

2023-24



Cheer Program Information

PCM Murrieta offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. Our athletes will develop the skill and confidence to perform at the highest level of competition. PCM Murrieta is proud to offer a premier experience for everyone in the family.

IMPORTANT Program Information

This guide outlines the programs we can potentially offer. If a particular program/team/level does not meet the minimum enrollment for success, we may offer a substitute program. We make every effort to place all athletes.

- * All athletes pay a \$40 (pre-registration) or \$50 (registration) non-refundable team tryout and placement fee.
- * All full season team evaluations are May 30 - June 1. Practices will start the week of June 12th. (down deposit due by this time to practice) Parent/Athlete welcome meeting will be Wednesday June 7. Full season teams will practice and compete through May 2024.
- * Elite level teams that earn post-season travel bids (ASW or Global Games) will practice/compete through the end of May. **ASW and Global Games are not elective.** If you do not want to compete in Florida or Hawaii, we ask that you opt for our non-travel or limited travel programs.
- * Athletes will be placed in a group where coaches feel that athlete(s) will be successful, challenged, and grow overall. It will not be based on where parents think their athletes should be. Athletes are required to practice for two weeks before placing concerns or requests for re-evaluation. If at any point coaches see an increase or decrease in skills, commitment, work ethic, or respect, owners and coaches have the right to place an athlete to a higher group/level or place them on a lower group/level at any point in the season.
- * PCM will provide absent request forms for our families, the forms are to be filled out and turned into Amy at the front desk with dates that you will possibly miss. The owner, Chelsie Horton, will sign off on them if they do not conflict with any PCM important dates (Camps, Choreography, Competitions). PCM is a little more lenient during summer times with approving vacation requests forms, but its highly encouraged that your athlete doesn't miss too many practices as this could cause them to fall behind in skill level, technique, performance etc. We have given a longer break to our families in the month of July so families can use that time for family vacations and not have to miss practices. From Sept 1 - end of May every practice is mandatory and fines will be charged. (see handbook) If at any time you have a school graded event that you must miss practice you will go to Amy at the front desk and pick up an absence request form and turn it into Chelsie. If your request isn't approved, you will receive an email. All summer vacation request forms must be submitted by July 1st. Fees for specific dates will be applied.
- * Missing the week of a competition or important PCM date will not be excused and will be fined. (See handbook for fines)
- * All families are required to create an online parent account and the all inclusive payments will be automatically withdrawn on the 25th of each month. A late fee of \$30.00 is applied on the 1st. PCM has the right to sit out athletes from participating in practice(s)/competitions if there is an outstanding balance.
- * All teams are charged a monthly all inclusive fee based on level/program and weekly practice schedule stated in this packet. Extra practices during regular season may be called at no additional cost. If the 25th falls on a Friday, Saturday, or Sunday, credit cards will be ran the Thursday before for fees
- * **Competitive teams are a season long commitment. There is a \$1000 drop fee for quitting after July 19, 2023. And additional \$500 choreography fine if your athlete quits after September 1, 2023. Additionally, the athlete forfeits all items on order, and no refunds will be issued.**
- * Any athlete who misses the scheduled choreography dates for their team will be fined \$200 per day missed and will be required to find a substitute athlete to learn their spot. Any athlete that misses the scheduled technique camp dates for their team will be fined \$100 per day.
- * Elite level teams will be charged \$400 Feb 1 for Post Season Worlds/Global Games. Includes updated choreography & apparel.

PROGRAM DISCOUNTS

****No sibling discount on novice, international, or male athletes****

Siblings receive a discount of \$10 off tuition monthly except for Novice. (Cannot be combined with any other discount)

* Military, first responders, and teachers (in service or retired parents with valid ID card), will receive \$20 off a month on tuition only*

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Full Season Cheer Team Tryout Information

Online Pre-Registration ~ Register early April 18-May 15 to receive the discounted price of \$40! May 16th - Tryouts will be \$50. Non-Refundable.

Pay your evaluation fee by setting up your parent portal account on our website: www.pacificcoastmagic.com. Fees are non-refundable.

Private Evaluations or Late Evaluations After Tryouts: \$75 email to office@pcmmurrieta.com.

Tryout Schedule

Day 1 ~ Tuesday May 30, 2023

Athletes will learn mock routine that will include tumbling, jumps, dance. Athletes should arrive at least 30 minutes prior to their designated time to process their application and pay the tryout fee (if not pre-registered)

ATTEND YOUR CORRECT AGE RANGE TIME

Current Age 3-6 years: 4:00-4:45PM

Current Age 7-11 years: 5:00-7:00PM

Current Age 12-18 years: 7:00-9:00PM

Day 2 ~ Wednesday May 31, 2023

Athletes will learn mock routine that will include tumbling, jumps, dance.

ATTEND YOUR CORRECT AGE RANGE TIME

Current Age 3-6 years: 4:00-4:45PM

Current Age 7-11 years: 5:00-7:00PM

Current Age 12-18 years: 7:00-9:00PM

Day 3 ~ Thursday June 1, 2023

Evaluation Night (All Athletes)

staff the material they have learned.

coaching staff the material they have learned.

ATTEND YOUR CORRECT AGE RANGE TIME

Current Age 3-6 years: 4:00-4:45PM

Current Age 7-11 years: 5:00-7:00PM

Current Age 12-18 years: 7:00-9:00PM

Day 4 & 5 ~ Friday June 2 & Saturday June 3

Coaching staff review nights & private evaluations

Day 6 ~ Sunday June 4, 2023

Team Placement Emails are sent (to parent's email)

Wednesday June 7, 2023

Parent/Athlete Meet and Greet Orientation

Join us for the mandatory parent meeting at 6PM for novice/prep and 7:30PM for elite teams to meet your team coaches, new teammates and review the PCM Team handbook. All athletes must have one representative present. Policies and expectations will be explained, and your registration paperwork and deposit will be due before the first practice. Times subject to change.

Practices Begin Week of June 12th!

Your practice days/times will be in your placement email. Family contracts and down payments must be submitted prior to practice beginning or your athlete will not be allowed to start. Please arrive 30 minutes prior to your 1st practice.

2023-24



CHEER FAQs

Important Dates (Some dates may change)

Memorial Day Holiday - Closed	May 29th
Summer Break - Closed	June 30th-July 16th
Practice Wear must be ordered	July 1st
Uniform Fees Due (new athletes only) via link emailed to parents	By July 15th
Shoe Fees Due (parents order) PCM will supply the brand and style	July 15th
1st Payment of Team Gift Fee Due	August 1st
Labor Day Holiday - Closed	September 1-4
Routine Reveal/Showcase	October 14th
Trunk or Treat	October 27th
Thanksgiving Break	November 20-26th
Winter Break - Closed	December 15 - Jan. 3
2nd Payment of Team Gift Fee Due	January 1st
Competitions	November-May 2024
Post season Worlds/Global Games Fees Due for Bid Winners	February 1st

Practice Policies Around Holidays

*** WE DO NOT CLOSE FOR SPRING BREAK.**

Athletes with a post-season bid to (Worlds/Global Games) are expected to attend practice and we have a zero- absence policy for the month of April-May. We also have a zero tolerance for attendance after September 1st. There are fines for missed practices & competitions. (See handbook)

* Extra practice may be scheduled at no extra cost.

Camp/Choreography

Each team will be assigned their specific camp/choreo dates (TBA). Attendance is mandatory. Fees will be applied for missed dates.

Competition Schedule

We are waiting for all event producers to release their 2023-2024 competition dates. We expect to release a tentative/final draft by the end of August.

Competition selection can change throughout the season. Competition fee, travel costs, injuries, roster changes, are a few determining factors. We reserve the right to modify the schedule in the best interest of the team/program at any time.

All teams will attend a minimum number of competitions per season (Nov -May). All full season teams will travel out of state to Las Vegas or Phoenix and Elite teams may have an additional travel event. Please see your program of choice to determine the number of competitions and travel requirements that are expected. Some competitions may be virtual due to state mandate and CDC policies.

CROSSOVER POLICIES

* Crossover athletes are allowed if they're committed to paying the crossover fee's and attending all practices in their entirety. As well if coaches believe it's beneficial to the team (s) success. If at any point of the season the athlete cannot commit to crossing over team and quits the coaches will decide which team the athlete will be allowed to stay on. The athlete will be charged a \$250 crossover quitters fee and \$200 choreography fee and any monies paid will not be refunded and all clothing forfeited.

* Athletes do not gain additional tumbling when participating on multiple teams.

* Crossovers do not pay additional tuition but are responsible for the assessment fees associated with crossing over to the team.

2023-24



FULL YEAR NOVICE CHEER

Non-Travel Level 1 (ages 3-9)

Tiny - Mini Full Year (age based on December 31 of this year)

This program is the first step for athletes to bridge the gap between class training or brand new to learning the sport of all-star cheer. There is no better time than NOW to get your child into our cheer program. A child who starts cheer at toddler age, show retention of 12 years in our sport!

Athletes learn new skills and perfect a routine that will be showcased at sanctioned events. This division is scored by judges for feedback, but teams are not ranked. Age division offerings are 3-9 years old and we cannot guarantee all age offerings. If we do not offer your child's age group in this program, they will be placed on a prep team. PCM also offers Novice team as half year option for ages 7-18.

Practice/Tuition:

1 hrs./2x a week (starting week of June 12 - end of May)

Tumbling: \$10 off a month per class

Open Gym: \$5 ~ up to 2 hours/\$10 over 2 hours

Competitions/Travel: Showcase, 2-4 local one-day events

Some competitions may be virtual due to state mandate and CDC policies.

Competitions are subject to change through out the season.

Separate Fees Due: Due on the date indicated below.

Uniform top/bottom ~ New Athletes Only (Due by July 15th)

* Top/dress \$175.00 Shorts \$75.00

Parents will be emailed a link to order online by due date above.

Practice Wear ~ (Due by July 1st) A link will be emailed or order online.

* \$100-200 One Practice Set

Team Gift Fee: \$100 Due August & \$100 January 1st **CASH** only: Covers showcase team basket, athlete holiday gift, end of the year gift, and coaches end of year gifts.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee of \$49.00 in order to be eligible to compete with PCM at USASF sanctioned events. www.USASF.net – All PCM athletes must be registered by September 1. Any athletes that are not registered will be sat out of practices and risk the chance of losing their choreographed sections in the routine. PCM will not be responsible for registering your athlete, PCM will help assist if needed. Please note that you will have to upload your athletes birth certificate.

Program Costs

Automatic Payment Plan

MEMBERSHIP DEPOSIT: Deposit due by first practice along with all signed paperwork:
\$250.00 (Goes toward Assessments below)

\$166.25 will be due at first practice which consist \$71.25 prorated June tuition + \$95 assessments, then 11 payments of \$190 due monthly June 25 through April 25 which includes \$95 tuition and \$95 remainder of assessment fees.

The all inclusive fees include the following:

- * Monthly Practice Tuition
- * Annual Registration
- * Routine Choreography
- * Routine Music & Edits
- * Showcase
- * Athlete Competition Fees
- * One Team Shirt
- * Bow/Hair Accessory

\$166.25 due at first practice along with deposit \$190 June 25, 2023 - April 25, 2024 Includes: (Tuition + Assessments)

If the 25th falls on a Friday, Saturday, or Sunday, cards on file will be charged the Thursday before.

2023-24



HALF YEAR NOVICE CHEER

Teams Youth-Senior

Non-Travel: Ages 7-18 (age based on December 31 of this year)

Sept/Oct Sign Ups - Practice begins in November

January - April Competitions

This program is the first step for athletes to bridge the gap between class training or rec cheer to competitive teams. Athletes learn new skills and perfect a routine that will be showcased at sanctioned events. This division is scored by judges for feedback, but teams are not ranked. Age division offerings are 7-18 at PCM Murrieta. If we do not offer your child's age group in this program, they will be placed on a full year novice or prep team. This is great for those considering our full season competitive team for next year.

Practice/Tuition:

1.5 hrs./1x a week November - May

Tumbling: \$10 off a month per class

Open Gym: \$5 ~ up to 2 hours/\$10 over 2 hours

Competitions/Travel: Showcase, 3 local one-day comps.

Some competitions may be virtual due to state mandate and CDC policies.

Competitions are subject to change through out the season.

Separate Fees Due: Due on the date indicated below.

Uniform top/bottom (Due at Sign Up)

* \$195.00 shorts + body suit

Practice Wear ~ (Due at Sign Up)

* \$100-200 One Practice Set

Team Gift Fee: Due January 1st CASH only \$100.00 : Covers athlete & coach gifts through out the seasons.

Program Costs

Automatic Payment Plan

MEMBERSHIP DEPOSIT: Deposit due by first practice along with all signed paperwork:

\$150.00 (Goes toward Assessments below)

Then, 7 installments of \$180 on the 25th of each month Oct 25th (or at sign up) - April 25th which consist of \$75 a month assessments & \$105 monthly tuition.

The all inclusive fees include the following:

- * Monthly practice/tuition
- * Music, Edits
- * Routine Choreography
- * Athlete Competition Fees
- * Showcase
- * One Program Shirt
- * Bow or Hair Accessory for Competition

\$180 Due Monthly Oct 25 - April 25th

If the 25th falls on a Friday, Saturday, or Sunday, cards on file will be charged the Thursday before.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee of \$49.00 in order to be eligible to compete with PCM at USASF sanctioned events. www.USASF.net - All PCM athletes must be registered by September 1. Any athletes that are not registered will be sat out of practices and risk the chance of losing their choreographed sections in the routine. PCM will not be responsible for registering your athlete, PCM will help assist if needed. Please note that you will have to upload your athletes birth certificate.

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PREP CHEER

Full Season Limited Travel

Competitive (Ages 5-18)

Prep All Star Limited Travel: Level 1, 2.1, 2.2, 3.1, 3.2

All Star Prep (ASP) caters to athletes who are ready to compete against other teams but your family would prefer less commitment as compared to our elite travel program (less travel, practice time and assessments), however our prep teams get just as much coaching and choreography attention. This division focuses on greater stunt capability allowing athletes who do not have advanced tumbling to compete at a more challenging level. Prep can fit any athlete/family. Our full season prep teams will attend all local one-day events and one travel competition to Las Vegas, NV.

Practice/Tuition

2 hrs./2x a week June - May

Additional practices will be scheduled when needed (no cost)

Tumbling: \$10 off a month per class

Flyer Stretch: We would like flyers to take an additional class at parent exp.

Open Gym: \$5 ~ up to 2 hours/\$10 over 2 hours

Competitions/Travel: Showcase 5-7 comps, 1 travel event (Vegas/Phoenix)

Some competitions may be virtual due to state mandate and CDC policies.

Competitions are subject to change through out the season.

Separate Fees Due: Due on the date indicated below.

Uniform top/bottom (Due by July 15th) A link will be emailed to purchase.

* Girls Top/Bodysuit \$175.00 Shorts \$75.00 (New Athletes Only)

* Boys ~ TBD

Shoes: (Due July 15th) \$110.00

Practice Wear ~ (Due July 1st) \$100-200 One Set Required ~ Link to follow.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee of \$49.00 in order to be eligible to compete with PCM at USASF sanctioned events. www.USASF.net – All PCM athletes must be registered by September 1. Any athletes that are not registered will be sat out of practices and risk the chance of losing their choreographed sections in the routine. PCM will not be responsible for registering your athlete, PCM will help assist if needed. Please note that you will have to upload your athletes birth certificate.

Program Costs

Automatic Payment Plan

MEMBERSHIP DEPOSIT: Deposit due by first practice along with all signed paperwork: **\$250.00** (Goes toward Assessments below)

\$212.50 due at first practice which consist of \$112.50 prorated June tuition + \$100 assessments then 11 payments of \$250 due monthly June 25 through April 25 which includes \$150 tuition and \$100 remainder of assessment fees.

The all inclusive fees include the following:

- * Monthly Practice/Tuition
- * Annual Registration
- * Routine Choreography
- * Routine Music & Edits
- * Showcase
- * Athlete Competition Fees
- * One Team Shirt
- * Bow/Hair Accessory

\$212.50 due at first practice along with deposit \$250 June 25, 2023 - April 25, 2024 Includes: (Tuition + Assessments)

Team Gift Fee: \$100 Due August 1st & \$100 Due January 1st **CASH** only \$100.00 : Covers showcase team basket, athlete holiday gift, & end of the year coaches gifts.

2023-24



ELITE ALL-STAR CHEER

Youth-Senior (Levels 1-6)

Full Travel: Ages 5-18 (age based on December 31 of this year)

Athletes who are rostered on an elite team will be performing at the highest levels of competition. This program includes a rigorous practice schedule and added skills training that ensures successful outcomes for everyone involved. Athletes will be held to strict guidelines and are expected to commit fully to their teammates and coaches.

Parents should be prepared for a significant financial commitment that requires out of state travel 2-3 times; depending on end of season bids earned.

Practice/Tuition

2 hrs./2x a week June - May

Additional practices will be scheduled when needed (no cost)

Tumbling: 1 class a week included

Flyer Stretch: We would like flyers to take an additional class at parents exp.

Open Gym: \$5 ~ up to 2 hours/\$10 over 2 hours

Competitions/Travel: Showcase, 7-9 events (2-3 travel weekends)

Post Season: We will decided once we start the season.

Some competitions may be virtual and subject to change within the season.

Separate Fees Due: Due on the date indicated below.

Uniform top/bottom (Due July 15th) A link will be emailed to use to purchase

* Crop Top (senior teams) New Athletes only \$250

* Crop w/liner (mini-youth-junior teams) \$300

* Skort (All elite teams) \$200

Shoes: (Due July 15th) \$100

Practice Wear ~ (Due by July 1st) \$100-200 for 2 Sets

Team Gift Fee: \$100 Due August 1st & \$100 Due January 1st. **CASH** only \$100 Covers showcase team basket, athlete holiday gift, end of the year gift, and coaches end of year gifts.

Post Season Worlds/Global Games \$400 due on February 1st

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee of \$49.00 in order to be eligible to compete with PCM at USASF sanctioned events. www.USASF.net – All PCM athletes must be registered by September 1. Any athletes that are not registered will be sat out of practices and risk the chance of losing their choreographed sections in the routine. PCM will not be responsible for registering your athlete, PCM will help assist if needed. Please note that you will have to upload your athletes birth certificate.

Program Costs

Automatic Payment Plan

MEMBERSHIP DEPOSIT: Deposit due by first practice along with all signed paperwork: **\$250.00** (Goes toward Assessments below)

\$337.50 due at first practice which consist of \$172.50 prorated June tuition + \$165 assessments then 11 payments of \$395 due monthly June 25 through April 25 which includes \$230 tuition and \$165 remainder of assessment fees.

The all inclusive fees include the following:

- * Monthly PracticeTuition
- * Annual Registration
- * Routine Choreography
- * Routine Music & Edits
- * Showcase
- * Athlete Competition Fees
- * One Team Shirt
- * Bow/Hair Accessory

\$337.50 due at first practice along with deposit \$395 June 25, 2023 - April 25, 2024 Includes: (Tuition + Assessments)

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SKILLS BY LEVEL

Novice Program

No skills or experience required!

Prep Program

Level 1 - No skills or experience required!

Level 2 - Standing and round off BHS, and experience in stunting, jumps, and choreography

Level 3 - Standing multiple BHS and round off

BHS tuck, and MUST HAVE level 2 experience in stunting, jumps, and choreography.

Elite Team Flyer Expectations

Athletes who wish to be considered for a flying position on an elite team, must display high levels of front and back flexibility. Potential flyers will be asked to show multiple body positions, including a kick up scorpion. Flyers should display high levels of enthusiasm and confidence in the air, and the ability to stand on a strong, locked leg. Flyer evaluations are by invitation only, based on the above requirements.

Flyers will be required to take a weekly stretching class and may be required to attend clinics throughout the season. If your athlete will only accept placement as a potential flyer, be sure to let our staff know. If we cannot accommodate your request, your athlete will not be placed on a team, without refund of your tryout fee.

Skills in RED denote an optional skill, however if an athlete has an optional skill and is missing an expected skill, they may perform the optional skill in place of the expected skill

Elite Program

Elite athletes are placed where they will benefit a team in most or all categories of the score sheet. We look at an athletes performance, jumps, stunting, and tumbling abilities to find the best fitting team-one category of the scoresheet will not be the determining factor of their placement.

Elite Team Tumbling Expectations

	<u>Standing</u>	<u>Running</u>
L1	Backward roll Back Walkover Back Ext. Roll	Round off Rebound Front Walkover 3 connected skills
L2	Standing BHS BHS Step out, BWO BHS Back ext. roll BHS	Round off 2 BHS FWO, Round off BHS Front Handspring
L3	Standing 3 BHS Jump to BHS, BHS step out BHS, toe, 2 BHS	Round off BHS tuck Aerial Punch front
L4	Standing tuck 2 BHS tuck BHS step-in, tuck	Round off BHS layout Whip pass to tuck Whip-tuck/PF step out/FHS front
L5	Jump tuck Two BHS layout Whip pass to tuck 2 BHS to whip-tuck	Round off BHS full Specialty to full Round off Arabian
L6	Jump to tuck 1 or 2 BHS to full Standing full or c/wheel full 2 BHS to double or whip-full	specialty to full Double or whip-full Specialty to double