

ALL STAR ELITE EVALUATIONS

ARLINGTON

PORTLAND

SHERWOOD

SEASON 6





Welcome to Empire Athletics. We are incredibly excited to be starting a brand new season and we are honored that you are looking into our program. At Empire Athletics, we operate in an atmosphere of athletic integrity, character building, and teamwork. We are focused on the foundational training of athletes, while encouraging proper progressions, proper advancement of skills, and continued education of athletes and staff. At Empire Athletics, we are dedicated to providing a program where athletes become teammates, teammates become friends, and friends become family.

Heading into Season 6, Empire Athletics provides our athletes with a safe space that inspires and empowers them to overcome the realities of everyday life. At Empire Athletics, we believe the lessons learned in training can prepare athletes for greatness. Those two minutes and thirty seconds on the mat can teach a child that they are capable of overcoming anything. That the failures and successes in practices can create a resolve and work ethic that will last a lifetime. At Empire Athletics it's not just about the trophies, it's about bringing out the very best in every athlete. When you bring out the best in every athlete, the trophies will follow.

Arlington

3717 166th Pl NE
Arlington, WA 98223
(360) 322 - 6132

Sherwood

14960 SW Tualatin-Sherwood Rd
Sherwood, OR 97140
(503) 746 - 7723

Portland

12817 NE Airport Way Build 7
Portland, OR 97230
(503) 477 - 4534

THE EMPIRE EVALUATION PROCESS

The evaluation process is a series of low stress workouts where your athlete will be able showcase their skills. While we do our best to place every athlete on an Elite Team, please understand that not all athletes are ready for the Elite Level. Along with tumbling, jumps, and stunt skills, athletes are evaluated on attitude and coachability. We also consider an athlete's age when selecting teams and divisions.

EVALUATION CLINICS

Athletes will attend a Pre-Evaluation Clinic where they will work with our qualified staff members to learn a short dance and jump combination. Athletes will also work with staff on tumbling and stunting skills. If your athlete is unable to attend the Pre-Evaluation Clinics, please do not worry, they can still attend athlete evaluations and be placed on a team.

ATHLETE EVALUATIONS

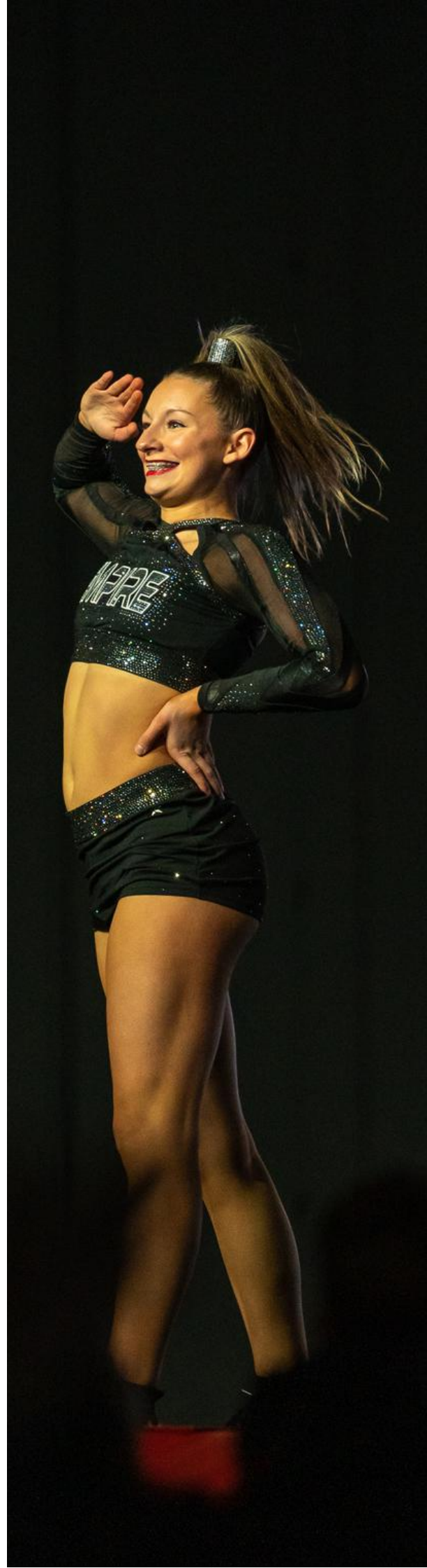
Athlete Evaluations is a time for your athlete to showcase their talents. Our coaching staff will evaluate each athletes' running tumbling and standing tumbling skills. Athletes will also be evaluated on their jumps, the Pre-Evaluation Clinic Dance, and if possible, stunts. We will use the skills athletes demonstrate at this evaluation to make team placements.

TEAM PLACEMENTS

At the end of Athlete Evaluations, athletes will be placed on teams. These decisions are made based on a variety of criteria such as tumbling, jumps, stunting ability, coachability, age, maturity, athlete potential, and team needs. Just because an athlete can perform certain tumbling skills, does not mean they will make a certain level team. We are looking for a mastery of skills so the athlete can safely and successfully perform those skills in a 2:30 routine. Athlete placement will remain fluid throughout the summer meaning an athlete could be moved up or down levels depending on performance, attitude, and attendance. Team levels will be announced during team placements, but will remain fluid leading into choreography. Athletes are always placed in an effort to benefit their personal and athletic growth while making sure they are safe and successful.

TEAM / ATHLETES LEVEL

A team's level does not always align with an athlete's level. When determining an athlete's placement and a team's level, we must take several things into account; the scoring rubric, the age grid, and the ability level of every athlete that tries out. From here, we work to place athletes on teams where they have the best chance at success and growth. Some athletes may have a higher or lower level of skills than the team they are placed depending on need. At Empire Athletics, we do our best to place every athlete, but not every athlete will make an Elite Team.



ELITE LEVEL EXPECTATIONS

We often have a lot of questions concerning the skills your child needs to be considered for a certain level team. At Empire Athletics, we will compete under the United Scoring System. We have put together a list on the following page of what judges are looking for during team performances. This will be a good list to go over with your athlete as they work to progress their skills before tryouts, and to set reasonable expectations for their placement. Although we may not require every single one of these skills at the time of tryouts, we do expect the skills to be mastered within each level and to be performed with strong and proper technique. Not all athletes are ready for the structure and commitment that is required for our Elite program. . ***Please note that Elite Level Appropriate Skills are required to max out the score sheet.***

Level Appropriate

Advanced Level Appropriate

Elite Level Appropriate

Standing Tumbling - Level 1

- Forward Roll
- Backward Roll
- Cartwheel
- Front / Back Limber

- Handstand - Forward Roll
- Back Extension Roll
- Front Walkover (FWO)
- Back Walkover (BWO)

- Back Walkover Series
- Back Walkover Switch Legs
- Back Extension Roll - BWO/BWO Series
- Valdez

Running Tumbling - Level 1

- Cartwheel (CW)
- Cartwheel - Backwards Roll

- Round off
- Front Walkover / FWO Series
- Cartwheel - BWO

- Cartwheel - BWO Series
- FWO - Cartwheel / Round Off
- FWO - CW - BWO / BWO Series
- FWO - CW - BWO Switch Leg

Standing Tumbling - Level 2

- Back Handspring (BHS)
- Back Handspring Step Out

- Back Extension Roll - BHS
- Back Walkover - BHS
- Back Walkover - BHS Step Out

- BWO - BHS Step Out - BWO
- BWO Switch Leg - BHS
- BHS Step Out - BWO - BHS
- Valdez - BHS / BHS Step Out

Running Tumbling - Level 2

- Cartwheel - BHS/BHS Step Out
- Round Off (RO) - BHS

- Round Off - BHS Step Out
- CW/RO - BHS Series
- Front Handspring (FHS)
- FWO - FHS

- Series Front Handsprings
- Bounder / Flyspring
- FWO - RO - BHS/BHS Series
- CW/RO - BHS Step Out - BWO - BHS/BHS Series

Standing Tumbling - Level 3

- BHS/Step Out - BHS/Step Out
- Jump - BHS/BHS Step Out
- BHS/Bhs Series - Jump

- BWO - BHS Series
- BHS - BHS - BHS or More
- Jump - BHS Series

- BHS/Series - Jump - BHS/Series
- Jump - BHS - Jump - BHS
- BHS Step Out - BHS Series
- BHS Step Out - BWO - BHS Series
- BWO - BHS - Jump - BHS/BHS Series

Running Tumbling - Level 3

- Round off - Tuck
- Aerial

- Punch Front
- Round off - BHS - Tuck
- Round off - BHS Series - Tuck

- FWO - Aerial
- RO - BHS SO - 1/2 Turn - Ro to Tuck
- FWO - RO - to - Tuck
- Bounder/Flyspring - RO - to - Tuck



ELITE LEVEL EXPECTATIONS CONTINUED

Level Appropriate

Advanced Level Appropriate

Elite Level Appropriate

Standing Tumbling - Level 4

- Standing Back Tuck
- Backwards Roll - Tuck

- BHS Series - Tuck
- Onodi
- BWO - Tuck
- Back Extension Roll - Tuck

- BHS / BHS Step Out - Tuck
- Jump - BHS Series - Tuck
- Jump - BHS - Tuck

Running Tumbling - Level 4

- Cartwheel - Tuck
- FWO - CW - Tuck
- RO - Layout
- RO - Onodi
- Front Aerial
- Front Aerial - RO - Tuck

- Punch Front (PF)- Aerial
- RO - BHS - Layout / Step Out / X-Out
- RO - Onodi - Whip / Lay
- Punch Front - Ro - Tuck
- FWO - RO - Whip / Lay
- Aerial - Tuck / Lay
- FWO - Aerial - Tuck

- Front Aerial - RO - to - Whip - Tuck / Lay
- FHS - Front Tuck
- Punch Front - RO - Layout
- RO - Whip / Tuck - Tuck / Whip / Layout
- FWO - RO - Whip / Tuck - Tuck/Whip/Lay
- PF - RO - Whip/Tuck - Tuck/Whip/Lay
- Front HS - PF - Ro - Tuck/Whip/Lay
- FHS - PF - RO - Whip/Tuck - Tuck/Whip/Lay

Standing Tumbling - Level 5

- Jump - Back Tuck
- BHS Series - Whip
- BHS - Whip

- BHS - Whip/Tuck - BHS - Tuck
- BHS Series - Whip - BHS - Tuck
- Jump - BHS Series - Whip - BHS - Tuck
- BHS Series - Layout
- BHS Series - Whip - Tuck

- BHS - Whip - Tuck
- BHS - Layout
- Jump - BHS - BHS Series - Layout
- Jump - BHS / BHS - Whip - Tuck
- BHS / BHS Series - Whip - Layout
- Jumps - BHS Series - Whip - Layout

Running Tumbling - Level 5

- RO - Full
- RO - BHS Series - Full

- RO - BHS - Full
- FWO - RO - Full
- RO - Arabian
- Side / Front Aerial - to - Full

- Front Full
- PF - RO - Full
- FHS - PF - RO - Full
- RO - Whip Full
- FHS - Front Full
- PF - RO - Whip - Full
- FHS - PF - RO - Whip - Full

Standing Tumbling - Level 6 / 7

- Jump - Tuck

- BHS Series - Full
- Jump - BHS Series - Full
- BHS - Whip - BHS Series Full
- BHS Series - Whip Full
- BHS - Whip - to - Full

- BHS - Full
- Jump - BHS - Full
- Standing Full
- BHS - Whip - Full
- Jump - BHS - Whip - Full
- BHS Series - Double
- Jump - BHS Series - Double
- BHS - Whip - BHS Series - Double
- BHS Series - Whip - Double
- Jump - BHS/Series - Whip - Double
- BHS Series - Full/Double - Whip - Full/Double

Running Tumbling - Level 6 / 7

- Cartwheel - Full
- Round Off - Full
- RO - BHS / BHS Series - Full
- FWO - to - Full
- Side / Front Aerial / Onodi - Full
- Front Full

- Punch Front - to - Full
- RO - Whip - Full
- RO - to - Whip - to - Full
- RO - 1/2 Full - to - Full
- RO - BHS - Full - to - Full

- Front Handspring - Front Full
- FHS - PF - RO - to - Full
- RO - Arabian - RO - to - Full
- RO - to - Full - Full
- RO - to - 1.5 Full - to - Full
- RO - Double
- RO - to - Double
- FWO - to - Double
- Punch Front - to - Double
- RO - to - Whip - to - Double
- RO - Whip - Double
- RO - Arabian - to - Double
- RO - to - Full - to - Double
- RO - to 1.5 - to - Double
- RO - to - Double - BHS Series - Double
- RO - to - Full - to - Whip - Double
- PF - RO - to - Whip - to - Double
- RO - to - Double - Whip - Double
- PF - RO - Arabian - RO - to - Whip - Double



YOUR COMMITMENT TO EMPIRE

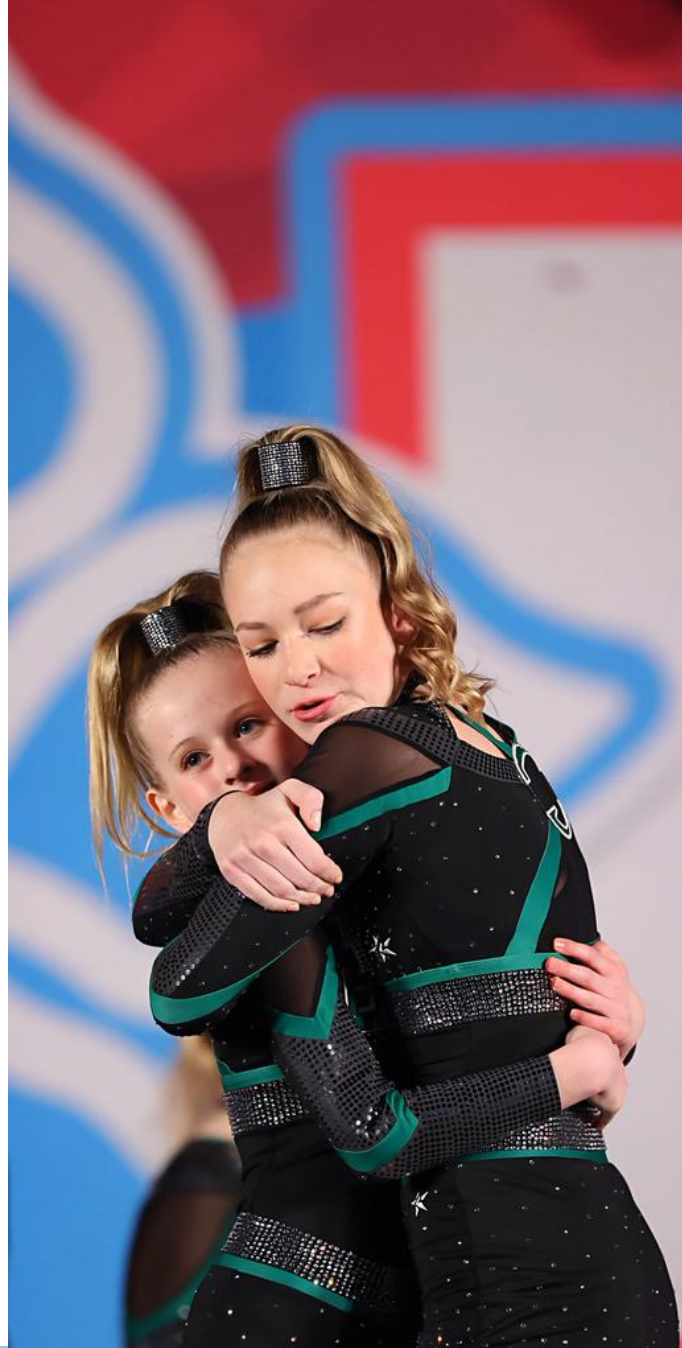
We are proud to be one of the top ranked cheerleading programs in the Pacific Northwest. We know this is due to the unbelievable commitment given by our current and former team members, their families, and our coaching staff. While being a part of the Empire Family is an exciting and fun time for everyone, we realize it is a huge commitment for your athlete and your family. In order to continue the success of our program and the growth of your athlete, a high level of commitment is required at all levels of the sport.

PRACTICE AND ATTENDANCE

Practice and attendance are crucial to a team's success. All the teams will have two practice days per week during the summer. Starting in September, Elite teams may practice three days per week depending on team needs. Practice days and times will remain consistent throughout the season. During important times of the season, extra practices may be scheduled. These practices will be scheduled in advance and all athletes would be expected to attend. Extra events such as Mega Camp and Choreography are also extremely important and all athletes are expected to attend.

Summer practices are crucial to a team's success.

We ask that families do their best to schedule trips during the Summer Break Closures.



MEGA CAMP

Mega Camp is an overnight skills camp held in August. This is a great opportunity for the athletes from all three gyms to meet, bond, and learn new skills. Each year, we bring in staff from across the country to work with each team on stunting, dance, tumbling, jumps, and leadership skills. This season, the choreography staff from CheerSource will be on hand to work with our athletes and get routine ideas started.

CHOREOGRAPHY

We are excited to be working with the Choreographers from CheerSource this season. CheerSource will be working with the teams during Mega Camp, and two additional choreography sessions to create outstanding routines. The Choreography dates are extremely important, and all athletes need to be in attendance to ensure a great routine.





2023 - 2024 EVALUATION DATES

ARLINGTON

EVALUATION CLINICS

May 15th & 16th

Level 1 = 5:00 - 6:30 pm

Level 2 & Up = 6:30 - 8:00 pm

Attend one or both days

ATHLETE EVALUATIONS

Tuesday, May 23rd

Ages 6 - 9 = 5:00 - 6:00 pm

Ages 10 - 12 = 6:00 - 7:00 pm

Ages 13 & Up = 7:00 - 8:00 pm

PRIVATE EVALUATIONS

Available Upon Request

PORTLAND

EVALUATION CLINICS

May 16th & 18th

Level 1 & 2 = 5:30 - 7:00 pm

Level 3 & Up = 7:00 - 8:30 pm

Attend one or both days

ATHLETE EVALUATIONS

Tuesday, May 23rd

Level 1 & 2 = 6:00 - 8:00 pm

Thursday, May 25th

Level 3 & Up = 6:00 - 8:00 pm

PRIVATE EVALUATIONS

Available Upon Request

SHERWOOD

EVALUATION CLINICS

May 15th & 17th

Level 1 & 2 = 6:00 - 7:30 pm

Level 3 & Up = 7:30 - 9:00 pm

Attend one or both days

ATHLETE EVALUATIONS

Monday, May 22nd

Level 1 & 2 = 6:00 - 8:00 pm

Wednesday, May 24th

Level 3 & Up = 6:00 - 8:00 pm

PRIVATE EVALUATIONS

Available Upon Request

EVALUATION FEES

\$75 Private Evaluations

\$50 New Athlete

\$25 Returning Athlete

VIRTUAL PARENT MEETINGS

April 18th and May 4th at 7:00 pm

Meeting link will be posted on Facebook

Request the link at;

info@empireathleticsgym.com

FINANCIAL EXPECTATIONS

While not as costly as some activities, Competitive Cheerleading can be expensive. Before considering Empire Athletics, or any program, please consider the financial commitment involved. Our comprehensive tuition and fee structure distributes the seasons cost into 12 equal monthly payments. During the 2023-2024 season, there will be 12 monthly charges starting June 2023 through May 2024. All families must sign up for automatic payments with a debit/credit card. Monthly tuition and fees do not cover the cost of travel or lodging for events.

Each month is split into TUITION and FEES. Tuition covers your athletes practice hours while fees cover the hard costs that are paid out directly to our vendors. Fees include; Uniform, Shoes, Hair Cuff, Practice Apparel, Jacket, Backpack, Camp Apparel, MEGA Camp, Choreography, Competition Fees, Spot TV, and Insurance.

MONTHLY TUITION

\$135 per month

MONTHLY FEES

\$355 per month

PAYMENT OPTIONS

AUTOPAY

Place your credit/debit card on file to make your payments each month. Your full tuition and fees payment will be automatically processed on the first day of each month.

FLEX PAY

For an additional charge of \$20 per month you can sign up for flex pay. This will allow you to pay throughout the month when it works best for you. All accounts must be paid by the end of the month.

DISCOUNTS

Discounts are only applied to the monthly tuition and cannot be combined with other discounts.

15% = Returning Athlete

15% = Military / Law Enforcement / First Responder / Medical

15% = Sibling

15% = Paid In Full

USASF WORLDS - YOUTH SUMMIT - SUMMIT

All qualifying Elite Teams will accept any At-Large, Partial Paid, and Full Paid Bids to The Youth Summit, The Summit, and USASF Worlds throughout the entire season. All athletes are expected to attend end of year events in which they receive a bid. These cost are not included in monthly tuition and fees and are an additional charge. We encourage all families to plan for end of season bid events.





WHY SHOULD YOU CHOOSE EMPIRE

ALL Coaches AND Office Staff/Personnel are USASF certified, background checked (green lighted), credentialed, and First Aid, CPR and AED certified. All Empire Coaches, Staff, Personnel, Vendors, and Chaperones undergo additional extensive background screening to ensure our staff is top quality. Empire goes above and beyond to ensure the safety and security of all athletes.

Several experienced, professional, and credentialed guest staff coming in from all over the world for camps and clinics throughout the year.

Streamlined warm-ups / practice plans / conscious benchmark checking through all of our teams. ALL teams are competitive within their divisions/levels.

Prices are comparable within the All-Star Cheer industry. We keep our cheer prices simple with a consistent monthly payment plan.

MULTIPLE LOCATIONS: We have three 15,000 square foot facilities with top-of-the-line equipment. Each facility has the space to ensure all health and safety precautions are being followed.

Our mission is to place each athlete accordingly. Families have the option to commute to a team appropriate for their child's level and progression, with coaches' permission.

Our facilities offer SpotTv so you are able to live stream certain practices from the comfort of your home. All facilities' public areas are under 24/7 camera surveillance to ensure your athletes safety.

Our CORE VALUES: We hold EVERYONE to the same standards and expectations – athletes, coaches, staff, parents, and families.



CHARACTER MATTERS

"Who I am at all times is important."

WE BEFORE ME

"The needs of my team are more important than my individual needs."

ALL THINGS ARE EQUAL

"I will treat everything with equal importance."

GOSSIP FREE ZONE

"We do NOT gossip about others.
We only spread positivity."

FAIL WITHOUT EXCUSES

"Failing is a normal part of life.
When we fail, we progress.
I will listen and take feedback always."

2023 - 2024 Important Dates

- **May 15 - 19 = Evaluation Clinics**
- **May 22 - 26 = Athlete Evaluations**
- **June 2 = Team Placements Announced**
- **June 5 = First Practice - June Payment Due**
- **June 12 = Contracts Due**
- **July 1 - 7 = SUMMER BREAK 1 - No Practice**
- **July 23 - 29 = SUMMER BREAK 2 - No Practice**
- **August 8 - 10 = MEGA CAMP**
- **August 19 - 21 = Choreography Session 1**
- **September 1 - 9 = Summer Break 3**
- **September 10 = Mandatory Practices Start**
- **September 23 - October 1 = Choreography Session 2**
- **October 31 = Halloween - No Practice**
- **November 22 - 25 = Thanksgiving Break - No Practice**
- **December 22 - Jan 2 = Winter Break - No Practice**
- **March 31 = Easter Sunday - No Practice**

These are the ONLY scheduled gym closure dates. Please assume we are open and will practice all other dates, including spring break and all federal and school holidays



Empire Showcase

November 2023

The American Northwest - Portland, OR

December 2 - 3

ALOHA - Portland, OR

January 13 - 14

ATC Grand Nationals - Bellevue, WA

January 27 - 28

All Star Challenge - Tacoma, WA

February 10 - 11

PacWest Grand Nationals - Portland, OR

March 9 - 10

USA All-Star Super Nationals - Anaheim, CA

March 23 - 24

TENTATIVE COMPETITION SCHEDULE 2023 - 2024

END OF SEASON BID EVENTS

The Youth Summit - Tampa Bay, FL

April 2024

USASF WORLDS - Orlando, FL

April 2024

The SUMMIT - Orlando, FL

April 2024

End of Season Showcase

April 2024

*The official competition schedule will be finalized
August 15th and may vary by location*



