

ROWLAND/BALLARD - ATASCOCITA CHEERLEADING (AGES 5 - 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.

Regular Tuition: \$96.00 Per Month (1 Hour)
Memorial Break: May 27th-June 1st 2019
Fall Break: July 29th -August 3rd 2019
Labor Day: September 2nd 2019

Anniversary Registration Fee: \$50
Thanksgiving Break: November 26th-30th
Christmas Break: Dec 23rd 2019-Jan 4th 2020
Spring Break: March 9th -14th 2020

STUDENT REGISTRATION PROCESS: We are proud to offer our customers 2 ways to register for classes. The anniversary registration fee covers each student's participation in all Rowland/Ballard programs for 12 months and is non-refundable.

REGISTRATION OPTION 1 (Preferred Method): Our mobile app is available on Apple's App Store and also on Google Play. Download the Rowland/Ballard app on your mobile device, then choose a location, a program, and away you go. This easy step-by-step enrollment process makes signing up for classes a breeze. The app will work on any mobile device and allows families to navigate through our programs and will also let us communicate directly with you about emergency situations and/or unique program opportunities.



Download our app today!

REGISTRATION OPTION 2: Visit www.rowlandballard.com and click the PARENT PORTAL activation link. You will then see 4 options to consider for class registration. Simply click the location and program you wish to enroll. Follow the online prompts and complete your registration profile form.

NEED HELP? Call our front desk if you have any questions or issues during registration!

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: 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)	4:30 – 5:30 CHEER PREP (8-11)	4:30-5:30		
5:30 – 6:30 CHEER PREP (8-11) FLYER FLEXIBILITY	5:30 – 6:30 CHEER PREP (8-11)	5:30 – 6:30 CHEER PREP (5-7)	5:30 – 6:30 CHEER PREP (5-7) LITTLE NOVAS	5:00 – 7:00 ROCKETS 5:30 – 6:30 PREP TEAM TUMBLING	
6:30 – 7:45 LITTLE NOVAS	6:30 – 8:30 SHOOTING STARZ	6:30-8:30 ROCKETS	6:30 – 7:30 CHEER PREP (8-11) 6:30 – 8:30 SHOOTING STARZ	FRIDAY FUN GYM 7:00–9:30	SATURDAY BONUS TUMBLING 12:00–1:00
7:30-8:45PM ALL STAR TEAM TUMBLING		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 (1HOUR/\$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 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.

