

**2023-2024
HALF YEAR TEAMS**



**PERFORMANCE REC TEAM
INFORMATION PACKET**



2023-2024 Half Year Season

PRIMETIME CHEER has entered season 3! We are thankful for your interest in our growing program. Our coaches are experienced individuals who will guide your athlete to success. They provide instruction on cheerleading technique as well as choreography, stunts, jumps and overall team performance. Our role involves developing athletes skills, coordinating routines and ensuring safety during practices and performances. Our coaches will foster team unity, motivation and positive attitudes while encouraging personal growth and achievement. The half year season goes from November-April.

The following packet attempts to provide all of the relevant information in one place. If you have any further questions, please don't hesitate to email us at **info@primetimecheer.com**

Registration

Every interested athlete needs to be registered for Placement Day . On Placement Day we understand the athletes committing to participating in the half year season. Registration by parents/guardians is done electronically on our [registration web page](#). You will be asked to submit your athlete's birth certificate and headshot photo.

\$150 - Registration fee before 08/01

\$200 - Registration fee on/after 10/01

Due: at time of registration

Registration fee must be paid prior to being placed on a team.

Age Groups

- ★ **Senior:** 17U
- ★ **Junior:** 15U
- ★ **Youth:** 12U
- ★ **Mini:** 8U
- ★ **Tiny:** 7U

Placements



Everyone makes a team!

Athletes are placed on a team at the discretion of the coaches. This is based on a variety of factors including age, ability and experience. We will try to match up the athletes by skill level to the best of our ability.

Process:

Athletes will demonstrate jumps, tumbling skills, and choreography in group settings. This is not intended to be a stressful day, and we should comfort our athletes letting them know everyone makes a team.

Join Us For Placements

Team Placements: November 5th & 7th 2023.

Practices begin the week of November 13th

Sunday November 5th, 2023

Birth years: 2015-2018	3:00-4:00 pm
Birth years: 2012-2014	4:15-5:15 pm
Birth years: 2011-2006	5:30-6:30 pm

Tuesday November 7th, 2023

Birth years: 2015-2018	5:15-6:00pm
Birth years: 2012-2014	6:15-7:15 pm
Birth years: 2011-2006	7:30-8:30 pm

Team announcements:

A congratulatory email will be sent to all registering parents/guardians. The email will include the team your child made, season calendar, & coaches information.

Half year team practices: This schedule is tentative on team placements. Athletes that under the age of certain teams may still be placed on that higher aged team, pending tumbling and stunting skills

Team 1 (8U)

Sundays 2:00-3:15 pm

Tuesdays 5:15-6:15 pm

Team 2(12U)

Mondays 6:30-8:00 pm

Thursday 7:00-8:30 pm

Team 3 (14U)

Sundays 3:15-5:15 pm

Tuesdays 6:15-7:30 pm

Team 4 (17U)

Sundays 5:30-7:30 pm

Tuesdays 7:30-8:30 pm

Tumbling skills by level

	Basic	Intermediate	Advanced
LEVEL 1	Forward Roll Backward Roll Round off Cartwheel Bridge	Backbend Kickover Jump to Forward Roll Handstand Forward Roll Cartwheel Back Walkover Forward Roll Connection Backward Roll Connection	Back Extension Roll Back Walkover Series Front Walkover Series FWO Cartwheel BWO Forward Roll FWO Switch Leg Back Walkover Switch Leg Front Walkover Specialty Pass*2
LEVEL 2	Standing Back handspring Back handspring pause Back handspring 2 Jumps pause Back handspring Round off Back handspring	Straight Jump Back handspring Back WalkoverBack handspring RO Series Back handspring Front Walkover Round Off Back handspring Front Handspring	Back Ext. Roll Back walkover Back handspring Back handspring Back Walkover Back handspring Front walkover RO Back handspring Series Specialty Pass* Jump Back handspring Step Out RO handspring Tuck
LEVEL 3	Standing 2 Back handspring Jump to Back handspring RO Back handspring Tuck Standing Tuck	Standing 3 Backhandspring 2+ Jumps to Backhandspring Series Front Walkover Round Off Backhandspring Tuck Punch Front	Front walkover RO handspring Step Out RO handspring tuck RO handspring Tuck-Jump handspring Specialty Pass* Punch Front thru RO BHS tuck
LEVEL 4	Jump to Back handspring Tuck Standing Back handspring Tuck RO Back handspring Layout	3 Jumps to 3 Back handspring Tuck Front walkover RO Back handspring Layout Standing series to a Tuck Punch front pause thru to Layout	RO BHS Layout RO-whip-tuck RO BHS seires to layout Punch front thru RO BHS layout

*** These are the skills used when placing athletes on a team.
Athletes without the above skills could still make a higher level team based on the need of stunting positions for said team.
This is at the discretion of coaches

Attendance/Expectations

All teams will have two scheduled practices each week. Every athlete is expected to attend every practice. If athletes miss too many practices, we may re-evaluate the athlete's position on the team.

- 1. Parents should encourage their athletes to always treat fellow teammates, & coaches with respect.
- 2. Parents should defer to the coaches' discretion regarding team decisions.
- 3. Parents should not withhold a child from practice, or competition (if applicable). This should never be used as a form of punishment. This punishes not only your child but every other team member.
- 4. Parents should ensure that athletes arrive on time to practice.
- 5. All practices and competitions are mandatory.
- 6. Athletes will be allowed three (3) unexcused practice throughout the Nov-April season. Excessive absences/tardies will be taken into consideration in competition choreography.

Examples of excused absences:

- Athlete is sick
- Serious illness or death in the family
- Mandatory school event.

When an athlete knows that he/she is going to be absent or late, he/she has the responsibility to notify their coach in advance, otherwise it will be treated as an unexcused absence. Also, Coaches understand that occasional conflicts arise, and we prioritize academics first.



Teams and Fees

Tiny, Mini, Youth, JR, & Senior Teams

Ages 18 & Younger

2 practices a week

Cost: \$180/month for 6 months

Included in Cost:

Tuition, weekly practices, routine music, choreography, competition fees (3-4), competition bow

Not Included:

Competition uniform (\$200, yours to keep), Cheer shoes: We ask you purchase any all white sneaker you prefer (unless already have) *All other PRIMETIME CHEER apparel is optional*

Payments

Payments can be paid via credit card, cash or check. Primetime Cheer will send out email invoices days in advance as a courtesy. Monthly Payments are due on the first of each month. If payment is not received within 5 days of the due date, a \$25 late fee will be added to the monthly fee and athletes will not be able to participate until the balance is no longer outstanding.

Monthly fees cannot be prorated for any reason and all fees are non-refundable. Any athlete that decides not to finish out the season for any reason, is still

required to make the monthly payments.

Competitions & Travel

Travel Accommodations:

All travel expenses for competitions are the responsibility of each family. There will be 1 event where hotel accommodations will be required(April 6-7). All other events are local and hotel stays are optional.

Competition Schedule:

DATES	EVENT	LOCATION	TEAMS ATTENDING	BID TO THE ONE OFFERED
01/20/24	Winter Beach Blast Championship	Erie, PA	Royalty Dynasty Lady Reign	X
02/03/24	The Big Chill	Rochester, NY	ALL Teams Full & Half year	X
03/9-03/10	Queen City Championship	Orchard Park, NY	ALL Teams Full & Half year	X
3/16/24	Aloha Showdown	Syracuse, NY	ALL Teams Full & Half year	
4/6-4/7	Lake Erie National Cheer Championship	Erie, PA	ALL Teams Full & Half year *NOT LADY REIGN*	X
4/13-4/14	THE ONE	Sandusky, OH	Lady Reign Only *Pending bid*	

FAQ's

1. What is performance rec?

Performance rec is a happy medium between recreational cheer and all star cheer. Though there are slight differences, performance rec cheer mirrors all star skills and levels very closely. In performance rec divisions, athletes are placed on teams by age, and skill level, up to level 4.

2. Can I cheer for performance rec, as well as a school team?

Yes! Practices and competitions are planned around the school competitions.

3. Where do we practice?

PRIMETIME CHEER, 75 Berman Park, Rochester, NY 14624

4. What if I cannot make the team placements?

That's okay. All athletes need to be registered with payment by Nov 1st, 2023. If you are not able to make the placement day, please email us at info@primetimecheer.com to set up a makeup evaluation.