



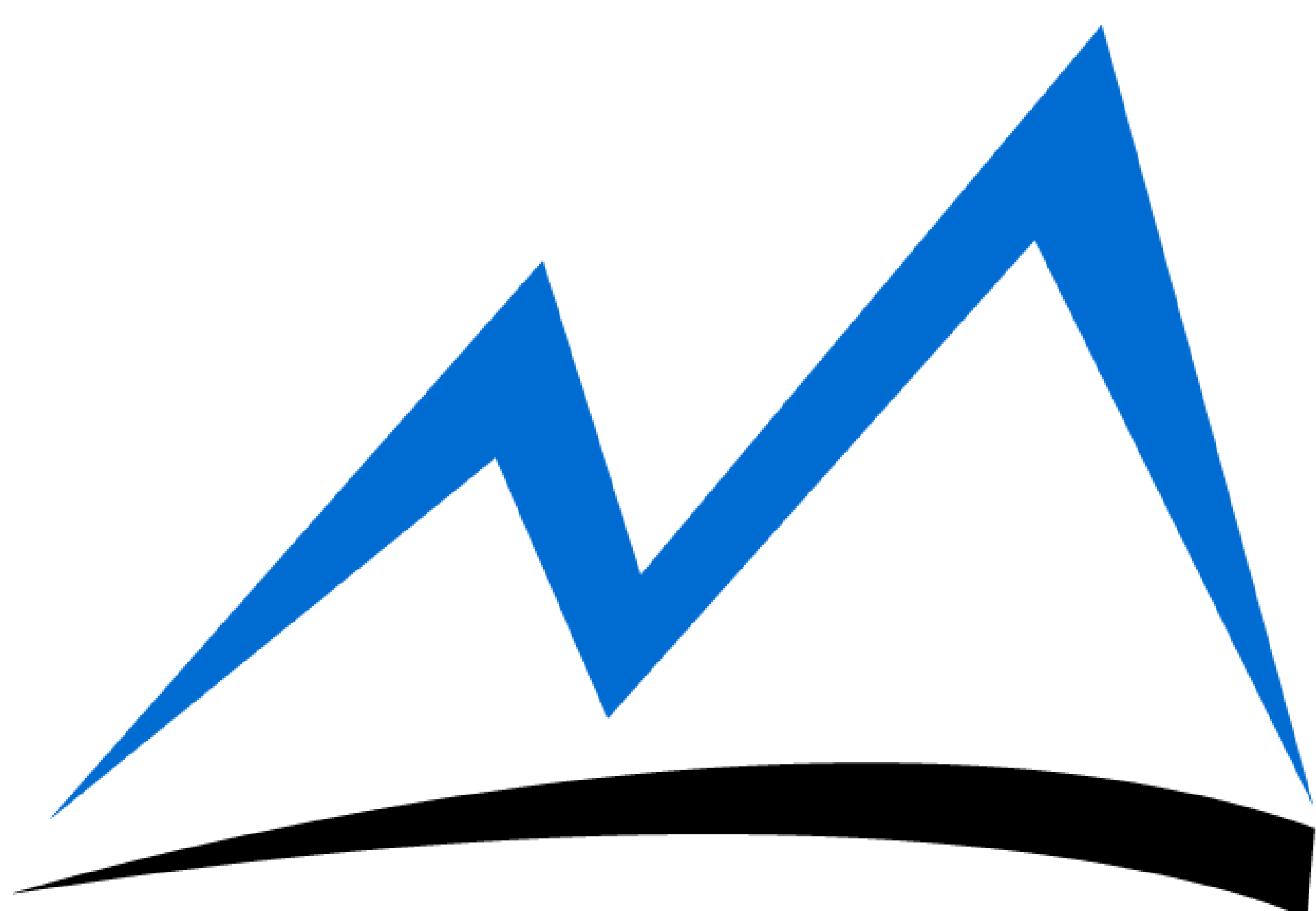
MOMENTUM

ALL STAR *Elite*

Season Information



*National
Championship Titles*



At Momentum, we passionately believe that children who learn a love of sport and an active lifestyle from selfless adult mentors are gifted with special advantages which help them live healthier, happier and more productive lives.

TRYOUTS

May 21 & 22

Tryouts will span over the course of two days. Athletes must be present for BOTH days. Please see our schedule of events below

Day 1

8-10yr	1 - 3p
11-13yr	3:30 - 5:30p
+14yr	6 - 8p

Tumbling
Jumps
Stunt Work
Learn Dance

Day 2

8-10yr	11:30a- 1:30p
11-13yr	2 - 4p
+14yr	4:30-6:30p

Tumbling
Stunt Work
Perform Dance



Tryout Apparel: Female athletes should wear all black, cheer shoes and a bow of choice. Sports bras, athletic tanks or blank t-shirts are appropriate and should be paired with black Nike Pros. Male athletes should wear a black athletic t-shirt, black Nike shorts and cheer shoes.



What to Bring: Completed tryout form, signed commitment form and a current photo of your athlete. Our tryout and commitment form can be found at the end of this packet and must be signed by both parent and athlete to participate in tryouts.



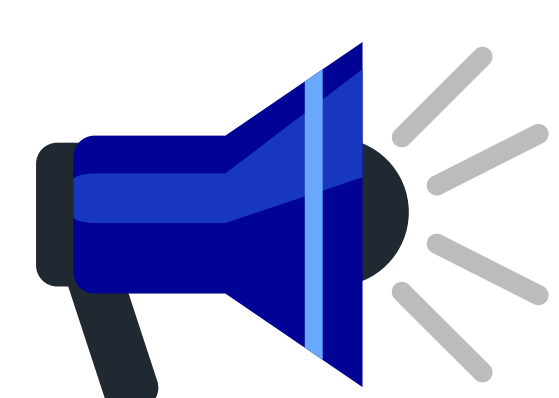
Tryout Fee: Tryout fees are non refundable.

Current Elite Athletes: \$0

Current Prep Athletes: \$0

New Athletes: \$60

Post Tryouts: Following tryouts there will be one week of practice group workouts. Group placement and scheduling will be released on Monday, May 23rd VIA our website momentumcheer.com Athletes are expected to be available anytime between 8am and 8pm, Monday thru Friday for practice group week. There will be no team commitments Saturday - Monday as it is a holiday weekend.



Final team placements will then be announced on Sunday, May 29 VIA our website. We are closed for Memorial Day on Monday, May 30. Team practices will officially kick off on Tuesday, May 31. Team placements may result in a rostered position, alternate position, prep recommendation or developmental recommendation.

TUMBLING LEVELS

1 LEVEL

Back walkover, front walkover, cartwheel back walkover, and round off

2 LEVEL

Back handspring, round off back handspring, back walkover back handspring, front walkover round off back handspring, round off multiple back handsprings, round off ½ turn rebound round off back handspring, jump pause back handspring

3 LEVEL

Standing 3 back handsprings, back handspring back handspring back tuck, round off tuck, round off back handspring back tuck, front walkover round off back handspring back tuck, punch front, ariel, punch front pause round off back handspring back tuck, jump to back handspring with immediate connection

4 LEVEL

Standing back tuck, back handspring back handspring layout, jump to back tuck, round off back handspring layout, punch front step out round off back handspring layout, front walkover round off back handspring layout

FLYER
REQUIREMENTS

Great flexibility in body positions is necessary to fly! Bow & arrows, scales, straight leg scorpions, opposite leg heel stretch. Tumbling ability doesn't always relate to the flying level. Flyers are placed based on overall flexibility, confidence and skill set

PRACTICE INFORMATION

Mojo elite teams practice 2-3x per week year round. Our season spans all 12 months and practice schedules are adjusted based on the time of year.

Summer practices are held during the day time. We follow a summer practice schedule and then move to a school schedule at the beginning of August. Carpool is recommended for the summer days and can be coordinated in your team's Band App.

All elite teams practice 3x per week over the summer, 2x per week August - December and 3x per week January through May. We conduct weekday practices until January then add Saturdays.

Athletes looking for extra training can enroll in classes, private lessons or clinics offered over school breaks.

PRACTICE WEAR

Athletes will receive practice wear. Female athletes will receive two practice bras and a practice bow. We will delegate a practice wear schedule when we receive our items. Both bras will be paired with Nike Pro shorts in either blue, black or white. Male athletes will receive two practice shirts, which will be paired with Nike shorts in blue, black or white. In the meantime, athletes will wear all black to practices.





FINANCIAL COMMITMENT

Finances for Elite teams include team tuition and team fees. They are split into two expenses. Tuition runs on the 1st of the month. Team fees run on the 15th of the month. All finances will be collected through iClass and your card on file. All team athletes must be on auto pay.

We have an annual registration fee of \$35 per season that will be collected at the time of your enrollment anniversary.

2022 - 2023 TUITION

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
\$237	\$248	\$259	\$270

2022 - 2023 TEAM FEES

Team fees include competition registrations, camps, choreography, team music, practice wear, coaches fees, spirit gifts and team events throughout the season. All money collected in team fees will go towards creating the experience for your athlete. Team fees will be collected over the first 8 months of the season, or can be processed in one lump sum. Team fees are the same for all teams regardless of age or level and are non refundable.

June	July	Aug	Sept	Oct	Nov	Dec	Jan
\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250

Additional expenses are applicable to ALL athletes. Transportation and lodging for out of state events are not included in your monthly fees. All athletes are required to have a current \$40 USASF Membership in order to be eligible to compete.

UNIFORMS

New uniforms are purchased every two seasons through Rebel Athletic. 2022-2023 is a uniform year. Uniform fees are separate and collected in June to ensure delivery by the fall. Uniforms cannot go into production until the balance is paid in full.

UNIFORM FITTINGS

To ensure proper sizing, Momentum will host a uniform fitting on site with Rebel. A parent is required to be present and sign off. Optional add ons for uniform include a shoe & backpack bundle as well as a warm up jacket. Shoe & jacket sizes will be available at the fitting. Our uniform this season will include a bra which will also serve as practice wear.

UNIFORM PRICING

Uniforms are priced differently based on gender and age level. Seniors do not need a mesh bodysuit while all other age groups do. We are well known for our uniforms and consistently deliver the best designs. Please see rates below for our 2022-2023 program uniforms:

FEMALE
\$550

MALE
\$390

SENIOR
\$490

Optional Add Ons

Shoe & backpack bundle: \$175

Warm up jacket: \$85





COMPETITIONS

Competition season for Allstar Cheer runs November - May. Our elite teams compete 6-8 times throughout the season. Four to five events are regional and held along the front range while up to three could be out of state. Travel expenses are not included in tuition or team fees. Depending on the competition brand, most travel events require housing through Team Travel Source. More information will be released at the end of the summer regarding competitions and scheduling.

SAVE THE DATE

May 21 & 22, 2022 → Elite Tryouts
May 23, 2022 → Practice groups released
May 24-27, 2022 → Practice group workouts
May 29, 2022 → Final teams released
May 30, 2022 → Closed for Memorial Day
May 31, 2022 → Team practices begin

June 13-17, 2022 → Stunt boot camp
June 24-27, 2022 → USASF National Meeting - No practices held
July 3-10, 2022 → Closed for Summer Break
July 29-31, 2022 → Choreography Camp
August 8, 2022 → Fall schedule begins
September 5, 2022 → Closed for Labor Day
November 5, 2022 → Showcase

Competition Schedule TBD

FUNDRAISING

COMAC is comprised of a non-profit organization; COMAC Booster Club. Please contact the Booster Club (comacboosters@gmail.com) with any questions.

The COMAC Booster Club is a 501(c)(3) Non-profit tax exempt organization which we call our General Fund. All the money in the C3 is raised for the whole group of Momentum team athletes: gymnasts, cheerleaders, tumblers and ninja warriors.

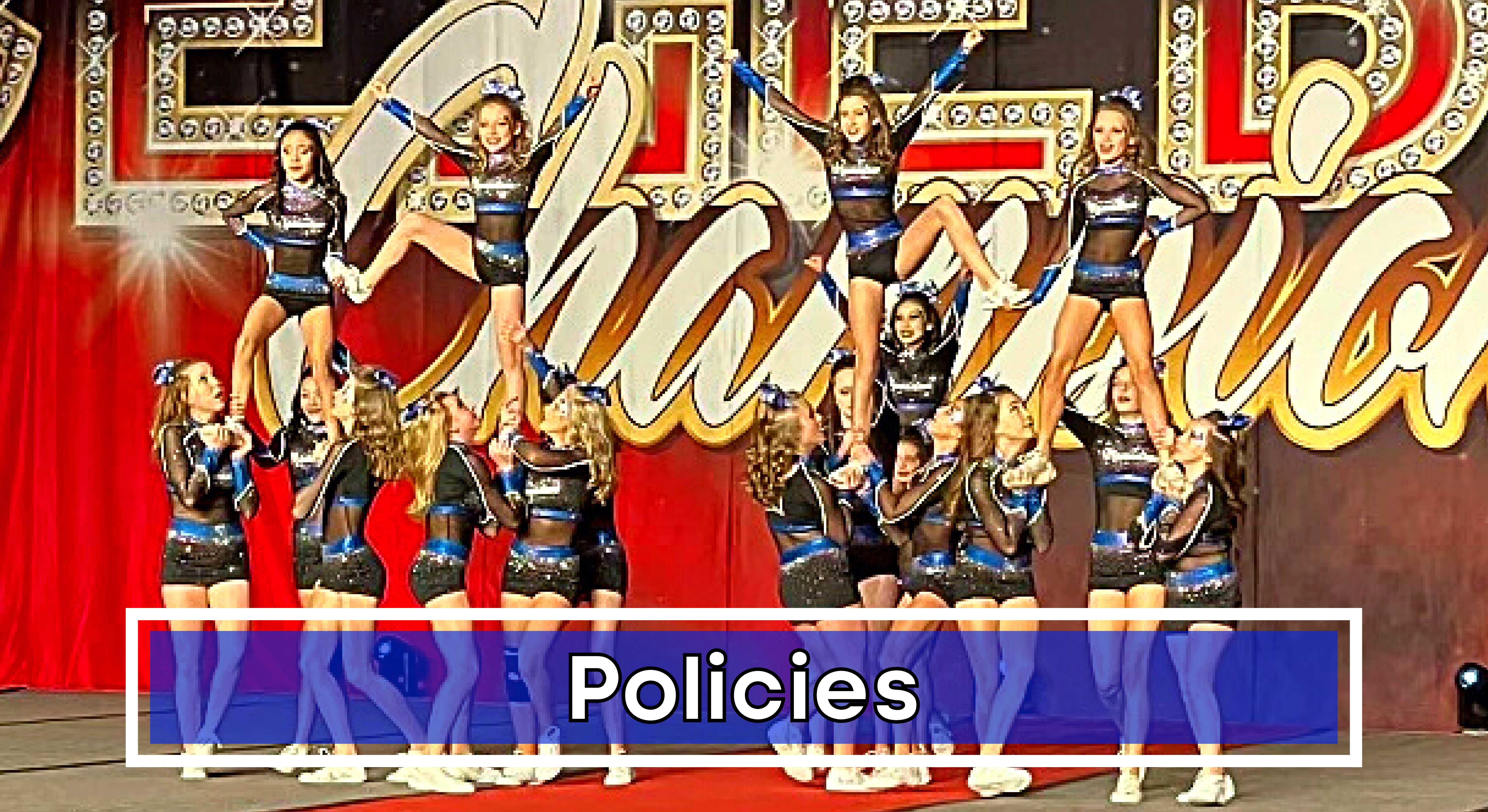
General Fund Fundraising:

These are fundraisers that will go into the 501(c)(3) organization to benefit all competitive team athletes that are part of a program at Momentum to assist in offsetting competitive team costs related to team gymnastics, team cheerleading. These are fundraisers in which organizations/individuals need tax deductions for their contributions. These funds raised in the general fund have to be split evenly across all competitive team athletes at Momentum.

Cheerleading is expensive! Momentum will offer two fundraising events for the Elite Teams to come together and raise money where the funds will be credited to our general fund. This can help offset any competition fees that are directly related to the Momentum Elite All Star Teams and competitions. Fundraising monies cannot be paid out to athlete's upon their departure from the program. These funds are only to be used to directly offset competition costs for their sport.

We will have two fundraisers we will participate in this season. All of our Elite athletes will take part in these fundraisers and will benefit from them. Our hope is that we will be able to lower your Team Fees by fundraising together!





Policies

COMMUNICATION

All team communication will be done through the Band App. Each team will have their own page where you can communicate with coaches, other parents and the management team.

Please do not mute notifications unless you are checking in daily.

ATTENDANCE

Teams become great by working together. All practices and camps are deemed mandatory.

Absences will be excused for school graded events, contagious illness or family emergencies. We ask that you provide at least 24 hour notice to your athlete's coach in these scenarios.

Absences will not be excused during camp or shark weeks under any and all circumstances. Shark weeks are the two weeks leading up to a competition. Coaches reserve the right to pull athletes at their discretion if absences occur during shark weeks.

EXTRA & CANCELED PRACTICES

We reserve the right to add or subtract practices as needed throughout the season. Tuition is not adjusted based on these circumstances. Practices can and may be adjusted due to staff travel, holidays, end of season events, choreography, etc

VACATIONS

Momentum has scheduled breaks throughout the year in which the gym is closed. We encourage your family to use this time for vacations, traveling, etc. We understand trips may be planned outside of these breaks, please ensure your plans do not interfere with the season prior to booking.

ATHLETE DEPARTURE

By accepting your athlete's position and signing our commitment form, you are committing your family to the 2022-2023 season. You understand and will adhere to our policies for all 12 months of the season. Injury or relocation circumstances will be handled on a case by case basis.

Athletes who depart the program early are not entitled to any refunds or reimbursements, and must finish their final month of tuition and fees.

MOMENTUM LOGO

New this season, is our incredible Mojo Shop. No longer will our logo be available for personal use. The logo is the property of Momentum Athletic Center and decisions regarding how it is to be used rest solely with the our gym. Personal use of the Momentum logo, or gym name is forbidden. The Momentum name, and logo cannot be used in any form by any athlete, parent or business.

The name, and logo are all vital parts of the Momentum Athletic Center brand and image. Consistency in their usage helps to develop and maintain the brand and lends credibility to athletic endeavors. As such, the name, and logo may not be redrawn, reconstructed, or modified in any way.

Use of the Momentum Athletic Center name, or logo on personal items such as t-shirts, sweatshirts, sunglasses, water bottles, tumblers etc is expressly forbidden.



ATHLETES NAME

Attach Picture Here

What would be your greatest contribution as a team member?

Birthdate month/day/year

Height

Athlete Top Size

Grade & School

Weight

Athlete Bottom Size

Have you cheered before?

If so, where?

What is your highest tumbling skill?

NONE FLYER MAIN BASE SIDE BASE BACKSPOT

Which stunt position do you have experience with?

(CIRCLE ALL THAT APPLY)

What are your strengths?

I am motivated by:

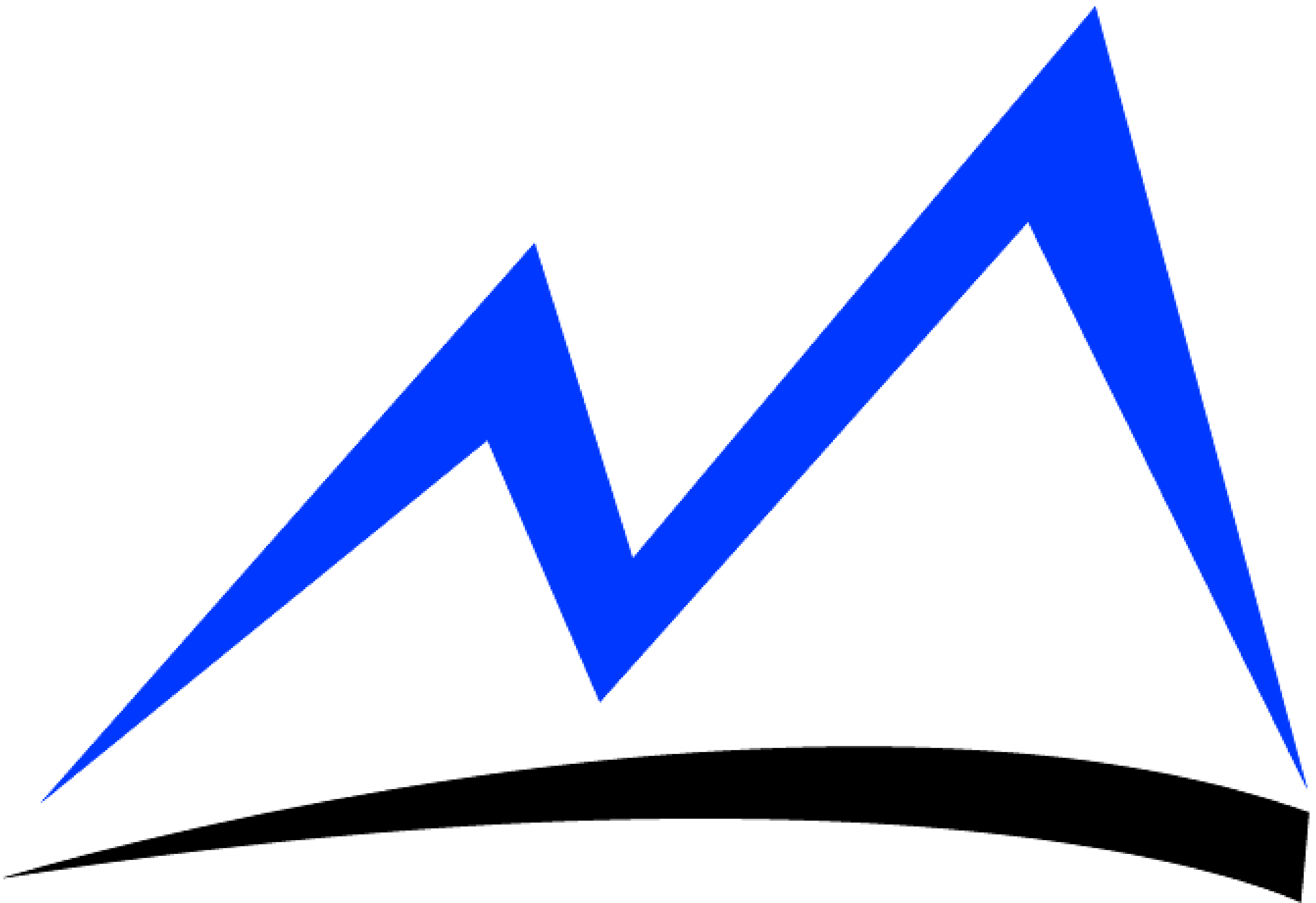
ANY KNOWN CONFLICTS

Do you participate in any other extra-curricular activities? If so, what and when?

Would you be willing to cross compete on two teams for the 2022 – 2023 season?
(1.5x tuition & extra Team Fees)

MOMENTUM TRYOUT NOTES:

STAFF USE ONLY



MOMENTUM COMMITMENT

Date : _____

Parent Printed : _____

Parent Signature : _____

Athlete Printed : _____

Athlete Signature : _____