

EMPIRE

SEASON 7 INFORMATION PACKET

2024/25 ALL PROGRAMS

SHERWOOD /
PORTLAND/VANCOUVER

SEASON 7





WELCOME TO EMPIRE

Empire Athletics is proud to bring you SEASON 7, and we are excited that you and your family may be considering joining our program. Our foundation is built on principles of athletic integrity, character & skill development, and teamwork. We prioritize the holistic training of our athletes, ensuring proper skill progression, advancement, and ongoing education for both athletes and staff. At Empire Athletics we strive to create a supportive environment where athletes evolve into teammates, teammates into friends, and friends into a close-knit family.

As we embark on Season 7, Empire Athletics remains committed to providing a safe and empowering space for our athletes. We believe that the lessons learned through training extend far beyond the mat, equipping athletes with the resilience needed to tackle life's challenges. Whether it's overcoming obstacles during a routine or building a strong work ethic through perseverance, our focus is on nurturing each athlete's potential for greatness. Beyond the pursuit of trophies, our ultimate goal is to unlock the full potential of every individual. By fostering a culture that brings out the best in each athlete, we believe that success will naturally follow.

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



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

www.EmpireAthleticsGym.com
info@empireathleticsgym.com



WHY EMPIRE?

Empire Athletics prides itself on maintaining a high standard of safety and quality by ensuring that all coaches and office staff are USASF certified, background checked, credentialed, and First Aid, CPR, and AED certified. In addition, extensive background screening is conducted for all Empire Coaches, Staff, Personnel, Vendors, and Chaperones to guarantee top-quality staff and the safety of all athletes. The commitment to safety extends to our facilities as well, with multiple 10,000 square feet locations each equipped with two competition level spring floors, ample additional dead mat space, and additional top of the line tumbling and cheer equipment giving athletes the tools they need to develop. Our new Vancouver location is expected to be ready in early 2025 and will become THE benchmark for competitive cheer gyms in the Portland Metro area. We pride ourselves as a facility with a commitment to strict adherence to the latest health and safety protocols.

The dedication to excellence is further showcased through the recruitment of experienced, professional, and credentialed guest staff from around the globe for camps and clinics. Empire Athletics specializes in developing skilled All-Star cheer teams focused on competitive performance within various Elite, Novice, and Prep cheer divisions/levels, offering streamlined warm-ups, practice plans, and benchmark checking for all teams ensuring continued growth and development for all skills and levels. The athlete evaluation process is designed to assess your athlete's skill level and place them appropriately with athletes of similar skill, creating a balanced and well-rounded team.

Empire Athletics' unwavering commitment to inclusivity and accountability is reflected in our core values, which set the same high standards for athletes, coaches, staff, parents, and families alike. With a mission to provide a safe, competitive, and enriching environment for all participants, Empire Athletics stands out as a premier choice for aspiring athletes and families seeking a top-tier cheerleading experience.

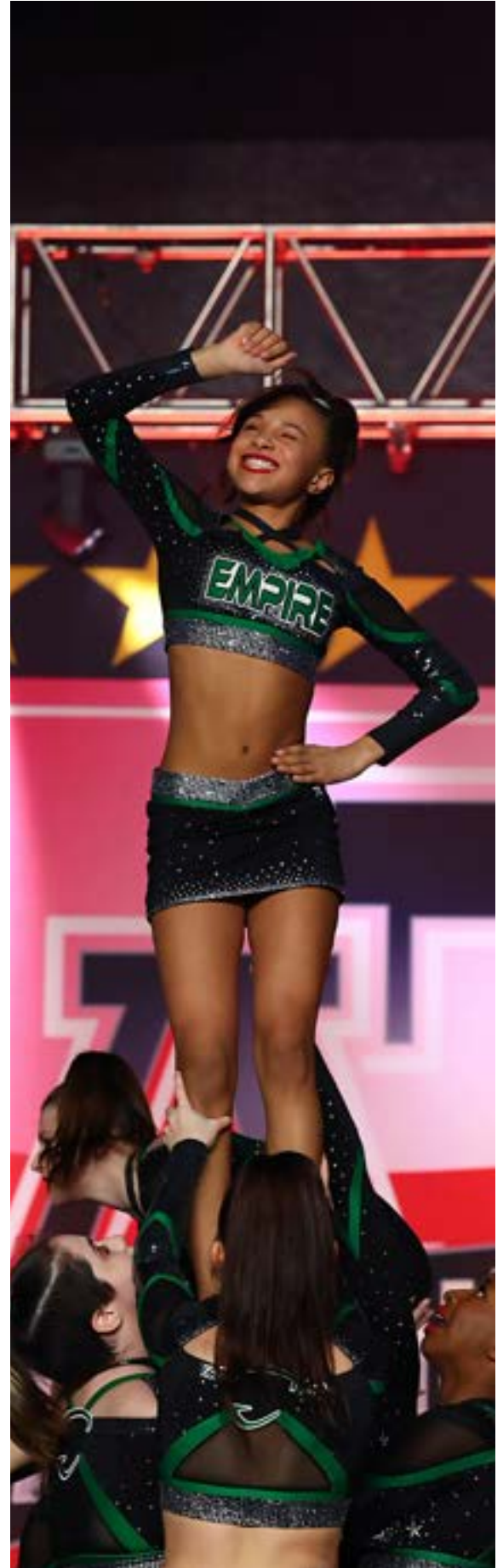


THE EMPIRE EVALUATION PROCESS

The Empire Evaluation Process is a crucial step for athletes looking to showcase their skills and potentially join an Elite Team. Athletes undergo a series of low-stress workouts where they demonstrate their abilities in tumbling, jumps, stunts, attitude, and coachability. While the goal is to place every athlete on an Elite Team, it's important to recognize that not all athletes may be ready for that level. Age also plays a role in team and division selection, ensuring a fair evaluation process and the creation of balanced, competitive teams.

During athlete evaluations, coaches assess each athlete's tumbling (standing and running), jumps, and stunts. These evaluations are the basis for all team placements according to skill level, coachability, age, maturity, and team needs. The ultimate goal is to ensure that all athletes master the skills necessary to perform safely and successfully in routines at their assigned level, while at the same time building upon their skills throughout the season.

Team placements are dynamic, with athletes potentially moving up or down levels based on performance, attitude, and attendance throughout the summer. It's essential to understand that an athlete's level may not always align with the team's level, as placements consider factors like scoring rubrics, age grids, and individual skill levels to maximize success and growth for each athlete at Empire Athletics.



EMPIRE LEVEL EXPECTATIONS

At Empire Athletics, we understand the importance of understanding the skills your child needs to excel on a competitive team. Our teams compete under the United Scoring System, and we have compiled a list of key elements that judges look for during performances. This list serves as a valuable guide for athletes to enhance their skills before tryouts and to set realistic goals for their progression each season. While not every skill listed may be mandatory during tryouts, mastery of these skills at each level is expected, with an emphasis on executing them with precision and technique. It's essential to recognize that our program demands a high level of dedication and structure, and not all athletes may be prepared for this level of commitment. Please be aware that Elite Level Appropriate Skills are crucial for optimizing scores in competitions.

Season 7 will represent a new and exciting Empire experience for our athletes and families. It is our goal to build the strongest teams possible through the evaluation process by properly identifying and placing athletes according to their current skill level. While we appreciate and understand that every athlete desires to level up their skills, we will be utilizing a fair and competitive rubric when setting our teams. With this emphasis, our level expectations and requirements will be enhanced from Season 6 to Season 7. ***If you have questions about this competitive step forward for the program and how your athlete may be impacted, or any general questions about our program please feel free to email us info@empireathleticsgym.com.***



EMPIRE LEVEL EXPECTATIONS

For Season 7, Empire will be offering Prep, Elite CheerAbilities, On-Deck Elite, Elite, and Worlds team opportunities for our athletes. Each level represents a different experience and comes with different time and financial commitments.

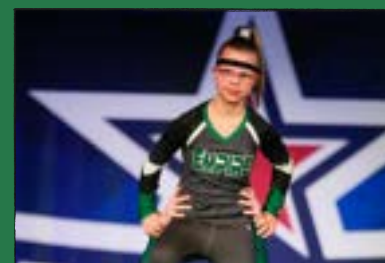
Prep Division – The Prep division consists of Tiny, Mini, Youth, Junior, and Senior age groups with varying skill levels. The Prep division teams will practice 4 hours per week and compete in a half dozen competitions each season within driving distance of the Portland Metro/Southwest Washington region. Athletes competing in the Prep division generally possess Level 1 Standing Tumbling skills.

Elite CheerAbilities Division - Our All-Star Competitive CheerAbilities Team is breaking barriers and redefining what it means to be a cheerleader. With a focus on inclusivity, teamwork, and the celebration of individual abilities, our team is dedicated to showcasing the power of determination, resilience, and passion for the sport. Our mission is to provide individuals with disabilities the opportunity to participate in competitive cheerleading at the highest level. We strive to create an inclusive and supportive environment where all athletes can thrive, regardless of their abilities. Athletes will be practicing once a week and should expect weekly homework. Athletes will compete in competitions around the Pacific Northwest (generally within driving distances of Portland) and should expect to travel 1-2 times a year.

Elite Division – The Elite division makes up the bulk of our athletes and teams and is generally made up of teams consisting of Levels 1 through 7 skills competing in Tiny, Mini, Youth, Junior, and Senior age groups. Elite athletes can be expected to practice up to 6 hours a week and compete in competitions all over the Pacific Northwest, with potentially 2-3 travel competitions a year and potentially end of season bid events. For their respective teams, it is expected that an athlete possesses a mastery of Elite Level Appropriate skills. Crossers are athletes that participate on more than one Elite level team during the season. With the Crosser designation, an athlete has twice the practice commitment, but pays a reduced rate for their fees.

On-Deck Elite Division – The On-Deck Elite division will present a new team opportunity for select Empire athletes in Season 7. This division is a unique opportunity for interested Elite athletes that allows for the competition experience without the stress of having to perfect advanced level skills. On-Deck Elite teams will practice a couple of times a week and compete in 2-3 competitions a year. On-Deck Elite athletes will generally compete at a level above their primary Elite level team as they work to perform skills they have not yet mastered in a less critical competitive environment.

Worlds Division – Worlds division teams will be expected to practice up to 6 hours a week and will generally compete in 1-2 additional travel competitions beyond the normal Elite competition schedule season. Because of these additional travel requirements, being a member of a Worlds division team carries a greater expense and time commitment. It is also critical for a Worlds division athlete to possess Elite Level Appropriate skills for their division assignment.



EMPIRE LEVEL EXPECTATIONS

Level Appropriate

Advance 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

- 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

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



EMPIRE LEVEL EXPECTATIONS

Level Appropriate

Advance 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

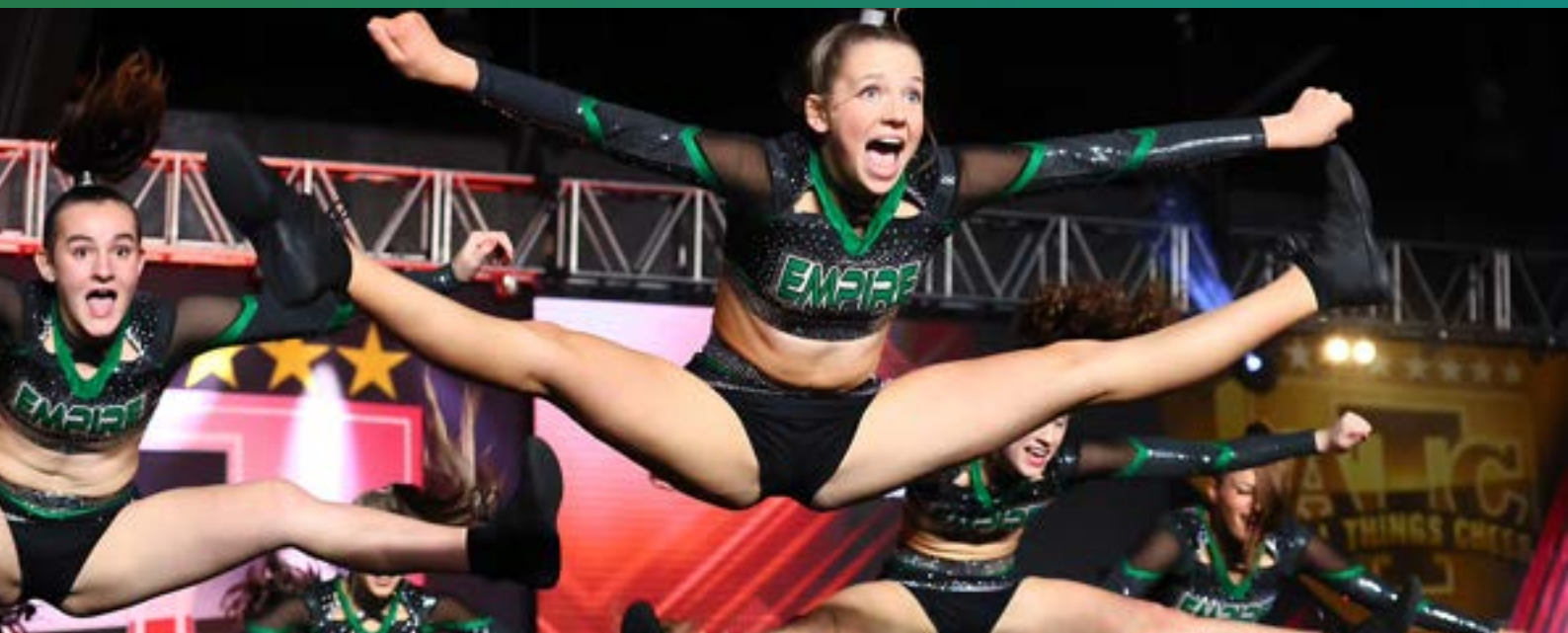
- Punch Front - to - Full
- RO - Whip - Full
- RO - to - Whip - to - Full
- RO - 1/2 Full - to - Full
- RO - BHS - Full - to - Full

- 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



EMBRACING THE EMPIRE COMMITMENT

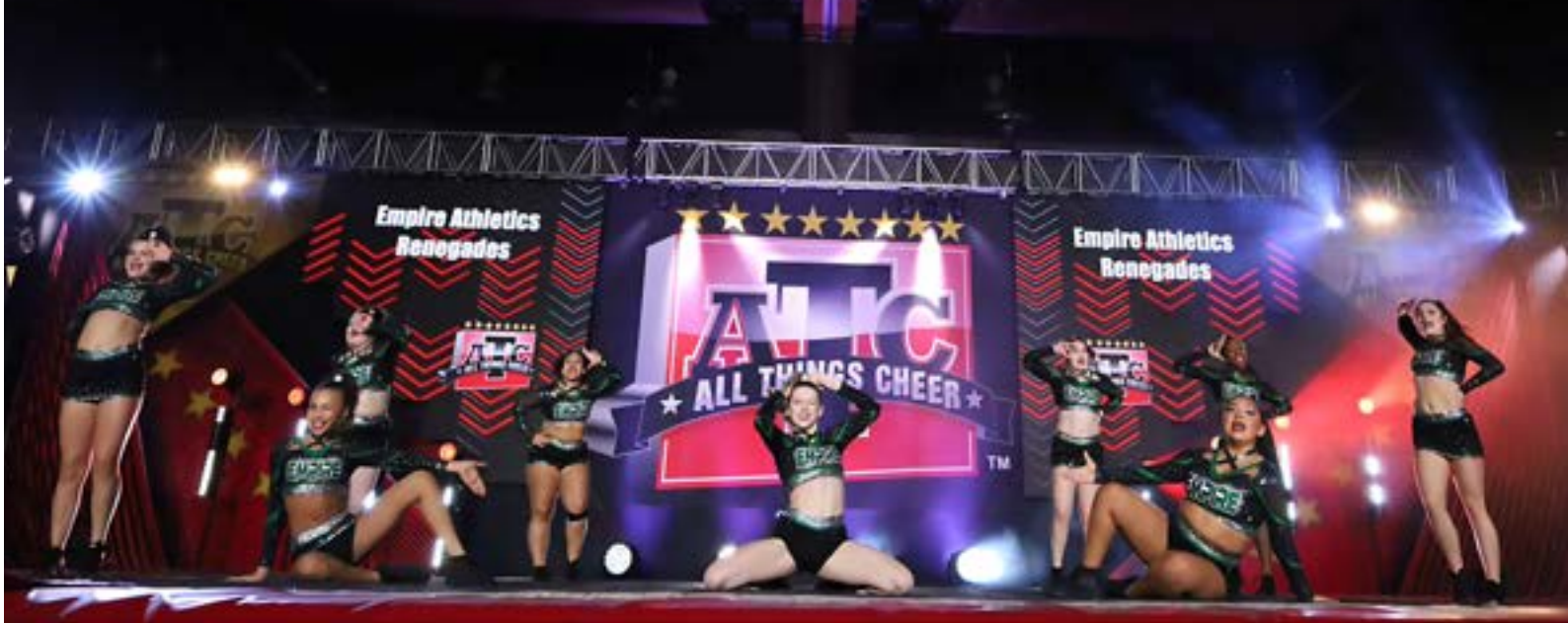
At Empire, we take pride in being among the top-rated cheerleading programs in the Pacific Northwest. This achievement is a testament to the incredible dedication shown by our current and former team members, their families, and our coaching staff. While being part of the Empire Family is filled with excitement and enjoyment, we understand that it requires a significant commitment from both your athlete and your family. To sustain our program's success and nurture your athlete's growth, a high level of commitment is essential at every level of the sport.



PRACTICE AND PARTICIPATION

Practice and attendance play a vital role in a team's achievements. Throughout the summer, all teams will practice one to two days per week. Once September arrives, all teams may practice up to three days a week based on team requirements. Practice schedules will remain consistent throughout the season. Additional practices may be scheduled during critical times, and these will be communicated in advance, with all athletes expected to attend. Extra events like Choreography and locally hosted camps are equally important, and attendance is mandatory for all athletes.

Summer practices are fundamental to a team's progress, so we kindly ask families to plan trips around the Summer Break Closures for optimal participation.



2024/25 EVALUATION DATES

PORTLAND

Tumbling Assessments

May 19 - Ages 10 and Under = 1:00 to 2:30
OR Ages 11 and up = 2:30 to 4:00
May 20 - Ages 10 and Under = 5:30 to 7:00
Ages 11 and up = 7:00 to 8:30

Stunting Assessment

May 22 - Level 1 - 2 = 6:00 - 7:30
May 23 - Level 3 and up = 6:00 to 7:30

Final Call Backs

May 29 - All Levels if needed = 6:00 to 8:00

Team Placements and Practice

May 31 - Team Placements
June 3 - First Day of Practice

SHERWOOD

Tumbling Assessments

May 16 - Ages 10 and Under = 6:00 to 7:00
OR Ages 11 and up = 7:00 to 8:00
May 21 - Ages 10 and Under = 6:00 to 7:00
Ages 11 and up = 7:00 to 8:00

Stunting Assessment

May 22 - Level 1 - 2 = 6:00 - 7:30
May 23 - Level 3 and up = 6:00 to 7:30

Final Call Backs (if needed)

May 29 - All Levels if needed = 6:00 to 8:00

Team Placements and Practice

May 31 - Team Placements
June 3 - First Day of Practice

Private evaluations are available upon request. Please send a request to info@empireathleticsgym.com.

EVALUATION FEE

Private Evaluation: \$100.00
New Athlete Evaluation: \$75.00
Returning Athlete Evaluation: \$50.00

VIRTUAL PARENT MEETING

April 17 and May 9, 2024 at 7:00pm

The meeting link will be posted on Facebook or scan the QR code to request the link or click [here](#) .



Sherwood



PDX-VAN



FINANCIAL EXPECTATIONS

Competitive cheerleading, while not as costly as some activities, can still require a significant financial commitment. Before enrolling in a program like Empire Athletics, it's important to understand the expenses involved. The tuition and fee structure for the 2024-2025 season at Empire Athletics divides the costs into 12 equal monthly payments, starting from June 2024 to May 2025, paid via automatic payments using a debit/credit card. It's essential to note that the monthly tuition and fees do not cover expenses related to travel or lodging for events.

Monthly payments consists of two parts: tuition and athlete fees. Tuition covers your athlete's practice hours, while fees are for hard costs paid to vendors to deliver the competitive cheer experience. The fees include items such as uniforms, shoes, hair cuff, practice apparel, jacket, backpack, camp apparel, professional/industry leading music and choreography, competition fees, and insurance.

Fees by Division	Monthly Athlete Fee	Monthly Athlete Tuition	Total Monthly Cost
Worlds	\$425	\$140	\$565
Elite	\$385	\$140	\$525
Elite CheerAbilities**	TBD	TBD	TBD
On-Deck Elite*	\$25	\$50	\$75
Prep	\$190	\$105	\$295
Crosser*	\$150	N/A	\$150

**On-Deck & Crosser opportunities are by invitation only for select athletes and are NOT part of the evaluation process. To participate on a On-Deck Elite division team, an athlete must be a full-time member of an existing Elite division team.*

***We strive to keep our CheerAbilities' program affordable for families with a low monthly tuition. It is our goal to limit a CheerAbilities athlete's tuition to under \$600 per athlete for the season, but that is determined primarily by our success fundraising to cover the additional various expenses related to the team (uniforms, shoes, competition fees, etc.). Anything that can be covered via fundraising will, with every dollar raised going directly to support the CheerAbilities program costs. Like all cheer families though, there will be additional expenses related to competitions that families should be prepared for. Such expenses would include parking, spectator entry fees, possible airfare, hotel(s) etc.*

In an effort to be as accommodating as possible to families, Empire Athletics offers multiple payment options:

- Families can choose between auto-pay, where the full payment is automatically processed on the first day of each month
- Or flex pay, which allows for payments throughout the month for an additional \$20.

Discounts available for monthly tuition (cannot combine discounts)

- 15% returning athletes
- 15% military/law enforcement/first responders/medical personnel
- 15% siblings
- 15% those who pay in full

USASF Worlds | Youth Summit | Summit events

For Elite Teams qualifying for USASF Worlds, Youth Summit, or Summit events, athletes can accept At-Large, Partial Paid, and Full Paid Bids. It's important to note that attending these end-of-year events is expected for all athletes who receive a bid. These costs are not included in the monthly tuition and fees and are an additional expense. Families are advised to plan ahead (or even expect) that our teams qualify for end of season bid events. We ask that all families keep this in mind to ensure that athletes remain available to compete through bid event season, through mid May.

IMPORTANT DATES TO REMEMBER

- May 19-23 - Athlete Evaluations (Portland)
- May 16-23 - Athlete Evaluations (Sherwood)
- May 31 - Team Placements Announced
- June 3 - Summer First Practice - June Payment Due
- June 10-11 - Contracts Due
- July 1-7 - SUMMER BREAK 1 - No Practice
- **July 8-14 - Uniform fitting***
- July 29 - August 4 - SUMMER BREAK 2 - No Practice
- **August 9-11 - Skills Camp Elite Teams (At Sherwood Gym)***
- **August 27-29 - Choreography Session 1***
- September 2-6 - Summer Break 3
- September 8-9 - In Season Practices Start
- **October 2-5 - Choreography Session 2***
- October 31 - Halloween - No Practice
- November 27-29 - Thanksgiving Break - No Practice
- December 23 - January 3 - Winter Break - No Practice
- April 20 - Easter Sunday - No Practice

SEASON 7 COMPETITION SCHEDULE*

Date	Event	Location	Who's Attending
November 2024	Empire Showcase	Portland, OR	All Teams
December 7-8	The All American Northwest Championship	Portland, OR	All Teams
January 11-12	Aloha	Portland, OR	All Teams
January 24-26	ATC Grand Nationals	Seattle, WA	Select Teams and Worlds Finalized by 7/1
February 2025	OE Classic	Salem, OR	Prep Teams
February 8-9	King of the Jungle	Tacoma, WA	Elite and Worlds Teams
February 2025	OCCA Classic	Salem, OR	Prep Teams
February 28 to March 2	NCA All-Star National Championship	Dallas, TX	Elite and Worlds Teams
March 1-2	PacWest Championship	Portland, OR	Select Teams Finalized by 7/1
March 29-30	OneUp Nationals	Bellevue, WA	Select Teams Finalized by 7/1

END OF SEASON EVENTS

Date	Event	Location
November 2024	Empire Showcase	TBD
April 14-25	The Youth Summit	Tampa, FL
April 2025	USASF WORLDS	Orlando, FL
May 1-4	The Summit	Orlando, FL

*The Season 7 competition schedule will be finalized by August 15th and may vary by location.

*Elite CheerAbilities team travel competition schedule (outside the Portland area) will be finalized by July 1, 2024.



EMPIRE CORE VALUES

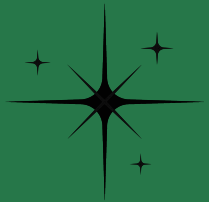


CHARACTER MATTERS.

"Who I am at all times is important."

WE BEFORE ME.

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

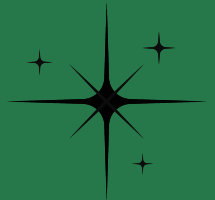


ALL THINGS ARE EQUAL.

"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."