

- When are tryouts AKA "evaluations and sign ups?"
  - JOIN US ON SATURDAY JUNE 3, 2023 (ELITE TEAMS) and SUNDAY JUNE 4, 2023. (NOVICE, PREP, NON-TUMBLING and FLYER callbacks)
  - EVERYONE MAKES A TEAM at LVA!
- What if my child has no experience?
  - LVA trains all athletes regardless of experience. From beginning to advanced, we have a place for every boy and girl.
- What is the difference between NOVICE, PREP and ELITE teams?
  - Novice- A beginners competitive program as well as our Tiny Novice (Ages 3-5)
    Program. This program offers so much fun with less time and financial commitments. As well as instate competitions only.
  - Prep- Prep is just that, preparing you for the highest-level teams offered at LVA.
    This program feeds directly into our ELITE competitive teams and is an award-winning program. This program is geared for the athlete that is excited to compete without all the traveling.
  - ELITE- This program is geared toward the athlete that wants the ULTIMATE cheer experience and training. Athletes will learn tumbling, stunting and the most elite skills all while training in a fun and supportive environment. Our ELITE teams are nationally ranked and are the three-time 2020, 2021 and 2022 NCA All Star National Champions.
- How much does it cost?
  - LVA has a program that fits every family budget. For more information on pricing please visit our website and we will be happy to email you. To help you with pricing ideas we have created this template for your below:
    - Novice/ Fundamentals- \$
    - Prep- \$\$
    - Elite- \$\$\$
- What if I have a vacation planned for my child and family during Summer?
  - We understand that family trips and memories happen. Our only ask for the summer is, IF YOUR CHILD IS NOT ON VACATION, PLEASE BE SURE THEY'RE AT PRACTICE. The summer is a vital and crucial time to work on skills so attendance is important.
- What are levels and what does that mean after team placements?
  - All athletes will be placed on teams that fit their skill level at the time of sign-ups. Please note that Team Rosters are not final until Choreography. Coaches may move around athletes throughout the summer to find the best fit. Please remember our coaches are trained in building good athletes and strong teams. We train champion confidence at every level.

- When do we need to attend practices?
  - Practices are always Mandatory at LVA.
    Choreography will begin the week before school starts in August. The athletes will learn their choreography and routines during this time.
    ATTENDANCE IS MANDATORY. Athletes who are not able to make choreography will be fined.



- Athletes are expected to be at every practice unless sick (contagious illness is considered sick, having a headache is not) and must notify the gym that they will not be at practice. Cheerleading is truly a "TEAM SPORT" and everyone is valued and needed for the team's success. If one person is missing the puzzle is incomplete. Please try to refrain from "taking cheer away" as a form of punishment. It puts the team at the disadvantage of the child's mistake.
- ELITE TEAMS will practice 3 times a week, with two days of cheer practice and one MANDATORY additional Team Tumbling. THIS IS NEW THIS SEASON.
- PREP, NOVICE, HALF YEAR etc. will practice one to two days a week, Final schedules will be provided once athletes are placed.
- When and where do we compete and travel?
  - LVA will provide a competition schedule mid-summer with where we are planning to compete along with the dates. Competitions are NEVER to be missed.
     MISSING COMPETITIONS WILL RESULT IN A FEE POSTED TO YOUR ACCOUNT. Please plan family events and trips around the competition schedule.
     We are looking at several different competition options this season. Details to come.
- How do I stay up to date on all things LVA?
  - LVA will send weekly and monthly updates via email. We also have a Facebook group page that will have information shared daily. The link to join this page is given out after your athlete has been placed on a team. In addition, follow us on Instagram, Twitter and Tik Tok. We also use BAND for each team as well.
- When will I found out which team my athlete will make?
  - Following sign ups on June 3 and 4, 2023. NEW THIS YEAR! We will be having a team reveal inside our gym. This will take place Monday June 5th. Each athlete will receive an envelope with a card inside with their team name and practice times on it. IF you are unable to join us please be sure to let us know so we can send an email on that Monday instead.
  - A MANDATORY PARENT MEETING WILL TAKE PLACE THE FIRST WEEK OF PRACTICES TO DISCUSS WHAT IS EXPECTED OF THE SEASON AS WELL AS RULES AND EXPECTATIONS.

- What are the rules associated with LVA once I become a cheerleader on a team?
  - LVA will provide a copy of our rules and regulations which apply to both athletes and parents. We encourage all parents and athletes to interact amongst one another in a professional and respectful manner.



\*\*Any other questions feel free to email us and or contact your coach/owner.

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