

DCA Beginner Cheer Team- Momentum 2020

DuPage Cheer & Power Tumbling, 26W251 St. Charles Road, Carol Stream IL
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Welcome to MOMENTUM!

DCA Momentum is a recital-like beginner cheer program made up of girls ages 5-8 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, individual stunting technique (no stunting allowed in Illinois for now), 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. 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 (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
- 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 12 - December 19

- Team practice: Saturdays 2:15 - 3:30pm. Closer to performances we may extend practices till 3:45 or even 4:00pm (no additional fee).
- Weekday tumbling class- you choose time/day (see schedule for offerings)
- all team practices (Saturdays) 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!).
- We may need to add some practices as we get closer to performance dates to ensure the team knows their routine- no additional cost.
- No Saturday practices on: October 31 (we will have on Friday night, October 30th instead), November 28 (Saturday of Thanksgiving).

Note on Practices: it is very important that your child attend every Saturday practice. This is where the girls learn the routine and it builds upon itself each week. Although we understand that sometimes you may have to miss, understand that if you have to miss a practice, she will struggle the following week when the rest of the team learned



that section of the routine already. This can make some children very anxious and nervous so we urge you to make sure your child makes it to Saturday practices.

Performance/Event Dates

December 11- 13- We are still working out the details for the in-house performance but plan for Friday or Saturday and then the exhibition showcase will be on Saturday or Sunday.

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 -	\$178
October 10 -	\$178
November 10 -	\$178
December 10 -	\$178

Additional Fees:

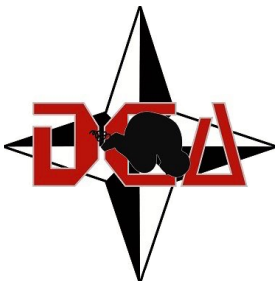
- * if you have not paid our annual membership fee for 2020-2021 school year, you will be charged this fee with your first September fee (\$35)
- * We have set up a teamstore with GTM/Championwear so you can order your practice t-shirt and cheer shoes direct from the company. There will be other OPTIONAL spirit wear items you can purchase if you like. A link will be emailed to you when the teamstore is ready for you to place order.
- * We have not charged for the exhibition/showcase fee as we don't know for sure if that will happen in December. If we are able to perform at an outside location, we will assess the fee then.

Parent Meeting:

We will have a quick parent meeting via ZOOM on Friday, September 11th at 6:30pm. Should only take 15-20 minutes and we will go over the practice schedule and what to expect at each practice, how to order your shoes and practice shirt from Championwear online, 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 next week.

First Practice: September 12th

Since we won't have any of our practice wear or shoes yet, please just wear comfortable shorts and t-shirt and hair up out of face and clean gym shoes. We will play some games to get to know each other, size everyone for uniforms and then learn some fun cheers and motions.



DCA Momentum - Fall Session Registration

Athlete Name: _____ Age: _____

Parent Name: _____

Address: _____

Parent Cell: _____ Email: _____

T-shirt Size: _____ Shorts Size: _____

Please initial by each statement and then sign and date this form and turn into DCA by September 9th.

_____ I have read and understand the commitment to the DCA Momentum fall session program including understanding that all Saturday team practices are mandatory.

_____ I understand the performance/showcase weekend is set for December 11- 13 and that the in-house performance and the exhibition showcase can happen anytime this weekend so I need to reserve the entire weekend until confirmed dates are set.

_____ I understand and accept the payment schedule set forth in this packet and agree to pay each payment onetime and as an automatic debit to my debit or credit card I put on file. I also understand that I am committing to the entire session which includes all four payments as well as the DCA membership fee if I have not paid this yet and I will order my child's shoes and practice shirt from the provided company link by the due date.

Parent Signature: _____ Date: _____

If your credit card is on file with us from past registrations and you want us to use this card, you do not need to do anything. Your card will be charged on Thursday September 10th for the initial \$178 and a receipt will be emailed to the email listed on this form.

If you are not signed up for a weekday tumbling class yet, please call the front desk and we will get you into a class.

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

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