



RISE ATHLETICS
— ALL-STAR CHEER —

2024-2025

Season 2

Tryout Information Packet





Rise Athletics is East Tennessee's fastest growing D2 All-star Competitive Cheerleading and Tumble Gym!



Rise is located at:

234 WARREN STREET
in the heart of
Madisonville, Tennessee

**We feel incredibly blessed
and are beyond excited for
Season 2 in this amazing
community!**



Find us now!



Rise Athletics is dedicated to creating a highly competitive faith/family-based atmosphere committed to TRAIN, EQUIP, and EMPOWER young athletes to RISE UP without limitations and reach their greatest potential!

Rise TRYOUT Info: How to get started

What is All-star competitive Cheer?

All-star cheerleading is an inclusive sport open to all ages and genders. In this dynamic activity, athletes of similar age and skill levels come together to form teams. These teams are trained in a routine that encompasses stunting, tumbling, choreography, and dance elements. The length of the routine varies from 1 minute 30 seconds to 2 minutes 30 seconds, depending on the tier of the cheer team.

These routines are performed on a 54'x42' spring floor at both local and national events throughout the season. Here, teams showcase their skills and compete against other teams of comparable caliber, making each event an exciting and spirited display of athleticism and teamwork.

IMPORTANT *Tryouts Begin May 7th-10th!*

EVERYONES FIRST STEP:

Everyone **MUST** Register through iclasspro to participate in Tryout Clinics and Evaluations

****Tryouts are closed for viewing. Guardians must wait outside****



To register, please visit
www.riseathleticscheer.com

- » Go to customer portal tab
- » Create an iclasspro account for you and your athlete.
- » Click "**Booking**", then "**Tryouts**"
- » "**RISE Tryout registration 2024-2025**"
(find your athletes birth year)
- » Continue to checkout process
- » Pay the tryout registration fee



RISE UP Early Bird tryout registration special!

Starts: April 12th-April 26th

COST: \$30 per athlete

Tryout Registration fee after April 26th

Starts: April 27th -Tryouts

COST: \$50 per Athlete

Rise TRYOUT Info:

What do I need to do to prepare my athlete for evaluations?

- 1st** Review this entire packet.
- 2nd** Register your athlete with the instructions from above.
- 3rd** Check the tryout chart to see when your athlete is to come to their clinic and evaluation.
- 4th** When you come to the gym, all athletes will get a number that we will refer to when sending tryout placement results.



General Gym and tryout information:

- » During tryout clinics, athletes will be learning a short dance and briefly learn the rise way of stunting and tumbling.
- » ALL ATHLETES, AT ALL TIMES MUST WEAR SHOES. YOU WILL NEVER BE ON THE MAT WITHOUT SHOES. This is for safety and insurance purposes. We NEVER tumble barefoot and all athletes in the entire program must **ALWAYS** have shoes on while practicing at RISE.
- » Please have athletes wear **INSIDE** only cheer or tennis shoes (low sole cheer specific shoes preferred to prevent rolling ankles and better hand grip). They cannot wear outside shoes on the spring floor. The spring floor and tumble track are NEW and we want to keep it clean.
- » NO FOOD inside the gym unless directed by coaches, ONLY water is allowed past the lobby. No energy drinks or soda allowed. Cold, purified water is available at our fountain. At Rise, you are treated like a high caliber athlete and athletes have to **HYDRATE**. If you forget a water you can also buy one from the lobby for a \$1
- » Please have your athlete ready to go, ON TIME for anything they are signed up for (practice, camps, clinics and ESPECIALLY comp days). Unless otherwise directly, athletes can wear anything they are comfortable in at practice but RISE prefers black sports bra, black shorts and all athletes must have hair pulled back.
- » There will be a brief welcome introduction before the clinic.
- » No Parents are allowed inside the gym while classes are in session. Parents are welcome to stay in the lobby or outside. This is also for safety and insurance purposes. Surveillance cameras are ALWAYS filming 24/7 inside the rise facility. Many times you will see the lobby is dark. This is to help parents see into the gym area.
- » Season commitment levels will be different based on their age & tier.
- » Allstar competitive Cheer is **a year-round sport** - it begins in May and ends in May. We have a **strict attendance** policy to ensure our athletes are getting the most out of their experience in our program. We will be working with local middle and high school teams to try and make our schedule as efficient and effective as possible.
- » We do consider summer our slower time, however, a lot of important training for routines happens during this time, including skill building, stunt & pyramid training & routine choreography. Our attendance policy is less strict over summer, however, missing could effect an athlete's team placement & routine placement, so we encourage you to make practice a priority. All summer camps listed in fees are mandatory for your athlete.
- » Our competition season begins in early November & can extend through the end of April/early May.
- » Extra practices can be added throughout the season to better prepare the athletes for competition.

Rise TRYOUT Info:

Rise As One

Competitive programs offered and practice expectations.

MUST READ

All parents/guardians will have to indicate what program their athlete is allowed to eligible to participate in.

At Rise Athletics we are very transparent about the financial and time commitment that this sport requires. Please do not allow your athlete to be placed on a team that you are unable to fulfil those commitments to. It is unfair for everyone involved and causes a lot of disruption in the program.

RISE Athletics offers 3 FULL-YEAR Programs MAY 2024 - MAY 2025

NOVICE

The Novice teams at RISE are for those BRAND new to Allstar cheer and have little ones from ages 3-9 that want to try something new and fun! It is very cost effective and a great way to introduce the sport to athletes. We make this a lot of fun for young athletes while still allowing them to learn and grow!

- 1.5 hours per week. This runs year-round
- 1 team practice/week
- 2 Local competitive events per season

PREP

Rise Prep Division is VERY competitive and require level appropriate skills and progression. In this division we are perfecting our skills and making them strong enough to get into the top range of the score sheet. We train all of our athletes the same regardless of the program you choose. All prep athletes are being trained the RISE WAY with the expectation of mastering their skills.

The prep program requires less time and financial commitment. The Prep division is encouraged for all athletes with or without all-star experience.

- 2-3 hours of practice in the gym per week
- Summer (May-Sept 2) - 1 team practice/week
- After Labor Day - 1 team practice/week + 1 team tumble
- 3 in-state competitive events.

ELITE

ELITE ATHLETES SET THE STANDARD AT RISE AND HAVE THE HIGHEST EXPECTATIONS

Elite teams will be **HIGHLY competitive**. The athletes that are ELITE at RISE not only have the skills for the level they are on, but they have MASTERED those skills (Example: Straight legs, pointed toes, locked arms, fast pace and beautiful skills)

- 7-9 hours of practice in the gym per week
- **Summer (May-Sept 1)** - 1 team practice/week + 1 team tumbling class
- **After Labor Day** - 2 team practices/week + 1 tumbling class
- 5-7 in-state competitions

2 out of state; One will be NCA DALLAS (pending on if we get into this competition) Second out of State will be BID PENDING

Rise TRYOUT Info: **PRICING INFO**

RISE Athletics STRIVES to be transparent about all fees from the start.

READY "2" RISE! **Season 2**

NEW THIS SEASON: Rise Athletics has solidified its permanent home in Madisonville, Tennessee, and we're here to stay! Owners Branden & Julie Ledbetter made the significant decision to purchase our building on April 1st, ensuring that Rise Athletics has a forever home base for many years to come. This purchase represents our unwavering commitment to this community, guaranteeing that you will never have to worry about relocating once you're part of the Rise family!



Understanding the expectations is crucial when you commit to Rise Athletics

"RISE AS ONE"

"Rise As One" embodies our commitment to unity and collaboration. At Rise Athletics, we're excited to announce our upcoming series of parent workshops scheduled throughout the summer. These workshops are designed to provide valuable insights and understanding of the scoring system and the intricacies of all-star cheerleading, ensuring that families are well-equipped and deeply engaged in the sport. Our belief is that success in all-star cheer is deeply rooted in understanding the numbers. By grasping the metrics, parents gain a profound respect and insight into the decisions made by our coaches and owners, both on and off the mat. Our goal is to lay a strong foundation for all our teams, setting them up for success right from the start. Moreover, we are dedicated to fostering a vibrant, positive atmosphere filled with high energy. This atmosphere not only enhances the experience for our athletes but also creates a supportive community where everyone thrives. Join us as we Rise As One!

First Payment June 1st - Last payment May 1st

Monthly tuition is charged **automatically** on the 1st of every month through iclasspro. You can use an E-Check or a credit card through the system. Rise Athletics prefers E-Check as preferred default payment method.

- Monthly tuition covers your athletes practice time in the gym.
- Closures & Holidays are already factored into your tuition
- ***E-check preferred

Rise TRYOUT Info:

Rise Evaluation Expectation

Athletes aged 4 & 5 year olds will be evaluated on the following criteria:

- » Coachability
- » Ability to work with other athletes
- » Ability to apply corrections & changes
- » Good Listening skills
- » Potty Trained

Athletes 6 & up will be evaluated on the following criteria:

- » Tumbling ability: difficulty & technique
- » Ability to count music
- » Stunting ability/position: difficulty & technique
- » Jump technique.
- » Coachability
 - *Overall ability to listen, receive critique & apply corrections*
- » Athleticism

During the team formation process, several different aspects are considered including but not limited to:

- Tumbling technique
- Jump technique
- Stunt position and technique
- Flyer flexibility and body control
- performance ability
- Maturity level
- Attitude
- Coachability

IMPORTANT NOTE:

After your athlete has completed their tryout clinic and Evaluation day, shortly after, RISE will email the group evaluation sheet

RISE GROUP EVALUATIONS

In this email, you will locate your athletes number that they wore during tryouts and see what days and times they will report.



Rise TRYOUT Info: **PRICING INFO**

NOTE: All competitive athletes will pay their monthly tuition plus additional fees. We will collect competition fees throughout the season 30 days prior to a CONFIRMED competition. If you are a returning member with a uniform and shoes, you will not have to pay these again and can be deducted from your fees.

NEW THIS YEAR! Rise Athletics will be participating in Varsity Events! This is to ensure the utmost safety for our athletes, coaches and parents. It also provides the most consistent judging and overall production quality for our families to enjoy! This also means Rise will be competing for D2 Summit, US Finals and/or other Varsity run End of Season events with select teams.



Novice Monthly Tuition	\$85	Payments start June 1st-May 1st
Prep Monthly Tuition	\$115	Payments start June 1st-May 1st
Elite Monthly Tuition	\$150	Payments start June 1st-May 1st

RISE IS A PROUD MEMBER OF THE USASF!

EVERY Athlete will have to sign up with **USASF** and pay them directly **\$49 fee.**

All out of state, end of the season competitions are **NOT included** in the Competition and coach's fees!

ADDITIONAL Mandatory fees

(This is NOT INCLUDED in your tuition and is separate) **NOTE:** Numbers are a close estimate) Exact numbers will be released during the parent meetings before the season starts to those who are signing

NOVICE TEAMS

Uniform- Due 6/1	\$200
Bow- Due 6/1	\$40
White shoes	Buy on your own
Choreography /music- Due 7/15	\$125
In-State Competition fees	\$300
End of the year banquet- Due 4/1	\$35

Novice Bow only fee due at sign up

PREP TEAMS

Uniform- Due 6/1	\$200
Bow- Due 6/1	\$40
Comp shoes (White)	Buy on your own
In-state Competition Fees	\$600
Tumble and stunt camp- Due 6/15	\$150
Choreography and music- Due 7/15	\$200
Team sleepover- Due- 6/15	\$25
End of the year banquet- Due 4/1	\$35

ELITE TEAMS

Uniform- Due 6/15 Socks/top/mesh/skirt	\$625
Competition Shoes Nfinity- Due 6/15	\$170
Bow	\$40
In-State Competition Fees	\$800
All Skills Camp	\$150
Choreography camp & music- Due 7/15	\$250
Summer team sleepover	\$25
End of the year Banquet- Due 4/1	\$35
ELITE PRACTICE WEAR (2 sets)	\$150

Important Note: After athletes grow out of their Elite uniform and shoes you can **SELL it BACK to RISE Athletics** (unless uniforms are discontinued). Uniforms will stay the same for 2 more seasons and then we sell them to our prep division as their new uniforms. It is an ongoing cycle to help save you money!

Most of the time we will have the athletes wear two Dutch braids or two Dutch braids half up half down. Parents don't you worry, big hair is NOT a requirement here. Hair is not scored on the score sheet. Wearing a hair piece gives athletes extreme headaches and causes a lot of anxiety for fear of it coming out. This is a hard sport. We will look good without adding any extras to the athletes on comp day!

Rise TRYOUT Info: **PRICING INFO**

Rise TRYOUT Info: Payment options

Payment option A (Elite Only)

Total fees divided by 12 months and add it to your tuition for your yearly tuition rate with only uniform and shoes being your upfront cost

Rise Athletics	Tuition	Fees	Monthly Payment
Elite	\$150	\$33	\$183

Payment option B (Elite Only)

This option takes total fees and breaks them up into 6 payments *tuition is additional*

***INCLUDES: Bow, Skills Camp, Sleepover, 2 Practice Wear**

Payment 1	June 15th
Payment 2	July 15th
Payment 3	August 15th
Payment 4	September 15th
Payment 5	October 15th
Payment 6	November 15th

Rise Athletics	Total Fees	Divided in 6 monthly payment
Elite	\$365	\$63

This option DOES NOT include Uniform/Shoes (Due 6/1), Choreography/Music (Due 7/15), Banquet (Due 4/1) & Competition Fees which will be charged 30 days prior to CONFIRMED competition for any program.

This option DOES NOT include Uniform/Shoes (Due 6/1), Choreography/Music (Due 7/15), Banquet (Due 4/1) & Competition Fees which will be charged 30 days prior to CONFIRMED competition for any program.



\$35 Annual Membership fee per athlete is charged upon enrollment and yearly on your anniversary date for all payment plans. This covers your athletes insurance

Payment option C

Pay total fees as one-time payment and only be responsible for tuition throughout the year.

Includes everything on list	Total one-time fee	Charged only monthly tuition
Novice	\$700	\$85
Prep	\$1,250	\$115
Elite	\$2,295	\$150

INCLUDES: Uniform, Competition Fees, Choreography, Music, Shoes (ELITE ONLY) and all other fees for season (EXCEPT USASF FEE. With this option, you pay Fees in full and only your tuition for the entire season. If you already own a Uniform or Shoes, these items will be deducted from total and your amount due will be less than these advertised prices.

Payment option D

Popular last year. 5% off total when pay the entire season both yearly tuition and fees. Due June 1st, 2023. Cash or Check Only!

Rise Athletics	Yearly total tuition	Fees	5% off	One time grand total
Novice	\$1,020	\$700	-\$51	\$1,669
Prep	\$1,380	\$1,250	-69	\$2,651
Elite	\$1,800	\$2,295	-\$90	\$4,005

Family Discount

- » 20% OFF 2nd athletes tuition
- » 30% off 3rd athletes tuition
- » 50% 4th athletes tuition
- » Bless your heart if you have 5 athletes, 5th athlete tuition is **FREE!**

SPECIAL NOTE:

This option includes ALL tuition and ALL Fees (Uniform, Shoes, Choreography, Music and all other necessary fees (except USASF). If you already own a Uniform or Shoes, these items will be deducted from total and your amount due will be less than these advertised prices

****RISE ATHLETICS RESERVES THE RIGHT TO REVISE PACKET AT ANY TIME UNTIL CONTRACTS ARE SIGNED****

At this point one might ask...Does RISE offer fundraisers? YES, WE DO!

RISE Athletics will provide at least **4 MAIN fundraisers** throughout the year. We will handle all logistics. All Fundraising money and sponsorship money will be added to your athletes account and you will be able to see what you have and use it when you would like for the entire time you remain with RISE (Cheer credit will not expire as long as you're an active member at RISE). RISE will not act as an ATM and cash out any funds in your account. It is illegal for us to take fundraising money and return it for cash. Funds must be used toward your Rise expenses.

Cheer Credit can be used on the following

Tuition	Privates	Competition fees	Uniform and shoes
Camps	Clinics	Practice wear	Pro-shop items

We have a sponsorship letter on our website that you can use to present to potential sponsors. Just print it off and return it to RISE with sponsorship payment and we will apply to your account.

Cheer credit funds are forfeited upon leaving the program and are non-transferrable



Explanations of items on the fee list:

Team Sleepover:

Every season we do a team sleepover before school starts. These have always been a gym favorite! They earn team sleepovers throughout the season. They will have bonfires, water balloon fights, get to know each other, team bonding, karaoke, and lots more. Coach Julie would never sleep anywhere that was not clean and acceptable to do so.

We keep RISE extremely clean, organized, and bright!

End of the season Banquet:

After we end our 24/25 season, we do a BIG banquet for all those involved. Athletes dress up and we rent a local venue. Athletes will dance, eat, and get all kinds of different awards. Parents and family are welcome but will have to pay additional for them.

All Skills and choreography Camps:

Dates will be on calendar page. If they are listed in the fees, they are MANDATORY to your athlete. We RISE ABOVE your normal standard of strength and conditioning. We train the **RISE WAY**.

Safety is our PRIORITY. The only way for athletes to be successful in this sport is to stay healthy, free of injuries and be flexible and strong. During these camps, athletes will be pushed to reach their greatest potential and RISE ABOVE all LIMITATIONS!

TRYOUT AND CLINIC DAYS:

Clinic Days and ages	May 7th	May 8th	May 9th	May 10th
4 and 5-year old's	5-6pm Clinic		Evaluations 5-6pm	
6-11 year old's	6-8pm Clinic		Evaluations 6-8pm	
12 to 19 Year old's		5-7pm Clinic		Evaluations 5-7pm

Athletes **MUST** come on the day that represents their age. It does not matter the skill level at this point

IMPORTANT

The number your athlete wears to evaluations will be the number that you will look for when the evaluation groups get e-mailed.

RISE REVEAL

When: WEDNESDAY MAY 22nd, 2024

Time: 5:00pm-7:30pm

This is when Athletes will come and find out what team they will RISE on this season!

Team placement is preliminary and a Rise starting point. There will be a lot of strategic team assignments and re-assignments that take place over summer.

Athletes are placed where we feel that they will be the most successful.

(SIDE NOTE) If change is something that really ruffles your feathers, then All-star cheer is not the sport for you. At Rise, we are constantly analyzing our competition and our teams to make sure we are always a step ahead. For this reason, change is common and you must be willing to adapt and change quickly in this sport.



ADDITIONAL INFORMATION

Rise strives to make sure that we communicate and stay transparent with everyone involved. It takes countless hours to get the information together and out to everyone. We ask that you **read ALL information** before you decide to email us questions. If you do not understand something we are happy to help. But there is a difference between the two.

Rise Athletics does not allow the re-use, duplication of our logo or name on any personal items. We pay for the rights to our logo and it is trademarked. If you have a request, please get approval from Rise Staff.

We do not gossip about other gyms or athletes at RISE Athletics. If you are at RISE, you are ready for a positive change. Changing the mindset starts with leadership! Positive attitudes breed positive results!
LET'S RISE!

WHO is RISE Athletics and Where are you from?

RISE Athletics was established not only because we love this sport but more importantly, we love Jesus Christ and want our athletes to see the character of Christ in them. That character is the RISE STANDARD of behavior that Branden and Julie Ledbetter demonstrate and expect from athletes and parents at Rise Athletics. Kali Seitzer will be our RISE coaching consultant.

Branden and Julie Ledbetter met in 2006 at Western Michigan University and got married in 2011. Julie has cheered competitively from age 10 and has won countless state and national titles. Coach Julie was a college cheerleader at Western Michigan. Branden and Julie have two children, Madisyn and Noah. Coach Branden played football at Western Michigan University. Coach Branden is responsible for Our RISE strength and conditioning program as well as our financial director.

The Ledbetter's are the former owners of Rock Solid athletics in Henderson, Colorado (now renamed Rock Cheer Company). Rock Solid started with Julie's passion for youth and cheer. Season one we hit the mat with 30 athletes and grew to over 150 athletes by season four. Rock Solid was the highest scoring D2 gym in the state of Colorado. Rock Solid has won hundreds of in state and national titles. The Ledbetter's established both Rock Solid and now, RISE, with the purpose providing a safe, FUN, affordable, highly competitive, quality gym that gives all youth athletes an opportunity to feel validated, excited, and inspired to RISE to their greatest potential. Coach Kali lives in Miami, Florida and is the current Director at TOP GUN Miami (the real Top Gun). She will be dedicated to remotely overseeing RISE Athletics youth development on Elite teams and providing tune-ups when needed. She will be available to Rise Athletics Coaches via zoom and facetime at all times. Coach Julie and Coach Kali will be overseeing ALL Rise Athletics 24-25 teams, classes, camps, and clinics. They have a proven track record of success working together at Rock Solid and want to continue that success now here in Tennessee. Coach Julie and Coach Kali are 100% confident that together they will take your athlete to the next level. They will work cohesively together to make sure our athletes grow and progress the **RISE WAY!**

The Ledbetter family relocated from Colorado to Tellico Plains, Tennessee for Coach Branden's new job in 2020. After being here for some time they realized that the love they had for their old athletes and gym can be poured out on the youth here. With lots of prayer and needing God to move mountains for this happen, **RISE ATHLETICS** was born.

Things to Know Before joining RISE

Being a part of our program requires athletes & parents to show good sportsmanship, polite manners, kindness & respect at practices, competitions and in our lobby. Gossip, drama, or continued bad behavior will lead to dismissal from our program. Punctuality is important to us.

Please arrive on time to practices, competitions or any scheduled event.

Once practice wear arrives, we have a set dress code for practices & specific attire for competitions. It is your responsibility to wear the appropriate attire.

- » Hair color must remain a natural color during the competition season-no red, blue, purple, pink, etc.
- » Jewelry is not allowed on during practices or competitions. Please refrain from getting a new piercing during the competition season. Nails must be kept trimmed short and absolutely no fake nail extensions.
- » Social Media posts that are a poor representation of Rise Athletics may result in suspension or dismissal from our program (athletes and parents), especially including the Rise name or logo in post. This includes talking about other gyms publicly on social media in a negative manner.
- » During practices, personal items should be left with parents or near the cubbies. Please do not leave items at the gym. We are not responsible for lost or stolen items. We will establish a small lost and found where lost items will be donated to goodwill after 30 days
If you have any questions or concerns, please contact julie@riseathleticscheer.com
- » Remember to only approach coaches at an appropriate time (this time should usually be scheduled)
During classes or practices is not an appropriate time!
- » When you try out, you are joining our program, not a team. Once placed on a team we expect athletes to maintain their skill set and perform the required skills of the team. Athletes can be moved up or down teams based on their skill set throughout the season. Practice times can be changed or added throughout the season.
- » **Only Athletes & Coaches are allowed in the gym area.** Parents should stay in the lobby unless invited into the gym. Access to gym area will be locked. It is the parent's responsibility to know what is going on with the team. Please check our Facebook group & your email/BAND App regularly for updates.
- » Parents, relatives and athletes are not allowed to speak with competition officials for any reason.
- » Our 2024-2025 competition schedule will be decided soon and is subject to change if cancellations arrive. Fees will adjust based on this schedule but will not exceed limit posted on pricing page.
- » Our attendance policy is strict. Athletes are allowed **2 unexcused absences & 3 excused throughout the competitive season.** Once they have passed this limit, they will be taken out of sections & if they continue to miss, they will be dismissed from the program. Your Allstar membership can be terminated at any time.
- » There will be **no refunds** if an athlete quits after choreography camp.
- » Contracts for the 2024-2025 season will be signed electronically via docuSign after teams are established.



TUMBLING Breakdown by LEVEL Level of tumbling DOES NOT automatically make you that level on a team. Athletes must be able to do much more than just tumble on elite teams!

<i>Level 1</i>		<i>Level 2</i>	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Forward Roll	Cartwheel	BHS	Round-off BHS
Fall to Bridge	Handstand	BHS step out	Round-off 2 BHS
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Bridge Kickover	1 Arm Cartwheel	Back Walkover BHS	Front Walkover RoBHS
Backwards Roll	Handstand Forward Roll	Straight Jump BHS	Ro BHS Step out ROBHS
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
Back Walkover	Cartwheel Back Walkover	BHS Step out Ro BHS*	RO Multiple (3+ BHS)
Round-off	Front Walkover	BHS Step Out BWO BHS	Front Walkover Ro Multiple
PHASE 4: ELITE		PHASE 4: ELITE	
Connected Back Walkover	Back Walkover Switch Leg	Valdez BHS	Fly Spring
Cartwheel Switch Leg	Valdez BHS		Front Handspring Stick

<i>Level 3</i>		<i>Level 4</i>	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
3 BHS Connected	Round-off Tuck	Standing Tuck	Ro BHS Layout
BWO multiple BHS	Round-off BHS Tuck	2 BHS to Tuck	Ro BHS Series Layout
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to BHS	Round-off BHS Series Tuck	Cartwheel Tuck	Whip Thru to Tuck
BHS Step out BHS	Front Walkover to Tuck	1 BHS to Tuck	PF S/O Ro BHS Tuck
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS rebound Jump BHS	Punch Front Stick	Cartwheel tuck thru to Tuck	Whip Punch Tuck
Jump BHS Series	Aerial	Toe Touch BHS tuck	PF S/O or whip BHS to LO
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS TT BHS BHS	*3 Combo Passes to Tuck*	BWO Tuck	Front Handspring PF to LO
Cartwheel Switch Leg	Valdez BHS		Multiple Combo passes to LO

<i>Level 5</i>		<i>Level 6</i>	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Toe Touch Tuck	RO BHS Full	3 BHS to Full	PF S/O Ro BHS Full
3 BHS to Layout	Ro BHS Series Full	2 BHS to Full	Whip punch Full
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to Tuck	Whip Thru to Full	1 BHS to Full	Arabian S/O to Full
2 BHS to Layout	PF S/O/whip to Full	2 BHS to Whip Full	RO BHS Double Full
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS tuck BHS BHS Layout	Round off Full	3 BHS to Double Full	PF S/O/whip to Dbl Full
1 BHS to Layout	Arabian stick - thru to Full	Standing Full	Arabian S/O to Dbl Full
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS whip BHS BHS LO	Front Handspring PF to Full	2 BHS to Whip Dbl Full	Whip punch Dbl Full
Standing tuck 2 BHS to LO	Multiple Combo passes to Full	Toe Touch Standing Full	1 1/2 step out to Dbl Full

More Rise Information:

- » Parents, friends, family members, etc. are not allowed on the practice floors
- » Do not bring pets in the gym. Rise has gym dogs that protect and provide emotional support for athletes.
- » Do not bring valuables in the gym. We are not responsible for lost or stolen items.
- » Athletes are not permitted to wait outside alone for transportation.
- » Athletes may not use the tumble trak without direct supervision from a coach.
- » Athletes may not tumble or stunt in the gym without direct supervision from a coach.
- » Inclement weather: Gym closing will be announced via email, social media, text message and BAND app. Gym has safety protocols in place for athletes that are in the building. We RARELY close due to weather!
- » **Participants are not allowed to compete, hold privates, fill in or participate with any other All-Star Cheer Gyms or tumbling instructors while under contract with RISE ATHLETICS. This is to provide your athlete with consistent instruction.**
- » Each athlete will need to provide a copy of their Birth Certificate and drivers license if they have one.
- » We are honored to work with your athlete and do not take that task lightly.

Please understand that participation in our program is a CHOICE, not a PRIVILEGE. Any parent or athlete that displays negative/disrespectful behavior or is counter-productive to the overall success of the program can be **dismissed** from the program at any time without warning. We have done it in the past and will not hesitate to do it again. Negativity is cancer in a gym and spreads as such.



SPORTSMANSHIP:

Rise athletics is a "DRAMA FREE" zone. We have very high standards of behavior, values, and principals of good sportsmanship. Staff, families, and athletes are expected to always maintain a professional demeanor in the gym, at competitions and through social media. Here at Rise, we prioritize good attitudes and mutual respect. We are here to support and help each other.

Remember, Athletes are representing **RISE Athletics** everywhere you go!

NEW TO CHEER? DON'T STRESS

Beginner athletes are always welcomed as we want to train you from the ground up...**the RISE** way!

We are confident that you will have a positive experience with our program. Our goal is for athletes to grow to love cheerleading the way we do. Our staff is here to develop your athlete into the best competitive cheerleader they can be.

We are excited to find a home for your athlete on one of our teams here at RISE!

RISE WITH US ON *SOCIAL MEDIA*

Please like our pages



Facebook- facebook.com/riseathleticscheer



Instagram @ [riseathletics_cheer](https://instagram.com/riseathletics_cheer)

Facebook Members Only:

www.facebook.com/groups/riseathleticsmembersonly

Any Questions or concerns

EMAIL:

Julie@riseathleticscheer.com

Thank you for your interest in
RISE Athletics!

Register now at [Riseathleticscheer.com!](https://Riseathleticscheer.com)