

**High
Country
Cheer**



HIGH COUNTRY CHEER

Tryout Packet 2022-23

Welcome to our HCC family! We are so excited to begin the 2022-23 competitive season! Our program has been dedicated to excellence since 2003! HCC is a perfect choice for your athlete in the world of cheer! We offer a safe environment to learn skills, gain confidence and experience the fun of being on a team! Our staff has extensive training and numerous years of experience.

We are a family-oriented gym dedicated to our athletes and their developmental growth as an athlete and person! We strive to create athletes with integrity, compassion and loyalty.

We thank you for your interest in our program! We can't wait to have you as a part of our family and to watch your child grow in their skills and confidence!! We are looking forward to an exciting season full of success!!!

Train hard. Win Easy. GO EAGLES!!!

HCC 2022-23 Season

Tryout/Evaluation Information Packet

Tryout/Evaluation Fee: \$100

Tryout/Evaluation Dates:

- **Evaluation: June 7-9, 2022 from 5:30pm-7:30pm**

Tryout/Evaluation Requirements:

Athletes will be evaluated on the following:

- ✓ Tumbling (no spots allowed during evaluations)
- ✓ Jumps
- ✓ Stunting
- ✓ Dance/Cheer Motions

Team Placements:

Teams will be announced June 10, 2022. It is HCC's goal to create teams that will have the highest level of success. Our HCC staff will determine teams based on skill level, age and the ability of the athlete and the value they will bring to the team. Each team will consist of tumblers, flyers, back spots and bases. HCC staff reserves the right to change each individual cheer's team/level at any time during the season as well as their position on their team.

Competitive Team Obligations:

- Junior & Senior teams: 2 practices per week (5 hours)
- Youth: 3 practices per week (5 hours)
- Mini teams: 2 practices per week (3 hours)
- Team Camp
- 3-5 in state competitions
- 1 out of state competition
- 1 end of season competition for bid awarded teams only

HCC 2022-23 Season

Dates & Financial Obligations

Financial Obligations: We realize that competitive cheer is an expensive sport, and we take that into consideration by offering the most affordable rates! Below are the monthly obligations as well as annual obligations.

All Inclusive Monthly Fee: Our monthly fee covers most of the expenses throughout the season and will consist of 12 monthly payments starting in June and ending in May. The monthly fee is due on the first of the month and will not be prorated during the season, gym closures have been factored into the monthly fee. For your convenience you can pay by cash, check, credit card or Venmo.

Since our monthly fee is comprehensive, if an athlete starts after the month of June, there will be an added expense to their first month's tuition payment to compensate for any missed team fee payment(s). Please note these fees do not include the athlete's travel expenses.

This comprehensive fee includes weekly team practices, additional practices throughout the season, insurance for your athlete, showcase expenses, choreography, music, the athlete's competition fees (including all 2-day nationals), training fees, coaches' fees, coaches' travel expenses, competition hair piece and miscellaneous expenses.

Monthly Fee:

- ❖ Youth 1-Senior 4: \$390/Month June-May
- ❖ Mini 1: \$200/Month June-May

Annual Fees:

- ❖ Membership Fee: \$50 (Due June 14, 2022 or first day of team practice)
- ❖ Practice Wear: \$150 (Due June 14, 2022 or first day of team practice)
- ❖ Team Camp Fee: \$275 (Due July 1, 2022)
- ❖ Uniform Fee (includes shoes): \$650 (Due August 1, 2022) *new athlete only
- ❖ USASF Membership Fee: \$49 payable to USASF
- ❖ *End of the season competition: \$TBD (Due TBD) *Eligible bid teams only

HCC DATES TO REMEMBER

2022-23

Summer Hours Start	May 10, 2022
Memorial Day Closure	May 30, 2022
Try Outs/Evaluations	June 7-9, 2022
Teams Announced	June 10, 2022
New Season Starts	June 14, 2022
Summer Break Closure	July 5-14, 2022
Team Choreography Camp	July 23-27, 2022
Team Practice Days & Times Change	August 1, 2022
Mandatory Practice Schedule Starts	August 15, 2022
Labor Day Weekend Closure	September 1-5, 2022
Thanksgiving Closure	November 21-25, 2022
Winter/Holiday Closure	December 21, 2021-January 4, 2023
Spring Break Closure (TBD)	March 20-24, 2023
End of Season Banquet	May 2023

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STANDING/RUNNING TUMBLING

SKILL GRID

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
STANDING TUMBLING					
Level Appropriate Skills	-Forward Roll -Backward Roll	-Back Handspring (BHS) -Front Handspring	-BHS Series -Jump connected to BHS	-Standing Back Tuck -BHS Back Tuck -Series BHS Back Tuck	-Jump to Back Tuck -BHS to Layout
Advanced Skills	-Handstand Forward Roll -Back/Front Walkover -Valdez -Back Walkover Series	-Back Walkover BHS -Valdez Back Walkover BHS -BHS Step out Back Walkover BHS	-BHS Step out Round off BHS Tuck -Jump to BHS Series	-Jump to BHS Tuck -Jump to Series BHS Tuck	-Jump BHS Layout -
RUNNING TUMBLING					
Level Appropriate Skills	-Round off -Cartwheel	-Round off BHS	-Round off Tuck -Round off BHS Tuck -Punch Front	-Round off Layout -Round off BHS Layout	-Round off BHS Full
Advanced Skills	-Cartwheel Back Walkover -Front Walkover Cartwheel -Cartwheel Half Turn Front Walkover	-Front Walkover Round off BHS	-Front Walkover Round Off BHS Tuck -Aerial -Punch Front Pause Round off BHS Tuck	-Punch Front Round off BHS Layout -Round off BHS Whip -Front Handspring Front Punch to Round off BHS Layout	-Front Walkover Round off BHS Full -Punch Front Round off BHS Full -Round off Arabian Pause Round off BHS Full