



2019-20 Prep Program Orientation

Welcome!

- Mondays: Youth Prep 1 => **GEMSTONEZ 5-7pm, Coaches Micki & Ava**
- Mondays: Senior Prep 1 => **RHINESTONEZ 7-9pm, Coaches Gaby & Ava**
- Thursdays: Tiny Prep 1 => **POPROCKZ 5-6pm, Coach Rio & Payton**
- Thursdays: Mini Prep 1 => **ROLLING STONEZ 5:30-7pm, Coaches Maddie & Lacey**

AUGUST

- August 11th: Welcome Orientation
- August 12th & 15th: first practices
 - Monday, Aug 12th: Ages 9-11yrs => **GEMSTONEZ 5-7pm**
 - Monday, Aug 12th: Ages 12yrs and up => **RHINESTONEZ 7-9pm**
 - Thursday, Aug 15th: Ages 5-6yrs => **POPROCKZ 5-6pm**
 - Thursday, Aug 15th: Ages 7-8yrs => **ROLLING STONEZ 5:30-7pm**
- Monday Teams' practice days: Aug 12, 19, 26
- Thursday Teams' practice dates: Aug 15, 22, 29

SEPTEMBER

- Monday Teams' practice days: Sept 9, 16, 23, 30
- Thursday Team practice dates: Sept 5, 12, 19, 26
- **SIMI VALLEY DAYS PARADE: Sept 14th (times TBD, always morning)**
- **UNIFORM FITTINGS: TBD**



Sept Weekend Practices:

- PopRockz: 9/15 and 9/22 from 4-5pm
- Rolling Stonez: 9/15 and 9/22 from 5-7pm
- Gemstonez: 9/15 and 9/22 from 1:30-3:30pm
- Rhinestonez: 9/15 and 9/22 from 7-9pm

OCTOBER

- Monday Teams' practice dates: Oct 7, 14, 21, 28
- Thursday Teams' practice dates: Oct 3, 10, 17, 24
- **CheerForce Showcase: Oct 19th (exhibition at our gym)**
- **TRUNK OR TREAT: Oct 30th, 7-8pm**

Oct Weekend Practices: (subject to change for choreography needs)

- **PopRockz:** 10/6 and 10/13 from 4-5pm
- **Rolling Stonez:** 10/6 and 10/13 from 5-7pm
- **Gemstonez:** 10/6 and 10/13 from 1:30-3:30pm
- **Rhinestonez:** 10/6 and 10/13 from 7-9pm

NOVEMBER

- Monday Teams' practice dates: Nov 4, 11, 18, 25
- Thursday Team practice dates: Nov 7, 14, 21

Nov Weekend Practices:

- PopRockz: 11/3 and 11/17 from 4-5pm
- Rolling Stonez: 11/3 and 11/17 from 5-7pm
- Gemstonez: 11/3 and 11/17 from 1:30-3:30pm
- Rhinestonez: 11/3 and 11/17 from 7-9pm

DECEMBER

- Monday Teams' practice dates: Dec 2, 9, 16
- Thursday Team practice dates: Dec 5, 12, 19

Dec Weekend Practices:

- PopRockz: 12/1 and 12/8 from 4-5pm
- Rolling Stonez: 12/1 and 12/8 from 5-7pm
- Gemstonez: 12/1 and 12/8 from 1:30-3:30pm
- Rhinestonez: 12/1 and 12/8 from 5-7pm

JANUARY

- Monday Teams' practice dates: Jan 6, 13, 20, 27
- Thursday Team practice dates: Jan 9, 16, 23, 30

Jan Weekend Practices:

- PopRockz: 1/5 and 1/12 from 4-5pm
- Rolling Stonez: 1/5 and 1/12 from 5-7pm
- Gemstonez: 1/5 and 1/12 from 1:30-3:30pm
- Rhinestonez: 1/5 and 1/12 from 5-7pm

FEBRUARY

- **Team Photos: Wednesday or Thursday, February 5th and 6th (times TBD)**
- Monday Teams' practice dates: Feb 3, 10, 17, 24
- Thursday Teams' practice dates: Feb 6, 13, 20, 27
- **COMPETITION 1: Sunday Feb-2 @ Los Angeles Convention Center**
- **COMPETITION 2: Sunday Feb-9 @ Los Osos High School**

Feb Weekend Practices:

- PopRockz: 2/16 and 2/23 from 4-5pm
- Rolling Stonez: 2/16 and 2/23 from 5-7pm
- Gemstonez: 2/16 and 2/23 from 1:30-3:30pm
- Rhinestonez: 2/16 and 2/23 from 5-7pm

MARCH

- Monday Teams' practice dates: Mar 2, 9, 16, 23, 30
- Thursday Teams' practice dates: Mar 5, 12, 19, 26 (and Apr 2)
- **COMPETITION 3: Sunday, Mar-1st @ Los Osos High School**
- **SPRING SHOWCASE: Saturday, Mar-14th at CheerForce**
- **COMPETITION 4: Saturday Mar-21 @ Anaheim Convention Center**

Mar Weekend Practices:

- PopRockz: 3/15 and 3/29 from 4-5pm
- Rolling Stonez: 3/15 and 3/29 from 5-7pm
- Gemstonez: 3/15 and 3/29 from 1:30-3:30pm
- Rhinestonez: 3/15 and 3/29 from 5-7pm
- *March 29th = Last Practice*

APRIL

- **COMPETITION 5: Saturday or Sunday, Apr-4 or 5th @ Anaheim Convention Center**
- **End of Season Banquet: Apr-19th**

Practice:

- Attendance: All practices are mandatory. Excused absences require form approved.
- Attire: Sports bra/shirt with Nike pro type shorts/leggings, cheer shoes
- No jewelry
- Hair secured away from face
- Short fingernails
- Bring water

Competitions

- Performance and Meet times available the week of the event
- Athletes entry fee covered. Spectators entry fee typically \$15-\$25/person
- Hair:
 - PopRockz (two high buns), secured with competition bows
 - Rolling Stonez, Gemstonez and Rhinestonez (one high bun), secured with competition bow
- Make-up: natural make-up
- Judged in "Prep" divisions against other teams of similar age/skill
- Teams dismissed after awards and pictures are complete

Communication

- Email
- GroupMe App
- Social Media:
 - Facebook: CheerForce Simi Valley, *NEW* CheerForce SV Teams (private group)
 - Twitter: @CheerForceSimi
 - Instagram: cheerforcesv & the_cheerforce_allstars

All Star Team Membership Benefits

- FREE Open Gym: Saturdays 9am-12pm
- Discounted Classes: 50% off normal tuition rates
- Private Lessons
- CheerForce calendar – sign up for the Google Calendar

Payments

- Tuition payments billed on the 1st of each month
 - *You may also pay in full for the season for a discount*
- Choreography & Music: \$199 due Sept-15th
- Uniform: \$250 due Oct-1st
- Competition Fees 1 of 3: \$179 due Oct-15th
- Competition Fees 2 of 3: \$179 due Nov-15th
- Competition Fees 3 of 3: \$179 due Dec-15th