



Rise Up Athletics

Cheer Ability Team

Nov-May 2019

Enroll Now Call 562-431-1102

Welcome to Rise-Up Athletics, a competitive all-star cheer program located at Kidnastics Gymnastics Center in Los Alamitos. Our primary goal is to have fun and teach each athlete the fundamentals of cheer in a safe and positive environment.

In 2015 we had the honor of creating a cheer team for children with disabilities. Since then our program has grown each year and we are excited to continue this team for the 2018-2019 season. Enlighten is a co-ed Cheer Abilities (formally known as Special Needs) All-Star team for athletes with an intellectual and/or physical disability who want to have fun, cheer, perform, and gain new friendships. It is an open registration for ages 4 through young adulthood!

Enlighten is head coached by, Amber King who has worked with children with disabilities for many years and has been coaching cheer and gymnastics since 2010. Coach Amber earned her Bachelor of Arts in Therapeutic Recreation from CSULB as well as minor in Child Development and Family Studies. She currently works as a Certified Therapeutic Recreation Specialist at an acute psychiatric facility. This year she has returned to CSULB to get her Education Specialist Teaching Credential. Amber also is an assistant cheer coach at CSULB.

This is an opportunity for your athlete to compete in a division alongside their peers at all-star competitions. Athletes will perform an all-star routine choreographed with stunting, tumbling and dance. There will be a small monthly tuition for the special athlete program, which will be run by educated, certified professionals. The season runs from November to May, and the team will practice twice a month for an hour and a half. Practices will be held Saturdays from 1:00-2:00 pm, depending on the performance schedule/ holidays some practices may be held Friday nights from 5:00-6:00 pm.

CHEER ABILITIES TEAM SEASON OVERVIEW

NOV 8th Team meet & greet -

Last day to register for teams

NOV 14th Mandatory

Uniform fittings

NOV 17th 1st Practice

DEC 20th-Jan 9th NO

Practice Winter Break

JAN 10th Practices resume

FEB 1st competition

MAR- Competitions continue &

LAHS

APR- Comps continue & No

Practice- **SPRING BREAK**

4/20-4/2

MAY- Final Performance &

End of the year Banquet

** A practice calendar will be sent out to you with specific dates/times upon registration**

Cheer Abilities TEAM FEES

ALL FEES PAID via AUTO-PAY	DUE DATE	TOTAL NEW	Description of Fees
Registration Fee	11/8/2018	\$50	Gym Registration (Less Gym Registration if current) Practice shirt
Monthly Tuition for 6 months	Dec 1st - May 1st, 2019	\$60	1 hr Practices once a week, coaching, add on practices, mentor coaching administrative cost, competition/performance staffing cost
Uniform Fee	11/10/2018	\$150 approx.	Competition Top, bottom, and bow

Optional Items-

- Additional Rise-up Apparel for family, friends and athletes
- Competition Makeup details will be sent out but most of the stuff you may already have!
- Travel expenses for athlete and family
- Optional end of the year banquet mid May (athlete cost approx. \$30)

How to get started?

1. Call 562-431-1102 or email us at office@kidnastics.net. If you have more questions, please stop by our office and we would be happy to help you register or answer any questions.
2. Pay your registration fee by 11/8/2018
3. Make sure to attend meet and greet where we will answer any questions with parents while athletes get to meet coaches and their new friends.
4. Attend fittings on 11/14 time tba and make sure our athlete has a swimsuit to make fittings run smoothly and a pair of socks if you want to order shoes.
5. THAT'S IT! Then we will see you on 11/17 for the 1st practice

RISE UP

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