



Verona Competitive Cheer

2018-2019 Season

Frequently Asked Questions

- ★ I understand that the monthly fee will include tumbling and crossfit.
 - Will Crossfit/tumble become mandatory or remain optional/flexible?
 - Yes, mandatory
 - If they are mandatory, will this be a 4 day/week activity?
 - July-November - 3x a week activity (1 practice)
 - November - April - 4-6 days (including competitions)
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- ★ What month and how long is the camp? Is it during the day or evening?
 - Tryouts and Camp - June
 - Tryouts - June 9: 10-1, June 10: 1-3
 - Camp - Tentatively June 25-28
 - Snacks will be provided
 - Seniors Monday-Wednesday 3:30-7:30
 - Juniors Monday-Thursday 3:30-6:30
- ★ What is the criteria to make the team?
 - All girls will participate in tryouts assessing tumbling, cheer techniques, dance, and stunting skills. Based on skill level, girls will be placed on appropriate team. Outside judges will be hired for tryouts.
- ★ Can girls participate in both Eagles and Competitive Cheer?
 - Yes.
- ★ Will competitions be starting earlier this season, pushing up the season?
 - 3 pre-season competitions (November-December)
 - Hosting our own competition in December 15 (tentative)
 - 7-8 competitions (January-April)
 - 1 Final Competition (travel) April (Location TBD)
- ★ Where will the girls practice?
 - We try to utilize town gyms when available to our team.
 - If recreational space is unavailable, we will rent private space. All private spaces (Fred Hill, Diamond Gymnastics, Caldwell Crossfit) requires a per hour fee.



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- ★ **Are there new coaches?**
 - There will be a head coach for both the Senior and Junior team. In addition, there will be a parent representative that will communicate with the team and handle other team related matters.
- ★ **What is the summer practice schedule?**
 - Each team will practice weekly in the summer, in addition to Crossfit and Tumbling.
 - We recognize the girls may travel during the summer. Each girl must submit a vacation calendar to us prior to the first summer practice. We ask that when in town, the girls come to each of the scheduled practices.
- ★ **What are the practice requirements?**
 - **From July 9, 2018 -October 31, 2018**
 - 1 practice per week
 - Practice will be 1.5 hours in length
 - **From November 1, 2018- December 31, 2018**
 - 3 practices per week
 - Practices will be 1.5 hours in length (or a total of 4.5 hours per week)
 - **From January 1, 2019-the week of the last scheduled competition (to be determined upon the release of the competition schedule)**
 - 3 practices per week
 - Practices will be 1.5 hours in length (or a total of 4.5 hours per week)
 - **In addition to the practices, girls will participate in both Crossfit and Tumbling 1 hour per week.**
- ★ **Are you planning to stay at Diamond Gymnastics or considering other options?**
 - We will continue to use Diamond Gymnastics. They will receive a detailed itinerary from our organization to make sure the girls are afforded the opportunity to work on individual skills during each tumbling session.
 - Tumbling classes will be broken down by skill level, not necessarily teams.