

2022-23



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 placement fee.
- * All full season team evaluations are May 3-5. Practices will start the week of May 16th. (down deposit due by this time to practice) Parent/Athlete welcome meeting will be Tuesday May 10th. Full season teams will practice and compete through April 2023, unless a post-season bid is earned.
- * Elite level teams that earn post-season travel bids (Summit or Worlds) will practice/compete through the end of April. **Worlds and Summit are not elective.** If you do not want to compete in Orlando, 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 the coaches with dates that you will possibly miss. Owners or coaches 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 August 11th - April athletes will be expected to be at every practice to train. If at any time you have a school graded event that you must miss practice you will go to front desk and pick up an absence request form and turn it into the coach. If your request isn't approved, you will receive an email from the coach. All summer vacation request must be submitted by June 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) 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 \$1200 drop fee for quitting after July 15, 2022. And additional \$500 choreography fine if your athlete quits after September 1st, 2022. 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 a \$200 per day missed and will be required to find a substitute athlete to learn. Any athlete that misses the scheduled technique camp dates for their team will be fined \$100 per day.
- * Elite level teams will be charged \$300 March 1 for Post Season Worlds/Summit. Includes updated choreo/music and apparel.

PROGRAM DISCOUNTS

**** Season Paid in full discount of \$120 Full Year Novice, \$150 Prep, and \$235 Elite off is offered if paid by July 1st** (Cannot be combined with any other offer)**

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

Siblings receive a discount specific to the program offerings they participate in. (Cannot be combined)

*** Military (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 Placements

May evaluations. Dates are dependent upon CDC recommendations. Continue to check on PCM Murrieta Social Media platforms for confirmed dates.

Online Pre-Registration Register early! April 15th - April 30th

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

Private Evaluations: \$75 email to office@pcmmurrieta.com April 25th through April 28th

Tryout Schedule

Day 1 ~ May 3, 2022

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 BIRTH YEAR TIME

2014-2019: 4:00-5:30PM

2010-2013: 5:00-7:00PM

2009 and older: 7:00-9:00PM

Day 2 ~ May 4, 2022

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

ATTEND YOUR CORRECT BIRTH YEAR TIME

2014-2019: 4:00-5:30PM

2010-2013: 5:00-7:00PM

2009 and older: 7:00-9:00PM

Day 3 ~ May 5, 2022

Evaluation Night (All Athletes)

staff the material they have learned.

coaching staff the material they have learned.

ATTEND YOUR CORRECT BIRTH YEAR TIME

2014-2019: 4:00-5:30PM

2010-2013: 5:00-7:00PM

2009 and older: 7:00-9:00PM

Day 4 & 5

Coaching staff review nights & private evaluations

Day 6

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

May 10th

Parent/Athlete Virtual 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!

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 so your athlete can be sized for the seasons practice apparel and competition shoes if needed.

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CHEER FAQS

Important Dates (Some dates may change)

Technique Camp (All Teams) MANDATORY	May 20th-22nd
Memorial Day Holiday - Closed	May 30th
Choreography MANDATORY	June 3rd-5th
Choreography MANDATORY	June 10th-12th
Choreography MANDATORY	June 23rd-25th
Choreography MANDATORY	June 25th-27th
Summer Break - Closed	July 1st-July 15th
Uniform Fees Due	July 1st
Shoe Fees Due	July 15th
1st Payment of Team Gift Fee Due	August 1st
Labor Day Holiday - Closed	September 2-5
Routine Reveal	October 8th
Trunk or Treat	October 21st
Thanksgiving Break	November 21-27th
Winter Break - Closed	December 16 - Jan. 4
2nd Payment of Team Gift Fee Due	January 1st
Competitions	November-May 2023
Post season Worlds/Summit Fees Due for Bid Winners	March 1st
End of Season Showcase	April - (TBA)
End of the Year Banquet	May (TBA)

Practice Policies Around Holidays

* **We do not close for spring break.** Athletes with a post-season bid Worlds/Summit) are expected to attend practice and we have a zero-absence policy for the month of April. We also have a zero tolerance for attendance after September 1st. There are fines for missed practices and competitions. (See handbook)

* Extra practice may be scheduled at no extra cost.

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.

Camp/Choreography

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

Competition Schedule

We are waiting for all event producers to release their 2022-2023 competition dates. We expect to release a tentative/final draft by the end of August.

Competition selection can change throughout the season. 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 (Dec 2022-May 2023). 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.

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FULL YEAR NOVICE CHEER

Non-Travel Level 1 (ages 3-9)

Tiny - Mini Full Year (age based on December 31, 2022)

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 3-8 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 Murrieta also offers Novice team as half year option for ages 7-18.

Practice/Tuition

1.5 hrs./1x a week June - August

2 hrs./2x a week September - April

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 throughout the season.

Separate Fees Due: Due on the date indicated below

Uniform top/bottom (Due July 1st)

* Girls Top/Bodysuit \$145.00 Shorts \$55.00

* Boys Top \$95.00 Pants \$85.00

Team Gift Fee: \$50 Due August & \$100 January 1st CASH only: Covers showcase team basket, athlete holiday gift, end of the year gift, coaches end of year gifts, & banquet team table décor.

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: Nonrefundable deposit due at signing of all paperwork.

\$200.00

Then, 11 installments of \$110 on the 25th of each month May 2022 - March 2023 & 4 payments of \$280 due June 25, 2022, Sept. 25, 2022, Dec. 25, 2022, March 25, 2023.

The all inclusive fees include the following:

- * Monthly Tuition
- * Annual Registration, monthly practice/tuition
- * Summer Skills Camp
- * Fall Cheer/Choreo Camp/Clinic
- * Routine Choreography, Music, Edits
- * Showcase & Competitions
- * One Practice Set
- * One Program Shirt & One Team Shirt
- * Comp Bow/Hair Accessory

\$110.00 May 25, 2022 - March 25, 2023

\$280.00 June 25, Sept. 25th, Dec.25th, March 25th

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

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HALF YEAR NOVICE CHEER

Teams Youth-Senior

Non-Travel: Ages 7-18 (age based on December 31, 2022)

Sept/Oct Sign Ups - Practice begins November 2022

January - March 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 - April

Tumbling: \$10 off a month per class

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

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

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

Competitions are subject to change throughout the season.

Separate Fees Due: Due on the date indicated below

Uniform top/bottom (Due November 1st)

* \$95.00

Team Gift Fee: Due January 1st CASH only \$100.00 : Covers athlete & coach end of year gift and banquet table décor

Program Costs

Automatic Payment Plan

MEMBERSHIP DEPOSIT: Nonrefundable deposit due at signing of all paperwork.

\$150.00

Then, 6 installments of \$180 on the 25th of each month Oct 2022 (or at sign up) - March 2023.

The all inclusive fees include the following:

- * Monthly practice/tuition
- * Music, Edits
- * Routine Choreography
- * Showcase & Competitions
- * One Practice Set
- * One Program Shirt
- * PCM Hair Accessory for Competition

\$180.00 Oct 25, 2022 - March 25, 2023

If the 25th falls on a Friday, Saturday, or Sunday, cards will be ran on the Thursday before for fees.

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 - April

Additional practices will be scheduled when needed (no cost)

Tumbling: \$10 off a month per class

Flyer Stretch: Flyers are required to take an additional class at parent exp.

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

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

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

Competitions are subject to change throughout the season.

Separate Fees Due: Due on the date indicated below

Uniform top/bottom (Due July 1st)

* Girls Top/Bodysuit \$145.00 Shorts \$55.00

* Boys Top \$95.00 Pants \$85.00

Shoes: (Due July 15th) \$110.00

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: Nonrefundable deposit due at signing of all paperwork.

\$350.00

Then, 11 installments of \$140 on the 25th of each month May 2022 - March 2023 & 4 payments of \$250 due June 25, 2022, Sept. 25, 2022, Dec. 25, 2022, March 25, 2023.

The all inclusive payments include the following:

- * Monthly Tuition
- * Annual Registration, monthly practice/tuition
- * Summer Skills Camp
- * Fall Cheer/Choreo Camp/Clinic
- * Routine Choreography, Music, Edits
- * Showcase & Competitions
- * One Practice Set
- * One Program Shirt & One Team Shirt
- * Comp Bow/Hair Accessory

\$140.00 May 25, 2022 - March 25, 2023

\$250.00 June 25th, Sept 25th, Dec. 25th, March 25th

Team Gift Fee: \$50 Due August & \$100 Due January 1st CASH only \$100.00 : Covers showcase team basket, athlete holiday gift, end of the year gift, gifts, & banquet team table décor.

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ELITE ALL-STAR CHEER

Youth-Senior (Levels 1-6)

Full Travel: Ages 5-18 (age based on December 31, 2022)

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 - April

Additional practices will be scheduled when needed (no cost)

Tumbling: 1 class a week included

Flyer Stretch: Flyers are required to take an additional class at parents exp.

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

Competitions/Travel: Fall 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 1st)

- * Crop Top (senior teams) \$235
- * Crop w/liner (mini-youth-junior teams) \$290
- * Skort (All elite teams) \$165
- * Boys Full Uniform \$365

Team Gift Fee: \$50 Due August 1st & \$100 Due January 1st. CASH only
\$100 Covers showcase team basket, athlete holiday gift, end of the year gift, coaches end of year gifts, & banquet team table décor.

Shoes: (Due July 15th) \$110 Post Season Worlds/Summit\$300 March 1

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: Nonrefundable deposit due at signing of all paperwork.

\$500.00

Then, 11 installments of \$215 on the 25th of each month May 2022 - March 2023 & 4 payments of \$420 due June 25, 2022, Sept. 25, 2022, Dec. 25, 2022, March 25, 2023.

The all inclusive payments include the following:

- * Monthly Tuition
- * Annual Registration, monthly practice/tuition
- * Summer Skills Camp
- * Fall Cheer/Choreo Camp/Clinic
- * Routine Choreography, Music, Edits
- * Showcase & Competitions
- * Two Practice Set
- * One Program Shirt & One Team Shirt
- * Comp Bow/Hair Accessory

\$215.00 May 25, 2022 - March 25, 2023

\$420.00 June 25th, Sept. 25th, Dec. 25th, March 25th

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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 some 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

Standing

- L1 Backward roll
Back Walkover
Back Ext. Roll
- L2 Standing BHS
BHS Step out, BWO BHS
Back ext. roll BHS
- L3 Standing 3 BHS
Jump to BHS, BHS step out
BHS, toe, 2 BHS
- L4 Standing tuck
2 BHS tuck
BHS step-in, tuck
- L5 Jump tuck
Two BHS layout
Whip pass to tuck
2 BHS to whip-tuck
- L6 Jump to tuck
1 or 2 BHS to full
Standing full or **c/wheel**
full 2 BHS to double or whip-full

Running

- Round off Rebound
Front Walkover
3 connected skills
- Round off 2 BHS
FWO, Round off BHS
Front Handspring
- Round off BHS tuck
Aerial
Punch front
- Round off BHS layout
Whip pass to tuck
Whip-tuck/PF step out/FHS front
- Round off BHS full
Specialty to full
Round off Arabian
- specialty to full
Double or whip-full
Specialty to double