

DCA Cheer Team Divisions

CheerABILITIES	Novice	Prep	Elite
<p>Blitz is our cheerabilities team for exceptional athletes.</p> <ul style="list-style-type: none"> - Safe, fun and good exercise - Improves flexibility and strength - Enhances independence and self confidence - Provides a place for positive social interactions <p><small>*Information found on usasf.net</small></p>	<p>The NOVICE program is designed to build and improve each athlete's skills to eventually perform at a prep or elite level of all star cheer. They perform at 1-2 All Star competitions for a score resulting in Superior, Excellent or Outstanding. Plus, get judges feedback on how to improve their cheerleading skills as a team. On these teams our athletes cultivate their love for cheer!</p>	<p>Our PREP program is for athletes who love cheer but are still building their skills and experience. These teams are for the athlete who is committed to attending all practices meanwhile working hard to accomplish team goals.</p> <p>Attend 3-5 competitions</p>	<p>The ELITE program is geared toward athletes who are committed to performing at the highest level and have past all star cheer experience.</p> <p>Attend 3-5 competitions</p>
<p>Ages: 6+</p>	<p>Ages: Tiny 4-7 years old Mini 7-9 years old Youth 8-12 years old</p>	<p>Ages: Youth 8-12 years old Junior 9-15 years old</p>	<p>Ages: Youth 8-12 years old Junior 9-15 years old</p>
<p>Level: Exhibition</p>	<p>Levels: Tiny level 1 Mini level 1 Youth level 1</p>	<p>Levels: Youth level 2.2 Junior level 3.2</p>	<p>Levels: Youth 2 Junior 3</p>
<p>Practices: 1x per wk</p>	<p>Practices: Tiny - 1x per wk + tumble day Mini - 1x per wk + tumble day Youth - 2x/wk + tumble day</p>	<p>Practices: Youth-3x/wk tumbling included Junior-3x/wk tumbling included</p>	<p>Practices: Youth-3x/wk tumbling included Junior-3x/wk tumbling included</p>

See back for level appropriate stunts and tumbling

CheerABILITIES	Tiny level 1	Level 1	Level 2.2	Level 3.2	Level 2	Level 3
Stunts: waist level preps	Stunts: libs on ground	Stunts: lib at below prep level and prep level w/ body positions, ¼ twisting transition to prep level from below.	Stunts: ½ twist up to extension, prep level body position tic toc, inversion from ground level to extended stunt	Stunts: ½ twisting transition to extended body position, full up to prep level body position, switch up to prep level body position	Stunts: ½ twist up to extension, prep level body position tic toc, inversion from ground level to extended stunt, straight baskets	Stunts: ½ twisting transition to extended body position, full up to prep level body position, switch up to prep level body position, twist baskets
Tumbling: handstands, cartwheels and round-offs (not required)	Tumbling: forward rolls and cartwheels	Tumbling: standing back walkover series and running front walkover-cartwheel- back walkover	Tumbling: standing back walkover back handspring and running front walkover round off back handspring series	Tumbling: standing back walkover back handspring and running front walkover round off back handspring series	Tumbling: standing back walkover back handspring and running front walkover round off back handspring series	Tumbling: standing multiple back handsprings and running front walkover round off tuck, and punch front round off tuck