



GymQuest
Royal Tumble and Cheer

All Star cheerleading requires a commitment from both athletes and parents. All families that are looking to participate in the GQ RTC all star program should understand that athletes are evaluated for the RTC Program not an individual team. RTC places athletes on the team(s) wherein the athlete's abilities will benefit the team and the program as a whole.

Each athlete at RTC is entitled to the full support and encouragement from the entire GQ and GQRTC family! We expect our members to represent the gym with class, good sportsmanship and responsibility. Any athlete or parent that does not abide by gym rules and regulations, is consistently negative, or acts in a manner that jeopardizes the name and/or reputation of the RTC brand will be subject to disciplinary actions as determined by management, and may include program dismissal without refund.

Our success through the years is due, in large part, to an unwavering dedication by everyone involved. In return RTC is committed to providing:

- A safe and positive training environment for our athletes and coaches
- A family-friendly atmosphere for all who visit our facility
- Accurate and timely communication from management
- Fair business practices with regards to delivering full program value

Season 9- (2022-2023)

Elite Evaluation: June 12, Level Practices the Month of June, Team placement Month of July

Prep Evaluation: August

Novice Program Sign ups: Begins August



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ELITE TEAM PLACEMENT

At RTC we want every athlete to have the opportunity to showcase their strengths, talents, confidence and technique for team placement. For this reason, we evaluate elite team athletes for four hours before forming teams. We understand that nerves, adrenaline and the pressure can impact the way an athlete performs. It is our goal to create a stress free and injury free evaluation process!

ELITE EVALUATION DAY

Sunday June 12

Level 1: 4:00-5:00 p.m. (\$20.00)

Level 2: 5:00-6:00 p.m. (\$20.00)

Level 3: 6:00-7:30 p.m. (\$25.00)

***If missing evaluation day, sign up for the level appropriate make-up evaluation group below.**

Evaluation day provides a safe and accurate way for our staff to place your athlete into an appropriate level practice group. These groups will practice together for the Month of June. We firmly believe it is less stressful for athletes when they are allowed more time to show their skills and progressions. **Athletes seeking placement on a full-season elite team MUST be enrolled in a group!**

BLUE: Mondays 5-7 (Ages 5-8) (June 20 and June 27)

BLACK: Tuesday 7-9 (Ages 9-18) (June 21 and June 28)

GOLD: Wednesday 7-9 (ages 8-15) (June 22 and June 29)

Month of June:

- Online Registration for Evaluation Level Groups begins June 13
- Practice for Level Evaluation Groups starts June 20th and ends July 1
- Level Evaluation Groups practice for 2 hours each week for a total of two sessions or 4 hours of evaluation time. Please note that this may NOT be your normal practice time for ELITE season.
- Coaches will closely evaluate athletes during week one and may reassign athletes for week two.
- Evaluations will focus on technique-driven warm up drills, jumps, tumbling and stunting.
- **Cost: \$30.00 if attended Evaluation Clinic**
\$50.00 if missed Evaluation Clinic

Team Placement- Week of July 4



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ELITE TEAM PLACEMENT

- Athlete placement will be based on the strength and technique of skills at the time of team formation.
- The majority of athletes will be placed according to their group level. Exceptions may be made when placing crossovers, athletes with unique skill sets, or athletes who have ages out of a division.
- Team placement is never final. Athletes who regress or advance skills may be moved to another team at any time during the season.
- Athletes who wish to have their placement reevaluated may contact the director and an individual skill assessment will take place. A \$75 re-evaluation fee will be charged.
- Athletes that have not attended a training group may request an individual evaluation (\$50 fee). However, placement is not guaranteed. Training group tuition will still be due.
- Once rosters are finalized, practice time will be used to work on elements of the routine and nurture team development. There will be minimal time within team practice to advance tumbling skills.
- Team tumbling will focus on technique and team synchronization. Some skill advancement does occur, however athletes are encouraged (but are not required) to supplement their training with additional classes or private lessons.



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PROGRAM FEATURES

RTC offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. We provide a safe and positive training environment celebrating your child's success at every stage of training. In addition to achieving the skills and confidence to perform at the highest level of competition, athletes will build strength of character through valuable lessons in self-discipline, resilience, teamwork and commitment.

Teams compete in specific divisions according to age and skill. Our elite program travels to national events throughout the U.S. We begin training in August in preparation for the competitive season which typically runs December through May. Elite teams will compete for bids to attend our industry's most prestigious invite-only events that take place in late April and early May. **Post season events are part of the competition season and not optional.**

The following is a general overview of our elite program

Division	Levels	Birth Range	Practices	End of Season Events	
Youth	1-3	2010-2016	July-Mid Sept One 2-hour weeknight practice Mid Sept-May Plus 2-3 hour Sunday practice (Extra practice may be called)	Star Spirit - Florida- All Star Worlds - Orlando The ONE - Virginia Beach	
	5	2010-2014			
	5	2010-2013			
Junior	1-3	2006-2015		July-Mid Sept One 2-hour weeknight practice Mid Sept-May Plus 2-3 hour Sunday practice (Extra practice may be called)	Star Spirit - Florida All Star Worlds - Orlando The ONE - Virginia Beach Worlds (level 6)
	4	2006-2014			
	5-6	2006-2013			
Senior	1-5	6/1/03-2010	July-Mid Sept One 2-hour weeknight practice Mid Sept-May Plus 2-3 hour Sunday practice (Extra practice may be called)		Star Spirit - Florida All Star Worlds - Orlando The ONE - Virginia Beach Worlds (level 6)
	6	6/1/03-2009			
Open	4-7	2008-earlier			July-Mid Sept One 2-hour weeknight practice Mid Sept-May Plus 2-3 hour Sunday practice (Extra practice may be called)

We may elect to form teams in an IASF (international) division if we believe a team will be more competitive. There will be no difference in programming.

Teams might attend an alternate post-season event if the desired bid is not earned.



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ADDITIONAL DETAILS

RTC does not guarantee that specific team levels will be formed. We start with a clean slate each season and teams are developed based on the total talent pool that is present during the evaluation period. From beginner to the most experienced athlete, we consider the skills of each individual athlete that comes to us for placement and design teams so that everyone has the opportunity to participate and succeed.

When placing athletes, we consider:

- Tumbling that can be performed with “no drivers lost”... near perfect execution
- Stunting ability
- Jump execution
- Dance performance ability
- Leadership abilities, positive character traits, attendance and commitment level.

Some Placement Scenarios:

- An athlete is well-rounded and makes the level where they have every tumbling skill. The athlete brings strength in all the areas listed above.
- An athlete is missing a tumbling skill or two, but brings value to their assigned team in all other categories listed above.
- An athlete is placed below their mastered tumbling level. This athlete may have the tumbling skills, but still needs improvement in some or all of the other skill categories.
- An athlete has little to no tumbling for the level they make, but is a standout athlete in one or more of the other categories. The other category skills will make a notable contribution to the team’s scoring potential.

Crossover Policies:

- Athletes are first and foremost a rostered member of their primary team.
- Athletes must attend all practices for both their primary and secondary team.
- Crossover do not pay additional tuition, but are responsible for the competition and apparel fees for each team.
- Level and division restrictions may apply.
- Crossover accounts must remain in good standing.

Flyers:

- All team flyers are required to take weekly stretch classes.



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ADDITIONAL DETAILS

Please remember that we consider each athlete's strengths (and weaknesses) when forming teams each season. Our coaches are experts at grouping athletes talents and setting your child up for a successful season. We ask that you trust in our ability to place everyone on the appropriate team!

SKILLS CAMPS AND CHOREOGRAPHY

Athletes are entitled to various specialty camps for routine choreography and skill building (stunts, baskets, pyramid). These camps may or may not coincide with your regular team practices and may occur in the morning or afternoon (summer and weekend only). Please see our important dates



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IMPORTANT DATES

June 13	Registration for Level Evaluation Groups Opens All athletes who wish to be placed on a full season ELITE team MUST enrolled
June 20-July 1	Level Evaluation Groups
July 5-7	Registration Week (Must Register in Person)
July 2-7	Summer Break- No Practice or Classes
July 11	Start of Training Season Mini Parent Meeting 6:00 p.m.
July 12	Youth, Junior and Senior Parent Meeting 7:00 p.m.
July 24	Stunt Clinic 1 (Mandatory Attendance for Elite) 9:00-12:00 Mini, 12:00-3:00 Youth, 3:30-6:30 Jr/Sr
August 1	Registration Opens for Prep, Novice and Dance
August 7-12	CLEAN WEEK- No Practices or Classes
August 14	Stunt Clinic 2 (Mandatory Attendance for Elite) 9:00-12:00 Mini, 12:00-3:00 Youth, 3:30-6:30 Jr/Sr
Sept 5	Labor Day- NO Practices
Sept 11	Start of Competition Season and Sunday Practices
Sept 24-25	Elite Choreography (Mandatory Attendance for Elite Mini-Sr)
Oct 23	Gym Closed
Oct 31	Halloween- NO Practices
Nov 23-27	Thanksgiving Break- No practices
12/9	ADDED PRACTICE for ELITE 5:00-7:00 p.m.
12/11	No Practice for NOVICE OR PREP Windy City Extrag. Competition for ELITE
Dec 23-Jan 1	Winter Break- No Practices
Jan 27	ADDED PRACTICE for ELITE and Dance 5:00-7:00 p.m.
Jan 29	No Practice for NOVICE or PREP: Xtreme Spirit Competition for Elite and Dance
Feb 3	ADDED PRACTICE for Novice, Prep, Elite and Dance
Feb 4	Pro Championships Event Novice, Prep, Elite and Dance
Feb 25-26	Cheer Derby Competition for ELITE
Feb 26	No Practice for Novice, Prep or Dance



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IMPORTANT DATES (continued)

March 3	Added Practice Novice, Prep, Elite, Dance
March 5	Hobart Invitational Competition Novice, Prep, Elite and Dance
March 10	ADDED Practice for Novice, Prep and Elite
March 11-12	Gold Rush Competition for Novice, Prep, Elite
March 12	No Practice for Dance, Novice or Prep End of season for Novice teams
March 17-19	Star Spirit Nationals competition for Prep, Elite and Dance
March 19	No practice for Prep End of season for Prep teams
March 31	ADDED Practice for Elite and Dance End of Regular Season for
April 2	Midwest National Competition for Elite and Dance
April 3	Post Season Practice begin\
Apr 9	Easter Holiday- No Practices
April 22-23	Kalahari Nationals competition for Elite and Dance
May 5	ADDED PRACTICE for Elite and Dance
May 6	Great American Competition for Elite and Dance End of season for Dance
May 9	ADDED PRACTICE For ELITE
May 13-14	Nationals for ELITE



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COMMITMENT = SUCCESS

Attendance is crucial to the success of a team. We are providing our general attendance policy BEFORE you make a commitment to joining the GQRTC program.

A parent meeting will be called if an athlete accumulates 10 absences (combined excused and unexcused absences). Habitual absences may result in modification of athlete role/responsibilities on his/her team, designation as an alternate for a probationary period, or removal from the team roster and drop fee charged.

Excused Absences

- Graded school event
- Contagious illness or injury with doctors note. Note: athletes who are “not feeling well” or have minor injuries are still expected to attend and activities will be limited.

Unexcused Absences

- Non-contagious illness, non-graded school events, too much homework, too tired, birthdays or family gatherings, unable to get a ride, participation in other sports, withholding practices as a form of parental discipline, college visits and college testing (ACT/SAT) are also considered unexcused. Please schedule these events on days when your athlete does not have practice or events.

All Missed practices must be documented in writing via the official attendance email.

Failure to notify the gym via the official attendance email will result in an unexcused absence and is subject to disciplinary action. DO NOT report absences on social media, via team apps, or by text or the absences will be considered unexcused.

Summer Attendance (July 11- Sept. 11)

Four (4) vacation absences are allowed, but all choreography and camp dates must be attended.

In-Season (Fall/Winter) Attendance (Sept 12 - March 31)

Three (3) unexcused absences are allowed, but any unexcused absence may impact an athlete's assigned role for competition.



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COMMITMENT = SUCCESS

Mandatory Competition Practices

No unexcused absences are allowed within 14 days of an event. No absences (excused or unexcused) are allowed within 7 days of an event which includes. This includes extra scheduled practices. Failure to follow this policy will result in one of the following:

- Ineligibility to compete (without refund)
- Allowed to compete, but removal from all group sections of the routine such as stunts (only considered if the absence follows the guidelines for excused absences and does not negatively impact the team).

Post Season Practices (April 1 - End of Season)

Only excused absences with proper documentation are permitted beginning March 26. **Elite teams do not take practice off for spring break.** No absence allowed 14 days within 14 days of an event (expectations, crossovers competition at other events).



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TENTATIVE COMPETITION SCHEDULE

Event	Program/Team	Location	Date	Travel Dates
Windy City	ELITE	Wintrust Sports Complex 5499 W. 65th St Bedford Park, IL	Dec 11	Dec 11
Xtreme Spirit	ELITE, Dance	TBA, Chicago, IL	Jan 29	Jan 29
Pro Championships Event	ELITE, Dance, Prep, Novice	Chicagoland Area	Feb 4	Feb 4
Cheer Derby	ELITE	Lexington, KY	Feb 25 & 26	Feb 24
Star Spirit Hobart Invite	Elite, Dance, Prep, Novice	Portage, IN	March 5	March 5
Gold Rush	ELITE, Prep, Novice	Schaumburg, IL	March 11-12	March 11
Star Spirit Nationals	ELITE, Dance, Prep	South Bend	March 17-19	March 16
SNEAK PEEK	ELITE, Dance, Prep, Novice	GymQuest	March 26	March 26
All Out Championship	ELITE, Dance	Indianapolis	April 2	April 1
MCDA- Kalahari	ELITE, Dance	Wisconsin Dells, WI	April 22-23	April 21
Six Flags Championships	ELITE, Dance	Gurnee, IL	May 5	May 5
*End of Year Championships	ELITE	Kissimmee, FL	May 13-14	May 12
*All Star Worlds	ELITE w/Paid Bid	Orlando, FL	TBA	
*THE ONE	ELITE	Virginia Beach, VA	TBA	

*only one of the events will be attended ** TENTATIVE SCHEDULE



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GQRTC strives to provide upfront pricing with no hidden fees. We understand that you are making a significant financial commitment and deserve transparency and the ability to manage costs of participation. If we are required to temporarily close, events are unexpectedly canceled, or other situations arise that are beyond our control, we promise to fairly prorate and attempt to deliver expected program value.

Elite Program Costs (Itemized)

Additional Fees (USASF, Uniform, Post Season)

Evaluation Groups	\$50.00	Uniform, If Needed (Sept. 15)	\$290.00 - \$325.00
Registration (July, Stunt and Choreo)	4 Hrs: \$541.00 5 Hrs: \$592.00	USASF Membership (Nov. 1)	\$45.00
Annual Tuition (Aug- March)	4 Hrs: \$2,096.50 5 Hrs: \$2,284.00		
Fee: Competition Registration	\$920.00		
Fee: Coaches Travel Fee	\$620.00		
Fee: Skills/Choreo <small>Camps 2 skills, 1 choreo, 1 clean-up</small>	\$500.00		
Fee: Music	\$150.00		
Regular Season (July-March)	Mini: \$4,332.50 Yth-Sr: \$4,617.00		

Monthly Payment Plan ELITE

June 20 - July 1	Evaluation Camps	\$50.00		Dec 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00
July 5 - 7	Registration Due	Mini: \$541.00 Elite: \$568.00		Jan 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00
Aug 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00		Feb 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00
Sept 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00		March 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00
Sept 15	Uniform					
Oct 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00		April 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00
Nov 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00		May 1	Tuition & Fees	Mini: \$380.00 Yth-Sr: \$405.00

Not included in Tuition and Fees: Spectator fees, travel expenses, optional pro shop purchases, optional class tuition, The ONE or All Star World Entrance Fee. We offer Pay-in-full and sibling discounts.



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¹All payments are non-refundable. If you wish to leave the program, you must notify management at info@gymquest.com via e-mail. The last day to drop from the program without penalty is Aug 1. Athletes who drop Aug. 2 - Sept. will be charged a \$250.00 drop fee. Athletes who drop Sept. 11 or later are charged a \$500 drop fee. All apparel on order and not received at the time of drop is forfeited to the gym. Athletes who experience a short-term injury but wish to return to their team must continue to make full installments to hold their "spot" on the team. Athletes who suffer a long-term injury (season or career ending) will be refunded any portion of the program not received. A doctor's note is required.

²Regular and Postseason tuition and fees are divided equally over 10 months Aug. - May. Two line items will be charged each month on your account. Regular Season: Mini \$210.00 for tuition and \$170.00 for fees., Youth - Senior \$229.00 for tuition and \$176.00 for fees. Fees include competition registration, coaches travel cost, clean up camp, and music.

³Additional fee will be charged on the date indicated if it is applicable. For example, Athletes who already own a uniform will not be charged. USASF member fee is paid directly to that organization.

⁴You may NOT "opt out" of season events: Listed prices cover tuition, routine upgrades, coaches fees and registration for All Out Championships, MCDA and Six Flags events. Additional event registration fee may be due based on bid designation (paid, at large), and will be paid directly to the event producer. GQRTC does not accept wildcard bids.



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The **NOVICE** program is designed to introduce younger athletes to All Star cheerleading. The only prerequisites are the ability to listen, a willingness to work hard, and a desire to have fun! Practices will focus on fundamentals of performance cheerleading and showcase their newly learned skill in a competition routine. At their performances they will receive judges' feedback. Novice teams are not ranked against one another.

The **PREP** program is designed for athletes who have some knowledge of cheer or general athletic abilities. Prep teams are the perfect step-up program for families that are new to the sport or not yet ready to commit to the travel and expense of an Elite program. While Prep athletes practice and compete less, they still benefit from the same certified coaching and skills-training as our full season Elite teams. Athletes can return to the program each season or they may use the experience to transition to the Elite program.

Novice Program Costs Itemized (Ages 4-6) Prep Program Costs Itemized (Ages 6-15)

Registration Fee (Uniform and Choer)	\$350.00	Registration Fee (Uniform & Choreo)	\$350.00
Annual Tuition (Sept. 11 - Mar. 12)	\$600.00	Annual Tuition (Sept. 11 - Mar. 12)	\$700.00
Fee: Competition Registration	\$200.00	Fee: Competition Registration	\$300.00
Fee: Coaches Travel Fee	\$100.00	Fee: Coaches Travel Fee	\$200.00
Total Regular Season	\$1,250.00	Total Regular Season	\$1,550.00

Additional Fees (USASF)

USASF (Nov. 1)	\$45.00	USASF (Nov. 1)	\$45.00
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Monthly Payment Plan

Novice Program Costs (Itemized) (Ages 4-6) Prep Program Costs Itemized (Ages 6-15)

Registration		\$350.00	Registration		\$350.00
Sept 1	Tuition & Fees	\$130.00	Sept 1	Tuition & Fees	\$130.00
Oct 1	Tuition & Fees	\$130.00	Oct 1	Tuition & Fees	\$172.00
Nov 1	Tuition & Fees	\$130.00	Nov 1	Tuition & Fees	\$172.00
Dec 1	Tuition & Fees	\$130.00	Dec 1	Tuition & Fees	\$172.00
Jan 1	Tuition & Fees	\$130.00	Jan 1	Tuition & Fees	\$172.00
Feb 1	Tuition & Fees	\$130.00	Feb 1	Tuition & Fees	\$172.00
March 1	Tuition & Fees	\$130.00	March 1	Tuition & Fees	\$172.00



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*Not included above: spectator fees, travel expenses, optional pro shop purchases, optional class tuition.
We offer pay-in-full and sibling discounts.*

The **DANCE** program is designed to teach students the joy of all star dance. Prices are set for ONE dance. If students are interested in competing more than once dance, please contact Toni Nissley at groyaltc@gmail.com

Mini/Youth Dance Program Costs Itemized (Ages 4-11) Jr/Sr Costs Itemized (Ages 12-18)

Registration Fee (Uniform and Choer)	\$100.00	Registration Fee (Uniform & Choreo)	\$100.00
Annual Tuition (Sept. 11 - May)	\$1271.00.00	Annual Tuition (Sept. 11 - May)	\$1271.00
Fee: Competition Registration	\$280.00	Fee: Competition Registration	\$380.00
Fee: Coaches Travel Fee	\$200.00	Fee: Coaches Travel Fee	\$200.00
Total Regular Season	\$2,001.00	Total Regular Season	\$1,001.00

Additional Fees (USASF)

USASF (Nov. 1)	\$45.00	USASF (Nov. 1)	\$45.00
Uniform fee (Oct. 1)	TBA	Uniform fee (Oct. 1)	TBA

Monthly Payment Plan

Mini/Youth Dance Program Costs Itemized (Ages 4-11) Jr/Sr Costs Itemized (Ages 12-18)

Registration		\$100.00	Registration		\$100.00
Oct 1	Tuition & Fees	\$212.00	Oct 1	Tuition & Fees	\$212.00
Nov 1	Tuition & Fees	\$212.00	Nov 1	Tuition & Fees	\$212.00
Dec 1	Tuition & Fees	\$212.00	Dec 1	Tuition & Fees	\$212.00
Jan 1	Tuition & Fees	\$212.00	Jan 1	Tuition & Fees	\$212.00
Feb 1	Tuition & Fees	\$212.00	Feb 1	Tuition & Fees	\$212.00
March 1	Tuition & Fees	\$212.00	March 1	Tuition & Fees	\$212.00
April 1	Tuition & Fees	\$212.00	April 1	Tuition & Fees	\$212.00
May 1	Tuition & Fees	\$212.00	May 1	Tuition & Fees	\$212.00

*Not included above: spectator fees, travel expenses, optional pro shop purchases, optional class tuition.
We offer pay-in-full and sibling discounts.*



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DATES:

June 12	Evaluation date	Level 1: 4:00-5:00 Level 2: 5:00-6:00 Level 3: 6:00-7:30
June 20 - July 1	Level Clinics	BLUE: Mondays 5-7 (Ages 5-8) BLACK: Tuesday 7-9 (Ages 9-18) GOLD: Wednesday 7-9 (ages 8-15)
July 2	Team Announcements	Look for an email
July 5 - 8	Registration for Team	
Start of Year Parent Meetings	Mini: Monday, July 11 YTh-SR: Tuesday, July 12	6:00 p.m. 7:00 p.m.
Mondays July 11 - Sept. 10	Mini Practice	5:00-7:00 p.m.
Tuesdays July 11 - Sept. 10	Youth Tumbling Jr/Sr Practice	6:00-7:00 p.m. 7:00-9:00 p.m.
Wednesday July 11 - Sept. 10	Youth Practice JR/Sr Tumbling	6:00-8:00 p.m. 8:00-9:00 p.m.
Tuesday Sept. 11 - Mar. 31	Mini Practice Jr/Sr Practice	5:00-7:00 7:00-9:00
Wednesdays Sept. 11 - Mar. 31	Youth Practice	6:30-8:30
Sundays Sept. 11 - Mar. 31	Novice Prep Mini Practice Youth Jr/Sr Practice Dance	3:00-4:00 3:30-5:00 1:00-3:00 10:00-1:00 5:00-8:00 11:00-1:00