

ROWLAND/BALLARD - ATASCOCITA 2018-2019 CHEERLEADING (AGES 4 - UP)

Director: Carley Ungerecht
Assistant director: Casey Moore

The proper foundation for great fun and awesome cheerleading begins at Rowland/Ballard. Our cheer program has directors and teachers that have competed and performed at the highest collegiate level. If you're serious about cheerleading and have interest in growing and developing your cheer skills, tumbling skills, stunting skills, and enjoy performing to music, then the Rowland/Ballard cheer program is right for you. Our state of the art facility is loaded with great equipment and our coaches strive to maximize the benefits for each child by balancing all the elements of enjoyment, discipline, and increased self-esteem right along with proper skill development. Rowland/Ballard is also the training home of the "National Champions" Caliber Cheer Starz. Caliber Cheer Starz compete in national events and have a proven history of winning at the highest level. Our primary goal is to provide our squads the very best training environment while teaching ideals such as teamwork, sportsmanship, integrity, and work ethic.

CLASS REGISTRATION: All students must register through our online PARENT PORTAL. The anniversary registration fee covers each student's participation in all Rowland/Ballard programs for 12 months, and is non-refundable.

Regular Tuition: \$96.00 Per Month (1 Hour)

Summer Break: May 28-June 3, 2018

Fall Break: July 29-August 4, 2018

Thanksgiving Holiday: November 20 – 24, 2018

Spring Break: March 11 – 16, 2019

Anniversary Registration Fee: \$50

Independence Day: July 4, 2018

Labor Day: September 3, 2018

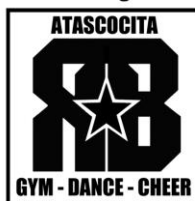
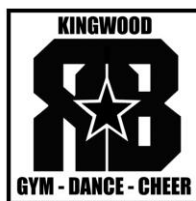
Christmas Holiday: Dec. 23 – Jan. 5

Registration Process: We've done our best to make the online registration easy for you to complete. You must first go to our website and follow the link that has been activated for class registration. The step-by-step enrollment process is easy to understand. Please call if you have any questions or technical difficulties.

Step 1: Visit our website (www.rowlandballard.com) and "click" the PARENT PORTAL activation link.

Step 2: Once you've activated the PARENT PORTAL link, you will see 4 options to consider for class registration. Simply "click" the tab that represents the location and program you wish to enroll. Follow the online prompts and complete your registration profile form. Call our front desk if you have any questions.

"CLICK" PARENT PORTAL on our website to access the registration activation links.



Select the LOCATION / PROGRAM that you wish to enroll.

TUMBLING CLASSES: The Rowland/Ballard tumbling program offers the most advanced class development and technical instruction. Our technical expertise and unmatched facility / equipment allows our tumblers to advance beyond the basic tumbling levels. Great tumbling technique is the only way to achieve advanced tumbling skills. Our instructors are the very best at challenging students to grow beyond the basic elements and attain the higher tumbling skills needed to compete.

TUMBLE CUBS ages 5-7 & TUMBLE TIGERS ages 8-11: This class has been specifically designed for our younger tumblers.

ELITE TUMBLE TIGERS ages 8-11: The young tumblers in this group must be able to perform a flip-flop with NO spot.

BEGINNER TUMBLING ages 10+: New to floor tumbling. This class will train cartwheels, round-offs, flip-flops, and r-off flip-flops.

INTERMEDIATE TUMBLING ages 10+: Must be able to perform round-off, cartwheel, and may need lite spot with flip-flop

ADVANCED TUMBLING ages 10+: Athletes in this group must be able to perform (2) flip-flop with NO spot.

SUPER CHEER TUMBLING ages 10+: Our Super Cheer Tumbling class offers an intensified training opportunity for serious cheerleaders. These students will be challenged in tumbling, cheer elements, and conditioning. The perfect combination of these unique disciplines make our Super Cheer Tumbling class the perfect training for current cheerleaders and future cheerleaders!

SATURDAY "BONUS" TUMBLING: All registered Rowland/Ballard tumbling students may attend our Saturday Bonus Tumbling class. This bonus tumbling class is for registered Rowland/Ballard tumbling students only.

ATASCOCITA LOCATION: 2018-2019 CHEERLEADING

"We have the perfect cheer class for you!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 – 5:30 CHEER PREP (5-7)	4:30 – 5:30 CHEER PREP (5-7) 4:15-5:30 LITTLE NOVAS	4:30 – 5:30 CHEER PREP (8-11)	4:30 – 5:30 LITTLE DIPPERS 4:15-5:30 LITTLE NOVAS		
5:30 – 6:30 CHEER PREP (8-11) SHOOTING STARZ TUMBLING	5:30 – 6:30 CHEER PREP (8-11) COMETS TUMBLING	5:30 – 6:30 CHEER PREP (5-7) ROCKETS TUMBLING	5:30 – 6:30 CHEER PREP (5-7) LITTLE NOVAS TUMBLING	5:00 – 7:00 ROCKETS	
6:30 – 7:45 COMETS	6:30 – 8:30 SHOOTING STARZ	6:30 – 7:45 COMETS	6:30 – 7:30 CHEER PREP (8-11) 6:30 – 8:30 SHOOTING STARZ	FRIDAY FUN GYM 7:00–9:30	SATURDAY BONUS TUMBLING 11:00–12:00
7:30 – 9:00 SUPER CHEER 7:30-8:30PM FLYER FLEXIBILITY	7:00 – 9:00 ROCKETS	7:30 – 9:00 SUPER CHEER			

DEVELOPMENTAL CHEER CLASSES (1 HOUR/\$96 Monthly)

CHEER PREP (5-7), CHEER PREP (8-11) - Developmental cheerleading will receive 1 hour of instruction each week dedicated to cheer motions, jumps, tumbling and flexibility.

FLYER FLEXIBILITY CLASS (1 HOUR/\$96 Monthly)

During this 1 hour class your athlete will work on the balance, flexibility, and strength needed to learn the fundamentals of flying. These athletes will work on a variety of body positions including liberty, heel stretch, scorpion, scale, arabesque, and bow & arrow.

COMPETITIVE CHEERLEADING TEAMS

LITTLE DIPPERS TINY PRE-TEAM (3 HOURS / \$175 Monthly) – Our Little Dipper’s “Tiny pre-team” will attend the same events as our competitive cheer teams. The Little Dipper’s will perform their routines on the competition floor in an exciting environment. This is an entry-level cheerleading team with the primary goals of having fun and gaining confidence in a competitive atmosphere. These are our future competitive athletes.

LITTLE NOVAS/COMETS ALL-STAR PREP TEAMS (3.5 HOURS / \$188 Monthly) – The Caliber All-Star Prep Team is the perfect introduction to competitive cheerleading. There is tremendous excitement for being a member on the Caliber All-Star Prep Team as our students have fun and work hard to improve their cheer skills. Along with working hard to improve the technical elements of cheerleading, we also reinforce a positive attitude and sportsmanship. Our All-Star Prep teams will learn a 2-minute competition routine that includes tumbling, stunting, jumping, and a dance. Participation in the Caliber All-Star Prep team requires little experience and is a blast for our students. All-star prep teams only compete against other All-Star prep teams in their division. All competitive programs (gymnastics and cheer) tuition payments will continue on the credit card or bank draft system.

SHOOTING STARZ/ROCKETS ALL-STAR TEAMS (5 HOURS / \$225 Monthly) – Our competitive squads will compete against other competitive cheer programs and perform choreographed routines that consist of motions, jumps, tumbling, stunts/pyramids, and dance. We are dedicated to providing our teams the very best competitive cheerleading experience.

