



2022-2023 TEAM TRYOUT INFORMATION

We are a training facility where we teach strong values, good sportsmanship, and give positive praise in a disciplined, structured environment. With our exceptional coaching staff, we pride ourselves in teaching skills necessary for everyone to obtain highly competitive goals.

****TRYOUTS ARE CLOSED TO ALL PARENTS AND SPECTATORS***

Preparation for tryouts:

- Preparation begins now!!
- Register for tumbling and cheer prep classes on our website at lccheertraining.com
- Schedules for all classes can be found on our website

Important Dates

Tryouts: Saturday, May 7th

8 years & under – 9:00 A.M. – 10:00 A.M.

9-11 years – 10:00 A.M. – 11:00 A.M.

12 years and older: 11:00 A.M. – 12:00 P.M.

Makeup Tryouts: Saturday, May 21st times TBA

Mandatory Parent Meeting and Signing day: Tuesday, May 24th at 6:00 P.M. at LCCT

Deposit Due: Tuesday, May 24th at parent meeting (\$250)

ON TRY-OUT DAY

Pay the try-out fee (\$50)

Sign in at the front door

high pony- black sports bra- black tank- black shorts

****The selection of teams is tedious, and many key elements are considered in our decisions. We must choose a well-rounded variety of individuals for each team. We take in to account the team successes and also the proper progression for each athlete. We evaluate and encourage participants to re-do their skills if they are not 100% satisfied with their tryout. With the new score sheets and judging rubric, we stay competitive by requiring that more than the majority of athletes need to participate in all level appropriate skills. Exceptions will be made to create a well-rounded competitive team.**

LEVEL ONE SKILLS

Basic Level 1 Tumbling Skills

- Back Walkover
- Front Walkover
- Cartwheel
- Round Off

Advanced Level 1 Tumbling Skills

- Connect multiple skills
- Round off back walkover
- Cartwheel back walkover
- Front walkover round off back walkover
- Three pumped or whipped jumps landing with feet together followed by a back walkover

Required Level 1 Tumbling Technique

- All of these skills must be performed with straight legs and pointed toes
- Feet must be together on landings

Level 1 Jumps

- Jumps such as Toe Touch, Hurdler, and Pike with correct arm placement and pointed toes

LEVEL TWO SKILLS

Basic Level 2 Tumbling Skills

- Standing Back Handspring
- Straight Jump Back Handspring
- Back Walkover Back Handspring
- Round Off Back Handspring
- Front Walkover Round Off Back Handspring
- Skills must be performed consistently during moderate endurance training and to counts

Advanced Level 2 Tumbling Skills

- Round Off Three Back Handspring Series
- Back Handspring Step Out to a Front or Back Walkover
- Connecting Basic Skills in Multiple Variations
- Front Walkover Round Off Series of Back Handsprings
- Skills must be performed consistently during moderate endurance training and to counts

Required Level 2 Tumbling Technique

- Skills should be performed with legs together and straight Landings from skills should be with feet together
- Toes must be pointed during the entire skill

Level 2 Jumps

- Three whipped jumps with correct arm placement, pointed toes and feet together at the bottom

LEVEL THREE SKILLS

Basic Level 3 Tumbling Skills

- Standing Three Back Handsprings
- Round Off Back Handspring Back Tuck
- Toe Touch Back Handspring
- Skills must be performed consistently during moderate to high endurance training and to counts

Advanced Level 3 Tumbling Skills

- Sequence of Three Jumps to Multiple Back Handsprings
- Front Walkover Round Off Back Handspring to a Tuck
- Punch Front Forward Roll Round Off Tuck/Back Handspring to a Tuck
- Back Handspring Toe Touch Back Handspring
- Skills must be performed consistently during moderate to high endurance training and to counts

Required Level 3 Tumbling Technique

- Skills must be performed with straight legs and pointed toes
- Feet must land together
- Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing

Level 3 Jumps

- Three whipped jumps with correct arm placement, pointed toes, good extension and feet together on landings

LEVEL FOUR SKILLS

Basic Level 4 Tumbling Skills

Standing Back Tuck
Toe Touch back handspring back tuck
Round off Back handspring Layout

Skills must be performed consistently during moderate to high endurance training and to counts

Advanced Level 4 Tumbling Skills

Multiple jumps to a back-handspring tuck
Punch front step out round off back handspring to a layout
Front Walkover round off back handspring to a layout

Running Whip to Layout

Standing back handspring whip to layout pass

Standing back tuck two back handsprings to a layout

Skills must be performed consistently during moderate to high endurance training and to counts

Required Level 4 Tumbling Technique

Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top. Tight rotation and stuck landing

Layouts must be performed in a hollow body position with legs straight and toes pointed

Skills must be performed consistently during moderate to high endurance training and to counts

Level 4 Jumps

Three whipped jumps with correct arm placement, pointed toes, superior jump height, level extension, and feet together on landings

LEVEL FIVE SKILLS

Basic Level 5 Tumbling Skills

Three Whipped Jumps to a Back Tuck with a Solid Landing

Standing Back Handspring(s) to a Full

Running Variations through to Full

Skills must be performed consistently during moderate to high endurance training and to counts

Advanced Level 5 Tumbling Skills

Round Off Back Handspring Full

Running Variations through to a Full

Standing Back Handspring(s) through to Full

Standing Variation Passes through to a Full

Cartwheel Full

Skills must be performed consistently during moderate to high endurance training and to counts

Required Level 5 Tumbling Technique

Fulls must be performed with a hollow body position, clean rotation, straight legs and solid, clean landing

Level 5 Jumps

Three whipped jumps with correct arm placement, pointed toes, superior jump height, level extension, and feet together on landings



LAKE CHARLES CHEER TRAINING
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LCCT SPONSORSHIP FORM

Hi, my name is _____. I am currently a cheerleader on the Lake Charles Cheer Training All-Star Competition Team. I will be competing in approximately five to six competitions this year and would appreciate your support to help with my uniform, travel, training, and other expenses. I would like to ask your support in helping me to reach my goals this season. If you are able to help, please fill out the bottom portion of this form. By doing this, you have agreed to sponsor me.

Thank you for supporting my team and me in our endeavors!

Please make all checks payable to Jaime Crawford/LCCT. Venmo or PayPal.

Bronze Sponsor - \$50

- Business advertisement on LCCT website

Silver Sponsor - \$100

- Business advertisement on LCCT website and on banner displayed in gym

Platinum Sponsor - \$200

- Business advertisement on LCCT website, on banner displayed in gym, and on the back of competition shirts worn by athletes and parents

BUSINESS NAME

DONATION AMOUNT

ATHELETE BEING SPONSORED



LCCT Team Guidelines and Expectations

Financial:

- A \$250 down payment will be due at signing day on May 24th **at the mandatory parent meeting**. This will cover practice wear and shoes.
- Tuition will be automatically withdrawn through the Square app on the 1st of every month. You are required to put a card on file through the Square app.
- \$25 off tuition discount for siblings.
- **LATE FEE:** All tuition and fees are due by the 1st of every month. **If an account remains unpaid after the 5th of the given month, a \$25 late fee will be added to the account and your child will not be able to attend practice or events until your account is up to date.** Athletes may be held out of activities or competitions until the account is brought current. **YOUR ACCOUNT MUST STAY CURRENT AT ALL TIMES!!!!**

Refund:

- NO REFUNDS OF ANY KIND WILL BE GIVEN AT ANY POINT DURING THE CHEER YEAR!!
- If you quit or are removed from the team at any point of the season, you will not receive a refund of any kind. This includes any prepaid amounts, practice wear, shoes, uniform, competition fees, backpack, bow, tuition, cover up, and music and choreography fees. You are required to pay the following months tuition.

Social Media:

- As a parent of a Lake Charles Cheer Training athlete, please know that you and your athlete are a HUGE representation of the company as well. We do not condone an athlete or parent cursing, swearing, speaking negatively about our program, our coaches, any of our athletes, their parents, and/or families, or posting inappropriate pictures or anything deemed to be inappropriate on social media. This also includes speaking negatively of another cheerleading company. If anything of this sort is brought to our attention, you may be asked to remove it. Please use your best judgement regarding this matter. If there are any issues that need to be addressed, please bring it to a coach's attention immediately. Again, please go to the proper line of communication when there are any issues so that we may handle and resolve the problem.

Competitions:

- At competitions, the athletes and parents are expected to act in a manner that sheds a positive light on the company. We encourage cheering for each and every team. We believe that cheering on all athletes pushes them to excel.
- In no way, shape, or form are you allowed to be late for a competition.
- If an emergency occurs, contact a coach ASAP!!!!

SIGN HERE: _____

DATE: _____

Practices (all practices are closed practices) :

- **All practices are mandatory.** Extra practices will be scheduled during the week or weeks leading up to competitions. Competition week is crazy!! Please stay flexible with your time.
- All trips and vacations must be scheduled on non-practice days.
- All practices are closed practices. ONLY ATHLETES WILL BE ALLOWED IN THE GYM DURING PRACTICE TIME.
- Every athlete is to ONLY WEAR designated practice wear to practice. The athlete's hair needs to be pulled back in a ponytail.
- Being late to practice is unacceptable and will result in athletes conditioning with a coach.
- A 24-hour notice is required for any missed practices. There will be consequences if this is not followed.
- Valid excuses for missing practices are:
 - Contagious illness (must have doctor's excuse)
 - Death in family
 - Required school event
 - excused Vacation

Sportsmanship:

- Lake Charles Cheer Training has always remained a high level of sportsmanship in and out of the gym.
- We give respect to each and every member affiliated with the company and to other cheer companies as well.
- We do not condone unsportsmanlike conduct and disciplinary action will be taken if it becomes an issue, at any coach's discretion.
- No athlete on team is allowed to tumble at another gym while on team at LCCT.

Contacting Coaches:

- We use the Band app to send out all schedules and reminders. You must have this app!
- If you need to contact a coach, please do so by emailing the gym @lccheertraining@gmail.com
- Please contact Kerrigan to set up a meeting with the coaches if needed.
- Please do not text any coach's phone for questions or concerns. Email the front desk if you need any questions answered. Please give us at least 24 hours to reply to any email.

SIGN HERE: _____

DATE: _____

There will be three options for payments:

1. **Ultimate:** Pay upfront for the 11-month season (June-April) and receive a 10% discount. ELITE LEVELS 1-5: \$2940 -10% = \$2646. PREP/NOVICE/FUNDAMENTALS: \$2090 – 10% = \$1,881. **Competition uniform cost not included.**
2. **Premium:** Pay \$270/month (elite levels) or \$190/month (prep/novice/fundamentals) for the 11-month season (June-April). **Competition uniform cost not included.**
3. **Deluxe:** Pay monthly tuition and pay each additional cost at the due date.

Expense	Amount
Monthly tuition	Elite Levels 1-5: \$175/month Prep/Novice/Fundamentals: \$125/month Due by the 1 st of every month
USASF membership (you sign up on your own) usasf.net- make your own account	\$30 Due: September 1st
Practice wear	\$80 (included with deposit)
Hair Accessory	\$45 Deluxe Due: September 1 st
Uniform Cover Up	\$95 Deluxe Due: September 1 st
Back pack	\$115 Deluxe Due: September 1 st
Cheer shoes	\$125 (included with deposit)
Competition uniform: (Used Uniforms are available) We will fundraise for uniforms	Elite levels 1-5: \$450 Novice/Prep/Fundamentals: \$300 Due: September 1 st
Music and choreography:	Elite Levels 1-5: \$250 Novice/Prep/Fundamentals: \$200 Deluxe Due: August 1st
Competition fees: Two-day competitions will cause for a price increase on the ultimate and premium payment package. We will send out notice in advance.	ELITE LEVELS 1-5 ESTIMATE: \$85 each competition. Approximately 6 competitions. NOVICE/PREP/FUNDAMENTALS: ESTIMATE \$65 each competition. Approximately 4 competitions.

Sign here: _____

Date: _____

Initial here: _____

Code of Conduct

- A breach of contract is a legally enforceable promise. The promise is for the purchase of an item or for a service or job rendered. If a party breaks a promise, the other party may be able to take legal actions for a breach of contract.
- At all times, team members and their families must be a strong representative of LCCT and a positive reflection of their team.
- Abusive behavior, lying, or any other form of negative behavior by a parent or child is grounds for removal from the team.
- All athletes are expected to be at every practice.
- I understand the importance of punctuality and will arrive at all practices and scheduled events on time. If you are late, there will be consequences.
- I understand that the coaches reserve the right to suspend any athlete's or parent's participation in activities at LCCT or at LCCT functions as disciplinary action.
- Anyone threatening to quit or pull their child from a team may be dismissed from the program immediately.
- As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment. (EX: homework, tests, grades, etc.)
- I understand that all athletes are required to wear the appropriate practice attire to every practice.
- I will maintain all skills that were performed at tryouts and try to improve my skills during the season.
- I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.
- I will not use inappropriate language.
- I understand that it is sometimes necessary for athletes to be moved from one team to another (crossovers).
- I understand that I am obligated to make all of my payments on time and have my account up to date by the 5th of every month.
- I understand that there are no refunds ever given. This includes tuition, practice wear, shoes, uniform, coverup, hair accessory, backpack, competition fees, and music and choreography.
- No athlete shall drink alcohol or use any form of drugs including cigarettes while in LCCT attire or at a LCCT event. You will be subject to immediate removal.

I understand and agree to this "Code of Conduct" throughout the 2022-2023 season:

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Financial Commitment Contract

Breach of Contract

Team tuition is due by the 1st of every month. I understand my financial commitment to Lake Charles Cheer Training as outlined previously. I understand that all payments are made in a timely manner and upon due date (direct withdrawal from Square). I understand that if all fees are not paid by the 5th of the month, then I will have a \$25 late fee added to my account. I understand that my child will not be able to participate in practices or events until my account is up to date. I understand that I will forfeit any money paid to date, including monthly tuition, competition fees, uniform, music and choreography, bows, practice wear, shoes, cover up, backpack, and any other prepaid fees if I choose to leave the team, or if I am asked to leave the program.

Parent Signature: _____

Date: _____