

# COA ELITE 2021-2022



*Mid-Season*  
**CHEER**

# Thank you for your interest in COA Elite's Mid-Season Cheer Program!



Season is November - April for  
Ages 5-18 years old (Male & Female).



This is a perfect introduction to  
All-Star competitive cheerleading.



Practice twice per week.  
Practice set included!



3 local competitions in NorCal!

For inquiries and concerns, please  
call 916-513-7809 for assistance.

[admin@coaelite.com](mailto:admin@coaelite.com)



# PROGRAM HIGHLIGHTS



## MENTALLY STIMULATING

- Increased personal confidence through competitions and performances
- Cognitive development: memory of intricate routines and transitions
- Responsibility & Reliability: Making a commitment to a team and upholding your part, time management
- Strengthen Social Skills: forming friendships, building bonds

## PHYSICALLY DEMANDING

- Promotes active lifestyle: Teams practices twice a week + other optional training hours
- Balance & Coordination: through tumbling, jumps, and dancing
- Muscle Strength: through stunting, core building, and conditioning
- Autonomy & Mastery: through repetition and skill development



## Real Competition!!!

While this is not a full-year program, it is still the REAL DEAL! All-Star cheer leaves the realm of sideline Pop-Warner cheer and opens up a whole new level of athleticism and competition solely focused on the SPORT of cheerleading. Athletes will develop a greater sense of confidence and showmanship like never before!

# PROGRAM HIGHLIGHTS



## SEASON COSTS

- |                        |           |
|------------------------|-----------|
| • Evaluation Fee       | \$ 25.00  |
| • Registration & Admin | \$ 185.00 |
| • Practice Clothes     | \$ 85.00  |
| • Monthly Tuition      | \$ 115.00 |
| • Choreo/Music Pkg     | \$ 345.00 |
| • Uniform Package      | \$ 210.00 |
| • Coaches Fee          | \$ 85.00  |



## GYM CLOSURES

- November 24-26 - Thanksgiving
- December 23 - 31 - Christmas

**\*\* Be prepared for added practices leading up to competition.\*\***

## Attendance Policy

Athletes are expected to attend EVERY practice. We cannot schedule practices so they do not conflict with your athlete(s) outside activities. We ask that you thoroughly consider the commitment required for our program when signing up. Athletes are allowed 3 absences. Please plan your absences accordingly. COA reserves the right to remove any athlete for missing any practice without a valid reason.

Absences are to be requested on the Absence Request Form. Failure to do so will result in an automatic denial and penalty assessment.