

2023

2024



EMPIRE

Cheerleading

...defining All Star.

EMPIRE *Cheerleading*



WELCOME

For the last nine years, Empire Cheerleading has offered a uniquely designed program - beginning with Sideline & Game Day, followed by Competitive Rec Cheer, and now evolved into a national recognized All Star Cheerleading program

Empire has continued to gain respect in the local and national cheerleading community as a program that 'teaches more than just cheer.' Blessed with extremely dedicated and talented staff, our coaches not only have a heart for cheerleading but for serving the children and families who God brings through our doors each week.



PROGRAM GOALS

As we are busy at work preparing for the 2022-23 season, which will be our 9TH YEAR providing Arkansas with quality instructional programs for youth and children, our focus remains the same as it did the day we opened: to build PRIDE, COURAGE, & CONFIDENCE in each and every athlete we have the privilege to serve.

Through our programs at Empire, our goal is to also create memories and experiences our athletes - and our families - will carry with them for a lifetime.

EVALUATIONS

At Empire, we refer to our Team Selection Process as Evaluations instead of "tryouts" because we strive to place all athletes with their 'like tribe' - teammates who compliment each other both athletically and developmentally.

So whether you're new to cheerleading all together, a former gymnast, or a seasoned veteran - know that we have a place for you!



Evaluations are designed to be low-stress workouts. During the workouts, athletes show skills they have already developed and demonstrate the potential to learn new skills. Athletes are given numerous opportunities to show skills over multiple workouts.

After the final session of Evaluations, our staff assembles rosters for the upcoming season **to first and foremost set children up for success**. Teams are selected to each have the best possible chance of a successful, competitive season, with the goal of "maxing out" the score sheet.

EMPIRE *Cheerleading*



2023-24: UPDATED AGE GRIDS



All Star Cheer Age Grid & Divisions

All Star Novice Divisions

Target Ages	Birth Year	Level	Division	Female / Male	Team Size
3 - 6 Years Old	2015 - 2019	Level 1 w/ restrictions	Tiny	Female / Male	3 + Athletes
5 - 8 Years Old	2013 - 2017	Level 1 w/ restrictions	Mini	Female / Male	5 + Athletes
5 - 11 Years Old	2010 - 2017	Level 1 w/ restrictions	Youth	Female / Male	5 + Athletes
6 - 15 Years Old	2006 - 2016	Level 1 w/ restrictions	Junior	Female / Male	5 + Athletes
10 - 18 Years Old	6/1/03 - 2012	Level 1 w/ restrictions	Senior	Female / Male	5 + Athletes



All Star Cheer Age Grid & Divisions

All Star Prep Divisions

Target Ages	Birth Year	Level	Division	Female / Male	Team Size
5 - 6 Years Old	2015 - 2017	Level 1.1	Tiny	Female / Male	5 - 30 Athletes
5 - 8 Years Old	2013 - 2017	Level 1.1	Mini	Female / Male	5 - 30 Athletes
5 - 11 Years Old	2010 - 2017	Level 1.1	Youth	Female / Male	5 - 30 Athletes
6 - 15 Years Old	2006 - 2016	Level 1.1	Junior	Female / Male	5 - 30 Athletes
10 - 18 Years Old	6/1/03 - 2012	Level 1.1	Senior	Female / Male	5 - 30 Athletes



All Star Cheer Age Grid & Divisions

All Star Elite Divisions

Target Ages	Birth Year	Level	Division	Female / Male	Team Size
5 - 6 Years Old	2015 - 2017	Level 1	Tiny	Female / Male	5 - 30 Athletes
5 - 8 Years Old	2013 - 2017	Level 1	Mini	Female / Male	5 - 30 Athletes
5 - 11 Years Old	2010 - 2017	Level 1	Youth	Female / Male	5 - 30 Athletes
6 - 15 Years Old	2006 - 2016	Level 1	Junior	Female / Male	5 - 30 Athletes
12 - 18 Years Old	6/1/03 - 2010	Level 1	Senior	Female / Male	5 - 30 Athletes



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All Star Team Evaluations

May 16 - 19



TUESDAY

New Athletes: 5:30-6:30PM
Ages 5-6: 6:45-7:30PM
+Returning 4 yr olds



WEDNESDAY

Ages 9-11: 6-7:30PM

New Athletes will attend on Tuesday + w/ their age group.



THURSDAY

Ages 7-8: 6-7:30PM



FRIDAY

Ages 12-18: 6-7:30PM

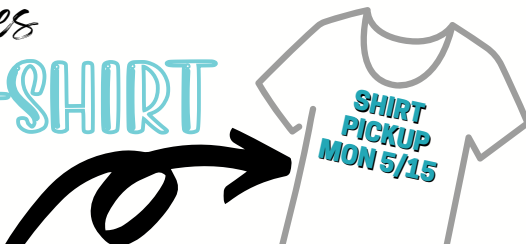
Private Tryout *Additional \$25*

\$75

per athlete

On Time Registration - \$100 max per family
Earlybird Deadline: April 20 - \$25 OFF | CODE: EARLY23
includes

FREE T-SHIRT



Why Register?

Allows new athletes to discover if team cheerleading is a good fit for their goals.
Encourages existing athletes to train current & next level skills.

WWW.EMPIREKIDSAR.COM
JERIKAY@EMPIREAR.COM | 501.601.5640

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FINANCIAL INVESTMENT

Team cheerleading activities, like many youth activities, can be expensive. Before considering this or any program, please consider the financial commitment involved.

As a highly-popular, parent-requested service, Empire offers "All-Inclusive" billing for Team Families - meaning that here are no extra tuition costs or hidden fees that come up later.

As a result, our fees may seem higher than other programs. However, once factoring team training tuition, team specialty training, individual tumbling instruction, entry fees, summer choreography, booster club, workout gear, uniforms, and other expenses that are typically charged separately, you will likely end up spending more at other programs with undisclosed expenses throughout the season.

Although others may advertise lower rates, Empire's overall value per dollar is highly competitive.

With highly-trained staff, over an 18,000 sq ft facility - with an additional 12,000 sq ft facility dedicated to cheerleading and tumbling opening this year - Empire offers a comprehensive monthly price that covers your expenses throughout the year.

Empire pushes our athletes to be the best version of themselves.



We believe in positive reinforcement and individual accountability, as well as holding high standards for our athletes, coaches, and families.

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EMPACTONE
FOUNDATION

TUITION ASSISTANCE PROGRAM

In 2020, Empire's owner & founder Brooke Plack joined forces with Empire's Vice President Lisa Weeks to co-found The EMpact One Foundation, a 501(c)(3) registered non-profit organization. After years of seeing in the children's instructional sports industry - both Lisa and Brooke had witnessed far too many children and youth unable to participate in high-quality extracurricular activities due to financial barriers. Thus, upon establishing the foundation, among EMpact's first goals was to partner with local sports organizations and establish a Tuition Assistance Program for the youth of Saline County.



HOW TO GAIN TUITION ASSISTANCE:

- Apply online at www.empactone.org.
- Await committee review.
- If granted, submit monthly payment vouchers to the front desk.

TUITION ASSISTANCE FUNDS MAY BE UTILIZED FOR:

- As of March 2023, funds may only be used for the "tuition" part of team payments.
- Tuition Assistance may not be used for apparel, competition fees, travel, etc.
- For information regarding the exact dollar amounts that may be requested, please email jerikay@empirear.com



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EMPIRE *Cheerleading*



DID YOU *know?*

YOUR INVESTMENT IN OUR SMALL BUSINESS BUILDS QUALITY, LONG-TERM COACHES TO SERVE YOUR ATHLETES.



BACKGROUND CHECKS



TRAINING

CONCUSSION SAFETY
CPR CERTIFIED
HEAT ILLNESS
ATHLETE INJURY
SAFE SPORT CERTIFIED
OnWatch SEX-TRAFFICKING PREVENTION



EMPLOYEE BENEFITS

COMPREHENSIVE MEDICAL INSURANCE
RETIREMENT MATCHING
ANNUAL PAID TIME-OFF
PAID HOLIDAYS
PAID LEAVE FOR MATERNITY-PATERNITY-ADOPTION
PAID BEREAVEMENT
PAID SABBATICALS FOR LEADERSHIP



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ALL-INCLUSIVE DETAILS

- During the 2023-2024 season, there will be 12 monthly charges - May 2023 - April 2024. Exception - Novice Teams: May 2023 - March 2024
- This monthly fee covers tuition and does not fluctuate from month-to-month. Likewise, tuition does not change based on the number of practices in any particular month.
- Tuition is payable on the 1st of each month - unless an alternative tuition plan is chosen.
- Should your team compete at an 'End of Season' event falling in the month of May, there will be a half-month tuition charge for May 2024.

NOTE: Travel/lodging is NOT included. All vacation/holidays are already prorated into the monthly fees.



+ WHAT'S NOT INCLUDED

- Empire Kids Annual Registration Fee: ~\$45 due annually in September
- Competition Shoes
 - Novice - Black Cheer Shoes, any brand.
 - Prep + Elite - Custom Black Cheer Shoes {design unchanged}
- Sample Optional Items available throughout the season:
 - Additional Parent/Family Tee: \$20
 - Warm-Ups
 - Jerseys
 - Backpack
 - Slides
 - Shoe Covers
- End of Season Fees for Prep/Elite

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NOVICE

IN-STATE TRAVEL + END OF SEASON

TINY NOVICE	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$194	\$123	\$139	May 20
JUNE	\$194	\$123	\$139	June 1
JUNE DOWN PAYMENT	\$125	\$125	\$125	June 25
JULY	\$194	\$123	\$139	July 1
JULY DOWN PAYMENT	\$125	\$125	\$100	July 25
AUGUST	\$194	\$123	\$139	Aug 1
AUGUST DOWN PAYMENT	\$100	\$100	\$100	Aug 25
SEPTEMBER	\$194	\$123	\$139	September 1
OCTOBER	\$194	\$123	\$139	October 1
NOVEMBER	\$194	\$123	\$139	November 1
DECEMBER	\$194	\$123	\$139	December 1
JANUARY	\$194	\$123	\$139	January 1
FEBRUARY	\$194	\$123	\$139	February 1
MARCH	\$194	\$123	\$139	March 1

TINY NOVICE ALL-INCLUSIVE TUITION

- Weekly Team Practice (1 hour)
- Weekly Tumble Class (45 min - 1 hour)
- Local Performances
- In-State Competitions - 3
- End of Season Competition - Branson
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear Set
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

MINI-JUNIOR NOVICE ALL-INCLUSIVE TUITION

- Weekly Team Practice (1.5 hours)
- Weekly Tumble Class (1 hour)
- Local Performances
- In-State Competitions - 3
- End of Season Competition - Branson
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear Set
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

MINI-JR NOVICE	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$219	\$138	\$154	May 20
JUNE	\$219	\$138	\$154	June 1
JUNE DOWN PAYMENT	\$125	\$125	\$125	June 25
JULY	\$219	\$138	\$154	July 1
JULY DOWN PAYMENT	\$125	\$125	\$100	July 25
AUGUST	\$219	\$138	\$154	Aug 1
AUGUST DOWN PAYMENT	\$100	\$100	\$100	Aug 25
SEPTEMBER	\$219	\$138	\$154	September 1
OCTOBER	\$219	\$138	\$154	October 1
NOVEMBER	\$219	\$138	\$154	November 1
DECEMBER	\$219	\$138	\$154	December 1
JANUARY	\$219	\$138	\$154	January 1
FEBRUARY	\$219	\$138	\$154	February 1
MARCH	\$219	\$138	\$154	March 1

EMPIRE *Cheerleading*



PREP

IN-STATE COMPETITIONS | TRAVEL COMPETITIONS | END OF SEASON

TINY - MINI PREP	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$299	\$194	\$224	May 20
JUNE	\$299	\$194	\$224	June 1
JUNE DOWN PAYMENT	\$150	\$150	\$150	June 25
JULY	\$299	\$194	\$224	July 1
JULY DOWN PAYMENT	\$150	\$150	\$150	July 25
AUGUST	\$299	\$194	\$224	Aug 1
AUGUST DOWN PAYMENT	\$150	\$150	\$125	Aug 25
SEPTEMBER	\$299	\$194	\$224	September 1
OCTOBER	\$299	\$194	\$224	October 1
NOVEMBER	\$299	\$194	\$224	November 1
DECEMBER	\$299	\$194	\$224	December 1
JANUARY	\$299	\$194	\$224	January 1
FEBRUARY	\$299	\$194	\$224	February 1
MARCH	\$299	\$194	\$224	March 1
APRIL	\$299	\$194	\$224	April 1

TINY-MINI PREP ALL-INCLUSIVE TUITION

- Weekly Team Practice (2.5 hours)
- Weekly Tumble Class (1 hour)
- Local Performances
- In-State Competitions - 2
- Out-of-State Competitions - 2
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear - Two Sets
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

YOUTH PREP ALL-INCLUSIVE TUITION

- Weekly Team Practice (3 hours)
- Weekly Tumble Class (1 hour)
- Local Performances
- In-State Competitions - 2
- Out-of-State Competitions - 2
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear - Two Sets
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

YOUTH PREP	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$324	\$210	\$244	May 20
JUNE	\$324	\$210	\$244	June 1
JUNE DOWN PAYMENT	\$150	\$150	\$150	June 25
JULY	\$324	\$210	\$244	July 1
JULY DOWN PAYMENT	\$150	\$150	\$150	July 25
AUGUST	\$324	\$210	\$244	Aug 1
AUGUST DOWN PAYMENT	\$150	\$150	\$125	Aug 25
SEPTEMBER	\$324	\$210	\$244	September 1
OCTOBER	\$324	\$210	\$244	October 1
NOVEMBER	\$324	\$210	\$244	November 1
DECEMBER	\$324	\$210	\$244	December 1
JANUARY	\$324	\$210	\$244	January 1
FEBRUARY	\$324	\$210	\$244	February 1
MARCH	\$324	\$210	\$244	March 1
APRIL	\$324	\$210	\$244	April 1

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ELITE

IN-STATE COMPETITIONS | FULL TRAVEL | END OF SEASON

TINY - MINI ELITE	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$342	\$228	\$253	May 20
JUNE	\$342	\$228	\$253	June 1
JUNE DOWN PAYMENT	\$225	\$225	\$225	June 25
JULY	\$342	\$228	\$253	July 1
JULY DOWN PAYMENT	\$225	\$225	\$225	July 25
AUGUST	\$342	\$228	\$253	Aug 1
AUGUST DOWN PAYMENT	\$200	\$200	\$100	Aug 25
SEPTEMBER	\$342	\$228	\$253	September 1
OCTOBER	\$342	\$228	\$253	October 1
NOVEMBER	\$342	\$228	\$253	November 1
DECEMBER	\$342	\$228	\$253	December 1
JANUARY	\$342	\$228	\$253	January 1
FEBRUARY	\$342	\$228	\$253	February 1
MARCH	\$342	\$228	\$253	March 1
APRIL	\$342	\$228	\$253	April 1

TINY-MINI ELITE ALL-INCLUSIVE TUITION

- Weekly Team Practice (3 hours)
- Weekly Tumble Class (1 hour)
- Local Performances
- In-State Competitions -3
- Out-of-State Competitions - 3
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear - Two Sets
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

YOUTH ELITE ALL-INCLUSIVE TUITION

- Weekly Team Practice (4 hours)
- Weekly Tumble Class (1-1.5 hours)
- Local Performances
- In-State Competitions -3
- Out-of-State Competitions - 3
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear - Two Sets
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

YOUTH ELITE	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$389	\$251	\$277	May 20
JUNE	\$389	\$251	\$277	June 1
JUNE DOWN PAYMENT	\$225	\$225	\$225	June 25
JULY	\$389	\$251	\$277	July 1
JULY DOWN PAYMENT	\$225	\$225	\$225	July 25
AUGUST	\$389	\$251	\$277	Aug 1
AUGUST DOWN PAYMENT	\$200	\$200	\$100	Aug 25
SEPTEMBER	\$389	\$251	\$277	September 1
OCTOBER	\$389	\$251	\$277	October 1
NOVEMBER	\$389	\$251	\$277	November 1
DECEMBER	\$389	\$251	\$277	December 1
JANUARY	\$389	\$251	\$277	January 1
FEBRUARY	\$389	\$251	\$277	February 1
MARCH	\$389	\$251	\$277	March 1
APRIL	\$389	\$251	\$277	April 1

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ELITE

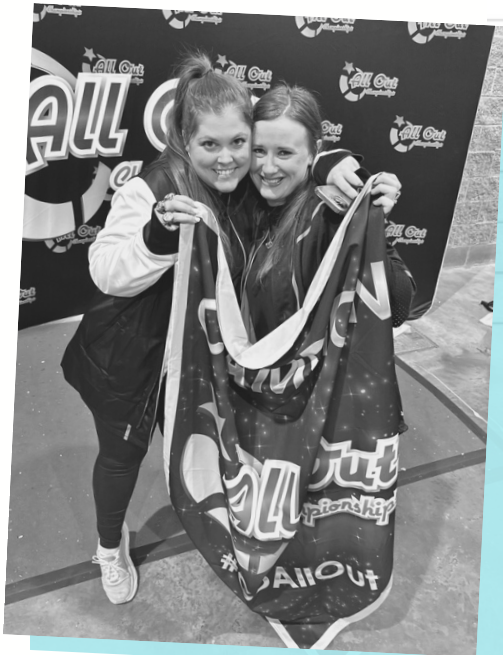
IN-STATE COMPETITIONS | FULL TRAVEL | END OF SEASON



JUNIOR-SENIOR ELITE ALL-INCLUSIVE TUITION

- Weekly Team Practice (4 hours)
- Weekly Tumble Class (1-1.5 hours)
- Local Performances
- In-State Competitions -2
- Out-of-State Competitions - 4
- Unlimited Summer Tumbling
- Extra Team Practices
- Competition Fees
- Team Choreography Camp
- Custom Team Music
- Coaches Fees
- Spirit Club Fee
- Practice Wear - Two Sets
- Custom Practice Bow
- Uniform Rental
- Custom Competition Bow
- Team Parent Shirt

JR-SR ELITE	1st Athlete	Sibling	Male Athlete	Payment Due Date
MAY	\$394	\$264	\$290	May 20
JUNE	\$394	\$264	\$290	June 1
JUNE DOWN PAYMENT	\$225	\$225	\$225	June 25
JULY	\$394	\$264	\$290	July 1
JULY DOWN PAYMENT	\$225	\$225	\$225	July 25
AUGUST	\$394	\$264	\$290	Aug 1
AUGUST DOWN PAYMENT	\$200	\$200	\$100	Aug 25
SEPTEMBER	\$394	\$264	\$290	September 1
OCTOBER	\$394	\$264	\$290	October 1
NOVEMBER	\$394	\$264	\$290	November 1
DECEMBER	\$394	\$264	\$290	December 1
JANUARY	\$394	\$264	\$290	January 1
FEBRUARY	\$394	\$264	\$290	February 1
MARCH	\$394	\$264	\$290	March 1
APRIL	\$394	\$264	\$290	April 1



EMPIRE *Cheerleading*



PAYMENT OPTIONS

Families with multiple athletes on All Star Teams receive 50% OFF tuition for all additional siblings - this does not apply to Team Fees. Discount applied to lesser tuition.

✓ Option A:



Pay Monthly



CHOOSE YOUR DATE: 1ST OR 15TH

OR

SPLIT YOUR PAYMENT: 1ST AND 15TH*

*ADDITIONAL FEE APPLIES



✓ Option B:

Lower Your Monthly Payment

Pay 1/2 of your season by May 31st.

Receive a **5% discount** on all 12 months.

✓ Option C:

✌ Eliminate Your Monthly Payment

Pay your season in full by May 31st.

Receive a **10% discount** on all 12 months.



NOTE: Payment options do not include down payment unless added in the up-front payment.

EMPIRE *Cheerleading*



PAYMENT OPTIONS

Siblings + Male Athletes: Calculations for Payment Options can be requested via email - Elizabeth@empirear.com.

✓ Option A:

	Tiny Novice	Mini-Junior Novice	Tiny-Mini Prep	Youth Prep	Tiny-Mini Elite	Youth Elite	Junior-Senior Elite
OPTION A - Pay Monthly							
CHOOSE ONE:							
One Payment: <u>1st -or- 15th</u>	\$194.00	\$219.00	\$299.00	\$324.00	\$342.00	\$389.00	\$394.00
Two Payments: <u>1st -&- 15th*</u>	\$107.00	\$119.50	\$159.50	\$172.00	\$181.00	\$204.50	\$207.00

✓ Option B:

OPTION B - Half Up Front							
Half Up Front *5% discount	\$1,013.65	\$1,144.28	\$1,704.30	\$1,846.80	\$1,949.40	\$2,217.30	\$2,245.80
(Optional inc. full deposit w/ Half Up Front)	\$1,363.65	\$1,494.28	\$2,154.30	\$2,296.80	\$2,599.40	\$2,867.30	\$2,895.80
THEN...CHOOSE ONE:							
One Payment: <u>1st -or- 15th</u>	\$92.15	\$104.03	\$142.03	\$153.90	\$162.45	\$184.78	\$187.15
Two Payments: <u>1st -&- 15th*</u>	\$56.08	\$62.01	\$81.01	\$86.95	\$91.23	\$102.39	\$103.58

✓ Option C:

OPTION C - Pay in Full							
Pay Full Up Front *10% discount	\$1,920.60	\$2,168.10	\$3,229.20	\$3,499.20	\$3,693.60	\$4,201.20	\$4,255.20
(Optional include full deposit)	\$2,270.60	\$2,518.10	\$3,679.20	\$3,949.20	\$4,343.60	\$4,851.20	\$4,905.20
Monthly-Payment	*Eliminate Monthly Payment*						

NOTE: Payment options do not include down payment unless added in the up-front payment.

EMPIRE

Cheerleading



Tentative Calendar

2023-2024 SEASON

SPRING + SUMMER

APRIL 29: All Star Cheer Clinic

MAY 16-19: Team Evaluations

MAY 20: Team Reveal + Signing Day

MAY 22: New Team Practices Begin

MAY 23 & 24 : Uniform Fittings

JUNE : Novice/Tiny/Mini/Prep Choreography

JUNE/JULY: Youth - Senior Choreography

JUNE 26-JULY 9: Dead Weeks - No Team Practice

JUNE 30-JULY 9: Closed for Gym-wide Break - No Practice /Classes

JULY 15: Recommended Vacation Cutoff

Aug 14-18: Back to School Week - No Team Practice | Open for Classes



APPEARANCES + PERFORMANCES

OCT 28: Empire Trunk or Treat

OCT/NOV: Empire Team Showcase

NOV: Bryant/Benton Spirit Showcase

MAR: Empire Day 2024

ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE AT ANYTIME. NOT ALL TEAMS WILL ATTEND ALL EVENTS.

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EMPIRE *Cheerleading*



All Star Calendar

2023-2024 SEASON

TENTATIVE DATES AS OF APRIL 2023

MAY 2023						
S	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2023						
S	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER 2023						
S	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER 2023						
S	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER 2023						
S	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2024						
S	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2024						
S	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH 2024						
S	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2024						
S	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

GYM CLOSING

IMPORTANT DATES

NO TEAM PRACTICE

PERFORM/COMPETE

EMPIRE

Cheerleading



Registration Checklist

2023-2024 SEASON

STEP 1: PARENT MEETING

- Attend Parent Meeting - or Schedule Individual Meeting.
- Review Team Information Packet

NEW ATHLETES

- Register for New Empire Account online: www.empirekidsar.com > "Customer Portal"
- Download NEW! App from the App Store (Program Name: empirecheerleading)

STEP 2: REGISTER FOR TEAMS

- Submit online Team Registration Form at www.empirearkids.com/2022teaminfo
- Pay Registration Fee - click link at the end of the Team Registration Form to Submit Payment thru iClass - or turn in at the Front Desk.

STEP 3: PREPARE FOR SUCCESS

- Work the Skill List (i.e., Free Clinic, Pop Up, Classes, Private Lessons, etc.)
- Pickup Evaluation Shirt at Empire - Monday, May 15th @ 5:30-7PM in Team Room
- Dress for Success**
Tues (5/10) - New Athletes: Black Shirt + Black or Empire Shorts + Bow of Choice
Tuesday (5/10) - Ages 5-6: New Evaluation Shirt + Black or Empire Shorts + Bow of Choice
Wednesday - Friday (5/11-13): New Evaluation Shirt + Black or Empire Shorts + Bow of Choice
- Attend Commitment & Signing Day - Saturday, May 20th**

EMPIRE

Cheerleading



Level 1+ and up skills should be competition ready

TINY NOVICE (Ages 3-5 yrs)

Lunge + Lever
Front Roll Stand Up
Cartwheel On the Line
Toe Touch
Toe Touch+ Toe Touch
Right/Left Splits on the Line

LEVEL 1 BASICS (1st-2nd Year)

Handstand
Backbend Kickover
Tic-Toc Cartwheel, Back Walkover
Toe Touch, Toe Touch, Front Roll
Toe Touch, Back Roll
Cartwheel Step Together
Hardest level appropriate Running Tumbling Pass
Right/Left Splits on the Line

LEVEL 1+

Handstand Forward Roll or Back Extension Roll
Valdez, Back Walkover, Back Walkover
(You can substitute a Back Walkover for Valdez)
Front Walkover, One-Arm Cartwheel, Back Walkover
Right Hurdler, Toe Touch, Backward Roll
Pike, Back Walkover Switch Leg
Front Walkover to Corner
Hardest level appropriate Running Tumbling Pass
Right/Left Splits on the Line

LEVEL 2 | LEVEL 4.2

Handstand Forward Roll or Back Extension Roll
Back Walkover, Back Handspring, Back Handspring Step-Out
Front Walkover, Round Off, Back Handspring, BHS Step-Out
Right Hurdler, Toe Touch, T-Jump Back Handspring
Pike, Back Handspring Step-Out, Back Walk Over, BHS
Front Walkover to Corner
Hardest level appropriate Running Tumbling Pass
Right/Left Splits on the Line

LEVEL 3

Handstand Forward Roll, One-Leg Standup
Three Standing Back Handsprings
Front Walkover, Round Off, Back Handspring, Tuck
Left Hurdler, Pike, Two Back Handsprings
Back Handspring, Toe Touch, Two Back Handsprings
Punch Front to the Corner
(You can substitute an Aerial for Punch Front)
Hardest level appropriate Running Tumbling Pass

LEVEL 4

Front Walkover, Handstand
Pike, Back Handspring, Tuck
Front Walkover, Round Off, Back Handspring, Layout
Right Hurdle, Toe Touch, T-Jump Standing Tuck
(With a pause in between jumps and flip)
Two Back Handsprings, Tuck
Standing Tuck
Cartwheel, Back Tuck
Hardest level appropriate Running Tumbling Pass

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Cheerleading



2023-2024 SEASON

ALL TEAM REGISTRATION WILL TAKE PLACE ONLINE.

1

COMPLETE
TEAM
REGISTRATION
FORM



2

SUBMIT
REGISTRATION
FEE



3

JOIN 2023-24
TEAM FACEBOOK
GROUP



Use your phone's camera to scan or click if viewing online.

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