



DCA Beginner Cheer Team Fall Session- Hot Shots & Momentum 2021

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Welcome to the DCA family!

DCA Hot Shots/Momentum is a recital-like beginner cheer program made up of girls ages 3-6(hot Shots) 6-8(momentum) 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 (if on Momentum), jumps and tumbling with the goal of putting a routine together that the girls will perform at an in-house showcase and at one Allstar competition in the novice division. This teams focus is to teach the girls the basics of cheerleading and instill a love for the sport without the burden of competition, judging, scores, etc.

The novice division allows the girls to get the feeling of competition without going up against other teams. They will perform at the Allstar competition and get judges feed back on how to improve their cheerleading skills as a team. We LOVE our novice teams! Hot Shots will perform in the tiny novice division and Momentum will perform in the mini novice division.

The program consists of taking a tumbling class 1x a week (choose your day) 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
- individual stunting technique including lifting technique for bases and body positions for flyers. Plus, stunting for Momentum
- 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



Practice Schedule: September 11- December 18

- Team practice: Saturday 2-3 (Hot Shots), Saturday 3:00 - 4:30pm (Momentum),
- Weekday tumbling class- you choose time/day (see schedule for offerings)
- all team practices (Saturday) are mandatory. We will post videos in the BAND app, so if you need to miss you'll be caught up.
- 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!).
- We may need to add some practices as we get closer to performance dates to ensure the team knows their routine- no additional cost.

Practice Schedule

September 11th

September 18th

September 25th

October 2nd

October 9th

October 16th

October 23rd

October 30th

November 6th

November 13th

November 27th: canceled for thanksgiving

December 4th

December 11th

December 12th: Xtreme spirit Allstar performance

December 18th: in-house showcase: time TBA

How to register

Online through the parent portal! <https://app.iclasspro.com/portal/dupagecheerpowertumbling> or find the portal at dupagecheer.com

Look for the DCA fall beginner cheer team and register. You will then receive a email from us confirming your registration and letting you know what team your child is on (either Hot Shots or Momentum).

Performance/Event Dates

December 12: Xtreme Spirit Allstar performance in Grayslake IL (subject to change)

December 18: We are still working out the details for the in-house performance. We will keep you updated

Payment Schedule:

To make it easier for everyone, we are dividing the total fee for the 4-month program into 4 payments. These fees include: tuition for September - December (1 tumbling class + Saturday practice/week), uniform, bows, music & choreography, admin fee.

September 10 -	Hot Shots: \$189 Momentum: \$220
October 10-	Hot Shots: \$189 Momentum: \$220
November 10 -	Hot Shots: \$189 Momentum: \$220
December 10 -	Hot Shots: \$189 Momentum: \$220

Additional Fees:

* if you have not paid our annual membership fee for 2020-2021 school year, you will be charged this fee with your first registration fee (\$35)

Parent Meeting:

We will have a quick parent meeting via ZOOM on Friday, September 17th at 6pm. Should only take 15-20 minutes and we will go over the practice schedule and what to expect at each practice, fee schedule, performance plans, etc. Please ensure at least one parent for each athlete is on this call. We will email you the Zoom call info the week before.

First Practice: September 11

Please just wear comfortable shorts and t-shirt and hair up out of face and clean all white shoes. The shoes just need to be COMPLETELY white and for in the gym use only. I will provide a link to the shoes I suggest getting. We will play some games to get to know each other and then learn some fun cheers and motions.

Email or call with any questions you have! dcateams@dupagetumbling.com or
630-588-9000

EXCITED TO CHEER WITH YOU!!!