



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)

Prep Evaluation: August 14 3:00-4:00 (Pre registration required), Registration opens August 15

Novice Program Sign ups: Begins August 15



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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

Aug 14	Prep ONLY evaluations 3:00-4:00
Aug 15	Registration Open for Prep and Novice
Sept 11	First Practice for Novice (3:00-4:00) and Prep (3:30-5:00)
Oct 23	Gym Closed
Oct 31	Halloween- NO Practices
Nov 23-27	Thanksgiving Break- No practices
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	Xtreme Spirit Competition for Elite, Prep, Novice and Dance
Feb 3	ADDED PRACTICE for Novice, Prep, Elite and Dance
Feb 4	Pro Championships Event Novice, Prep, Elite and Dance
Feb 26	No Practice for Mini Elite, Novice, Prep or Dance
March 10	ADDED Practice for Novice, Prep and Elite
March 11-12	Nfinity Champion League 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



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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.

In-Season (Fall/Winter) Attendance (Sept 12 - March 19)

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

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).



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TENTATIVE COMPETITION SCHEDULE

Event	Program/Team	Location	Date	Travel Dates
Xtreme Spirit	Prep, Novice	College of Lake County Grayslake , IL	Jan 29	Jan 29
Pro Championships Event	Prep, Novice	Chicagoland Area	Feb 4	Feb 4
SNEAK PEEK	Prep, Novice, Dance	GymQuest	Feb 12	Feb 12
Xtreme Spirit	Dance	Grayslake, IL	Feb 26	Feb 26
Nfinity/Champion League	Prep, Novice	Tinley Park, IL	March 11-12	March 11
Star Spirit Nationals	Prep, Dance	South Bend	March 17-19	March 16
Xtreme Spirit	Dance	Elgin, IL	April 28-30	April 28
Six Flags Championships	Dance	Gurnee, IL	May 6	May 6



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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..

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.

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



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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)

Registration Fee (Uniform and Choer)	\$350.00
Annual Tuition (Sept. 11 - Mar. 12)	\$616.00
Fee: Competition Registration	\$175.00
Fee: Coaches Travel Fee	\$100.00
Total Regular Season	\$1,241.00

Prep Program Costs Itemized (Ages 6-15)

Registration Fee (Uniform & Choreo)	\$350.00
Annual Tuition (Sept. 11 - Mar. 19)	\$700.00
Fee: Competition Registration	\$275.00
Fee: Coaches Travel Fee	\$200.00
Total Regular Season	\$1,525.00

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)

Registration		\$350.00
Sept 1	Tuition & Fees	\$149.00
Oct 1	Tuition & Fees	\$149.00
Nov 1	Tuition & Fees	\$149.00
Dec 1	Tuition & Fees	\$149.00
Jan 1	Tuition & Fees	\$149.00
Feb 1	Tuition & Fees	\$149.00
March 1	Tuition & Fees	\$0

Prep Program Costs Itemized (Ages 7-15)

Registration		\$350.00
Sept 1	Tuition & Fees	\$197.00
Oct 1	Tuition & Fees	\$197.00
Nov 1	Tuition & Fees	\$197.00
Dec 1	Tuition & Fees	\$197.00
Jan 1	Tuition & Fees	\$197.00
Feb 1	Tuition & Fees	\$197.00
March 1	Tuition & Fees	\$0.00

Not included above: spectator fees, travel expenses, optional pro shop purchases, optional class tuition. We offer 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 ggroyaltc@gmail.com



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

Registration Fee (Choer)	\$100.00	Registration Fee (Choer)	\$100.00
Annual Tuition (Oct 2 - May)	1 hr: \$616.00 2 Hr: \$1078.00	Annual Tuition (Oct 2 - May)	1 hr: \$616.00 2 Hr: \$1078.00
Fee: Competition Registration	1 Hr: \$380.00 2 Hr: 300	Fee: Competition Registration	1 Hr: \$380.00 2 Hr: 300
Fee: Coaches Travel Fee	\$200.00	Fee: Coaches Travel Fee	\$200.00
Total Regular Season	1 hr; \$1206.00 2 hr: \$2285.00	Total Regular Season	1 hr; \$1206.00 2 hr: \$2285.00

Additional Fees (USASF)

USASF (Nov. 1)	\$45.00	USASF (Nov. 1)	\$45.00
Uniform fee (Nov 1)	TBA	Uniform fee (Nov. 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	1 hr: \$173.00 2 hr: \$239.00	Oct 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
Nov 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	Nov 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
Dec 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	Dec 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
Jan 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	Jan 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
Feb 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	Feb 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
March 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	March 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
April 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00	April 1	Tuition & Fees	1 hr: \$173.00 2 hr: \$239.00
May 1	Tuition & Fees	\$0.00	May 1	Tuition & Fees	\$0.00

*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:

Sunday August 14	PREP EVALUATION	3:00-4:00
Tuesday Sept. 11 - Mar. 31	Mini Practice	5:00-7:00
	Jr/Sr Practice	7:00-9:00
Wednesdays Sept. 11 - Mar. 31	Youth Practice	6:30-8:30
Sunday Sept 11-March 15	Novice	3:00-4:00
	Prep	3:30-5:00
	Youth	1:00-3:00
	Junior	11:00-1:00
	Dance: Youth Hip Hop	11:00-12:00
	Dance: Youth Combo	12:00-1:00
	Dance: Junior Hip Hop	1:00-2:00
Dance: Junior Combo	2:00-3:00	