



**2023-2024  
COMPETITIVE CHEER  
TRYOUT PACKET**



## A LITTLE ABOUT US

Mountain Elite offers the High Country a unique opportunity as the only competitive cheer club (aka all star cheer\*). It is owned and operated by Mandi Hood and consists of several teams that will practice in Boone August - May, and compete regionally January - May.

There are skilled and experienced coaches assigned to each team. Weekly practices are mandatory; they incorporate tumbling, jumps, dancing and stunting. Our focus is on perfecting techniques and executing safe, but exciting, synchronous skills in a routine for our performances.

Joining a team at Mountain Elite is joining a family. Friendship, leadership, respect, self confidence, physical fitness, and time management are all part of the programming. It is a big commitment and we expect the best from our athletes, coaches and parents.

Practice is held at Mountaineer  
Performance at 2815 Old 421 South, Boone.

*\*All Star Cheer differs from traditional school cheer teams in that its primary purpose is competition and performing. Our program is not affiliated with any school or other local club, and we will not sideline cheer at games for other sports.*

## OUR TEAMS

The number of teams, their age classification and levels will be determined after evaluations conclude.

Last season we had three teams: Mini Level 1.1 Prep, Youth Level 1 Elite and Junior Level 1.1 Prep. These may or may not be the same for the coming season. Teams categorization are determined by the director.

**This season, we are accepting athletes within the birth years of 2008-2019.**

*\*If we do not have enough participants for a Tiny team, athletes born in 2018 & 2019 will sadly be unable to participate. Athletes born in 2008-2017 are eligible for other teams.*

The age grids are set by the governing body (US All Star Federation) and age verification is required to compete. *There are no exceptions for younger/older athletes.*



## TEAM PLACEMENTS

**Evaluations will take place on  
Saturday, May 20th**

AGES 5-8 9:00am-10:15am

AGES 9-15 10:30am-12:00pm

\$40 new athlete, \$30 returning athlete

Includes a new Mountain Elite shirt

After evaluations, the staff will deliberate and determine team rosters. Things being considered are individual skills, experience, level of commitment and what we foresee is the most successful combination of athletes to create competitive teams. **Having or not having a certain skill does not guarantee placement on a certain team, nor does previous team placement.** No experience is required and new athletes are always welcome at evaluations.

Requests to switch teams will not be approved.

If your athlete is invited to be on more than one team, they are considered a "crossover." They will be offered an official position on a primary team, and as a crossover on the secondary team. They can choose to accept both roles, or just the primary. Additional fees may apply for event registrations.

Parents and athletes will be contacted within a week of evaluations.

## COST / TUITION

Competitive cheer is a significant time and financial commitment for families, so we ask that you seriously consider this as you determine if Mountain Elite is right for you.

### SAMPLE TUITION

- Tiny Novice \$75
- Mini Prep \$90
- Youth Prep \$120 or Elite \$150
- Junior Prep \$120 or Elite \$150

This monthly fee covers hourly rental at Mountaineer Performance, choreography, wages for coaches and specialty insurance. **The difference between teams is due to the amount of practice time for each, based on their level. The above numbers may vary.**

### ESTIMATED FEES

- Uniform: \$350-450
- USASF Membership \$50
- Competition Registration: \$300-400

*This varies based on team and number of events they attend.*

### ADDITIONAL COSTS

- Traveling for competitions - gas, hotels, spectator tickets, meals, etc.
- Optional tumbling classes
- Additional practice gear and shoes

## PRACTICES / ATTENDANCE

All teams will have required weekly practices from August 2023 to May 2024. Practice times remain consistent through the season and are only changed under special circumstances. Leading up to competitions or performances, extra practices may be scheduled and all athletes are expected to attend.

### SAMPLE SCHEUDLE

- Tiny: Sunday 4:00-5:30
- Mini: Sunday & Wednesday 5:00-6:00
- Youth: Tuesday & Thursday 5:30-7:00
- Junior: Thursday & Sunday 5:30-7:30

**Above is a sample. Specific days and times will be finalized and released with the announcement of teams and rosters.**

All practices and performances are mandatory regardless of team, position or reason for the potential absence. You will be given a list of these days when the rosters are released to be able to plan ahead. Athletes and parents will be required to sign off on agreeing to our full attendance policy.

Please note that Mountain Elite is not affiliated with any school system so our schedules may not always line up.

## IMPORANT DATES

**Evaluations: Saturday, May 20th**

AGES 5-8 9:00am-10:15am

AGES 9-15 10:30am-12:00pm

**Optional Summer Classes:** June & July

**Practice Begins:** August 6

**Team Choreography:** August 26 & 27

**Thanksgiving Break:** November 23 - 26

**Winter Break:** December 18 - 31

**Spring Break:** March 31 - April 6

**Competition Season** - Weekend travel up to 7 times from January through May depending on the team.

- A draft schedule will be released in July.
- The final schedule will be confirmed by September.
- 3-4 local performances will be on the final schedule.





## PRE SEASON OPPORTUNITIES

Below is the tentative schedule. For more details and to register, visit [www.mountainelitecheer.com](http://www.mountainelitecheer.com)

### Bring a Friend to Practice Nights

- Ages 6-9: Sundays, May 14 & 21
- Ages 10-11: Tuesdays, May 16 & 23
- Ages 12-15: Thursdays, May 18 & 25

### Summer Cheer Classes on Tuesdays

- Technique 5:30-6:15pm
- Flexibility 6:30-7:00pm
- Strength 7:00-7:30pm

### Summer Tumbling Classes

- Walkovers 4:30-5:15pm
- Handsprings 5:30-6:15pm
- BHS Series & Tucks 6:30-7:00pm

### Private Lessons

- Contact Mandi for info and availability

### Sleepaway Camp\*

- May 28-June 2 or June 4-9
- CheerFest in Crossville, TN

### Weekday Camp\*

- June 12-16 and/or July 10-14
- 9:00am-1:00pm each day
- Hosted by Cheer Energy in Hickory

*\*These camps are run by outside organizations and not affiliated in any way with Mountain Elite. More information can be provided upon request.*

## GET IN TOUCH

- [www.mountainelitecheer.com](http://www.mountainelitecheer.com)
- [coachmandicheers@gmail.com](mailto:coachmandicheers@gmail.com)
- Instagram @mountainelite
- Facebook /mountainelite
- Facebook /coachmandihood

Each team will have access to their teammates' contact information as well as their coaches.

