

# **2024-2025**

# **INFORMATION PACKET**



7 Mount Lane  
Manasquan NJ 08736

[www.coastcheer.com](http://www.coastcheer.com)

[coastcheerallstar@gmail.com](mailto:coastcheerallstar@gmail.com)

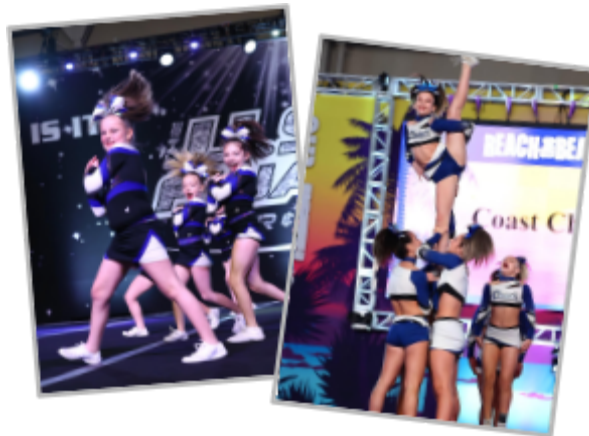
# WELCOME TO *Coast Cheer!* SEASON 10!

We are so excited that you are interested in the Coast Cheer All-Star Competitive Cheerleading program! We know you will fall in love with our fun, compassionate and energetic shark culture!

At Coast Cheer, we are so proud of the safe and quality competitive cheer training program we provide to our athletes. Our experienced and dedicated coaches focus on teamwork, athleticism, discipline, commitment and self-esteem.

As a small gym, we strive to provide a positive, successful and the ultimate all star experience by placing your child on a team where they will thrive and shine!

*Absolutely everyone is welcome!*



# 2024 - 2025 Tryouts

Ready for season 10? We are thrilled to begin the team selection and team formation process for this upcoming season. Our team placement process allows athletes to showcase their skills in a friendly and stress free environment, allowing the best assessment of their skills for appropriate leveled practice(s) and team placement.

Athletes will attend the first two days of tryouts at their designated time, reviewing the tryout dance, showcasing jumps and tumbling skills. Athletes will also be assigned a stunt group to perform on their tryout day. On May 30, athletes will come to their callback tryout at their designated tryout time to perform the following: tryout dance, standing tumbling, running tumble, a jump sequence and a stunt sequence. Flyers will additionally be required to showcase a flexibility position.

Athletes should wear all black to their tryout and are encouraged to come 'performance ready' (make up, hair neatly pulled back, etc.) all 3 days of tryouts.

Following tryouts, athletes will be assigned specific leveled practice days. What are "leveled practices"? Following tryouts, athletes will be assigned to specific training day(s) and time(s). They will be grouped for further assessment of their skills. These training times will help us better evaluate and assess their skills. After a week of leveled practices, our staff will have a better detailed comprehensive understanding of each athlete's skill level. This allows our program to place your athlete on the best suitable team for them, ensure each athlete is an active member of their team and enables Coast to construct competitive well rounded teams. Team placement is not final until August 4. Athletes can be moved up/down based on progression, skill consistency etc.

All athletes that are trying out for the 2024-2025 season **must** pre-register for tryouts on our website, [www.coastcheer.com](http://www.coastcheer.com). A tryout fee will be assessed at time of registration. An annual registration fee is charged to an athletes account following commitment to their assigned team. Can't make tryouts? Schedule a private evaluation by emailing [coastcheerallstar@gmail.com](mailto:coastcheerallstar@gmail.com)

**Athletes MUST attend all 3 tryout dates.**

# 2024 - 2025 tryout process

1. **REGISTER:** Register your athlete on our website, [www.coastcheer.com](http://www.coastcheer.com). Registering your athlete to our gym includes filling out a participation waiver, a financial agreement and parent/athlete code of conduct agreement.
2. **PREPARE:** Attend tryout clinics to develop and practice tryout material.
3. **TRYOUT:** Attend tryouts May 28, 29 AND 30 at your designated time.
4. **LEVELED PRACTICES:** June 3-12 athletes will attend leveled practices. Athletes will be placed into assigned leveled groups. Dates and times will be assigned following the final tryout on May 30. Athletes are required to attend ALL assigned dates.
5. **TEAM REVEAL:** June 16, 2023
6. **PARENT MEETING:** Attend our parent meeting on June 17, 6:00pm at Coast Cheer. The parent meeting is very helpful in providing an outline of what to expect in the upcoming season!
7. **SEASON 10:** Practices begin the week of June 19. Every athlete MUST be registered on GoMotion prior to their first practice.

**May 28 May 29 May 30**

AGES 5-9  
5:00-6:30 PM  
AGES 10-18  
7:00-8:30 PM

AGES 5-9  
5:00-6:30 PM  
AGES 10-18  
7:00-8:30 PM

CALLBACKS  
5:00-9:00 PM

**June 3-12**

Leveled Practices  
Athletes will be assigned specific day(s) and times(s).

# Building Teams

## team placement

The selection of our teams are influenced by the athletes' **ENTIRE** skill set. Please remember we strive to match up our athletes by level as best we can. We choose our teams to build the strongest and most competitive teams possible; this may result in any given team having a variety of different skill levels - including tumbling, stunting, jumps or dance/motions. Some will be stronger tumblers than others, while some will contribute more to stunts! We chose our teams based on the positions that are needed to be filled to have the STRONGEST team(s) possible, and to ensure each athlete is an active contributing member to that team.

Our coaches and judges take a lot into account when placing athletes together on a team. We are confident in our coaches and judges to place athletes correctly and teach the necessary skills to continue their progression. Please trust our placement, let your athlete thrive on the team she is placed on, and as always “trust the process”.

Additional considerations for team placement are: prior attendance in our program, parent & athlete adherence to code of conduct, stunting ability, mastered tumbling skills, overall cheerleading experience, attitude, commitment and maturity.

The Tiny Novice team, Guppies, are a non-tryout team. Guppie athletes register for their season on the Coast Cheer website. Guppie practices start August 1. For more information on the Tiny Novice Guppie program, please see the *Guppie Information Packet*.

The half year program, the “Hurricanes”, is a non-tryout team. The half year program begins in November and runs until April. Athletes interested in the half year program please find information in the *Hurricanes Information Packet*.

We follow the USASF (United States All Star Federation) age grid, rules and guidelines. Below is the age grid.

**Age divisions:** An athlete's date of birth must be between the dates listed to be eligible for the division.

Division	Target Age	Birth Year
Tiny Novice	4-7 years old	2017 -2021
Tiny Prep	6-7 years old	2017-2019
Mini Prep	7-9 years old	2015-2018
Mini Elite	7-9 years old	2015-2018

Youth Prep	8-12 years old	2011-2016
Youth Elite	8-12 years old	2012-2017
Junior Elite	9-15 years old	2009-2016
Senior Elite	13-19 years old	6/1/2005-2012

# INVESTMENT *program costs*

At Coast, we always keep the interest of our families in mind and ensure we are providing the best services. We always strive to keep our costs affordable.

Age Group	Gym Tuition
<b>Tiny Novice Expo</b>	\$95/month 2 hours of training per week
<b>Tiny, Mini (PREP)</b>	\$125/month 4 hours of training per week
<b>Mini, Youth (ELITE)</b>	\$135/month 5 hours of training per week +45 min flyer flexibility class
<b>Junior (ELITE)</b>	\$135/month 5 hours of training per week +45 min flyer flexibility class
<b>Senior (ELITE)</b>	\$145/month 6 hours of training per week flyer flexibility class
<b>Crossovers</b>	Responsible for crossover competition fees

# PROGRAM COSTS

## *continued*

### **Team Monthly Tuition:**

- Monthly gym pricing covers: monthly tuition/training fees, \* flyer flexibility class.
- Monthly tuition is paid on the 1st of each month, first installment beginning June 2024, last installment May 2025.
- Auto pay is mandatory for the 2024-2025 season. Auto pay is set up through GoMotion on the Coast Cheer website.
- Athletes who quit or are removed from the team will be charged a \$250 early termination penalty and one month's tuition. Autopay will be turned off 30 days following written notice of termination.

**\*exclusive to specific teams/levels**

### **Due at time of team registration:**

- Annual family registration fee, \$75/family
- First month tuition
- June 18 - Choreography deposit: \$150
- June 18 - Uniform deposit: \$100

### **Competition Fees:**

- Competition fees are a separate payment from monthly tuition.
- In the 2024-2025 season, competition fees are estimated to be ~\$900 for elite teams and ~\$500 for prep teams. These are estimated costs based on last year's competition prices and are subject to change.
  - Competition fee installments will be broken down into 3 payments, billed on athletes' GoMotion account accordingly. The competition installment schedule is as follows: September 15, October 15, November 15
- National events, end of season events or events that are above the estimated competition fees contribution will be billed to athletes accounts accordingly on GoMotion. These events include but are not exclusive to: US Finals, Regional Summit and D2 Summit.

- Competition fees do not include coaches fees. Coaches' fees include, but are not exclusive to: coaches' entry fees, travel fees, hotel room(s), per diem fee and/or meals when traveling to events. These fees are shared by athletes attending the event and billed to the athletes accounts accordingly on GoMotion.
- Competition fees do not include the athlete annual USASF fee. Athletes attending USASF sanctioned events are required to register/renew their membership in order to compete at these events.

## **Additional item expenses**

### **Expected expenses separate from tuition**

- Competition uniform - our competition uniform cost is approximately \$355-\$520, depending on team placement. We run our uniforms on a 3 year uniform cycle.
  - Tiny, Miny, Youth and Junior - year 3 of a 3 year uniform cycle
  - Senior - are entering year 2 of a 3 year uniform cycle
  - Competition uniforms are custom made items and are non-refundable. In order to ensure uniforms arrive before our first competition, athletes will be sized in August and final uniform payment will be due prior to Labor Day Weekend.
- Competition bow- all prep and elite level athletes are responsible to purchase their designated team bow. Bows are new every season and are approximately \$40-45. Bows are purchased in the fall and billed directly to the athlete's account on GoMotion (estimated September billing).
- Nfinity cheerleading shoes- all prep and elite level athletes are responsible to purchase their team assigned Nfinity shoe. Nfinity shoes run \$100-120 (\*expo teams have a lower cost option shoe outlined in the Guppie parent information packet).
  - Tiny, Miny, Youth - Nfinity Evolution OR Nfinity Vengeance REQUIRED
  - Junior, Senior - Nfinity Vengeance REQUIRED
- Hair piece for competition- all prep/elite level athletes are responsible to purchase a hair piece. Other accessories needed include embroidery floss and a plastic needle. Hair piece can be purchased at : [https://cheerleaderhairpieces.com/new\\_home](https://cheerleaderhairpieces.com/new_home). Athletes are required to purchase the 10" winner style hair piece.
- Stunt and/or tumble skills camp(s)- Coast Cheer offers both in-house camps (run by Coast coaches) and guest instructor camps. In-house camps are open to the public and optional events for our athletes to practice and progress their skill set. Guest instructor camps are specific to each team and will be



communicated from the gym to parents after team placement. Select camps are mandatory for team members to attend.

- Choreography - Coast Cheer hires a guest instructor, Bucky O'Leary, for routine choreography. Routine choreography is typically 2 days, 8-10 hours in total.
  - Tentative Choreography with Bucky - August 5-10 (please black out those dates)
  - ALL PM Practices gym wide are canceled August 5-10
- Stunt choreography - exclusive to elite teams
  - Tentative date: Sunday July 21
- Dance choreography for prep and elite teams are completed in the fall (September/October), date TBA.
- Mid season choreography upgrades- Throughout the season, guest instructors will come to Coast Cheer to adjust choreography to increase scores. Cost \$30/athlete. Athletes' GoMotion accounts are billed accordingly.
- Music- Routine music is submitted following routine completion. Music fee is shared among athletes on their team and billed to the athlete account on GoMotion (estimated billing: August)
- Practice uniforms- Team practice uniforms are **mandatory**. Parents are required to purchase uniforms following team placement. Practice uniforms range from \$120-175. Practice uniforms are assigned to practice days and worn regularly throughout the season.
- USASF registration fee- athletes attending USASF sanctioned events are required to register/renew their USASF membership. Renewal due no later than October 2024.
- Coast Warm Up Jacket - MANDATORY for elite athletes, optional and available for prep and novice athletes. Jackets are \$140
- Coast jackets, sweatshirts, tee shirts and/or pants- Coast Cheer has a pro through NotJustTs, a shop linked on the website. Apparel is available to purchase throughout the entire season.
- Travel expenses - Our families can anticipate traveling to 1-3 competitions that will require overnight hotel stays (in or out of state). Room blocks are set up as a courtesy to our families, but unless it is a 'stay to play' event, parents are not obligated to use the booking link.
- Coaches Fees - Coaches' fees include but are not exclusive to: coaches' entry fees, travel fees, hotel room(s), per diem fee and/or meals when traveling to events. These fees are shared by athletes attending the event and billed to the athletes accounts accordingly.

- Team Time events - team time events are set up by coaches throughout the season and during travel competitions. Team time events, while highly encouraged, are not mandatory for athletes to attend. Team time events range from free-\$50.
- Additional Tumble Time - We encourage all our athletes to attend additional tumble classes, semi privates or private tumble, flexibility, and/or jump classes to progress their skill set. If you are looking for private tumble or flyer/flex classes, please contact Coach Mel directly at coastcheerallstar@gmail.com.
- Varsity events, National competitions and/or end of season competitions - At Coast Cheer we strive to be as transparent as possible to families about program costs and competition fees. While a portion of competition fees are included in the monthly tuition, events such as Varsity brand events, National competitions and/or end of season events are not included in the accumulated fees. These events can range from \$100-200 depending on event producer and location.
- End of Season Celebration - Coast Cheer loves to celebrate the success and progression of its athletes at an end of year banquet. This event is an additional fee and is communicated by the gym to families close to the end of the season

*\* prices are estimates and subject to change\**

*\*Refunds will not be issued due to someone quitting or for removal from the team\**

*\*When athletes quit or are removed from the team, autopay cancellation takes 30 days to take effect\**

# TEAM SCHEDULE

This schedule is a very tentative look at projected team training. The team training hours throughout the year may vary depending on time of season. A final schedule will be provided once team placements have been completed.

Team Name	Predicated Level	Practices	Choreography
Tiny Novice	Tiny Novice, Full year prep	2 days per week 2 hours	September
Tiny	Tiny, Full Year Prep	2 days per week 4 hours	August
Mini	Mini, Full Year Prep	2 days per week 4 hours	August Dance: September
Youth	Youth, Full Year Prep	2-3 days per week 5 hours	July/August Dance: September
Junior	Junior, Full Year Elite	2-3 days per week 5 hours	July/August Dance: September
Senior	Senior Full Year Elite	3 days per week 6 hours	July/August Dance: September

# ATTENDANCE

## ATTENDANCE

- Cheer is truly the ultimate **team sport**, when someone is missing the whole team suffers. We expect 100% dedication to your team and this organization throughout the season.
  - Summer Practices ( June-August): The more our teams are practicing together, the more successful of a season they will have and the more prepared for choreography they will be. If any families have a scheduled vacation, an absentee form needs to be submitted by the first week of June.
  - Regular Season Practices (September-April): We expect 100% dedication and commitment from our athletes. We expect our families to schedule any vacations around the COAST CHEER closure schedule. Absences during regular season practice schedules may result in an athlete's role being adjusted to ensure the success of the team.
- **MANDATORY PRACTICES:** The week leading into competition are deemed **MANDATORY** practices, therefore **ALL** athletes are required to be present. Failure to follow through with this commitment could result in an athlete's role being adjusted to ensure the success of the team at competition. This decision is at the coach(es) and program director(s) discretion and will be handled on a case by case basis.
- **Competitions are mandatory, NO EXCEPTIONS.** Athletes that are out on injury (per doctor note) **MUST** be at practices and scheduled competitions with their team.
  - Awards are **MANDATORY**. Athletes/families who fail to honor this commitment could result in an athlete's role being adjusted on the team, temporary probation and/or removal from the team.
- **Scheduled choreography, skills camps and competitions are mandatory, NO EXCEPTIONS.**

# COMPETITION *information*

Competitions are the height and highlight of the season! Our program strives to keep our families local. Our full year prep and elite teams can anticipate competing in the NJ area, with 1-3 hotel stay competitions (in or out of state). Our elite teams can anticipate traveling out of state for their teams' end of season events (US Finals, Regional Summit, All Star Worlds, D2 Summit). The prep and elite competition schedule WILL include competitions that are USASF sanctioned events; therefore the prep and elite athletes need to be USASF registered athletes.

Our teams do accept wild card, partial paid and full paid bids to end of season events including but not limited to: US Finals, The Open Championship Series, Regional Summit, and D2 Summit.

Our families can anticipate enjoying an inhouse showcase, "*Blue Debut*" in November. Our *Blue Debut* showcases all our teams performing their routines in preparation for the competition season. Following the showcase, our athletes can anticipate performing monthly until the season ends in May.

**A tentative competition schedule, including dates and locations for the 2024-2025 season, will be released in July 2024. A final competition schedule will be posted September 2024. Our competition schedule can always be located within the parent portal (BAND).**

Competition day schedules are released from the event producer 5-7 days prior to the event. Parent information packets and performance schedule are released to parents as soon as it is provided to our organization. Competition information is subject to change up until the week of competition including venue and times. Final competition information can always be found within the parent portal (BAND) for parent reference.

If in the event unforeseen circumstances force a team to withdraw from a competition, that team will be offered a make up competition date (if at all possible) with the same event producer. No refunds or credit will be given.