complete until step 2 has been completed.

## STEP 2-

- Head to [tcicheer.com](http://tcicheer.com) and click the 'enroll now' button to complete early registration by April 30th, 2026 for early bird registration!
- Click "Login" if you already have an account with us or, "Create Account" if you do not. Please DO NOT create a new account if you are a current member in the gym. You will use the email we have on-file to find your account. If you have questions contact [thecheerinstitutione@gmail.com](mailto:thecheerinstitutione@gmail.com). When creating your account you will accept our policies, enter all of your information and then add your child as a student.
- Click "Find A Class" select the student you wish to enroll and click "See classes"
- Select "2026-2027 Early Registration. This is just to enroll your child in our system as an athlete for next season.
- Complete payment page and submit. You will then be forwarded to a page that says "Thank you for your purchase" this means you have successfully completed your registration.

**Contact US:**

**Location: 7020 Huntley Road Unit C.**

**Number: 614-636-1067**

**Email: [thecheerinstitutione@gmail.com](mailto:thecheerinstitutione@gmail.com)**

**Social media:**

**IG @thecheerinstitutione**

**FaceBook: The Cheer Institute**

## STEP 3-

- Sit back and relax. Wait for Eval clinic information and evaluation times to be released via email. You can sign up for a slot once they have been released.

## FAQ'S

- My athlete wants to work on their skills prior to tryouts. What is the best way to do that?
  - All athletes are encouraged to enroll in our Tumble Club or enroll in privates. Registration is now open!
- Is there an advantage to registering early?
  - Yes!! The earlier you register the more you save! Also the first 50 athletes who register this year will be entered into a drawing for free practice gear!!!
- Can I participate in fundraising before the season begins officially? Yes anyone who becomes "Ready for Action SZN 11" can begin fundraising efforts!

