



# Rise Up Athletics

**All-Star Prep & Novice Cheer Teams**

**November-May 2019**

**Enroll Now Call 562-431-1102**

**Email: [riseupathletics22@gmail.com](mailto:riseupathletics22@gmail.com)**

Welcome to Rise-Up Athletics, a competitive all-star cheer program located at Kidnastics Gymnastics Center in Los Alamitos. Rise is under the direction of Cheryl Vuong, the head coach of the National and World Championship Los Alamitos High School cheer team. Coach Cheryl has been a cheer judge, educator, and coach for over 30 years.

Rise Up Athletics offers All-star cheer teams with 11 month seasons (June to May) and our Prep teams with 6 month seasons (Dec to May). Our All-star Prep teams require less time and money and are perfect for those who are new to competitive cheerleading or returning members that love the sport but need more flexibility.

Practices are offered once a week for 1 or 2 hours which includes stunting, conditioning, and the choreography of jumps-tumbling-dance movements. We may add additional practices as we come closer to a event to ensure the teams safety & fun.

The coaching staff and I are excited to officially kick off our Rise-Up Athletics season and if your interested in joining our non-travel teams, please give us a call at 562-431-1102 or email us at [riseupathletics22@gmail.com](mailto:riseupathletics22@gmail.com).

---

## ALL NON-TRAVEL TEAM SEASON OVERVIEW

**Nov 8th** Team meet & greet -

Last day to register for teams

**Nov 14th** Mandatory Uniform fittings

**Nov 29th** 1st Practice

**Dec 20th-Jan 9th** NO Practice  
Winter Break

**Jan 10th** Practices resume

**Feb** 1st competition end of the month

**Mar-** Competitions continue & Los Al HS Exhibition Performance

**Apr-** Comps continue & No Practice- SPRING BREAK  
4/20-4/28

**May-** Final Performance & End of the year Banquet

## PRACTICE DAYS & TIMES - ATHLETES WILL BE PLACED ON EITHER TEAM

1. Competition All-star Prep= Thursday 4:30-6:30 pm
2. [Click Here for RUA Google Calendar](#)
3. We will email all calendar, group texting app, and other information once you are registered.

## All-Star Prep TEAM FEES

## Non-Traveling competition teams

PAID via AUTO-PAY	DUE DATE	TOTAL	Description of Fees
Registration Fee	11/8/2018	\$90	Gym Registration (Less Gym Registration if current) Practice shirt USASF membership Fee
Monthly Tuition for 6 months	Dec 1st - May 1st, 2019	\$115	2 hr Practices once a week, coaching, add on practices, weekly open floor entry, and administrative cost
Performance Fee #1	12/1/2019	\$200	Competition entry fees, professional music, coaching travel cost, and Choreography
Performance Fee #2	2/1/2019	\$200	
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)
- Competition/Practice shoes approx. \$110 (cheaper options are available locally see Director for details)
- Discounted tumbling or gymnastics classes are 20% off see the front desk to enroll. \*\*Tumbling instruction is not included in the practices due to limited time and levels of individual athletes\*\*

**\*NOTE- We will have "in-house only" Tiny cheer class in February 2019 for athletes 5/under\***

Call 562-431-1102 or email us at [riseupathletics22@gmail.com](mailto:riseupathletics22@gmail.com) to get registered! Last day to register is 11/8 at the meet and greet hope to see you on 11/29 for the 1st practice!

# Meet and Greet Prep Team

11/8/2018

## Things to know-

1. Final day to sign-up is today - If you are on Waitlist we will inform you about your deadline to register by Saturday the 10th.
2. Uniform fittings are next week Wed night from 5:00-7:30 pm - Sign-up for time slot tonight.
3. For fittings make sure to:
  - a. Have athlete wear swimsuit to make tryon process quicker
  - b. Wear or bring socks
  - c. Note that uniforms are made to fit snug on the body and that the uniform rep will guarantee fit , so please trust their measurements because if there are any parent sizing adjustments, no exchanges will be offered.
  - d. Be prepared: a uniform invoice will be billed to all enrolled Prep team athletes by 11/10. This invoice must be paid in order to attend uniform fittings.
4. Spirit wear for athletes and Parents
  - a. Available at the fittings but is NOT included in your uniform payment that will be due on 11/10.
  - b. Sizers may or may not be available please anticipate shrinkage when ordering items.
5. Hair and Make-up-
  - a. Hair will be done in a high slicked back pony, pony flat ironed straight, with competition bow (will provided to you).



- b. Make-up this season we ask for a grey/brown smokey eye with red lips. We ask that lip color be a color stay so as not to ruin uniform.

## 6. Competition Schedule

- a. Note all the below competitions are MANDATORY
- b. There is no bench for cheerleading if your athlete does not attend practices, performances, and or competitions the team is directly impacted.

- c. For sudden illness or major family crisis adjustments will be made but please call 562-305-0420 and give us as much advanced notice possible.

<b>Rise-Up NON-TRAVEL TEAMS COMP/PERFORMANCE SCHEDULE 2019</b>				
<b>Company</b>	<b>Competition/Performance</b>	<b>Location</b>	<b>Team</b>	<b>Date</b>
US SPIRITLEADERS	KING OF THE BLEACHERS	ALISO VIEJO	Prep & Enlighten	2/16/2019
CHEERSPORTS	ONTARIO GRAND CHAMPIONSHIP	ONTARIO	Prep & Enlighten	3/2/2019
LOS AL EXHIBITIONS	LOS AL SONG AND CHEER	LOS AL HS	Prep & Enlighten	March 2019
AMERICAN	SHOWCASE D1 & D2	ANAHEIM	Prep & Enlighten	4/6 OR 4/7/19
RISE-UP	EXHIBITION	KIDNASTICS	Prep & Enlighten	5/3/2019
PLEASE NOTE THESE ARE TENTATIVE AND ARE SUBJECT TO CHANGE				
We will not attend all of the competitions above but we request that you reserve the dates in case we do!				
11/5/2018				

7. Tumbling not included but you can receive an add a class discount for an additional tumbling class.

8. Safety is our #1 policy and we will train athletes to properly build and fall correctly, tumbling to their individual level, and teach them proper technique throughout.

However, accidents do happen and here is how we handle them:

- a. Minor injuries - athlete can not return to practice without dr. release to participate, but we ask that they attend all practices so they can watch and continue to mark routine.
- b. Major injuries - athlete can not return to practice without dr. release to participate, but they have the option based on what's safe for the athlete to attend practice or be removed from the team and placed on the "reserved list" whereas all future tuitions and payments will be suspended.

9. Practice- times and dates will be determined by Sat the 10th and we ask that parents consider them a high priority especially over doctor appointments, parties, non-graded school events, and so on. Poor attendance makes it hard for our teams to be successful, safe, and for athletes to have fun.