

DCA Momentum 2019

DuPage Cheer & Power Tumbling, 26W251 St. Charles Road, Carol Stream IL
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What is DCA Momentum?

DCA Momentum is a recital-like beginner cheer program made up of girls ages 5-10 years old who are interested in learning more about cheer in a non-competitive but fun and encouraging atmosphere. No prior cheer experience is necessary. We will focus on the basics of cheerleading including motions, stunting, jumps and tumbling with the goal of putting a routine together that the girls will perform at an in-house showcase and as an exhibition team at a big competition in the Chicago area along with our other competitive cheerleading teams. This team will not compete against other teams but will be an exhibition team in an effort to teach the girls the basics of cheerleading and instill a love for the sport without the burden of competition, judging, scores, etc.

The program consists of taking a tumbling class 1x a week where the girls will be working on skills they will be able to use in the final routine and then one team day on Saturday where coaches will teach:

- proper technique to set up a cheer jump
- stunting including basing and flying body positions
- age-appropriate dance including cheer motions
- how to work as a team to accomplish a common goal
- instilling a love and appreciation for cheer and tumbling

Momentum Practice Schedule: January 12 - April 26

- Team practice: Saturdays 1-3pm
- Weekday tumbling class- you choose time/day (see schedule for offerings)
- all Saturday practices are mandatory
- Please arrive a few minutes early so you can help your child put her cheer shoes on (remember, arrive in different shoes and then change to keep our floors clean and your shoes too!).
- If there is a cancellation in practice, it will be on the shutterfly calendar OR you will receive an email. We may need to add some practices as we get closer to performance dates- no additional cost.

What To Expect at Each Practice

Each practice girls will learn and practice motions, jumps, stunting, tumbling and cheer dance. Coaches will make sure every girl has opportunity to try different stunting positions and they will be placed in the routine so that everyone shines and has opportunity to showcase their best skills. Week by week they will be putting together the final routine as they build skills and learn the choreography with the last few weeks leading up to their first performance dedicated to polishing and memorizing the routine to the music.

It is important that the girls come to every practice as each week they cover a lot of material and the coaches don't necessarily have time each week to go back and re-teach all the skills to one or two kids that they missed. We understand that sometimes things come up and you have to miss. Please just try to really manage these absences so your daughter doesn't get anxious when she doesn't know the new parts of routine. This is also a team sport so if your daughter is missing, that means

her stunt group cannot practice as they all are important and have a role in the stunts and overall routine. As the routine comes together, we will allow parents into the gym to record sections of the routine so the girls can watch routine and practice at home. This is helpful in cementing the motions and dance moves and instilling confidence in themselves as they progress and prepare for the final performances.

Performance/Event Dates

Saturday February 23 - All team, in house skill camp, performance and bonding lock in. All of DCA's teams will come in this day to performance their routines thus far for each other, work on some skills with additional coaches, bond with the other teams and then share in a pasta dinner. This is an athlete-only event and times will be announced closer to program start date.

Saturday April 6th -Xtreme Spirit's Chicago Battle Royal in Chicago area. Team will perform as an exhibition team on a big stage with all the lights and music and glam that cheer brings. After the performance, we will meet with the team and hand out their awards and take pictures. ***Please note this date could change to Sunday April 7th. Cheer competitions reserve the right to change days for performances so please save the entire weekend.

Saturday April 13th - DCA's in-house showcase where all our teams will be performing for each other and we all get to rally around each other and cheer each other on. Great bonding time. This is an ideal event to invite family and friends to see your child perform for free instead of trekking out to expensive competition venues. Times will be announced closer to date.

Momentum Cost

The total cost for Momentum for 2019 is \$956. This includes tuition for one tumbling class per week January 12 - April 27, continuing that tumbling class through end of May, Saturday cheer practices from January 12- end of April, performance uniform, shoes, bows, practice tshirt, music, choreography, coach's travel fees and performance fee.

Payment Schedule for Momentum

January 10	\$239	January payment
February 10	\$239	February payment
March 10	\$239	March payment
April 10	\$239	April payment

How To Save Money

- have shoes from last year? Save \$60
- have the Momentum practice t-shirt from last year? Save \$25
- we will offer optional fundraising where all profits go towards your child's fees.
- sibling on one of our other teams? We offer sibling discounts on tuition.

We are Interested...Now What?

- email us at dcateams@dupagetumbling.com and let us know you are in for Momentum!
Registration deadline is Monday January 7th. We may be add athletes to the program after this date but we do have a preferred number for this program and once we hit it, we will close the program registration.
- Once we receive your commitment via email, we will add you to our Momentum list and you will receive communications via email for important dates and reminders leading up to the first Saturday practice and parent meeting on Saturday January 12th.
- your first payment is due January 10th and can be paid by check, cash or credit card. All future payments will be set up on automatic billing on the 10th of each month with a credit card. If you choose to pay with a check or cash, you can bring payment in at least 2 business days before the 10th so we can turn off auto billing (all athletes must have a credit card on file).

Important Dates:

- Now through January 7th - sign up for Momentum!
- **Saturday January 12th - FIRST DAY OF PRACTICE & PARENT MEETING.** During this practice we will size the girls for their practice tees and uniforms, our shoe supplier will be there to size the girls for shoes (girls will get shoes and be able to wear them on this first practice), we will have a 15 minute parent meeting where we will introduce the coaching staff, collect forms and payments and answer any questions, and then the girls will have a fun practice of getting to know the coaches and the other girls on the team.

Any questions, please reach out to our Cheer Director, Ailish at dcateams@dupagetumbling.com or call 630-588-9000.

Thank you for considering DCA Momentum and
we look forward to cheering with you!!!