



Elite
HEAT

Half Year Team Placement Packet

2023



Half Year Team Placement Packet

November 11&13, 2023

(must attend BOTH sessions)

10 and under

Saturday 10:00-12:00pm

Monday 5:00-7:00pm

11 and older

Saturday 12:00-2:00pm

Monday 7:00-9:00pm

If you cannot attend placements on the above dates, please email the gym at EliteHeatCheer@gmail.com to schedule a private placement

- All athletes will be placed on a team
- Placement results and practice times will be emailed by Wednesday November 15, 2023
- There will be a mandatory Half Year Boot Camp November 19 & 20
- All teams will practice twice a week, on Monday evenings and one weekend day

Location:

Elite Heat All Stars
7330 Townline Road
North Tonawanda, NY 14051

Parent Information Meeting:

Monday November 13, 2023*

6:30pm - 7:30pm

**In person meeting at Elite Heat All Stars*

Team Placement Process

At Elite Heat, there is a place for everyone. NO tumbling, stunting, or cheer experience is required. We are in the business of teaching young people, mentoring them in kindness, compassion, and hard work, and building their confidence. During Team Placement, athletes will be allowed to show skills for the highest level team they would like to be considered for. However, athletes will be placed on the level that the coaches determine is the best fit for each child.

All Star Prep Levels

There are 5 different levels in All Star Prep. The “level” refers to the difficulty of stunts, pyramid, tosses, and tumbling a team is permitted to perform. These levels were designed to safely progress athletes and give children at all ability levels the opportunity to compete and be successful. Cheerleaders should have competition ready skills before moving up to the next level. *We believe that athletes should spend a minimum of 2-3 full years competing at a level before progressing to the next competitive level.* There are exceptions to this, however most of the time we find that this is the most successful way to build confident athletes and competitive teams. We also consider categories such as attitude, work ethic, coach-ability, and consistency when placing a child on a team. Below is a very general guideline for each level:

LEVEL 1.1: Front/Back walkovers, Cartwheels, Prep Level Stunts

LEVEL 2.1: Front/Back walkovers, Extended Level Stunts

LEVEL 2.2: Back Handsprings, Extended Level Stunts

LEVEL 3.1: Front/Back walkovers, Cartwheels, Extended Single Leg Stunts, Twisting Stunts

LEVEL 3.2: Back Handsprings, Extended Single Leg Stunts, Twisting Stunts

All Star Prep Age Brackets

All Star is divided into several age groups. Your child’s age group is determined by the age they will be on December 31, 2020. The most competitive teams are formed by placing athletes in the most age- appropriate divisions.

Tiny Prep: Ages 5-6

Mini Prep: Ages 5-9

Youth Prep: 5-12

Junior Prep: 5-16

Senior Prep: Ages 10-18

Our placements are a stress-free process. Athletes should expect to have fun and do their best!

What to Expect at Placement

During placements athletes will be asked to showcase their stunting, tumbling, jumping, and dance skills. Coaches will be present to explain, answer questions, and encourage. Athletes should perform skills that can safely execute, there is no pressure to do something that they are uncomfortable doing.

How Teams Are Created

Teams will be created first by skill level and then by age. Teams may not be created in the same way that they were in past seasons. Teams will be formed based on our current athletes. There may be athletes placed on a team that tumble on a different level than their teammates. We try to match athletes up as best as possible, however every athlete is placed on the team for a reason. Some be stronger at tumbling, some will help more with stunts. The staff takes in all factors when creating teams, and we ask that you trust us in this process. Our number one priority is the individual child. Our desire is to give every athlete in our program a positive, enriching experience.

What to Wear

Athletes should wear athletic shorts and top. Hair should be all up. Cheer or athletic sneakers.

All Star Information

Practice

Half Year teams will practice twice a week. Practice times will be created based on athlete availability and the best fit for most athletes' schedules as indicated on placement forms. Please note that we do our very best to accommodate as many schedules as possible, however we are not always able to accommodate everyone. Monthly calendars with practice schedules can be found at the following link: <http://www.eliteheatbuffalo.com/calendar.html>

Crossovers

A crossover is an athlete that competes on 2 or more teams. During placements you will be asked if you are willing to cross to another team. If you are willing to have your child cross, they may or may not be placed on a second team. There are additional costs associated with crossing over, including competition, choreography, and coaches fees.

All Star Cheerleading Costs

There are essentially two main cost categories associated with all-star cheerleading. The first cost is tuition. This covers an athlete's time in the gym and the instruction that they are provided. The other cost, sometimes referred to as team fees, covers all other fees. This includes bow, make-up choreography and competition fees. Each competition that we attend has a registration fee associated with it that the athlete pays to the competition vendor. We collect these "team fees" in even monthly payments to make it easier on the families. The tuition and team fees are combined into one monthly cost. These costs vary depending on the type of team each athlete is placed on (national, semi-travel, prep, half year, etc). Please see the pricing section of the Elite Heat website for specific team costs at <http://www.eliteheatbuffalo.com/pricing-information.html>

Placement Cost

A one time \$25 Team Placement fee is due upon registration. A \$70 USASF Registration/Insurance Fee is due on placement day. Checks can be made payable to Elite Heat All Stars.

Travel and Competitions

Competition fees are paid up front to Elite Heat on a monthly basis. There is no other cost to the athlete to get into each competition. Most competitions charge spectators an entry fee. In addition to the registration costs, travel out of town requires, travel costs to the competition, hotel costs, and food costs for the duration of the event.

Uniform

The half year uniform costs around \$200-\$250. This cost will be divided into 2 payments. In some cases, pre-owned uniforms will be available for a discounted rate.

Additional Costs

All athletes are required to have a white on white cheer shoe for competitions. There will be several styles available at uniform fitting but you are not required to purchase them at that time if you do not want to. Elite Heat has its own pro shop where you can purchase sports bras, sweatpants, sweatshirts, shirts and warm-up jackets. None of these are required items. If an athlete would like to take additional tumbling, classes are offered throughout the season. Watch the parent portal for the latest class listings. Private and semi-private lessons are also available. You can request a private lesson on the Elite Heat website at:

<http://www.eliteheatbuffalo.com/private-lessons.html>

Monthly Fund Raising

Elite Heat All Stars is one of the only programs of its kind to offer parents the ability to raise funds to cover their entire monthly costs. Each month there will be fund raising opportunities that will allow you to raise all or a portion of the costs for that month. You can also raise more than your monthly expenses and have the "left-over" carry over to the following month. These fund raisers are completely voluntary and are run by the booster club to help make all star cheerleading affordable for all.

Team Placement Checklist

Things to do ahead of placement date and items to bring with you to placement:

- ✓ Create Account in Parent Portal
 - Add-a-Student to input your athlete's information
- ✓ Pre-Register & Pay \$50 for Placement
- ✓ Attend BOTH placement dates
- ✓ Bring team Placement Form
- ✓ \$70 Registration/Insurance Fee
- ✓ Credit Card Authorization Form

If you have any questions, or would like to set up a private placement due to a conflict, please contact us at EliteHeatCheer@gmail.com



Heat Your Heart Out

www.EliteHeatBuffalo.com

716.389.0731

Elite Heat All Stars

Half Year Team Placement 2023



Athlete Name: _____

Age as of Dec 31, 2023: _____ Birthdate: _____

Grade 2023-24: _____ Interested in Crossing? YES NO

Cheer Experience:

Years Cheered	Highest Level	Program(s)	Stunt Position

Practice Schedule Options: please mark any times that present a major conflict:

Friday 5:30-7:00pm
 Saturday 10:00-11:30am
 Sunday 11:00-12:30pm
 Saturday 11:30-1:00pm
 Sunday 5:30-7:00pm
 Saturday 1:00-2:30pm

DO NOT WRITE BELOW THIS LINE

Tumbling

Level 1	Tech Score				
Cartwheel	1	2	3	4	5
Back Walkover	1	2	3	4	5
Front Walkover	1	2	3	4	5
Running Pass	1	2	3	4	5
Level 2	Tech Score				
Back Handspring	1	2	3	4	5
BWO BHS	1	2	3	4	5
Roundoff BHS	1	2	3	4	5
L2 Specialty Pass	1	2	3	4	5
Level 3	Tech Score				
Jump BHS	1	2	3	4	5
Series BHS	1	2	3	4	5
Punch Front	1	2	3	4	5
RO BHS Tuck	1	2	3	4	5

Jumps/Dance

Jumps	1	2	3	4	5
Dance	1	2	3	4	5

Fitness Test

Exercise	Reps/Time	Score
Candlestick Tuck		
Squat Thrusters		
Pacer Test		
Left Split		
Right Split		
Center Split		
Bridge		
Mile Time		

Flyer Body Positions (Flyers ONLY)

Right Heel Stretch	1	2	3	4	5
Left Heel Stretch	1	2	3	4	5
Over stretch	1	2	3	4	5
Scorpion	1	2	3	4	5

Overall Score

Dance/Jump	Tumbling*	Fitness Test
/10	/60	/100

*Tumbling score = Tech Score x Level Performed

NOTES: