



# DuPage Cheer & Power Tumbling

## Team Tracks for T&T Athletes

### 2023-2024 Season

**Interested in more than just recreational classes?  
Check out our team and advanced T&T class options.**

## Pre-Team

DCA's pre-team is a team that introduces the athlete to the competitive world of tumbling and trampoline and gives them a taste of the competitive sport with less overall commitment than our travel team. Athletes commit to taking 1 tumbling class of their choice (1 hr) + the pre-team practice (2 hr) each week. The focus is on advancing individual tumbling and trampoline skills and learning to connect these skills into routines that they can then compete/showcase in a fun, stress-free environment at local (1 hour drive) meets or events offered 2-4x/year. Pre-team is less regimented than our travel team in physical attributes, commitment level and financial obligation. Pre-team athletes may transfer to the travel team if they like with coach recommendation.

**Skill Requirements:** *intermediate class level (RO Rebound and start of BHS) and ability to connect jump skills on trampoline*

**Ages:** *For girls and boys grades 1st grade - 6th grade (Kindergarten by invite)*

### **Summer Session: June 1 -August 19**

- \* 1 class of choice + 2 hour team practices\*- \$486 for 10 weeks (2 payments of \$243 6/1 & 7/1)
- \* no practice July 3-8/gym closed
- \* no team fee/no meets or events- just an opportunity to start on a team track for summer

### **Fall Session: September - December commitment**

- \* 1 class of choice + 2 hour team practice (TBD) - \$207/mo (3 hours/week)
- \* \$195 team fee that includes your gym membership fee, admin fee for local team, in-house events and a team leotard (girls) or team compression shirt (boys)
- \* 1-in-house workshop and showcase in October
- \* 1-in-house non-sanctioned meet in December
- \* option to transfer to travel team in January with coach recommendation

### **Spring Session: January - May commitment**

- \* 1 class of choice + 2 hour team practice (TBD) - \$207/mo (3 hours/week)
- \* \$195 team fee that includes your gym membership fee, admin fee for local team, in-house events and a team leotard (girls) or team compression shirt (boys). *\$95 OFF if you participated in the Fall session (use same leo/no additional member fee)*
- \* 1-in-house workshop and showcase in February
- \* 1-in-house non-sanctioned meet in May
- \* option to join travel team in June with coach recommendation

***\*Pre-team practice for summer announced later in May when we have staff schedules set. Check back with front desk if you are interested or call the gym.***

# Travel Team

DCA's travel team is our competitive tumbling and trampoline team that has the most time, physical and financial commitment of all our programs. Athletes on our travel team commit to 3-5x a week with 2.25-2.5 hour practices and are working all three events: tumbling, trampoline and double mini trampoline. This is a competitive team with the goal of advancing skills and routines in a full season experience from June to May. Athletes commit to 3 invitational meets that are usually within 3 hour drive, state and regionals with additional opportunities at away competitions. We encourage anyone who qualifies for Nationals to go but we do not mandate. Many of our athletes have their sights on international competitions, the World Championships and even the Olympics.

**Skill Requirement:** *RO BHS on floor and ability to connect a series of jumps on trampoline.*

**Ages:** *For girls and boys grades 1st - HS*

## **Commitment:**

- \* June 1 - May 31 (adding to team through September as room is available)
- \* Practices - 3-5x week (depending on level)- all summer and school year
- \* Competitions - 5-8 competitions (comp season Dec. - May/June or July for Nationals) + various workshops, lock ins and other team events throughout the year
- \* ~\$5-6K/year + personal travel expenses

# Adv. Trampoline & Tumbling Class Program

For the athlete who has advanced skills, loves tumbling and/or trampoline but wants to explore other school sports or activities and cannot dedicate to the full travel team, our advanced trampoline and tumbling class program is for you! Four class options a week, one monthly tuition price and athletes can come to 1, 2, 3 or all 4 classes each week giving them structured classes but with a flexible schedule. Ideal for the busy high school athlete allowing them to come to more classes when they are able and less days during months that are busy and need to focus on school or other sports.

**Skill Requirements:** *must have multiple BHS on floor and/or advanced skills on trampoline or coach recommendation.*

**Ages:** *for girls and boys in junior high and high school (7th grade- High school)*

## **Commitment:**

- \* month to month tuition summer and school year
- \* \$240/mo; come 1, 2, 3, or 4x a week- same price
- \* Adv. T&T Class Program class times: Monday - Thursday 7:30 - 9pm