

# FEEL THE

# POWER

## OUR PROGRAMS:

### Exhibition

Created for individuals who want to discover All-Star cheer in a fun, non-competitive, technique-centered atmosphere. FUNdamentals prepares young athletes for more competitive and performance-based teams.

### Novice

For individuals new to All-Star but ready for performance-based teams evaluated at events. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All-Star teams.

### Elite Prep

For individuals with developing skills and talents who want to push themselves competitively and prepare to be successful on an elite team. Elite prep teams participate in a limited number of travel events for the competitive season.

### All Star Elite

For individuals with solid cheer training and solid technical ability. Elite teams are comprised of athletes ready for highly competitive performance levels.



\* Power Athletics will determine final program offerings for the 24-25 season after final team placements.

# ABOUT US



POWER Athletics-Maryland is a competitive All-Star Family in the DMV where world-class athletes are built, and life-changing bonds are formed. Athletes will learn sportsmanship, teamwork, and discipline, all while striving to achieve excellence. The skills athletes gain from our program are valuable lifelong lessons, as we seek to cultivate the ultimate athlete. We begin accepting athletes at age 3!

## OUR MISSION

is to create a fun, safe, and engaging environment where athletes can work hard, have fun, and become amazing people on and off the mat.



# WHAT TO EXPECT

## EVALUATION COST

\$75 for New Athletes

\$50 for Returning Athletes

\* (Must Be Registered by May 15th)

## INITIAL EVALUATIONS

Remember, initial evaluations are just that! Our call backs will be used to determine beginning team placement.

Birth Year: 2020-2021	May 18, 2024	9:00 am - 10:00 am
Birth Year: 2015-2019	May 18, 2024	10:00 am - 1:00 pm
Birth Year: 2012-2014	May 18, 2024	1:30 pm - 4:30 pm
Birth Year: 2005-2011	May 19, 2024	10:00 am - 1:00 pm

\*Athletes and parents should plan to stay for their allotted time block.

# EVALUATION DAY

## ATTIRE

Athletes should come dressed in all-black athleticwear and appropriate footwear.

## ATHLETE EVALUATIONS

Athletes are evaluated on the following skills:

- Standing tumbling
- Running tumbling
- Jump technique
- Motions
- Dance
- Showmanship

## HOW THE DAY WILL GO

**Step 1:** Parent/Athlete checks in at the front desk

**Step 2:** Athlete's picture is taken (Pictures are to ensure we can identify all athletes when we discuss placement.)

**Step 3:** Athlete moves to the gym for a group stretch and warm-up

**Step 4:** Athlete evaluated on current skill set. Note: No skills will be spotted during evaluations.

**Step 5:** Athlete receives a callback date/time based on evaluation (if appl.).

**Step 6:** Family dismissed

Athletes should arrive 15 minutes before their allotted time fully dressed. Parents should use this time to complete the check-in process. Parents may wait inside or outside the gym. Refreshments will be available for purchase.

Athletes may get dismissed at any time during their allotted time block. Staff will be available to answer questions.

# CALL-BACKS

Prep and All-Star Athletes are called back for further evaluation based on the level they are placed in after their initial evaluation.

Call-backs are on the following dates/times:

Prep/Level 1	May 20, 2024	6:30 pm
Level 2	May 21, 2024	6:30 pm
Level 3	May 22, 2024	6:30 pm
Levels 4-6	May 23, 2024	6:30 pm

## MAKEUP EVALUATIONS

Athletes who cannot participate in initial evaluations should email [info@powerathleticsmd.com](mailto:info@powerathleticsmd.com) to schedule an evaluation. Makeup evaluations will occur between May 20, 2024, and May 23, 2024, at 6:00 pm. If you are unable to make a make-up day, please email for a private evaluation.



# POST EVALUATIONS

## CONTRACT SIGNING

A parent or legal guardian must sign all contracts for the season. Athletes can only train with Power Athletics with a signed contract.

During the contract signing, athletes are measured for season apparel.

The season apparel deposit of \$275.00 is due on signing day (\$200 for exhibition athletes).

## SUMMER TRAINING GROUPS

Athletes are evaluated during the season's first few months to see how teams fit together. During this time, athletes may be moved around within a training group or transferred to another training group altogether.

Summer training groups are not final team placements. During this time, the staff attempts to find cohesion amongst the groups and identify the best composition of athletes to ensure the most competitive team possible for the season.

All teams except our Worlds team practice two days per week. Our Worlds team currently practices three days per week. Please note additional practices may be required as necessary.

Attendance is essential to our organization, so practice is mandatory. Our attendance policy is heavily enforced beginning in August. After final team placements, a detailed practice schedule will be provided.

During the summer athletes will have mandatory team, stunt, and choreography camps. Attendance at these camps are non-negotiable.

## HOW WE CREATE TEAMS

We believe in the expertise of our staff and pride ourselves on our ability to construct champion-level teams.

Our teams are created so that well-rounded athletes can contribute to all areas of the routine and scoresheet, allowing them to become better athletes.

As your athlete's abilities improve, having them on teams where they can increase the consistency of their overall skills allows them to achieve positive mental growth.

We understand that some athletes' skills progress quickly from season to season, and parents often expect a placement on the next level. However, we believe in leveling our teams and advancing athletes appropriately.

We aim to build well-rounded individuals and ask that parents respect and trust the process.

# POST EVALUATIONS (cont)

## WHAT WE LOOK FOR

At Power Athletics, we seek coachable, well-rounded athletes who can proficiently contribute to a routine at their respective levels.

Tumbling ability is often believed to be the driving factor in team placement. While tumbling is essential, additional factors are considered for placement. Those factors include age, overall skill level, athlete availability, ability to perform, and emotional and social maturity.

## FINAL TEAM PLACEMENT

Our teams for the season are announced no later than August. Results are emailed, posted on our website, and announced during a gym-wide event.

Athletes are required to maintain skills throughout the season. Failure to maintain the required skill set will result in team placement changes for your athlete.

## HOW YOU CAN SUPPORT YOUR ATHLETE

The more supportive you are of your athlete, the more they will gain from their time with us. Encouraging your athlete to be the best they can be on the team they are placed in makes a huge difference in team morale.

## A FEW THINGS TO REMEMBER:

- \* The whole is greater than the sum of the parts.
- \* Every team matters.
- \* It takes, on average, 2-3 years to master a cheer level. Celebrate whatever team/level your athlete is on.
- \* If your child is placed on the same team or level they were on, the experience will be new and different.
- \* Do not compare. Every athlete is unique.
- \* **Trust the process.**

# PROGRAM COSTS

Competitive cheerleading is a sport that requires a significant investment of time, energy, and money.

We want to ensure you have the information you need to make an informed decision about joining our program. We believe firmly in being fully transparent about the expenses associated with being a part of our organization.

We offer several fundraising opportunities throughout the season to help offset costs if you choose to participate.

The estimated fees listed below include everything except travel costs and competition spectator fees for families.

## TUITION/APPAREL

LEVEL	MONTHLY FEE
Exhibition	\$245
Novice	\$270
Elite Prep	\$310
Elite	\$370
Worlds	\$400

Tuition is billed on an 11-month payment schedule beginning June 2024. Tuition is debited on the 15th of the month. All members of Power Athletics MUST have an active debit or credit card on file.

## MONTHLY TUITION COVERS

- \* Two/Three Weekly Practices
- \* Athlete Competition Fees
  - \* Choreography
  - \* Music
- \* Gym Operational Expenses



# PROGRAM COSTS (cont.)

## APPAREL PACKAGE

LEVEL	FEE
Exhibition	\$800
Novice/Elite Prep - Level 6	\$1100

All athletes (returning/new) will receive new apparel for the competition season. The apparel fee is billed in four monthly increments. The initial payment is made at the time of contract signing, with the remaining payments beginning mid June of each year. We are thrilled to enhance our overall competition look this season!

## THE APPAREL FEE COVERS

- \* Competition Uniform
- \* Competition Shoes
- \* Competition Bow
  - \* Warm-Ups
- \* Two Sets of Practice Wear
  - \* Backpack

## ADDITIONAL EXPENSES (BILLED SEPARATELY)

There are expenses billed throughout the season not included in the monthly tuition, which cover various costs associated with end-of-season events, routine enhancements, and skill building.

# PROGRAM COSTS (cont.)

The following are averages based on previous seasons:

- **Choreography Upgrades** - ~\$300; This fee is debited for necessary end-of-season routine enhancements as needed.
- **End of Season Event Registration/Coaches Travel Expenses** - ~\$200
- **The One Registration Fee (if appl.)** - ~\$135 - \$200
- **Camp/Clinic Fees** - ~\$300

## ADDITIONAL EXPENSES (NOT INCLUDED)

There are expenses billed throughout the season not included in the monthly tuition, which cover various costs associated with end-of-season events, routine enhancements, and skill building.

- \* USASF Registration - ~\$49
- \* USASF Event Fee (The Summit or The Cheerleading Worlds) - ~\$435 and up
- \* Optional Fan Spiritwear - Varies
- \* Team Bonding Activities - Varies
- \* Team Gifts - Varies
- \* Competition Spectator Fees - Varies

\* Although we are confident that the fees quoted are close to the actual season fees, they are estimates. They may change before the start of the season. To ensure you understand your exact costs clearly, please refer to the member handbook.

## TRAVEL EXPENSES

All Power Athletics teams except Exhibition attend several out-of-town competitions throughout the season. All travel expenses are the responsibility of the athlete's parent/guardian.