



2011 - 2012 Evaluation Information Package

Welcome to the start of another amazing season!!

We are proud to be one of the fastest growing competitive cheerleading organizations in the Durham region. Our coaching staff has numerous provincial and national titles won. And our teams have brought home championships from all over the province and the U.S. We have athletes from all ages and all skill levels.

No matter your age or your skill we have a team for you!!



2011 CE Provincial & Grand Champions

Evaluations are held at the start of each season to assess each of the athlete's skill level; we do not turn any athletes away. Athletes are placed on the team that best suits their age and skill level.

We strongly encourage you to attend the spring evaluation as teams fill up quickly. We cannot guarantee a fall evaluation session.

If you are unable to attend the spring evaluations, please contact us at 905-432-2336 or email info@hawkscheerleading.ca to arrange a private evaluation.



1618 Dundas Street East
Whitby, ON
L1N 2K8
905.432.2336
info@hawkscheerleading.ca
www.hawkscheerleading.ca

What to bring to Evaluations

- Try Out Form (available online or at the gym)
- Waiver Form (available online or at the gym)
- 3 x 5 photo shoulders and up only, front view of athlete
- \$5.00 try out fee

What to wear

- T-shirt & shorts
- Proper indoor running shoes
- Hair in a ponytail



DURHAM ELITE CHEER ATHLETICS INC.

Age Grid

Age as of
August 31st 2011

Tiny – 5yrs & Younger
Mini – 6 – 8 yrs
Youth – 9 – 11yrs
Junior – 12 – 14 yrs
Senior – 15 – 18 yrs
Open – 18yrs & Older

USASF Levels

We will be using the following levels as a guideline. These levels are the same used in competition.

LEVEL ONE

Tumbling skills - front roll, cart-wheel, front and back walkover

Jumps - toes touch jump

Stunts skills - thigh stand, double base

Dance/Motions - fundamental grasp of timing/
rhythm

LEVEL TWO

Tumbling skills - back walkover, back handspring,
round off back handspring

Jumps - working on connected jumps

Stunts skills - double base cradles, extensions,
torch-level stretch, arabesque, over-stretch etc.

Dance/Motions - grasp of timing and rhythm

LEVEL THREE

Tumbling skills - 2 X back hand-spring, round off
back handspring X 2, and series to tucks

Jumps - jump handspring combina-tions

Stunts skills - liberty stretch, ara-besque, overstretch
etc, full twist dismounts from two feet

Dance/Motions - good grasp of timing and rhythm

LEVEL FOUR

Tumbling Skills - standing tucks, tumbling series
to layouts

Jumps - jump handspring tucks
combo

Stunts skills - liberty stretch, over-stretch etc. with
full twist dismounts, double twisting dismounts from
two feet

Dance/Motions - superior grasp of timing and
rhythm

LEVEL FIVE AND SIX

Tumbling skills - standing tucks,
round-off series
to full twisting layouts and doubles

Jumps - jump tuck combo

Stunts skills - liberty stretch, over stretch, with
double full twist dismounts

Dance/Motions - superior grasp of timing and rhythm

Try Out Evaluation and Team Placing of Athlete

Athletes will be evaluated on the basis of the skill requirements under the USASF level system (See the column to the left). These levels are not designed to be hierarchical; they are designed to have athletes of like-ability compete with like skills. Athletes may remain at one level for a number of years, this DOES NOT mean they are not learning or progressing. Athletes and parents should understand that one level is not better than another level. The head coach determines where athletes are placed based on their age, maturity and skill level. We respect that each athlete learns at their own pace, rushing an athlete beyond their skill level can often result in a negative experience, or injury.

Athletes usually demonstrate skills at various levels – **we will place athletes on the team based on their age and maturity, as well as where the majority of the skills lay.** Our goal is to put together the most competitive teams with athletes of similar skill level, so they can progress together and be successful.

Returning Athletes (Athletes who were on a competitive team for the 2010 – 2011 season) Attitude, attendance, work ethic and performance from the 2010 -2011 season will also be considered for team placements. The head coach reserves the right to move an athlete from one team to another throughout the year.

Please attend the time that suits your age. Age is as of August 31st 2011.

<u>Team</u>	<u>Age</u>	<u>Evaluation Day & Time</u>
Tiny	5yrs & under	There is no evaluation for this team. Please come in to register on one of the registration nights
Mini	5 - 8yrs	Monday May 30 th 6:00pm – 7:00pm
Youth	9 - 11yrs	Monday May 30 th 7:00pm – 8:00pm
Junior	12 - 14yrs	Tuesday May 31 st 6:30pm – 8:00pm
Senior	15 – 18yrs	Wednesday June 1 st 6:30pm – 8:00pm
Open	18 & over	Wednesday June 1 st 8:00pm – 9:30pm
Senior Elite	12 – 18 yrs	Thursday June 2 nd 6:30pm – 8:30pm *****You MUST obtain a package from Adrianna*****

**TEAM LISTS WILL BE POSTED ON OUR WEBSITE AND IN THE GYM
NO LATER THAN MONDAY JUNE 6TH @ 6:00PM**

**One Motive, One Dream,
One Family!**



DURHAM ELITE CHEER ATHLETICS INC.

MANDATORY REGISTRATION & INFORMATION SESSIONS

ALL Athletes, along with ONE Parent MUST attend ONE of the following sessions in order to secure your spot on your assigned team.

Tuesday June 7th, Wednesday June 8th or Thursday June 9th from 6:30pm – 8:00pm

SUMMER TRAINING

All teams will be practicing once a week with their team and have one tumbling class during the summer. Attendance is required at all practices.

Although we do understand that it is summer and many families do go on vacation. We do require written notice for all practices that will be missed.

ALL PRACTICES START THE WEEK OF JUNE 13TH 2011

Summer Team Training Schedule

Team	Tuesday	Wednesday	Thursday
Tiny & Mini	6:00pm – 7:00pm		
Youth 1 & Youth 2		6:00pm – 8:00pm	
Junior 2 & Senior 2	7:00pm – 9:00pm		
Junior 3 & Senior 3			7:00pm – 9:30pm
Senior Elite, Open & Parents		8:00pm – 10:00pm	

Summer Team Tumbling Schedule

Team	Monday	Tuesday	Wednesday	Thursday
Mini		7:00 – 8:00		
Youth 1	Group A 6:00pm – 7:00pm	Group B 6:00pm – 7:00pm		
Youth 2	Group A 6:00pm – 7:00pm	Group B 7:00pm – 8:00pm		
Junior 2		Group A 6:00pm – 7:00pm	Group B 6:00pm – 7:00pm	
Junior 3	Group A 7:00pm – 8:00pm			Group B 6:00pm – 7:00pm
Senior 2	Group A 7:00pm – 8:00pm		Group B 7:00pm – 8:00pm	
Senior 3	Group A 8:00pm – 9:00pm			Group B 6:00pm – 7:00pm
Open & Parents		8:00pm – 9:00pm		



YOUTH TEAM



1618 Dundas Street East
 Whitby, ON
 L1N 2K8
 905.432.2336
info@hawkscheerleading.ca
www.hawkscheerleading.ca