

2021-2022



Tryout Packet

OWNED BY:
Cullen Hodges & Zach Rogers

CONTACT US:
info@rockcheercompany.com

Season 1

The mission of Rock Cheer Company is to provide a family-oriented environment that will promote skill development, work ethic, and a competitive spirit, but more importantly, build their character and self confidence so that they can be champions for life.

Registration:

To register, please visit **rsastrong.com** and click register now!
We are currently in the process of updating our new website.
For questions, email us at info@rockcheercompany.com

VIRTUAL MEET & GREET

Join us virtually to see the gym, get to know the coaches, & ask questions

Friday May 14th

4:00-4:30

Zoom Code: 836 993 1709

Password: ROCK

Tuesday May 18th

4:30-5:00

Zoom Code: 836 993 1709

Password: ROCK

TRYOUT PREP

Friday May 14th

Open Tumble &
Meet the Coaches

5:00-8:00 PM

Saturday May 15th

Grand Opening

1:00-5:00 PM

Sunday May 16th

Tumble Clinics
\$15/per athlete

Levels 1-2 Levels 3 & up
2:00-3:30 3:30-5:00

Monday May 17th

8 Years & Under

5:30-6:30 - Tumbling
6:30 - 7:00 - Meet the Coaches
7:00-8:00 - Learn the Tryout Dance
8:00-9:00 - Open Gym (all ages)
\$10/per athlete

Tuesday May 18th

9-13 Years Old

5:30-6:30 - Tumbling
6:30 - 7:00 - Meet the Coaches
7:00-8:00 - Learn the Tryout Dance
8:00-9:00 - Open Gym (all ages)
\$10/per athlete

Wednesday May 19th

14 Years & Up

5:30-6:30 - Tumbling
6:30 - 7:00 - Meet the Coaches
7:00-8:00 - Learn the Tryout Dance
8:00-9:00 - Open Gym (all ages)
\$10/per athlete

Thursday May 20th

Tryout Review (all ages)

6:00-7:00 - Tumbling
7:00-7:30 - 8 & Under Dance Review
7:30-8:00 - 9 & Up Dance Review
8:00-9:00 - Open Gym (all ages)
\$10/per athlete

Friday May 21st

Open Gym

6:00-9:00 PM
\$15/athlete

Official Tryout Day

Saturday May 22nd

8 Years & Under

9:30-10:00 AM - Registration & Sign In
10:00-10:30 AM - Tumbling & Dance Warm Up
10:30-11:30 AM - Tryout

9 - 13 Years Old

11:30-12:00 PM - Registration & Sign In
12:00-12:30 PM - Tumbling & Dance Warm Up
12:30-1:30 PM - Tryout

14 Years & Up

1:30-2:00 PM - Registration & Sign In
2:00-2:30 PM - Tumbling & Dance Warm Up
2:30-3:30 PM - Tryout

Makeup Tryout: Sunday May 23rd 12:00-2:00 PM

If you cannot make these tryout dates, email info@rockcheercompany.com to set up a private tryout

Evaluations

Following tryouts, each athlete will be assigned a group number and further evaluations will be held in practice format for 2 weeks before teams are named.

Group numbers will be emailed out by 5 PM on May 23rd.

Evaluation Days:

- Monday May 24th
- Tuesday May 25th
- Wednesday May 26th
- Tuesday June 1st
- Wednesday June 2nd
- Thursday June 3rd

Closed for Memorial Day May 27th-May 31st

Important Tryout Day Info

1. Upon arriving at the Registration & Sign In station at tryouts, your athlete will be given a tryout number. This number will determine the group they tryout with. The groups will be organized once they enter the gym to warm up
2. Tryouts will be completed in groups of 4 in front of the coaching staff. While groups are waiting to try out, they will be seated quietly in the gym until it is their groups' turn. Once they complete their tryout, they will be free to leave the gym.
3. Throughout the week we will help guide the athlete's on what passes they should be throwing at tryouts. We will also demonstrate how the tryout process will work. The athlete's tryout will consist of the following skills in this order:
 - a. Throughout the week we will help guide the athlete's on what passes they should be throwing at tryouts. We will also demonstrate how the tryout process will work. The athlete's tryout will consist of the following skills in this order:
 - b. Running Tumbling Pass #1
 - c. Running Tumbling Pass #2 (optional)
 - d. Standing Tumbling Pass #1
 - e. Standing Tumbling Pass #2
 - f. Jumps - this will include a toe touch and a hurdle, toe touch connected.
 - g. Potential flyers will be asked to pull body positions
 - h. Dance
4. Proper attire includes athletic apparel & athletic shoes. RCC apparel will be available for purchase throughout the training week leading up to tryout day.
5. Parents will not be allowed in the lobby area during the tryouts due to capacity restrictions.
6. On tryout day, be sure to fill out the colored sheet of paper we offer indicating the athlete's previous stunt position, mastered skills, and cheer experience. This sheet will be offered at sign in and the athlete will turn the paper in to the coaches at the start of their tryout.
7. Every athlete who tries out for a team at RCC will make a team. Based on the athlete's experience, we may encourage you to try our half year team instead of full year, if we feel that this may be a better fit for your athlete. Half year tryouts will be held in the late summer.

Team Placement

Athletes 8 & Up will be evaluated on the following criteria:

- **Tumbling ability: difficulty & technique**
- **Stunting ability/position: difficulty & technique**
- **Jump technique**
- **Coachability**
- **Athleticism**
- **Overall ability to listen, receive critique, & apply corrections**

Athletes age 3-7 will be evaluated on the following criteria::

- **Coachability**
- **Counting music**
- **Ability to work with other athletes**
- **Listening & applying corrections/changes**
- **Potty Trained**

During the team formation process, several different aspects are considered including but not limited to tumbling, jump technique, stunt position and technique, flyer flexibility and body control, performance ability, maturity level, and coachability.

Teams also can hold 1-3 tumbling-based positions on the team.

***Beginner athletes are always welcome as we want to train you from the ground up, the ROCK way. We can assure that you will have a positive experience with our program. Our goal is for athletes to grow to love cheerleading the way we do. Our staff is here to develop your athlete into the best competitive cheerleader they can be.**

We are excited to find a home for your athlete on one of our teams here at The Rock!

General Pricing Info

- Tryout Fee: \$80 (or \$100 per family)
- Monthly Tuition (June 2021-May 2022)
 - Elite: \$195/mo
 - Prep: \$145/mo
 - Novice: \$95
 - Sibling Discount: \$20/athlete/month
- Uniforms
 - Elite: \$530-\$580
 - Prep: \$200-\$250
 - Novice: \$180
- Mandatory Tumbling Camp (June 18-20)
 - \$100/athlete

Competition & Misc Fees:

The fees listed below will be due in 7 installments on the following dates:

- July 15th
- August 15th
- September 15th
- October 15th
- November 15th
- December 15th
- January 15th

- Competition Fees: TBD
- Late Payment Fee: \$15
- Quit Fee: \$200
- Skills Camp: \$100
- Routine Camp: \$100
- Uniform Bow: ~\$30-35
- Practice Wear: \$85
 - includes a tank & sports bra
- Practice Bow: ~\$15
- Shoes: ~\$135
- Coaches Travel Fees: TBD
- Choreography
 - Elite: \$100-\$150/athlete
 - Prep: \$80/athlete
 - Novice: \$50/athlete
- Music
 - Elite: \$100-\$150/athlete
 - Prep: \$80/athlete
 - Novice: \$50/athlete
- USASF Fee: \$35
- Crossover Fee: \$30/mo
- Banquet: \$45

TUMBLING LEVEL BREAKDOWN

Level 1 Novice

- forward roll attempt
- cartwheel attempt
- handstand attempt

Level 1 Prep

- forward roll
- cartwheel
- back bend
- hand stand fall to bridge

Level 1

- back walk over (BWO)
- multiple BWO in a row
- cartwheel BWO
- switch leg BWO
- round off (RO)
- front walkover

Level 2 Prep

- back hand spring (BHS)
- round off BHS
- carthwheel BHS

Level 2 / 4.2

- BWO back hand spring
- BHS step out
- round off multiple BHS
- front walk over RO BHS
- other combos to RO BHS

Level 3

- standing 3 BHS
- toe touch 3 BHS
- BWO 2 BHS
- RO BHS Tuck
- RO Tuck
- punch front stick
- aerial / FWO to tuck

Level 4

- standing BHS tuck
- toe touch BHS tuck
- standing two BHS to tuck
- RO BHS layout (LO)
- combo to layout
 - punch front step out
 - whip
 - front handspring PF

Level 5

- standing 2 BHS to layout
- standing whip to LO
- toe touch tuck
- RO BHS full
- combo to full
 - punch front step out
 - whip
 - front handspring PF

Level 6

- standing 1/2 BHS to full
- toe touch tuck
- standing to double full
- standing full
- combo to full
- combo to double full

About the Owners

Cullen Hodges is a World Champion All-Star Cheerleading Coach from Cheer Extreme Raleigh.

This past season was her 6th year coaching competitively, after being in the sport for 14 years as an athlete. She has won The Cheerleading World Championships 3 times as a coach. As an athlete, she placed 2nd four times and placed 3rd twice. She is a 2x Majors Champion and a 5x NCA National Champion, including winning Grand Champion of NCA in 2021 as Head Coach of SSX.

She was also named 2019 Cheer Extreme Raleigh Coach of the Year.

Cullen graduated Cum Laude from North Carolina State University in 2017 with a degree in Biological Sciences concentrated in Human Biology and a minor in Health, Medicine, and Human Values.

During her time at NC State, she participated as an NC State Co-Ed and All Girl Cheerleader, as well as a member of the Eta Kappa chapter of Delta Gamma Fraternity.

Cullen greatly values the lessons that are taught through athletic participation, such as teamwork, accountability, sportsmanship, humility, and leadership. Her main goal is to provide a family-oriented environment that is friendly, yet competitive, and will lead athletes to become the best version of themselves, both physically and mentally. Owning a gym has been a dream of hers since she was a child, and after years of training, she is ready to chase that dream here in Colorado. She is excited to meet all of the athletes and looks forward to getting to know them.



instagram & twitter
@_cullentaylor



About the Owners

Zachariah Rogers is a former collegiate cheerleader from Northeastern State University out of Oklahoma. Formerly he worked as a Tumbling Director/All-Star Coach at Extreme Cheer Company, Twist & Shout, Rockstar Cheer, Spirit Xplosion, and Cheer Extreme Raleigh. He has instructed tumbling for several high school and college teams in multiple states.

Zach has enjoyed traveling the country for clinics and working alongside some of the most elite coaches in the industry.

Zach enjoys creating a fun atmosphere for the athletes where they feel safe and can call the gym a second home. His teaching style focuses on helping the athletes understand the importance of proper progression training, perfecting skills before moving ahead, and building the confidence and mental strength it takes to be a high caliber athlete. As a tumbling coach, he is able to strategize both short and long term goals for the athlete to achieve each skill required to become the best of their level before progressing ahead. He believes this will make each kid the strongest all around athlete they can be.

Building bonds with parents and athletes is very important to him. He has experience in both small & large gyms and after being a coach for so many years, he believes he has the experience and expertise it takes to become a successful gym owner. His main goal in his new role will be to establish a family environment for both the athletes and parents. He is beyond ready to take on this next chapter.



instagram:
@zachrogers9