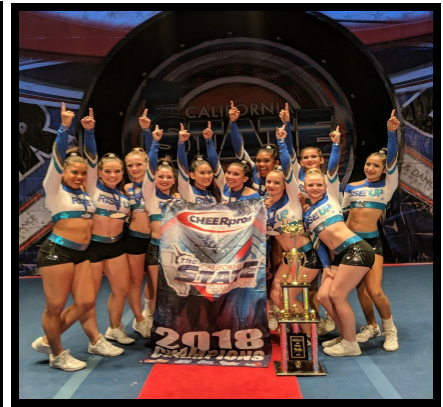


# RISE UP

## A T H L E T I C S



Welcome to Rise-Up Athletics, we are a competitive coed cheerleading program for ages 5 and up located in Los Alamitos, CA. RUA provides quality cheerleading instruction which aims to help each athlete reach their highest skill potential. Each athlete will learn the importance of teamwork and precision in tumbling, jumps, stunts and dance. The program is ran under the direction of Cheryl Vuong, the head coach of the National and World Champion Los Alamitos Varsity High School Cheer team since the early 90's. During their debut season in 2018, RUA secured several bronze place finishes as well as winning 1st place at the CheerPros California State Senior 4 Championship, Encore Junior 3 Championship, and U.S. Finals 2018 Senior 4 Championship.

If your ready to Rise-Up, team evaluations are as follows:

### Thursday May 31st - Skill evaluations

- Returnees Times: 5:00-6:30 pm
- New Members Times: 6:00-7:30 pm

### Friday June 1st - All members

- Ages 5-8 yrs Times: 5:00-6:30 pm
- Ages 9+yrs Times: 6:00-8:00 pm

*Cost for Travel Team Evls is \$35 New members and \$25 Returning members from 2017-18 season.*

Team placements will be sent out via email by Sunday 6/3. Please note teams will be designed to maximize their competitive success, but it won't hold back individual development.

NON Travel Prep ½ Yearly teams begin November 2018 to May 2019. To reserve your athletes spot with this affordable, less commitment, but still all the FUN Prep Team, call the front desk 562-431-1102 Ext: 0

## TRAVEL TEAM FEES

ALL FEES PAID via AUTO-PAY	DUE DATE	TOTAL NEW	Returning Rise member exclusions	Addition Fees Listed Below: Fees will occur during various times of the season
Registration Fee	Processed Monday 6/4	\$410	Gym Reg if current	<ul style="list-style-type: none"> <li>• Hair piece for competitions aka "Posh Pony"</li> <li>• Additional Items offered on your Rise Gear Order Form</li> <li>• Competition Makeup</li> <li>• Travel expenses for athlete/family</li> <li>• Qualifying for D2 Summit there is a separate athlete, coaching fee, and apparel fees</li> <li>• Optional Winter Woodward Camp</li> </ul>
Monthly Tuition	July 1st - April 1st, 2019	\$205	Same	
Performance Fee	July 1st - Feb 1st, 2019	\$195	Same	
Uniform Fee 1	6/15- Approx.	\$250	Same	
Uniform Fee 2	8/15- Approx.	\$425	Less Comp top & bottom	
<p><i>All Uniform pricing will be finalized by June 2018</i></p>				
<p>Full-Season payment options available (for Registration, 10 months tuition, 8 months performance)</p>				

## TRAVEL TEAM FEES DESCRIPTION

### Registration Fee

Gym Registration  
 1st Months Tuition (June)  
 Practice Package + Practice bow (new tank, shorts, and practice bow)  
 Athlete End of the Year Banquet  
 USASF membership Fee  
 Open Floor Aug-May 2019

### Monthly Tuition

3 practices a week  
 Add-on Practices  
 In-Practice Tumbling/ skills  
 July Tumbling/skills  
 Weekly Open floor  
**Uniform Fee #1**  
 Warm-ups, Travel bag, Comp shoes

### Performance Fee

Competition entry fees  
 Sinnell Choreography  
 Professional License Music editing  
 Coaching Travel Expenses  
**Uniform Fee #2**  
 Top, bottom, new mid tank, and bow

## TRAVEL TEAM SEASON OVERVIEW

**JUNE-** Attend Tumbling Mon and/or Fri  
 Attend 1 prac Thur or Sat  
*No Prac 6/15-6/17*

**JULY-** Attend various skills class  
*No skills 7/4*

**AUG-** Mandatory Prac begins wk of 8/6  
*No Prac 8/31-9/2*

### SEPT- MANDATORY

Choreography Sept 28-29-30  
**OCT-** Practices Continue

*No Prac 10/31*

**NOV-** Dance Choreography  
*No Prac 11/18 -11/25/18*

**DEC- Optional winter camp**  
*No Prac 12/23 - 1/2/19*

**JAN-MAY-** Comp Season

## TRAVEL TEAM PRACTICES START 6/7

Skills Monday and or Friday  
 Come to 1 or both classes

- Mondays Times: 6:00-7:30 pm
- Fridays Times: 5:30-7:30 pm

Practice Thursday or Saturday (depends on the team your athlete makes)

- Thursday Times: 6:00-8:30 pm
- Saturday Times: 12:00-2:30 pm