

2025-26



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 (online pre-registration April 15- May 15) or \$50 (registration after May 15th) non-refundable team tryout and placement fee.

* All full season team evaluations are May 28 - May 29. Practices will start the week of June 9th. (down payment and June tuition due by this time to begin practice) Parent/Athlete welcome meeting will be Monday June 2. Full season teams will practice and compete through May 2026.

* Elite level teams that earn post-season travel bids (ASW, Summit, or Global Games) will practice/compete through the end of May. **ASW, Summit, 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, 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 will not have to miss practices. From Sept 1 - end of May every practice is mandatory and fines will be charged if practices are missed. (see handbook) If at any time you have a school graded event that you must miss practice for you will go to Amy at the front desk and pick up an absence request form and turn it in. If your request isn't approved, you will receive an email. All summer vacation request forms must be submitted by the first practice, the week of June 9th. Fees for specific dates will be applied.

* Missing the week of a competition or an 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 will be applied on the 1st for any unpaid balance. 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 June 30. And additional \$500 choreography fine if your athlete quits after September 1. 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.

* Elite level teams will be charged \$170 October 15th, January 15th, & March 15th for Post Season Worlds/Global Games. Includes updated choreography, music, comp fees & apparel/swag.

PROGRAM DISCOUNTS

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

Siblings receive a discount of \$10 off monthly tuition 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. Cannot combine with any other discount.*



2025-26

Full Season Cheer Team Tryout Information

Online Pre-Registration ~ Register early April 15-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: \$75 email to office@pcmmurrieta.com ~ (Private tryouts will be May 30th 4-6pm only).

Tryout Schedule

Wednesday May 28, 2025

Athletes will be evaluated on current skills and stunting levels.

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)

Ages 11 and under

6-8pm

Thursday May 29, 2025

Athletes will be evaluated on current skills and stunting levels.

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)

Ages 12-18

6-8pm

Friday May 30, 2025

Team placement emails are sent to parent's emails.

* Included: practice days, times, and paperwork needed upon arrival of first practice.

Monday June 2, 2025

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 down payment will be due before the first practice. Times subject to change.

Practices Begin Week of June 9th!

Your practice days/times will be in your placement email.

Family contracts, down payment, and June tuition indicated below must be submitted prior to practice beginning or your athlete will not be allowed to start. Please arrive 15 minutes prior to your 1st practice.

2025-26



CHEER FAQS

Important Dates (Some dates may change)

Memorial Day Holiday - Closed	May 26th
Summer Break - Closed	June 28th-July 13th
Uniform Fees Due ~ Everyone	July 15th
USASF Membership Due for all full season athletes	August 1st
Shoe Fees Due (parents order) PCM will supply the brand and style	August 15th
1st Payment of Full Year Team Gift Fee Due	September 1st
Labor Day Holiday - Closed	September 1st
1st Installment post season ASW, Summit, Global Games for Elite due	October 15th
1st Payment of Half Year Team Gift Fee Due	November 1st
Thanksgiving Break	November 24-28th
USASF Membership Due for Half Year Novice Athletes	December 1st
Holiday Party	December 13th
Winter Break - Closed	Dec. 20th - Jan. 9th
2nd Payment of Full Year and Half Year Team Gift Fee Due	January 1st
2nd Installment post season ASW, Summit, Global Games for Elite due	January 15th
3rd Installment post season ASW, Summit, Global Games for Elite due	March 15th
Competitions	Nov.-May 2025

Practice Policies Around Holidays

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

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

* Extra practice may be scheduled at no extra cost.

Choreography

Each team will be assigned their specific choreography during summer months. Attendance is mandatory.

Fees will be applied for missed dates.

Competition Schedule

We are waiting for all event producers to release their 2025-2026 competition dates. We expect to release a 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.

CROSSOVER POLICIES

* Crossover athletes are allowed if they're committed to paying the crossover fees and attending all practices in there entirety. This also includes if coaches believe it's beneficial to the team (s) success. If at any point of the season the athlete can no longer commit to crossing over, 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 classes 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.

2025-26



FULL YEAR NOVICE CHEER

Non-Travel Level 1 (ages 3-6)

Tiny 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, shows 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 3-6 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 3-15.

Practice/Tuition:

1 hrs./2x a week

Tumbling: \$10 off a month per class

Competitions/Travel: At least 4 local one-day events

Competitions are subject to change through out the season.

Separate Fees Due:

Uniform ~ Billed and charged July 15th.

* \$225.00

Shoes ~ Billed and charged August 15th.

* \$50-\$75

Team Gift Fee: \$100 Due Sept. 1st & \$100 Due Jan. 1st ~ **CASH** paid to team mom. Covers athlete competition cover up (top and bottom), holiday gifts, coaches gifts, and end of the year team bonding. Teams may fundraise for extra fees.

Program Costs

Automatic Payment Plan

MEMBERSHIP DOWN PAYMENT: Due by first practice along with all signed paperwork and tuition:
\$250.00 (Goes toward program fees listed below)

\$340 will be due at first practice which consist of prorated June tuition & down payment, then 11 payments of \$220 due monthly June 25-April 25 which includes \$120 tuition & \$100 program fees not including comp fees. Comp fees will be added & billed of an additional \$135 Nov 25th-March 25th

The all inclusive monthly fees breakdown include the following:

- * Monthly Practice Tuition
- * Annual Registration
- * Routine Choreography, Music & Edits
- * Athlete Competition Fees
- * Coaches Comp Cost, Travel/Lodging Cost/Pay
- * One Practice Wear Set
- * One Team Shirt
- * Bow/Hair Accessory

\$340 due at first practice (Down payment + June Tuition)

\$220 June 25th-October 25th (Tuition + Program Fees)

\$355 Nov 25 - March 25~ (Tuition, Program Fees, Athlete Comps, Coaches Comp/Travel/lodging/pay)

\$220 April 25 (Tuition + Program Fees)

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee in order to compete with PCM. www.USASF.net — All PCM athletes must be registered by August 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.

2025-26



HALF YEAR NOVICE CHEER

Teams Youth-Senior

Non-Travel: Ages 3-15 (age based on December 31 of this year)
September Sign Ups - Practice begins week of October 6th. TBA

January - May Competitions TBA

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 3-15 at PCM Murrieta.

This is great for those considering our full season competitive team for next year.

Practice/Tuition:

Tiny/Mini (ages 3-7)

1 Hour/1x a week October - May

Youth/Jr (ages 8-15)

1.5 hrs./1x a week October - May

Tumbling: \$10 off a month per class

Competitions/Travel: At least 2 local one-day comps.

Competitions are subject to change through out the season.

Separate Fees Due:

Uniform (Due at Sign Up)

* \$150

Team Gift Fee: \$50 Due Nov. 1st & \$50 Jan. 1st **CASH** only paid to team mom. Covers athlete comp cover up, holiday gift, & coach gifts.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee in order to compete with PCM. www.USASF.net – All PCM athletes must be registered by August 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 DOWN PAYMENT: Due at first practice Sept. 25th along with all signed paperwork: **\$150.00** (Goes toward program fees listed below)

Tiny/Mini ~ Then, 8 installments of \$150 on the 25th of each month Sept 25th - April 25th

Youth/Jr. ~ Then, 8 installments of \$200 on the 25th of each month Sept 25th - April 25th

The all inclusive monthly fees include the following:

- * Monthly Practice/Tuition
- * Routine Choreography
- * One Practice Wear Set
- * Athlete Competition Fees
- * Coaches Comp Fees, Travel/Lodging/Pay
- * One Team T-shirt
- * Bow or Hair Accessory for Competition

Down pay, Uniform, & Oct. fees Due at first practice Sept 25th then
\$200 (Youth/Jr), \$150 (Mini/Tiny) Due Monthly Oct 25 - April 25th

2025-26



PREP CHEER

Full Season Limited Travel
Competitive (Ages 7-18)

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 program fees); 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. or Phoenix.

Practice/Tuition

1.5 hrs./2x a week June - May

Additional practices will be scheduled when needed (no cost)

Tumbling: \$10 off a month per class

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

Competitions/Travel: At least 4 comps, 1 travel event (Vegas/Phnx.)

Competitions are subject to change through out the season.

Separate Fees Due:

Uniform ~ Billed and charged July 15th.

* \$250.00

Shoes ~ Billed and charged August 15th.

* \$125.00

Team Gift Fee: \$100 Due Sept. 1st & \$100 Due Jan. 1st **CASH** paid to team mom. Covers athlete competition cover up (top and bottom), holiday gifts, coaches gifts, and end of the year team bonding.

Teams may fundraise for extra fees.

Program Costs

Automatic Payment Plan

MEMBERSHIP DOWN PAYMENT: Due by first practice along with all signed paperwork:

\$250.00 (Goes toward program fees listed below)

\$380 due at first practice which consist of \$130 prorated June tuition + \$250 down payment then 11 payments of \$235 due monthly June 25 through April 25 which includes \$175 tuition and \$60 program fees not including competition fees. Competition fees will be added & billed of an additional \$140 Sept 25-March 25th.

The all inclusive monthly fees breakdown include the following:

- * Monthly PracticeTuition
- * Annual Registration
- * One Practice Wear Set
- * Routine Choreography
- * Routine Music & Edits
- * Athlete Comp Fees & Coaches Comp/Travel/Lodging/pay
- * One Team Shirt
- * Bow/Hair Accessory

\$380 due at first practice (Down Payment + June Tuition)

\$235 June 25th - August 25th (Tuition + Program Fees)

\$375 Sept 25 - March 25 (Tuition., Program Fees, Athlete Comps, Coaches comp/Travel/lodging/pay)

\$235 April 25 (Tuition + Program Fees)

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee in order to compete with PCM. www.USASF.net – All PCM athletes must be registered by August 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.

2025-26



MINI ELITE ALL-STAR LIMITED TRAVEL CHEER

Mini Limited Travel: Ages 7-9 (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.

If the opportunity arises to attend post season Summit or Global Games, a discussion with parents will be held, the decision must be unanimous, and will be at parents expense.

Practice/Tuition: 1.5 hrs./2x a week June - May **plus**

one 2 hour practice every other Friday or Saturday starting in August. Additional practices will be scheduled, when needed, at no extra cost.

Tumbling: 1 class a week included~additional classes will cost \$65 month

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

Competitions/Travel: At least 5 events (1-2 travel weekends)

All comps subject to change.

Separate Fees Due:

Uniform ~ Billed and charged July 15th.

* Appx \$500

Shoes ~ Billed and charged August 15th.

* \$125.00

Team Gift Fee: \$100 Due Sept. 1st & \$100 Due Jan. 1st **CASH** paid to team mom. Covers athlete competition cover up (top and bottom), holiday gifts, coaches gifts, and end of the year team bonding.

Teams may fundraise for extra fees.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee in order to compete with PCM. www.USASF.net – All PCM athletes must be registered by August 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 DOWN PAYMENT: Due by first practice along with all signed paperwork:

\$300.00 (Goes toward program fees listed below)

\$475 due at first practice which consist of \$175 prorated June tuition + \$300 down payment then 11 payments of \$280 due monthly June 25 through April 25 which includes \$230 tuition and \$50 program fee not including competition fees. Competition fees will be added & billed of an additional \$160 Sept 25-March 25th.

The all inclusive monthly fees breakdown include the following:

- * Monthly PracticeTuition/ Annual Registration
- * One Weekly Tumbling Class
- * Routine Choreography/ Routine Music & Edits
- * 2 Practice Wear Sets & One Team T-Shirt
- * Athlete Comp Fees & Coaches Comp/Travel/Lodging/pay
- * One Tumbling Class A Week
- * Bow/Hair Accessory

\$475 due at first practice (Down Payment + June Tuition)

\$280 June 25 - August 25 (Tuition + Program Fees)

\$440 Sept 25-March 25~ (Tuition., Program fees, Athlete Comps, Coaches Comp/Travel/lodging/pay)

\$280 April 25 (Tuition, Program Fees)

2025-26



ELITE ALL-STAR CHEER

Youth-Senior (Levels 1-6)

Full Travel: Youth ~ Ages 8-12, Junior ~ Ages 9-15, Senior ~ Ages 13-18 (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: 1.5 hrs./2x a week June - May **plus**

one 2 hour practice every other Friday or Saturday starting in August. Additional practices will be scheduled, when needed, at no extra cost.

Tumbling: 1 class a week included~additional classes will cost \$65 month

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

Competitions/Travel: At least 5 events (2-3 travel weekends)

Some comps may be virtual. All comps subject to change.

Separate Fees Due:

Uniform ~ Billed and charged July 15th.

* Appx \$500

Shoes ~ Billed and charged August 15th.

* \$125.00

Post Season Worlds/Global Games Additional \$170 due Oct, Jan, & March 15th

Team Gift Fee: \$100 Due Sept. 1st & \$100 Due Jan. 1st **CASH** paid to team mom. Covers athlete competition cover up (top and bottom), holiday gifts, coaches gifts, and end of the year team bonding.

Teams may fundraise for extra fees.

USASF Membership Fee

All athletes must register with the USASF and pay the organizations annual fee in order to compete with PCM. www.USASF.net – All PCM athletes must be registered by August 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 DOWN PAYMENT: Due by first practice along with all signed paperwork:

\$350.00 (Goes toward program fees listed below)

\$525 due at first practice which consist of \$175 prorated June tuition + \$350 down payment then 11 payments of \$295 due monthly June 25 through April 25 which includes \$230 tuition and \$65 program fees not including competition fees. Competition fees will be added & billed of an additional \$200 September 25th-March 25th.

The all inclusive monthly fees breakdown include the following:

- * Monthly Practice Tuition/ Annual Registration
- * One Weekly Tumbling Class
- * Routine Choreography/ Routine Music & Edits
- * 2 Practice Wear Sets & One Team T-Shirt
- * Athlete Comp Fees & Coaches Comp/Travel/Lodging/pay
- * One Tumbling Class A Week
- * Bow/Hair Accessory

\$525 due at first practice (Down Payment + June Tuition)

\$295 June 25th - August 25th (Tuition, Program Fees)

\$495 Sept 25-March 25th (Tuition., Program Fees, Athlete Comps, Coaches Comp/Travel/lodging/pay)

\$295 April 25th (Tuition, Program Fees)

\$170 added monthly on the 15th of Oct, Jan., March

Tumbling Grid

	Level Appropriate	Advanced Level Appropriate	Elite Level Appropriate
Level 1	<u>STANDING</u> <ul style="list-style-type: none"> FORWARD ROLL STRADDLE ROLL PUSHUP TO BACKBEND BACKWARD ROLL (BWR) HANDSTAND BACKBEND KICK OVER STANDING BACKBEND FRONT LIMBER/BACK LIMBER 	<u>STANDING</u> <ul style="list-style-type: none"> BACKWALKOVER (BWO) BWO - BWR - BWO BACK EXTENSION ROLL 	<u>STANDING</u> <ul style="list-style-type: none"> BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL - BWO/BWO SERIES VALDEZ
	<u>RUNNING</u> <ul style="list-style-type: none"> CARTWHEEL (CW) CARTWHEEL - BACKWARD ROLL HANDSTAND FORWARD ROLL 	<u>RUNNING</u> <ul style="list-style-type: none"> CARTWHEEL - BWO/BWO SWITCH LEG ROUND OFF (RO) FRONT WALKOVER (FWO)/FWO SERIES HANDSTAND FORWARD ROLL CARTWHEEL 	<u>RUNNING</u> <ul style="list-style-type: none"> CARTWHEEL - BWO SERIES FWO - CARTWHEEL/ROUND OFF FWO - CW - BWO/BWO SERIES FWO - CW - BWO SWITCH LEG HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES
Level 2	<u>STANDING</u> <ul style="list-style-type: none"> BACK HANDSPRING (BHS) BACK HANDSPRING STEP OUT 	<u>STANDING</u> <ul style="list-style-type: none"> BACK WALKOVER - BHS BACK WALKOVER - BHS STEP OUT BHS STEP-OUT - BACK WALKOVER 	<u>STANDING</u> <ul style="list-style-type: none"> BWO - BHS STEP OUT - BWO BWO SWITCH LEG - BHS BHS STEP OUT - BWO - BHS VALDEZ - BHS/BHS STEP OUT BACK EXTENSION ROLL - BHS/BHS STEP OUT
	<u>RUNNING</u> <ul style="list-style-type: none"> CARTWHEEL - BHS ROUND OFF (RO) - BHS 	<u>RUNNING</u> <ul style="list-style-type: none"> ROUND OFF (RO) - BHS STEP OUT CW - BHS STEP OUT FRONT HANDSPRING (FHS) FWO - FHS 	<u>RUNNING</u> <ul style="list-style-type: none"> SERIES FRONT HANDSPRINGS BOUNDER/FLYSPRING CW - BHS SERIES RO - BHS SERIES FWO - RO - BHS/BHS SERIES CW - BHS STEP OUT - BWO - BHS/BHS SERIES RO - BHS STEP OUT - BWO - BHS/BHS SERIES
Level 3	<u>STANDING</u> <ul style="list-style-type: none"> BHS/BHS STEP OUT - BHS/BHS STEP OUT ADVANCED JUMP - BHS/BHS STEP OUT BHS/BHS SERIES - ADVANCED JUMP 	<u>STANDING</u> <ul style="list-style-type: none"> BWO - BHS SERIES BHS - BHS - BHS OR MORE ADVANCED JUMP - BHS SERIES 	<u>STANDING</u> <ul style="list-style-type: none"> BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES ADVANCED JUMP - BHS - ADVANCED JUMP - BHS BHS STEP OUT - BHS SERIES BHS STEP OUT - BWO - BHS SERIES BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES
	<u>RUNNING</u> <ul style="list-style-type: none"> ROUND OFF - TUCK AERIAL 	<u>RUNNING</u> <ul style="list-style-type: none"> PUNCH FRONT (PF) ROUND OFF - BHS SERIES - TUCK 	<u>RUNNING</u> <ul style="list-style-type: none"> FWO - AERIAL BOUNDER/FLYSPRING - AERIAL ROUND OFF - BHS - TUCK RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK FWO - RO - TO - TUCK BOUNDER/FLYSPRING - RO - TO - TUCK FRONT HANDSPRING (FHS) - PUNCH FRONT

Tumbling Grid

Level Appropriate

Advanced Level Appropriate

Elite Level Appropriate

Level 4

STANDING

- Onodi
- Backward roll - TUCK

STANDING

- BHS series - TUCK
- Back tuck
- BWO - TUCK
- Back extension roll - TUCK
- Valdez - TUCK

STANDING

- BHS / BHS step out - TUCK
- Advanced jump - BHS series - TUCK
- Advanced jump - BHS - TUCK

RUNNING

- Cartwheel - TUCK
- FWO - CW - TUCK
- RO - LAYOUT
- RO - Onodi
- Front aerial
- Front aerial - RO - TO - TUCK
- Front handspring - PF

RUNNING

- PF - PF
- PF step out - AERIAL
- ROUND OFF - BHS SERIES - LAYOUT
- ROUND OFF - ONODI - TO - TUCK
- PF step out - RO - TO - TUCK
- AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT
- FWO - AERIAL - TUCK
- RO - TO - WHIP / TUCK - TO - TUCK
- FRONT AERIAL - RO - TO - WHIP - TO - TUCK
- FWO - RO - TO - WHIP / TUCK - TO - TUCK
- PF step out - RO - TO - WHIP / TUCK - TO - TUCK
- Front handspring - PF step out - RO - TO - TUCK

RUNNING

- Front handspring - PF step out - RO - TO - WHIP / TUCK - TUCK
- RO - BHS - LAYOUT / LAYOUT step out / X-OUT / switch leg
- RO - ONODI - TO - LAYOUT
- FWO - RO - TO - LAYOUT
- Front aerial - RO - TO - WHIP - LAYOUT
- PF STEP OUT - RO - TO - LAYOUT
- RO - TO - WHIP / TUCK - TO - LAYOUT
- FWO - RO - TO - WHIP / TUCK - TO - LAYOUT
- PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT
- Front handspring - PF step out - RO - TO - LAYOUT
- Front handspring - PF step out - RO - TO - WHIP / TUCK - TO - LAYOUT

Level 5

STANDING

- TUCK - BHS - TUCK
- TUCK - BHS SERIES - TUCK
- BHS/BHS SERIES - TUCK - TUCK

STANDING

- ADVANCED JUMP - FRONT/BACK TUCK
- BHS SERIES - WHIP/TUCK - BHS - TUCK
- BHS - WHIP/TUCK - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - TUCK
- BHS SERIES - LAYOUT
- BHS SERIES - WHIP - TUCK

STANDING

- BHS - WHIP - TUCK
- BHS - LAYOUT
- ADVANCED JUMP - BHS/BHS SERIES - LAYOUT
- ADVANCED JUMP - BHS - WHIP - TUCK
- BHS - WHIP/TUCK - TO - LAYOUT
- BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT
- ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

RUNNING

- BARANI
- RO - HALF
- RO - FULL

RUNNING

- FHS - BARANI
- RO - BHS SERIES - FULL
- ROUND OFF - ARABIAN
- SIDE AERIAL/Front AERIAL - TO - FULL
- BARANI - TO - LAYOUT

RUNNING

- FRONT FULL
- RO - BHS - FULL
- FRONT WALKOVER - RO - TO - FULL
- BARANI - TO - FULL
- PF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL
- RO - TO - WHIP - TO - FULL
- FRONT HANDSPRING - FRONT FULL
- PF STEP OUT - RO - TO - WHIP - TO - FULL
- FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL
- RO - ARABIAN/HALF STEP OUT - TO - LAYOUT/FULL

Level 6 & 7

STANDING

- ADVANCED JUMP BACK TUCK

STANDING

- BHS SERIES - FULL
- ADVANCED JUMP - BHS SERIES - FULL
- BHS - WHIP - BHS SERIES - FULL
- BHS SERIES - WHIP - FULL
- BHS - WHIP - TO - FULL

STANDING

- BHS - FULL
- ADVANCED JUMP - BHS - FULL
- STANDING FULL
- ADVANCED JUMP - FULL
- BHS - WHIP - FULL
- ADVANCED JUMP - BHS - WHIP - FULL
- BHS SERIES - DOUBLE FULL
- ADVANCED JUMP - BHS SERIES - DOUBLE FULL
- BHS - WHIP - BHS SERIES - DOUBLE FULL
- BHS SERIES - WHIP - DOUBLE FULL
- ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL
- BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING

- CARTWHEEL - FULL
- RO - FULL
- RO - BHS/BHS SERIES - FULL
- FWO - TO - FULL
- SIDE AERIAL/Front AERIAL - FULL
- RO - TO - ONODI - TO - FULL
- FRONT FULL

RUNNING

- RO - BHS - KICK FULL/FULL STEP OUT
- PUNCH FRONT STEP OUT - TO - FULL
- RO - WHIP - FULL
- RO - TO - WHIP - TO - FULL
- 1.5 TWISTING FRONT LAYOUT

RUNNING

- RO - ARABIAN/HALF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - FRONT FULL
- FRONT HANDSPRING - PF - RO - TO - FULL
- RO - BHS - FULL - TO - FULL
- RO - TO - FULL - FULL
- RO - TO - 1.5 STEP OUT - TO - FULL
- 1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL
- RO - DOUBLE FULL
- RO - TO - DOUBLE FULL
- FRONT WALKOVER - TO - DOUBLE FULL
- RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL
- PF STEP OUT - TO - DOUBLE FULL
- RO - TO - WHIP - TO - DOUBLE FULL
- RO - WHIP - DOUBLE FULL
- RO - ARABIAN - TO - DOUBLE FULL
- RO - TO - FULL - TO - DOUBLE FULL
- RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL
- RO - TO - FULL - TO - WHIP - DOUBLE FULL
- PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL
- RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL
- PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

