



RISE ATHLETICS
— ALL-STAR CHEER —

2025-2026

Season "3"

Tryout Information Packet





Rise Athletics is East Tennessee's newest and fastest growing All-star competitive cheerleading and tumble gym!



Rise is located at:
234 WARREN STREET
in the heart of Madisonville
TN

We feel incredibly blessed.
and are beyond excited to be a
part of this amazing community.

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 a sport for all ages, male and female, where a group of athletes of similar age & skill level create a team where they will be taught a routine comprised of stunting, tumbling, choreography, and dance elements. The routine time ranges between 1 minute 30 seconds and 2 minutes 30 seconds depending on the cheer team tier. The routine they learn is performed on a 54'x42' spring floor at local and national events throughout the season where they will compete against other teams of similar caliber.

IMPORTANT *Tryouts Begin May 19!*

EVERYONES FIRST STEP:

Everyone **MUST** Register through iclasspro To participate in Tryout Clinics and evaluations



To register, please visit
www.riseathleticscheer.com

- » Go to customer portal tab
- » Create an iclasspro account for you and your athlete.
- » Search for:
 - » **“RISE Tryout registration 2025-2026”**
(this will be found under **“camps”**)
- » Agree to and sign all gym policies
- » Pay the tryout registration fee

RISE UP Early Bird tryout registration special!

Starts: March 21st-April 13th

COST: \$65 per athlete

Tryout Registration fee after April 14th

Starts: April 14th -Tryouts

COST: \$85 per Athlete

Rise TRYOUT Info:

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

- 1st** Review this entire packet. **PARENT TRYOUT INFORMATION MEETING**
Friday April 11th 5:00PM-6:00PM
- 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:

- » 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 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 BRAND NEW, and we want to keep it clean.
- » NO FOOD inside the gym, ONLY water is allowed past the lobby. No sports drinks, energy drinks or anything that is not WATER. At Rise, you are treated like a high caliber athlete and athletes have to **HYDRATE**. If you forget a water 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. They can wear anything they are comfortable in but prefer black sports bra, black shorts, and everyone must have hair pulled back.
- » There will be a brief welcome introduction before tryouts/evaluations. Parent lobby will be CLOSED for tryouts
- » 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.
- » 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

Every parent/guardian will have to indicate what program their athlete is allowed to participate in.

At Rise Athletics we are very transparent about the financial and time commitment that this sport takes. 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 2025 to MAY 2026

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!

- 1.5-2 hours per week. This runs year-round
- 2 team practice/week
- 3 Local competitive events per season (within 2.5 hour drive)
- Performance at the Red Carpet Reveal Rise Athletics Showcase

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 commitment 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
- 2 team practice/week
- 3 in-state competitive events. (within 2.5 hour drive)
- Performance at the Red Carpet Reveal Rise Athletics Showcase

ELITE

ELITE ATHLETES SET THE STANDARD IN THE GYM 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 PERFECTED 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 competitions (**within 4 hour drive**)
- 1 Out of State Nationals Event (i.e. CHEERSPORT ATLANTA)
- 1 Out of State Season Ending Event
- Performance at the Red Carpet Reveal Rise Athletics Showcase

Rise TRYOUT Info: **PRICING INFO**

RISE Athletics STRIVES on being transparent about all fees from the start.

Season 3 Rise With Me



It is very important to understand what is expected when committing to RISE ATHLETICS.

” RISE AS ONE”

Means we are all in this together AS ONE. Rise Athletics will be holding parent workshops throughout the summer to educate and help our families understand the score sheet and the sport that you are all very involved in.

When you understand that All-star cheer is all in the numbers, you will then understand and respect why the coaches make the decisions they do on the mat and with their athletes. We strive to set all our teams up for success from the beginning. We will cultivate a high energy, positive atmosphere.

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.

First Payment June 1st - Ending May 1st

- Monthly tuition covers your athletes practice time in the gym.
- Calculated in tuition is any gym closures, cancellations and holidays
- ***E-check preferred

Rise TRYOUT Info:

Rise Evaluation Expectation



Athletes with birth year 2006 thru 2021 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 Evaluation day RISE will email the group evaluation assignment

RISE GROUP EVALUATIONS

In that email you will locate your athletes number that they wore during tryouts the previous week and see what days and times they will return



Rise TRYOUT Info: **PRICING INFO**

NOTE: All competitive athletes will pay their monthly tuition plus additional fees. We DO NOT and will not collect competition fees throughout the season. We collect everything before competitions start in-order to pass the early bird discounts down to you and avoid our accountant having to chase money before we compete. Coaches travel fees are included in your competition fees

Novice Monthly Tuition	\$90	Payments start June 1st-May 1st
Prep Monthly Tuition	\$125	Payments start June 1st-May 1st
Elite Monthly Tuition	\$175	Payments start June 1st-May 1st

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! Please budget between \$50-500 for 2 out of state comps (BID PENDING)

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	\$250 (Due 7/1)
Bow	\$40 (Due 7/1)
White shoes	Buy on their own
choreography /music	\$150
Competition fees/Showcase	\$400
End of the year banquet	\$40

Uniforms for Prep and Novice are the same uniform and you are allowed to sell your uniform to another athlete after the season.

PREP TEAMS

Uniform (Due 7/1)	\$250
Bow (Due 7/1)	\$40
Comp shoes (White)	Buy on your own
In-state Competitions	\$400
Tumble and stunt camp	\$150
Choreography	\$200
Music	\$40
End of the year banquet	\$40

ELITE TEAMS

Uniform (Varsity) Socks/top/mesh/skirt	\$625 (Due 7/1)
Competition Shoes Black high-top	\$170 (Due 7/1)
Bow	\$40 (Due 7/1)
Competition/coaches fees/Showcase	\$875
All Skills Camp (6/11-6/12) w/ Top Gun Staff!	\$200 (Due 6/11)
Choreography camp	\$250
Music	\$75
End of the year Banquet	\$40
ELITE PRACTICE WEAR (2 sets)	\$100

Important Note: After athletes grow out of their Elite uniform and shoes you can **SELL IT BACK to RISE Athletics or other members** (unless uniforms are discontinued). Uniforms will stay the same for Season 3. Season 4 will be a NEW UNIFORM YEAR for RISE! Rise is been known for BIG HAIR! We will have instructional classes and help available if you are new to All-Star so do not stress! Makeup us typically natural look and red lips. 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

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

***DOES NOT INCLUDE UNIFORM, BOW, SHOES & SKILLS CAMP**

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
Novice	\$590	\$100
Prep	\$830	\$140
Elite	\$1,340	\$225

This option is the BEST option.

You take care of all your fees for the entire season by November and will **only need to continue paying your monthly tuition and out of state competitions.**

Season 3 will be our last season with our current uniforms!



IMPORTANT

NEW SEASON 3! \$300 Quit Fee Deposit Due by 7/15 for Option A

This fee will be applied to End of Season Event and remaining balance will be refunded at the end of the season!

Payment option B

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

\$300 Quit Fee Deposit Waived!

Includes everything on list	Total one-time fee	Charged only monthly tuition
Novice	\$880	\$90
Prep	\$1,120	\$125
Elite	\$2,375	\$175

\$35 Annual Membership fee per athlete is charged upon enrollment and yearly on your anniversary date for all payment plans. If you were enrolled in CHEERNASTICS, this was included in your initial tuition for 1 year.

Payment option C

5% off total when pay the entire season both yearly tuition and fees.

Due June 1st, 2023

\$300 Quit Fee Deposit Waived!

Rise Athletics	Yearly total tuition	Fees	5% off	One time grand total
Novice	\$1,080	\$880	(\$54)	\$1,906
Prep	\$1500	\$1,120	(\$75)	\$2,545
Elite	\$2,100	\$2,375	(\$105)	\$4,370

Family Discount

- » 20% OFF 2nd athletes' tuition
- » 40% off 3rd athletes' tuition
- » 60% 4th athletes' tuition
- » Bless your heart if you have 5 athletes coming to Rise that 5th athlete is **FREE!**

At this point one might ask...Do we 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. It 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:

ALL SKILLS & CHOREO CAMP:

All Skills Camp will be June 11th & 12th with the Top Gun (Miami) Staff! Rise has a special relationship with Top Gun and this is a once in a lifetime opportunity for our athletes! This is a special camp specifically for our ELITE athletes only. The Top Gun coaches spend the day with our athletes and really hone in our skills and give our Season a Jump Start! This is one of the most exciting times of the summer and we are always excited to see our friends from Top Gun! Choreography camp will follow some time in August

SHOWCASE:

New for Season 3! Rise Athletics will be hosting our largest Red Carpet Reveal Showcase EVER! In a joint production with Spirit Brands, we will be bringing a FULL competition experience right here to Madisonville! Complete with a large venue, full warm up area, performance floor, light production, DJ, Judging and lots of fun! We believe in providing a first class experience for our members, and this will sure be one to remember! This will give our athletes a full competition experience before going to the real thing and give parents and family the chance to see out new routines live in action!

End of the season Banquet:

After we end Season 3, we do a BIG banquet with our athletes and families. Athletes dress up and we will 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 fee.

EVALUATION DAYS:

Evaluation Days/ Birth Year	May 19th	May 20th	May 21st	May 22nd
Birth Year 2015-2021	5-7pm Evaluations		5-7pm Evaluations	
Birth Year 2006-2014		5:30-7:30pm Evaluations		5:30-7:30pm Evaluations

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 emailed.

RISE DIGITAL REVEAL

When: FRIDAY MAY 30th, 2025

NEW SEASON 3!

Teams placements will be emailed!

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

Team placement is preliminary and a Rise starting point.

Lots of moving around takes place over summer.

Athletes get 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. This sport changes all the time and you learn that you must adapt fast.



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?

At RISE Athletics, our foundation is built not only on a deep love for the sport but, more importantly, on our love for Jesus Christ. Our mission is to instill Christ-like character in every athlete, shaping them through the RISE STANDARD—a set of values exemplified and upheld by Branden and Julie Ledbetter. We foster a culture of excellence, respect, and faith, expecting both athletes and parents to embody these principles. Additionally, RISE maintains strong connections with some of the biggest names in the industry, allowing us to bring in special guest coaches who share our morals and values, enriching our athletes' experience both on and off the mat.

Branden and Julie Ledbetter, a husband-and-wife duo, first met in college and have been a powerhouse team ever since. Coach Julie has been a competitive cheerleader since the age of 10, earning numerous state and national titles. She continued her cheerleading career at Western Michigan University, where she met Branden. Coach Branden, a former Division I football player at Western Michigan University, brings his athletic expertise to RISE. Together, they share a passion for developing athletes, both physically and mentally. They have two children, Madisyn (17) and Noah (11). Coach Branden leads RISE's strength and conditioning program in the summers, helping athletes build the power and endurance needed to excel.

Branden and Julie Ledbetter, former owners of Rock Solid Athletics in Henderson, Colorado (now Rock Cheer Company), built their program from the ground up, fueled by Julie's passion for youth and cheer. What started with 30 athletes in season one quickly grew to over 150 by season four, making Rock Solid the highest-scoring D2 gym in Colorado earning many 1st place, Grand Champion and National Titles. Now, with that same dedication, they've established RISE Athletics—a safe, fun, affordable, and highly competitive gym where young athletes feel valued, motivated, and empowered to RISE to their fullest potential.

Coach Julie and Coach Maddie lead all RISE Athletics teams, classes, camps, and clinics for the 2025-2026 season. With a proven track record of success, they are committed to building on that momentum as we move into Season 3. Our team is dedicated to elevating every athlete to their fullest potential, working seamlessly with some of the best in the industry to deliver top-tier training. At RISE Athletics, we focus on growth, progress, and excellence—the RISE WAY!

In 2020, the Ledbetter family relocated from Colorado to Tellico Plains, Tennessee. Over time, they realized that the same passion they had for their former athletes and gym could be poured into the youth here. Through prayer and faith, trusting God to open the right doors, RISE Athletics was born—a place where young athletes can grow, thrive, and be inspired to reach their full potential.

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.

- » **NEW THIS SEASON! Zero Tolerance policy for other sports.** Rise will need to come first and there will be NO EXCUSED absences for missing a Rise Practice, Showcase, or any event for another sport or team.
- » Hair color must remain a natural color during the competition season-no red, blue, purple, pink, etc.
- » 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 by key code entry only 24/7. It is the parent's responsibility to know what is going on with the team. Please check our Facebook group, & your email regularly for updates.
- » Parents, relatives and athletes are not allowed to speak with competition officials for any reason.
- » Our 2025-2026 competition schedule will be decided July/August of 2025 and is subject to change. Fees will adjust based on this schedule.
- » 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 2025-2026 season will be signed electronically via docusign after teams are established.
- » Jewelry is not allowed on during practices or competitions. Please refrain from getting a new piercing during the competition season.



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 are often present and do not want to cause a conflict
 - » 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 tack 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 and text message. Gym has safety protocols in place for athletes that occur in the building and weather changes. We RARELY close due to weather!
- Participants are not allowed to compete, hold privates, fill in or participate with any other USASF club teams or tumbling instructors while under contract with RISE ATHLETICS. This is to provide your athlete with consistent instruction.**
- » Each athlete needs 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 will be 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!

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)