

Pheonix Acrobatics and Cheer Welcome Package.



Welcome to the world of Acrobatic and Cheer Training. You are in for a world of fun! Below I have created a legend to help describe some of what your Acrobat will learn.



Skill	Definition
Hand balancing / HB	This is specific to balancing upside down. Learning the proper body placement, hand placement and strength building
Tumbling / TMBL	High energy and powerful skill set, involving fast and high skills. Such as Aerials / Back handsprings / Back Tucks (back flips) – don't worry, we don't start with those big skills, we build to them. A Low level "tumble" example is a cartwheel
Limbering / LMB	Fluid movement skills that require both strength and flexibility – such as front walkovers / back walkovers
Partnering / PTNR	Acrobatic skills used by two or more people to create lifts/ visuals
Aerial Arts	The skill of using apparatus' such as hoops (Lyra) and silks. This will be airborne (were not going too high)
Conditioning /CND	Strength and Flexibility Training
Pom Dance / POM	Dancing including sharp movements and the use of pom poms
Cheer Sport /CHR	Use of acrobatic / partnering skills in an athletic performance

Syllabus / Training

Over the last decade of teaching acrobatics, I have developed a unique teaching style by compiling the best parts of multiple different acrobatic governing bodies. The main source my classes are based on is Acrobatic Arts, from there I dive deeper into the world of HB by using Dance Cirque formerly TADA HB. Below is a list of the sources that the class information will be coming from.

- Acrobatic Arts
- Aerial Arts
- Dance Cirque / TADA
- Acro Dance Teachers Association
- Alixa Flexibility
- Radar Technique

Schedule / Program breakdown.

Mini Acrobats – Kinder Level – Acrobatic Arts Level Preschool / Lv.1 – 45 minutes/ week. A great introduction to the acro dance world. A fun filled class to learn basic skills and experience performance opportunities throughout the year.

P.A.P.A mini cheer team – competitive mini cheer team - Minimum 1 hour/week. No experience required, although it is suggested that members of this team are part of the “Water” or “Earth” program to gain skills that will be helpful in their competitive routines. Competition requirements and commitments will be necessary to be a part of this team. Travel for competition will be guaranteed.

Water – Junior Level – Acrobatic Arts Level 1-3. 1.5 hours total/week. No competition commitment. Performance opportunities will happen throughout the year. This program is great for the budding acrobat who wants to gain skills, strength, and have fun.

Earth – Junior Level – Acrobatic Arts Level will vary. *Class will be split accordingly to ensure safety.* 2 hours total/ week. Competition commitment requirements, as well as performance opportunities throughout the year. This program is perfect for the acrobat who would like to explore the world of acrobatics a little more seriously. This will include competitions, conventions, and exposure to the acro dance world. A fun, team building program to be a part of.

Wind – Intermediate / Senior Level – Acrobatic Arts level 3-5. 1.5 hours total/ week. No competition commitment. Performance opportunities will happen throughout the year. This program is great for the budding acrobat who wants to gain skills, strength and have fun.

Fire – Intermediate / Senior Level – Acrobatic Arts Level will vary. *Class will be split accordingly to ensure safety.* 2,5 hours total/ week. Competition requirements, as well as performance opportunities throughout the year. This program is perfect for the acrobat who would like to explore the world of acrobatics a little more seriously. This will include competitions, conventions, and exposure to the acro dance world. A fun team building program to be a part of.

Thunder – Senior / Advanced Level – Acrobatic Arts Level 7/8+. 3.5 hours Similar to the Fire program, with additional training.

Time	Monday		Wednesday		Friday	
4-4:30			Conditioning		315-4	Mini Acrobats
4:30 - 5	Conditioning / Tumbling	Conditioning / Tumbling	Hand Balancing	Hand Balancing	4-5	P.A.P.A Mini Cheer team
5-5:30	Hand Balancing	Hand Balancing	Acro Skills / Tech	Acro Skills / Tech		
5:30-6	Acro Skills / Tech	Acro Skills / Tech	Tumbling	Tumbling		
6-6:30	Competition practice Team 1		Competition Practice Team 2			
6:30-7:30			Acro Skills Thunder			

Students in **Water (blue) and Earth (Green)** will be working alongside each other, and classes will be separated by level. Just because your child is registered in one or the other, does not mean that they will be training separately. Earth/Green is a competitive program meaning that there will be extra costs associated with choreography, competition entries, additional costuming, and other related expenses.

Students in **Wind (Grey) and Fire (Red)** will be working alongside each other, and classes will be separated by level. Just because your child is registered in one or the other, does not mean that they will be training separately. Fire/Red is a competitive program meaning that there will be extra costs associated with choreography, competition entries, additional costuming, and other related expenses.

Rehearsals / Shows

All programs will be performance programs. Meaning there will be rehearsals, costuming and shows that are required. Phoenix Acrobatics will be putting on its own performance/performances. Also - the details are not figured out yet, but we also will be performing in Stage West's year end show as guest performers.

Show Dates will be released closer to the date. The show will take place Spring of 2024

Competitions

[Members of the Earth and Fire program will be competing twice. Though these dates are subject to change – the dates for these competitions are as follows.](#)

[*Dynasty Acro Convention and Competition in Langley BC – January 20th and 21st 2024*](#)

[*Synergy Dance Competition in Nanaimo BC – February 22nd-25th 2024*](#)

[Members of the P.A.P.A mini-Cheer Team will be leaving the island for a competition, though these dates are subject to change, it will be one of the following competitions.](#)

[Pinnacle Cheer Event – SpringFest –Olympic Oval Richmond BC – April 13th, 2024](#)

[Entry fees for competitions will be extra charges. Prices to be determined.](#)

Earth/Fire Competitive Team

It's in the name– we are a team. We are not competing against each other. We will celebrate everyone's victories and opportunities. I expect sportsman like conduct, support, smiles and encouragement to all members of our team. It is expected that you be there to support your team members during competitions as much as possible. In Acro, not everyone has the same strengths and that's what makes it beautiful. Competition pieces will be chosen based on individual strengths. This will be up to the discretion of the Director and/or Choreographer. Please note that solos will be given, not based on skill alone but many contributing factors. Dancers will be matched with complementary partners. This may not be matched by age, but rather by strengths. Everyone in the competitive program will be included in the competitions. The choreography fee will be the same for all members of the team.

Acro Competition Team Choreography / Rehearsals

Additional practices / rehearsals may be required to learn choreography and polish it for competitions.

Acro Practice/Rehearsal Uniform

Uniform can be any combination of the following: Body suit, Athletic Crop top, shorts, leggings. All black in color. Customized uniform order will be going in end of August. If you would like to order, please contact me. Hair to be worn in French or Dutch braids, Or high bun. No ponytails.

Acro Costuming

Costumes will be required for performances, shows, and competitions. These will be an additional fee and will be communicated to you via email. Payment will be sent to Phoenix Acrobatics by the given due dates. I will always aim to keep costumes affordable, however some costumes must be ordered from the USA and will be charged duties/customs which will be included in the total price. Please contact me if you have questions or concerns about this.

P.A.P.A Mini Cheer Team Rehearsal Uniform

Uniform can be any combination of the following: Body suit, Athletic Crop top, shorts, leggings. All black in color. Customized uniform order will be going in end of August. If you would like to order, please contact me. Hair to be worn in either French or Dutch braids, or in a high bun. Practice Bow supplied at registration is to be worn to practice.

P.A.P.A Mini Cheer Team Competition Uniform

This will be ordered for you. They are custom made and include Shirt, Skirt, Bow, Pom Poms, the payment for this uniform will be 220\$

What is not included in this is Competition entry fees, socks, and special running shoes.

Why a Registration Fee?

At the beginning of the year, there is a 20\$ registration/equipment fee. This money is used to make sure we upkeep the tumbling mats and equipment to make sure we have adequate supplies for your children. As well as administration time that is contracted out for the purpose of competition entries, costume ordering, and additional admin tasks.

Monthly Payments

Please E-Transfer your payment to phoenixacro@outlook.com using the password acrocheer

All payments can be made to this email address. This includes monthly fees, competition entries, costuming etc..

Please note, Phoenix Acrobatics is separate from Stage West, and we do not share fees. It is necessary for payments to be made to Phoenix Acrobatics. If E-transfer does not work for you monthly, please reach out to me and we can set up alternative payment options.

Payments are due on the 1st of every month.

Price List below:

Mini Acrobats	60\$ / month	600\$/ year
P.A.P.A mini cheer Team	70\$/ month ***	560\$/ season (Sept – April) ***
Water	75\$/ month	750\$/ year
Earth	90\$ / month ***	900\$/ year ***
Wind	75\$ / month	750\$/ year
Fire	100\$/ month ***	1000\$/year ***
Thunder	120\$ / month ***	1200\$/year ***

Please note, the Acro Dance year is 10 months, September – June. Prices are broken down accordingly. The Cheer season runs September – April, prices reflect the difference in season. Costumes and Uniform are not included in monthly prices. A 20\$ registration fee will be charged to your first month's fees each season. Withdrawal will require 1 months' notice. Payment is due on the 1st of every month. Etransfer to phoenixacro@outlook.com .

Competition fees for competitive students will be additional expenses. Examples of these fees include, Costuming, Entry fees, Choreography fees, travel to and from competitions and conventions. Please plan for these accordingly.

A note from Athena

As we begin this journey together, I want to thank you for taking my visions and making them into reality. I am honored that you have chosen Phoenix Acrobatics and Cheer. As a team we are so excited to get started and begin our very first season. Because this is our first season, we understand there could be some learning curves and growing pains. We appreciate your grace as we maneuver throughout this first season. We will always do our best to accommodate what we can, and we encourage open communication. Please never hesitate to reach out to me if you have any questions or any concerns. Safety is my number one priority, and number two is that our acrobats have fun. I believe that hard work pays off, so yes, I will challenge your acrobats and yes, they may be tired. Please remind them that they are starting a new set of skills and progress is sometimes slow. The big skills don't happen overnight! Thank you again for being part of our inaugural season and I can't wait to get started!

Much love , Athena.

