



Cheerleading Teams and Schedules

Recreational Youth Team

Ages: 6-10

Practice Schedule: Tuesdays, 5:30pm- 6:30

Costs: \$108 per 8-week session

*Performance Costs: \$10-20 for team shirt/shorts



Our recreational youth team focuses on basic cheer skill development. This team offers an opportunity to try out a cheer program without all the financial and time commitments that all-star (competitive) teams require. During the session, students learn all the fundamentals of cheerleading including stunting, beginning tumbling, jumps, motions, dance, formations, and some cheers. This class welcomes a variety of skill levels- from beginners and on! Extra tumbling classes are also available on Tuesdays and Thursdays from 5:15 to 6:15pm.

*Students will learn a routine to perform at Metro's Mini Nationals in May and December. Mini Nationals are held at Metro Gymnastics Center and are open to all friends and family. If your child is enrolled in a session when these performances occur and they would like to perform with their team, we ask you to purchase the team shirt and shorts (\$10-20 total).

Middle School Competition Team

Ages: 14 and younger

(NOTE: The age of the competitor as of August 31, 2011 will be the age used for competition purposes throughout the 2011-2012 season)

Schedule & Costs: See below

Our middle school team works on developing all the fundamental skills of cheerleading as well as more advanced skills for competition. It functions as a high school prep team for those who need to learn the skills to try out for their high school team but do not want to commit to all-star cheerleading to learn them.

Beginning this winter, the team will also compete at 2 or 3 local competitions in the level 1/2 Junior Division. Competition requires a greater commitment to the team, although the focus is still learning cheerleading and having fun.

In order to prepare for competition, our fall practices will be longer and require a mandatory tumbling class (offered Tuesdays and Wednesdays). It is highly recommended to take both tumbling classes in order to learn skills required for competition.

***We ask that if you choose to sign up for competition team, you commit to the entire session, as cheerleading is a team sport and requires everyone to make the routine work. In addition, it is up to the coach's discretion to decide if child is ready to compete. Too many missed practices or not meeting necessary skill requirements may result in child's ineligibility to compete.

<u>Metro Middle School Cheer Schedule</u>		
Fall Session (Sep 12 - Nov 5)		
Tuesdays	Tumbling	5:15- 6:15pm
	Cheer	6:30 - 8:00pm
Thursdays	Tumbling	5:15- 6:15pm
* Choose at least one of above tumbling classes		
Winter Session (Nov 5 -Dec 24)		
Tuesdays	Tumbling	5:15- 6:15pm
	Cheer	6:30 - 8:30pm
Thursdays	Tumbling	5:15- 6:15pm
* Choose at least one of above tumbling classes		
Winter Session (Jan - Mar??)		
Tuesdays	Tumbling	5:15- 6:15pm
	Cheer	6:30 - 8:30pm
Thursdays	Tumbling	5:15- 6:15pm
* Choose at least one of above tumbling classes		

TENTATIVE Performance/Competition Schedule:

December 2011 – Mini Nationals, Metro Gymnastics Center (exhibition)

December 3, 2011 – Tigard Holiday Invitational, Tigard High School

January 28, 2012 – Crusader Challenge, Jesuit High School

February 2, 2012- Last Chance Cheer Competition, Tualatin High School

Costs:

- \$175 per 8-week session- includes 1.5 hours cheer instruction and 1 hour of mandatory tumbling instruction
- Additional 1-hour tumbling class: add on \$25 per 8-week session
- \$50 competition fee*

*For team members participating during competition season (fall/winter sessions), an extra competition fee of \$50 is charged to cover competition entry fees and team shirts/shorts.