

DCA RUSH-2018

Quarter Season Cheer Team Information for High School Athletes

DCA RUSH is our quarter season program for our area high school cheerleaders (girls and boys) who would like to experience cheering when the IHSA season ends, as well as come together with other local high school athletes looking to increase their skills and be part of something AMAZING! It is a senior team with the focus being mainly on high school students ages 14-18. As to the level, we are working on that and it really depends on the skill of the athletes. In the past this team has been a Senior Level 4 which would mean we are looking for multiple back handsprings to layouts, standing tucks and full extension stunts.

The biggest question we get about this short season program is people thinking this is a recruiting program for our full season cheer program. Please be assured that it is not our intention to “recruit” high school cheerleaders at all. You have already invested long hours with your teams and we know that cheering in high school is a special privilege for those who choose it. So DCA Rush is an opportunity to keep in shape, learn new skills, make new friends with other local high school cheerleaders, and then when quarter season ends in May you will return to your high school team ready to bring with you all the knowledge you learned from this short season.

PROGRAM DATES FOR DCA RUSH:

We will start practices AFTER IHSA state- the week of February 5th and the program lasts through the first week of May with the final competition in Orlando! We understand some athletes are still cheering for their high school basketball teams and if this is the case, we will work with you with days you need off for cheering for games.

FUNDRAISING:

Since this is a very short season, if you are interested in fundraising, you can start fundraising in February with our other short season teams. Info will be available at the front desk in early February.

COMPETITIONS:

- April 7th- in-house showcase. All DCA teams will perform for each other as we cheer each other on in preparation for our April 14th competition (*if RUSH does not go to April 14th competition, team will still be required to perform at this April 7th event. Times TBA*).
- April 14th- Xtreme Spirit Championships at Navy Pier in Chicago (*tentative*).
- May 5/6 - Xtreme Spirit Elite Championships, Orlando, FL

ORLANDO FLORIDA COMPETITION INFORMATION:

We are going to the Xtreme Spirit's Elite Championships in Orlando, FL at the Hilton Disney Springs Area Resort (Buena Vista Palace). This is a 2 day competition where team will compete on Saturday and Sunday May 5th and 6th. Athletes will be expected to arrive Friday night and we always recommend flying out on Monday morning as we never know how late team will perform on the

Sunday. We are working on hotel booking information as well as looking into group packages for the Disney theme parks for those interested in staying and enjoying the parks while you are in Orlando.

SPRING BREAK:

We do not have any competitions planned for the traditional weeks of spring break (last week of March). If you are planning a spring break trip, you are free to take your vacation. However, we will still have practice during the weeks of spring break and those who are in town will work on the routine as much as possible plus focus on individual skills.

UNIFORMS:

Our uniforms are midriff covering and very flattering on all body types. We will size for uniforms within the first few weeks. Girls will receive a competition bow as part of their competitive uniform, but will not be required to purchase new shoes or make up. Boy's uniform is very simple and will most likely cost less than girl's uniform.

PRACTICE SCHEDULE- TENTATIVE

Wednesdays 7:15 - 9:15pm & Saturdays 2-5pm (possible some Sundays in the beginning to learn choreography/skills). **LOOKING TO START TEAM PRACTICES ON SATURDAY FEB 10TH.**

COST & PAYMENT SCHEDULE:

Due to the very short nature of this season, the payment schedule is abbreviated in comparison to our other teams and the amounts are therefore larger. Plus, we have to collect a certain amount of money up front as we place uniform orders right away and have to register for competitions within weeks of the team starting. Everything is faster with a quarter season and unfortunately, this includes the payment schedule. We are always willing to work with families so please contact us if you have any issues with payment schedule.

February 10 - \$342

March 10 - \$342

April 10- \$342

TOTAL COST OF PROGRAM: \$1026 and this includes team practices, uniform, bow, professional music and choreography, competition and team fees. Tumbling classes are extra. Athletes will tumble during practice but practices are more for working on skills for routine, not necessarily for improving tumbling skills. Team kids also can come into Friday night open work outs for only \$5 (Fridays 7:30 - 9pm) which is a great time to work new tumbling skills.

I'm interested in DCA RUSH...NOW WHAT???

If you are interested in RUSH, please email or call us and we can answer any questions you might have and get you on the roster. If you are not sure about the skill level, give us a call and we can talk you through what we look for and/or have you come in for a quick evaluation.

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