



# HI NRG ALL STAR CHEER



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# THE HI NRG DIFFERENCE

## OUR HISTORY

HINRG Gymnastix introduced our Competitive Cheer Program in 2019. Over the last two seasons, we have traveled across the midwest, doubled our program, and had more fun than words can tell! Our program is young, but it has incredible opportunity supported by an awesome coaching and ownership staff.

## VALUES

- Teamwork
- Physical Fitness & Health
- Confidence Building
- Character Development

## OUR MISSION

HINRG Cheerleading strives to provide a confidence building and empathy oriented experience for all athletes.

## OUR COMMITMENT

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 maintains 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.

Now more than ever, our athletes need community. Amidst some of the most unprecedented times they may ever face, we will provide them with their constant. Hi NRG is home, both physically and mentally, and we commit to upholding that safe space for athletes to grow and learn during their most formative years.

## FOLLOW US ON SOCIALS



Hi NRG Cheer



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# COACHING STAFF



The All Star coaching staff is the definition of team work and FAMILY. From left to right, we have Coach Heather, Coach Emilee, Coach Bella, and Coach Annie, our four Head Coaches! We also have Assistant and Junior Coaches who join us throughout the season.

Our coaching staff's biggest priority is the athlete's experience, and giving them all of the opportunities to become a well-rounded individual in and outside of the gym. Always feel free to contact our coaches with any initial comments, questions or concerns.

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Chesterfield

# OPEN TEAM PRACTICE

## **NEW this season....**

We know during the summer months, having a strict practice schedule and trying to learn a competitive routine can be difficult with travel plans, summer school, and more. So, HI NRG Cheer is providing a unique summer "Open Team" experience, hosting twice a week practices during the summer months.

Open Team Practices are designed to advance skill level and technique before Team Placement for the season, which will take place in September. This will give new athletes a chance to learn about cheer, and current cheer athletes a chance to potentially move up a level before the season starts. Open Team Practices are **not** mandatory to attend the Team Placement, but are highly encouraged! These practices will **only** be made available to those who will attend Team Placement. Coaches will take note of the athletes who attended Open Team Practices during Team Placements.

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## **May 1 - August 27th:**

### **Long Road:**

Thursdays from 5:45 PM - 8:15 PM

Sundays from 5:00 PM - 8:00 PM

### **Lake St. Louis:**

Mondays from 6:10 PM - 8:40 PM

Saturdays from 9:00 AM - 12:00 PM

**\*\*Make up - Fridays 5-8 pm at our Edison Location for all gyms throughout the summer term for athletes who have an excused absence to a weekday/weekend practice.**

# TEAM PLACEMENT

HINRC's Competitive Cheer Team Placements are performed to ensure correct team placement based on skill level and age. Team Placement will consist of jumps, basic stunting, 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.

ATTENDING TEAM PLACEMENT IS MANDATORY TO JOIN A COMPETITIVE TEAM!

## MANDATORY TEAM PLACEMENT:

### Long Road:

Stunting Observation:  
Friday, September 10th  
4:00 - 6:00 pm

Team Placements:  
Saturday, September 11th  
9:00 - 10:00 am

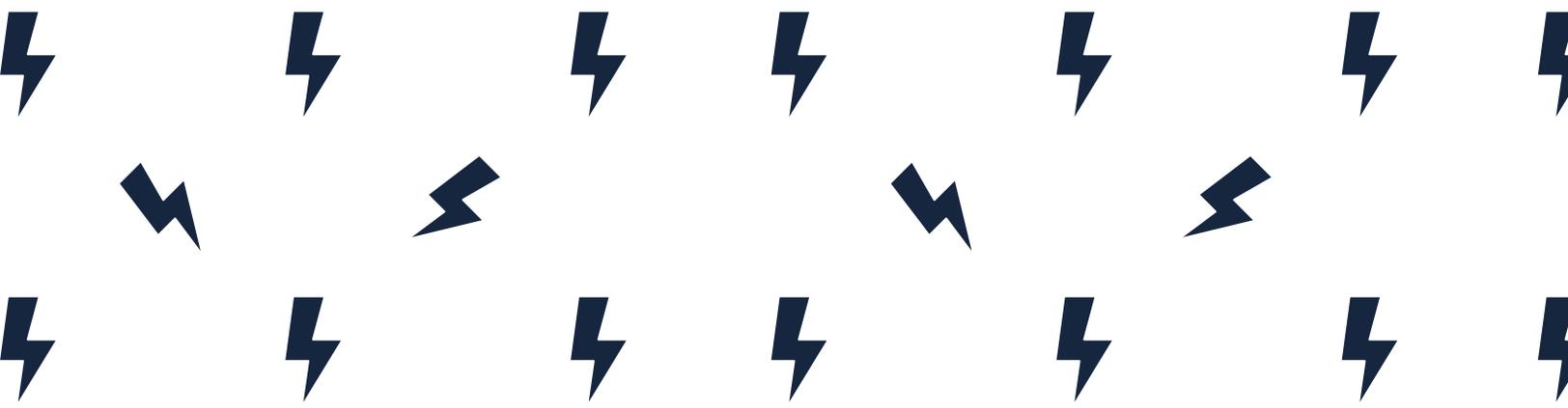
Team Announcements & Parent Meeting  
Sunday September 12th  
3:00 - 4:00 pm

### Lake St. Louis:

Stunting Observation:  
Friday, September 10th  
5:00 - 7:00 pm

Team Placements:  
Saturday, September 11th  
11:00 am - 12:00 pm

Team Announcements & Parent Meeting  
Sunday September 12th  
6:00 - 7:00 pm



# TUMBLING SKILLS PER LEVEL

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## **LEVEL 1:**

Forward Roll, Backward Roll, Cartwheel, Roundoff, Backwalkover, Front Walkover. \*Also combination of these skills

## **LEVEL 2:**

Standing BHS (backhandspring), Roundoff BHS, Backwalkover BHS, Front Walkover RO BHS

## **LEVEL 3:**

Standing BHS series, Jump to BHS, RO Tuck, RO BHS Tuck

## **LEVEL 4:**

Standing Tuck, Standing BHS Tuck, Jump to BHS, RO Layout, RO BHS Layout, Jumps to Series Back Tuck

## **LEVEL 5:**

Standing Jumps to Tuck Combination, Standing BHS to Layout, RO BHS Full, Jumps BHS Layout, Front Walkover RO BHS Full

## **LEVEL 6:**

Standing Jumps to Tuck Combination, Jumps to BHS Full, Punch Front RO BHS Full, RO BHS Whip Full, Standing Full, RO BHS Double Full, Standing BHS to Double Full

# 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 weekday practice you must email the head coach 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.

Practices are currently listed as several hour time slots, but teams will only practice for 1-2.5 hours each depending on level, age, and day. Time slots for specific teams will be provided at the Team Announcements on September 12th.

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## PRACTICE TIMES:

### Long Road:

Thursdays  
5:30 PM - 8:30 PM  
Team Times TBD

Sundays from 2:30 PM - 8:00 PM  
Team Times TBD

### Lake St. Louis:

Mondays  
6:00 PM - 8:30 PM  
Team Times TBD

Saturdays from 9:00 AM - 12:30 PM  
Team Times TBD



## ADDITIONAL MANDATORY DATES:

Choreography:  
September 17th-19th  
Times TBD

Showcase:  
November 8th  
Times TBD

# COMPETITIONS

Each squad will be attending 4-6 scheduled season competitions minimum upon coaches discretion. The final competition list will be announced based on team placement. The list provided below is based off of previous years, dates and locations are **subject to change**.

In addition, all teams will attend a minimum of two traveling competitions.

Teams will also be competing for "bids" to larger competition opportunities such as US Finals and D2 Summit which require travel.

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## Tentative Competitions:

November:

Athletic Championships - Nov 21 & 22, STL, MO

December:

TBD

January:

JamFest Supernationals, Jan 14-16, Indianapolis, IN

February:

JamFest KC - TBD, Kansas City, KS

March:

Gateway Championship - TBD, STL, MO

April:

Mardi Gras - TBD - STL MO

We want to attend these at the end of the season for FREE if athletes receive bids:

D2 Summit - Orlando, Florida

US FINALS - TBD

# SCHEDULED DAYS OFF

2021							2022						
January		February		March			January		February		March		
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2						1	2
3	4	5	6	7	8	9	3	4	5	6	7	8	9
10	11	12	13	14	15	16	10	11	12	13	14	15	16
17	18	19	20	21	22	23	17	18	19	20	21	22	23
24	25	26	27	28	29	30	24	25	26	27	28	29	30
31							31						
April		May		June			April		May		June		
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2						1	2
4	5	6	7	8	9	10	4	5	6	7	8	9	10
11	12	13	14	15	16	17	11	12	13	14	15	16	17
18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28	29	30		25	26	27	28	29	30	
July		August		September			July		August		September		
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2						1	2
4	5	6	7	8	9	10	4	5	6	7	8	9	10
11	12	13	14	15	16	17	11	12	13	14	15	16	17
18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28	29	30	31	25	26	27	28	29	30	31
October		November		December			October		November		December		
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2						1	2
3	4	5	6	7	8	9	3	4	5	6	7	8	9
10	11	12	13	14	15	16	10	11	12	13	14	15	16
17	18	19	20	21	22	23	17	18	19	20	21	22	23
24	25	26	27	28	29	30	24	25	26	27	28	29	30
31							31						

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

- May 28th-31st - Memorial Day Weekend
- July 2nd- July 5th - Fourth of July Weekend
- September 3rd-6th - Labor Day Weekend
- October 31st - Halloween
- November 25th-26th- Thanksgiving
- December 24th - January 2nd - Winter Break
- March 21st - March 25th - Spring Break
- April 17th - Easter

# TUITION AND FEES

Competitive cheer, while not as \$\$\$ as some youth activities, can still be expensive. Before considering Hi NRG All Star Cheer, please consider the financial commitment involved. Hi NRG has incredible staff, facilities, and an experience that you cannot find anywhere else. We are willing to work with families to make sure each child gets to be a part of the Hi NRG family.

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## TUITION:

**SUMMER (May-August):** \$225 for all athletes

**SEASON (Starting September):**

Level 1 - \$200   Level 2 - \$225   Level 3+ - \$250

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

## Additional Expenses:

Annual Fee = \$60

Shoes = \$95

Bow = \$30

USASF Membership = \$30

Music = \$50

Choreo Camp = \$150

Competition Uniforms = \$300 every other year

Practice Uniforms = \$85

End of Season Banquet = \$20

Competition = \$150-200 per competition

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

## Ways to save:

- Sibling discount, \$100 off per month on tuition for having one or more siblings in competitive cheer.
- Fundraising will be offered on an individual basis.
- Monthly payments on "Additional Expenses" are offered.

# ATHLETE EXPECTATIONS

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**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.

HI NRG 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.

An in depth contract regarding the rules and expectations of athletes AND parents will be reviewed and signed at the team placement announcement in September to ensure everyone is on board with the Hi NRG Cheer mission. This will cover everything from timeliness, competition expectations, payments, and attitude/mindset expectations.

# PARENT'S ROLE

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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, Bella Rainey, 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

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## **Can I attend the Team Placement, then decide later not to participate?**

When you attend the Team Placement, you are committing to be placed on a 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”.

### **· What levels do you offer at HI NRG?**

Depending on athlete turnout, Hi NRG is skilled to coach ALL levels of competitive cheerleading, 1-6.