



# Competitive Cheer Program

“The Confidence Building Gym”

## Table of Contents:

The HINRG Difference..... page 2

Tryout Information..... page 3

Practice Schedule..... page 4

Competitions..... page 5

2020-2021 Days Off Calendar..... page 6

Tuition & Fees..... page 7

Athlete Expectations..... page 8

Parents’ Role..... page 9

FAQ’s..... page 10

## The HINRG Difference

HINRG Gymnastix introduced our Competitive Cheer Program in 2019.

Physical fitness and health are important; however, teamwork is a skill more valuable than tumbling or athletic ability. Athletes will learn to work toward shared goals within a culture that will foster confidence, teamwork, and character development – striving for excellence and integrity.

Our commitment to the safety, health, and well being of the young people who participate in our cheer program is embedded in our high-quality curriculum and maintaining a leadership position in instructional safety. Athletes will become more self-confident, motivated to learn, and become a part of a program that leads them to strive for excellence.

HINRG team will provide every cheerleader the opportunity to excel, not only in the sport of cheerleading, but in life. When properly taught- cheerleading teaches; **self-esteem, self-motivation, self-discipline, determination, work ethic, and time management**. Furthermore, teamwork, team spirit, leadership, good sportsmanship, and respect for others will be cultivated.

## Tryout Information

HINRG's Competitive Cheer Tryouts are performed to ensure correct team placement based on skill level and age. Tryouts will consist jumps, standing tumbling, and running tumbling.

Please note, all athletes are placed on a team based on factors such as age, skill level, and experience at the coach's discretion. Athletes may be repositioned, replaced, added, or removed at any time. Please trust that your coaches have what is best in mind for each athlete and the team as a whole.

We are proud to be offering our half year competitive cheer teams at 3 of our locations this season!

### Lake Saint Louis

Tryouts will be held  
Friday, September 18<sup>th</sup>  
from 5:00-5:30 pm.

Team Announcements  
and Parent Meeting will  
be held Friday,  
September 18<sup>th</sup> from  
8:00-9:00 pm.

9930 Highway N,  
O'Fallon, MO 63367

### Eureka

Tryouts will be held  
Saturday, September 19<sup>th</sup>  
from 9:00-9:30 am.

Team Announcements  
and Parent Meeting will  
be held Saturday,  
September 19<sup>th</sup> from  
12:00-1:00 pm.

54 The Legends Pkwy,  
Eureka, MO 63025

### Chesterfield

Tryouts will be held  
Saturday, September 19<sup>th</sup>  
from 2:00-2:30 pm.

Team Announcements  
and Parent Meeting will  
be held Saturday,  
September 19<sup>th</sup> from  
5:00-6:00 pm.

140 Long Road, Suite 121,  
Chesterfield, MO 63005

## Practice Schedule

Practice days and times are subject to change. In addition to weekly practice, there are other mandatory dates, also subject to change. All practices, choreography, and team bonding are mandatory! It is imperative that athletes attend each practice, choreography, and competition for the benefit of the team. If you are required to miss a Tuesday/Thursday practice you must email the head coach and change your availability on Team Snap 48 hours prior to the missed practice. Saturday/Sunday practices are not excused and may not be missed. If 1 or more unexcused absences occur, it may result in dismissal from the team.

### Lake Saint Louis

#### **Tuesdays:**

All squads practice from 5:30-8:00 pm.

#### **Saturdays:**

Each squad will practice between the times of 9:00 am -2:00 pm, practices will be 2 or 3 hours depending on what level your athlete is on. Final practice time will be announced during Team Announcements following tryouts.

9930 Highway N,  
O'Fallon, MO 63367

### Eureka

#### **Tuesdays:**

All squads practice from 5:30-8:00 pm.

#### **Saturdays:**

Each squad will practice between the times of 9:00 am -2:00 pm, practices will be 2 or 3 hours depending on what level your athlete is on. Final practice time will be announced during Team Announcements following tryouts.

54 The Legends Pkwy,  
Eureka, MO 63025

### Chesterfield

#### **Thursdays:**

All squads practice from 5:30-8:00 pm.

#### **Sundays:**

Each squad will practice between the times of 2:30-8:00 pm, practices will be 2 or 3 hours depending on what level your athlete is on. Final practice time will be announced during Team Announcements following tryouts.

140 Long Road, Suite 121,  
Chesterfield, MO 63005

## Competitions

Each squad will be attending 3-5 competitions upon coaches discretion, final competition list will be announced based on team placement. In addition, this season is offering virtual competitions not yet listed.

### November

- 8<sup>th</sup> Showcase – Long Road, Chesterfield, MO
- 21<sup>st</sup> & 22<sup>nd</sup> Athletic Championships – St. Louis, MO

### January

- 9<sup>th</sup> & 10<sup>th</sup> NCA Midwest Open Championship – St. Charles, MO

### February

- 13<sup>th</sup> & 14<sup>th</sup> Jamfest – Kansas City, MO

### March

- 27<sup>th</sup> & 28<sup>th</sup> ACP Wild West Open Championship – Branson, MO
- 20<sup>th</sup> & 21<sup>st</sup> AC The Gateway – St. Louis, MO

### April

- 10<sup>th</sup> & 11<sup>th</sup> MG Spirit Spectacular – St. Louis, MO

# 2020-2021 Days Off Calendar

These dates are scheduled days off in which vacations are permitted during the competition season.

<b>2020</b>														<b>2021</b>																				
<b>January</b>				<b>February</b>				<b>March</b>				<b>January</b>				<b>February</b>				<b>March</b>														
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4						1							1	2														
5	6	7	8	9	10	11	2	3	4	5	6	7	8	1	2	3	4	5	6	7	3	4	5	6	7	8	9							
12	13	14	15	16	17	18	9	10	11	12	13	14	15	8	9	10	11	12	13	14	10	11	12	13	14	15	16							
19	20	21	22	23	24	25	16	17	18	19	20	21	22	15	16	17	18	19	20	21	17	18	19	20	21	22	23							
26	27	28	29	30	31		23	24	25	26	27	28	29	22	23	24	25	26	27	28	24	25	26	27	28	29	30							
<b>April</b>				<b>May</b>				<b>June</b>				<b>April</b>				<b>May</b>				<b>June</b>														
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4						1	2							1	2													
5	6	7	8	9	10	11	3	4	5	6	7	8	9	1	2	3	4	5	6	7	4	5	6	7	8	9								
12	13	14	15	16	17	18	10	11	12	13	14	15	16	7	8	9	10	11	12	13	11	12	13	14	15	16								
19	20	21	22	23	24	25	17	18	19	20	21	22	23	14	15	16	17	18	19	20	18	19	20	21	22	23	24							
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					25	26	27	28	29	30	31							
<b>July</b>				<b>August</b>				<b>September</b>				<b>July</b>				<b>August</b>				<b>September</b>														
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4						1								1	2													
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9								
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16								
19	20	21	22	23	24	25	16	17	18	19	20	21	22	10	11	12	13	14	15	16	18	19	20	21	22	23								
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31							
<b>October</b>				<b>November</b>				<b>December</b>				<b>October</b>				<b>November</b>				<b>December</b>														
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4						1	2							1	2													
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11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15								
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22								
25	26	27	28	29	30	31	29	30						27	28	29	30	31			25	26	27	28	29	30	31							

May 24<sup>th</sup>- Memorial Day Weekend  
June 29<sup>th</sup>- July 4<sup>th</sup>- Fourth of July Week  
September 6<sup>th</sup>- Labor Day Weekend  
November 26<sup>th</sup>- Thanksgiving  
December 24<sup>th</sup>- January 2<sup>nd</sup>- Winter Break

March 21<sup>st</sup>-March 25<sup>th</sup>- Spring Break  
April 8<sup>th</sup>- Last Day of Practice for teams not attending Sumit  
April 29<sup>th</sup>- Last Day of Practice for teams attending Sumit

## Tuition & Fees

### Tuition:

Level 1 = \$200 per month

Level 2 = \$225 per month

Level 3 = \$250 per month

### Additional Expenses:

Annual Fee = \$60

Shoes = \$75

Bow = \$30

USASF Membership = \$30

Choreography = \$185- \$250

Competition Uniforms = \$230 every  
other year

End of Season Banquet = \$20

Competition = \$100 per competition

\*Plus, any applicable taxes and shipping for clothing orders

The monthly tuition is not pro-rated or refunded for absences, family vacations, breaks scheduled by the gym, cancelled practices, or illnesses.

### Ways to save:

- Sibling discount, \$100 off per month on tuition for having one or more siblings in competitive cheer.
- Purchase a used or extra uniform for only \$100.
- Fundraising will be offered to do on an individual basis.
- Monthly payments on "Additional Expenses" is offered.
- Additional Expenses are listed at the highest expected price, our goal is to get items at a lesser cost than what is listed.
- Varsity will credit "Varsity Fashion Dollars" for attending Varsity competitions in which we will forward on to split between the athletes on clothing costs.

## **Athlete Expectations**

Every athlete is expected to arrive at practice on time and in a positive mental state. We will be working as a team in everything we do, and it is imperative that each athlete try his/her best at each practice and event. HINRG defines competition as “striving to be the best I can be today!” We teach every athlete to compete against himself/herself, producing better results at every workout. Self-competition creates excellence. When excellence is the goal, the athlete will become increasingly aware of his/her results, creating laser focus and a sharp mind body connection.

All athletes will be respectful of teammates and coaches. They will exhibit sportsmanship in competition by playing fairly, winning graciously, and learning that each other’s success does not diminish our achievements and efforts.

Coaches may ask athletes to try positions they may not be used to, we ask that athletes give everything a try with an open mind and the team being the top priority. The word “can’t” or any version of that is not to be used, sometimes we may need assistance, but there is never anything an athlete can’t do with a whole team backing them.



## Parents' Role

Our coaches' role is to mentor the athletes towards their goals. We ask parents to support athletes in any goal they are trying to achieve. However, we ask parents to leave the coaching to our highly trained staff. At no time is it acceptable to talk to an athlete during their practice about any cheer skills they may be working on. We ask parents to adhere to the same standards as our athletes in maintaining positive thoughts and words about ourselves and others.

If you have any questions or concerns about anything in our cheer program, we ask that you email the program director to be scheduled to meet one on one. We ask that you refrain from voicing concerns with other parents prior to having a conversation with a coach.

Team Moms: Our coaching staff will pick 2 parent volunteers per team to assist in helping the team when needed. The Team Moms will be responsible for the athletes being on time and ready at every competition as our coaching staff will be required to be in coaches' meetings. They will also be the liaison between the coaching staff and parents. In addition, they will be responsible for coordinating any special events requested by the coaching staff.



## Frequently Asked Questions

### About Competitive Cheer at HI-NRG!

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- [Can I try out for the team, then decide later not to participate?](#)

When you try out, you are **committing to a full year or half year team**. Please keep this in mind when making the decision to try out for the Hi-NRG Competitive Cheer Team.

- [Can I try out for more than one competitive cheer gym?](#)

Since all athletes who try out at a competitive cheer gym are placed somewhere, you must choose your gym prior to tryouts. Typically athletes tryout at ONE gym only!

- [Can I participate in competitive and school cheer?](#)

Yes, athletes can participate in high school or middle school cheer AND competitive cheer! The best option is to get the practice and game schedule from the school to ensure the practice times for both teams do not conflict.

- [Will I be charged any additional fees to the monthly tuition?](#)

We are transparent with our pricing. You will never be charged any additional monthly tuition as it is all inclusive. The only additional fees that you will incur are listed under “Additional Expenses” for uniforms, choreography, and competition fees.