

## Classes

### Cheer Fundamentals & Basic Tumbling \$55.00

This class is geared toward the athlete who is ready to learn the basics of cheerleading in a fun-filled environment. This class will combine basic coordination with the fundamentals of cheerleading, utilizing games, drills, and exercises to help your child improve in the area of motion technique, basic jumps and basic tumbling. Emphasis is placed on balance, stretching, and flexibility. Students are taught to hold body weight through handstands and different drills as well as the basic techniques needed to achieve such skills as a standing back handspring and a round-off back handspring. This class meets 1 day per week

### Intermediate Tumbling \$60.00

This class is designed to further the development of an athlete to achieve such skills as multiple back handspring in succession, and to teach the basics of a back tuck. This class meets 1 day per week

### Advance Tumbling \$60.00

This class is designed for the more advanced tumblers. We will focus on skills such as a layout. We will also focus on the advanced standing tumbling skills such as a standing tuck, toe-touch back handspring and a toe-touch tuck. This class meets 1 day per week

### Private Tumbling \$25.00/ 30 min.

For the athlete wishing to focus on improving their skills in a one-on-one environment. Instructors will help each individual on the skills he/she wished to work. This class is ideal for the athlete needing additional practice and for the athlete wishing to keep his/her skills strong. This class is offered in 30 minute sessions.

### Cheerleading Camps

#### Kids Camp - Age 3 & up

Mini Camps - ½ Day \$25.00  
Cheer Camps - Full Day \$45.00

#### Private Cheer Camps - Middle & High School

##### At Our Facility

14 athletes or less \$80.00/ athlete  
15 athletes or more \$75.00/ athlete

##### At Your School

14 athletes or less \$95.00/ athlete  
15 athletes or more \$90.00/ athlete

#### Private Coaching (at our facility only)

Team  
1 hour practice \$5.00/ athlete  
2 hour practice 10.00/ athlete

#### Individual Routines

1 hour practice \$25.00/ person  
(does not include choreography if needed)

### Stunt Clinics

Teams 3 hour sessions  
14 athletes or less \$50.00/ athlete  
15 athletes or more \$40.00/ athlete

#### Individual Group

1 hour session \$50.00/ group

### Co-ed Stunting

\$30.00/ 30 min

Co-ed stunting is offered to any person wishing to work on learning how to stunt with a male. The emphasis of the class will be on basic partner stunts and dismount variations.

### Birthday Extravaganzas

“Cheer & More”

2 hours 1 - 10 children

\$150.00

Looking for a great alternative to a birthday party setting? Cheer South is the place for you. Party goers will have a cheerleading experience out of this world. Party includes: Pizza, drink, goodie bags, paper products, cheers and lots of fun! Responsible for bringing cake.

### Lock-Ins

“Enjoy a night out - without the kids”

7 PM - 8 AM

\$25.00

Participants will enjoy a night in the all-star facility. There will be talent contests along with cheers, jumps, dance, and tumbling activities.

### Routine Choreography \*Price varies based on your squads needs.

If your team wants to learn fun, innovative routines to compete - Cheer South is the place for you. Our highly qualified coaches will choreograph a routine for your squad that's out of this world.

### All-Star Cheerleading Program

Gym Fee Tiny & Mini - \$85, Yth, Jr & Sr - \$125 /month  
Novice, Intermediate, Excel, & Advanced Divisions

Tiny All-Stars	5 & Under
Mini All-Stars	8 & Under
Youth All-Stars	11 & Under
Junior All-Stars	14 & Under
Senior All-Stars	18 & Under

The All-Star programs involves participants from surrounding areas that like to compete on the national level. These teams learn a 2 minute 30 second routine to perform at different competitions across the United States. If you are interested in fun and excitement - The All-Star Program is for you.

Teams are divided based on age and skill level. Ages are determined by what age **THE ATHLETE IS ON MAY 31ST** of that year. Every athlete must provide a copy of their birth certificate at tryouts as we have to prove age eligibility at national competitions

**Refund Policy:** It is the policy of Cheer South All-Stars, Inc. to provide a refund before the first day of scheduled class or event. **No Refunds of fees are given after the first day of a scheduled class/event.**

## MISSION STATEMENT

We here at Cheer South intend to teach the cheerleading fundamentals required to perform at the competitive and collegiate level. We believe that the ability to learn and perform difficult and advanced routines require not only high technical skills but healthy habits as well. Therefore, Cheer South will promote healthy eating habits, physical fitness, and efficient time management. Through this process, we will encourage young athletes to internalize individual pride, positive thinking, and team spirit. Such attributes may filter back into one's local school, community and family. Cheer South will take cheerleading in this area to a higher level and increase public awareness of the fastest growing sport in the nation.



## “Southeast Georgia’s Leading All-Star Program”

1161-H Sarah Lynn Lane  
Statesboro, GA 30460

(912) 764 -7827

[cheersouthallstars@yahoo.com](mailto:cheersouthallstars@yahoo.com)

[www.cheersouthallstars.com](http://www.cheersouthallstars.com)

Owned and Operated by  
Keyshia Brunson  
Katina Brunson-Archie

### Hours of Operation

Monday

5:00 PM - 8:00 PM

Tuesday - Thursday

5:30 PM - 8:00 PM

Friday

5:00 PM - 7:00 PM (Every other Friday)

Saturday & Sunday

By Appointment Only

**TRAINING TOMORROW'S LEADERS TODAY!**



## Cheer South All-Stars, Inc. Class Registration Form



The medical treatment, liability release, and appearance agreement form must be read and signed by each participant and parent to participate at a Cheer South All-Stars, Inc. class or event. ALL QUESTIONS MUST BE COMPLETED.

**General Information:**

Participants Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Male / Female (circle one)      Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Home Number \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Mother's Name: \_\_\_\_\_ Work Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_  
 Father's Name: \_\_\_\_\_ Work Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_  
 Parent's Email Address: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Medical History of Participant:**

Known Allergies: \_\_\_\_\_  
 Previous Injuries: \_\_\_\_\_  
 Other Medical Problems: \_\_\_\_\_  
 Doctor's Name: \_\_\_\_\_ Prescribed Medication: \_\_\_\_\_

**PLEASE CHECK THE CLASS THAT YOU ARE REGISTERING FOR:  
(Classes are offered in 4-week sessions)**

- |  |  |
|--|--|
| <input type="checkbox"/> Cheer Fundamentals & Basic Tumbling<br><input type="checkbox"/> Intermediate Tumbling<br><input type="checkbox"/> Advanced Tumbling<br><input type="checkbox"/> Tumbling Private Coaching | <input type="checkbox"/> Stunt Clinic Group/Team<br><input type="checkbox"/> Coed stunting<br><input type="checkbox"/> Cheer Camp Clinic (1/2 or full day)<br><input type="checkbox"/> Other (Birthday Party/Parent's Night Out) |
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**Parental Consent for Participation:**

- A. We/I understand that by taking part in any Cheer South All-Stars, Inc. class, event or camp, there is a possibility of injury or sickness to my daughter or son. I do hereby grant permission to hospital staff members to administer immediate treatment to my child should she/he be injured.
- B. We/I hereby waiver, release, absolve indemnity, and agree to hold harmless Cheer South All-Stars, Inc. and its staff in the event of injury to our/my participant during any class/event for claims arising out of any injury by participating during the class/event schedule.
- C. We/I will be responsible for some type of medical insurance coverage, as it is a Cheer South All-Stars, Inc. requirement and provide the needed information on the front/top of this registration form.
- D. We/I give Cheer South All-Stars, Inc. the unencumbered right to film, photograph, or video tape my daughter/son or me (parent) for any reproductions associated or in any way connected with said televised or filmed event; in particular, reproduction for use in any form of advertisement for Cheer South All-Stars, Inc. promotional purposes.
- E. We/I will be responsible for my child, participant, complying with the discipline policies and procedures for Cheer South All-Stars, Inc. We/I understand that if my child, participant, does not follow these guidelines; an immediate dismissal may be the result.
- F. **Refund Policy:** It is the policy of Cheer South All-Stars, Inc. to provide a refund before the first day of scheduled class or event. **No Refunds of fees are given after the first day of a scheduled class/event.** If the participant signs up and participates after the first day of class/event, no refund of fees will be given.

Parent Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**For Office Use Only:**

Session Date(s): \_\_\_\_\_ Day Attending: **Mon. Tue. Wed. Thur. Fri. Sat.**  
 Class/Event Fee: \_\_\_\_\_ Receipt #: \_\_\_\_\_  
 Payment Type: \_\_\_\_\_ Cash      \_\_\_\_\_ Check (# \_\_\_\_\_)      \_\_\_\_\_ Visa      \_\_\_\_\_ MasterCard