

2026–2027 Exceleation Elite/Prep All-Star Cheer Information

Why Choose Exceleation for All Star Cheer?

We Value Your Athlete

At Exceleation, your child is never just a number. We're committed to nurturing each athlete's individual journey. We focus on personal growth, skill development, and helping every athlete reach their full potential in a supportive, empowering environment.

Unmatched Quality

We are proud to be one of the top all star cheer programs in the region! Our teams consistently compete at the highest level. We are 17x Grand Champions and 2x Summit Medalists!

Cost Effective

All Star Cheer has become increasingly expensive over the last 10 years. At Exceleation, we work hard to keep costs down and are consistently one of the most affordable—if not the most affordable—programs in the state. We minimize travel, and some of our teams do not travel at all. In some cases, our fees are more than 40% lower than those of comparable programs.

Battling Burnout

Because All Star Cheer is a year-round sport, we do everything we can to help our athletes avoid burnout. While we maintain strict attendance requirements, which are crucial for

success in this sport; we also recognize the importance of balance.

How We Support Our Athletes and Families

✓ No Practices Over Major Holiday Breaks

We believe in true time off to relax and recharge with loved ones.

✓ Only 2 Practices Per Week

We value balance. Enough time to train, without overwhelming schedules.

✓ Very Limited Additional Practices

Extra sessions are limited and always scheduled well in advance.

✓ Flexible Summer Attendance

We understand that summer plans vary. Missing a few practices is okay!

✓ Skill-Focused Summer Training (May–August)

This time is dedicated to perfecting existing tumbling skills, and after that, learn new ones!

We are committed to providing a high-level experience, while balancing time for rest, family, and personal growth. We believe All Star Cheer should be a meaningful part of our athletes' lives—not their entire lives!

Team Placements: Saturday, May 16th @ Exceleation

Please arrive 15 minutes early with your athlete's completed registration form and contract. If your child cannot attend at their scheduled time, they are welcome to go with another age group. If none of these times work for you, contact us to arrange an individual evaluation.



Placement Times by Age Group

Placement times (Saturday, May 16):

Ages 3–9 (Novice): 9:00–9:45

Ages 6–10 (Prep/Elite): 10:00–11:30

Ages 11–12: 11:35–1:15

Ages 13+: 1:20–3:15

Required for Placement

✓ \$250 Deposit

- \$50 for Placement Fee
- \$200 towards Music & Choreography Fee
- Non-refundable, non-transferable, and not creditable toward other classes

✓ Signed Contract

- Include on the back:
 - Athlete's current age, birthday, and high school cheer status
 - Parent contact number and email

✓ Current Annual Registration Fee

- Already current if enrolled in tumbling or previously on All-Stars
- New families must complete the registration form and pay the pro-rated 2026 fee prior to placements

✓ Complete Registration through Iclass Pro

Create account at: www.excelerationutah.com

Sign up for team placements

Pay Deposit



Team Placement Concerns

New this year, we're giving athletes time to settle into their new teams before opening up placement discussions. We ask that families wait two weeks, allowing initial emotions to settle and giving athletes the opportunity to fully experience their new team environment.

If you still have concerns after that time, we're here to help. We're using a new evaluation system that records each athlete's jumps, standing tumbling, and running tumbling, and we're happy to review those videos with you. We can also discuss other important placement factors such as stunting, dance, and how athletes are progressing with choreography.

Our goal is to make sure every athlete feels supported and is in the best position to grow, and we truly appreciate your trust in our process.

Important Notes

- We strive to place every athlete—and have successfully done so for 13 straight seasons!
- Please do not attend placements unless you are ready to commit to the full year (June 2026–May 2027).
- Deposit, contract, and registration are all required in order to have your athlete evaluated.

What We're Looking For

At Exceleration, we view each team as a puzzle, and tumbling is just one piece. A successful team needs well-rounded athletes who can contribute in multiple ways. While tumbling is important, we also evaluate:

- Stunting
- Jumping
- Dancing & Performing
- Counting/Musicality
- Ability to Learn and Retain Choreography

Evaluation Criteria

During placements, athletes will be required to show:

- Jumps
- Running tumbling
- Standing tumbling
- Motions & flexibility
- Performance skills

Cheer shoes are required for those who have them; barefoot is acceptable if you do not.



Things to Consider – Especially for Returning Athletes

Experience over level! A higher level doesn't always mean a better fit. Ask yourself (or your athlete):

- Did I participate in all group tumbling passes this season?
- Do I have all required tumbling skills with proper form and timing for the next level?
- Was I consistently involved in stunting and did I master my position?
- Was my performance strong?

If the answer to any of these is no, your athlete may benefit from spending another season at their current level to build stronger foundations.

Some athletes may be placed specifically to tumble or stunt, but most need to be well-rounded in all areas. Each athlete will be challenged at their skill level, no matter which team they're on.

Being involved in all aspects of the team = a better season!

Team Types & Levels

Novice Teams (Level 1 only) *This is the all-inclusive \$199/month introductory program for all star cheer. If you're wanting this program instead of prep and elite, please pick up the novice handout

- Ages: Tiny and Mini only (ages 3-9)
- No prior experience needed
- Routine length: 1:30
- Focus: Fundamentals (especially tumbling)
- Judging: Rankings (not placements)

Prep Teams (Levels 1–2)

- Routine length: 2:00
- Follows same structure as elite, but no travel



- Great for athletes working on technique and consistency
- Compete against other prep teams
- Ideal for athletes building confidence and precision

Age Grid for Prep/Elite All-Star Teams



Mini: 2017–2020
 Youth: 2014–2019
 Youth Flex: 2013–2021
 Junior: 2011–2018
 Junior Flex: 2010–2020
 Senior: 6/1/2007 – 2014

Practice Schedules

Summer & Fall Practice Times

- Junior Teams: Could practice as late as 9:45 PM
- Senior Teams: Could practice as late as 10:00 PM
- Mini Teams: Could practice as late as 8:00 PM
- Youth Teams: Could practice as late as 8:30 PM

• Note: We typically try to schedule summer practices in the morning to early afternoon. However, we may have a few coaches working full-time jobs, meaning some summer practices could be in the evening.

Elite All-Star Tumbling Requirements

Athletes seeking placement on an elite team must demonstrate the following skills with near-perfect technique and on-count. In addition, athletes must have mastered all elite tumbling skills from prior levels (e.g., Level 3 athletes must also demonstrate mastery of Levels 1 and 2).

Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> • Power-hurdle round off • Cartwheel back walkover, back walkover • Back walkover switch • Front walkover 	<ul style="list-style-type: none"> • Back handspring step-out • Back walkover switch, back handspring • Power-hurdle front walkover, round off back handspring • Power-hurdle, round off 2 or 3 back handsprings 	<ul style="list-style-type: none"> • Standing 3 Back Handsprings • Back handspring step-in, double back handspring • Power-hurdle front walkover, round off back tuck • Power-hurdle, round off back handspring, back tuck • Front walkover/bounder to aerial and punch front (preferred) 	<ul style="list-style-type: none"> • Standing BHS, back tuck • Standing back tuck • Round off Back Handspring, layout (no pike) • Whip pass through to tuck or layout OR x-out 	<ul style="list-style-type: none"> • Round off BHS full twist • Front walkover round off BHS full twist or round off BHS whip to full • Standing BHS whip tuck • Jump BHS whip tuck

Regular Practice Times

Prep Teams: 1.5 hrs · 2x/week (year-round)

Elite Tiny, Mini, & Youth: 2 hrs · 2x/week (year-round)

Elite Junior & Senior: 2.5 hrs · 2x/week (year-round)

Flyer Academy: *New this season!* Open to all athletes and **required** for any athlete who flies. If you prefer your athlete not participate, please let us know and we will note that they should not be assigned a flying position this season.

This add-on is **\$25/month** and includes:

- Daily stretching assignments
- Progress photos submitted regularly
- 30-min, 1 or 2 weekly, in-person, flexibility classes (right before or after practice)

While Exceleation is one of the top programs in the country, flyer flexibility is an area we are working to strengthen. This program has been highly effective at other gyms, and we are excited to bring it to Exceleation next season to help our athletes progress safely and successfully.



Travel Information for Exceleation All-Star Cheer

Travel is one of the largest expenses in All-Star cheerleading, and we strive to keep it as minimal as possible. Below is an outline of the travel requirements for different teams and events throughout the season.

Team Travel Overview

- **Prep & Novice Teams:** These teams will not travel for competitions.
- **Elite Tiny, Mini, and Youth Teams:** These teams will travel once, to Anaheim, CA.
- **Summit Eligible Teams:** These teams will travel to Anaheim and have the opportunity to attend The D2 Summit.

The Summit

- **What is The Summit?** The Summit is an exclusive, end-of-season competition for Junior and Senior teams held at Disney World, Orlando, FL. Teams must qualify by earning a bid at regional or national events. Only the top-scoring teams receive an invite.

- **Costs:**
 - Coaching Fee: \$230-\$245 per athlete (based on previous years).
 - Base Competition Fee for 2026: \$510 (includes a 2-day hopper pass to Walt Disney World). *May increase in 2027, but for a ballpark
 - Travel Expenses: You will be responsible for both your athlete's and your own travel costs, unless another parent is accompanying your child.

- **Partial Paid Bids:** Most years we have had at least one team receive a paid or partial paid bid to The Summit, reducing the competition package.

- **Important Notes:** If your athlete is placed on a Junior or Senior level team, they must be willing to attend The Summit if the team qualifies. On performance days, athletes may not swim, visit theme parks, or spend extended time in the heat prior to competing, as conserving energy and being physically prepared to perform is essential.

USA Super Nationals

- **Event Overview:** USA Super Nationals is a national competition in Anaheim, CA, where all elite teams will compete against top-tier teams from the West Coast.

- **Travel:**
 - This Saturday/Sunday event is drivable (approx. 9 hours from the gym).
 - It is a stay-to-play event, meaning all teams must stay at a Varsity-approved hotel.
 - You are welcome to stay longer and enjoy California with your family after the competition. We will not have practice the following Monday and Tuesday.
 - Make-up Practice: Summit teams may have a mandatory practice on the following Friday.

Non-Traveling, End-of-Season Event: US Finals

- What is the US Finals? The US Finals is a national event with regional events hosted across the country. The Salt Lake area will be hosting an event this year.

- **Golden Ticket:**
 - If your athlete's team earns a Golden Ticket, we will pass along any discount received. We anticipate that the base competition fee will be \$110, due in mid-March. Teams that do not receive a Golden Ticket will pay the full \$110. Teams that do receive a Golden Ticket will pay only the remaining balance after any discount is applied, which will likely be less than \$110.
 - 40% of our elite teams earned Golden Tickets last season!

Local Nationals: The American Celebration

- **What is the American Celebration?** This is a local Nationals event that all prep and elite teams will attend.
 - Elite Teams: Compete on Friday and Saturday.
 - Prep Teams: Compete on Friday only.
- **Important Details:**
 - School Absence: Athletes may need to miss school on Friday to attend.
 - All athletes must be willing to attend this Nationals event to participate in Excecleration's All-Star Cheer program.

Crossovers

Your child may be asked to cross over to one or more additional teams during the season. Here's what you need to know about crossovers:

- **Additional Fees:**
 - Crossovers are required to pay a music and choreography fee, as well as crossover competition fees, for each team they are placed on.
 - Tuition for each additional team is an extra \$10/month starting from the time they begin participating on the additional team(s).

Injuries, Long-Term Illnesses, and Other Issues

If your athlete needs to take time off due to an injury, illness, or any other issue that requires them to leave the team temporarily or permanently, please be aware of the following:

- **Returning to the Team:**
 - If your athlete is planning to return and all parties are in agreement, they are expected to attend all practices, come

dressed in practice wear, and participate as much as possible.

- Tuition: You are still required to pay tuition to hold their spot on the team.

- **Voluntary or Permanent Removal:**

- If your child is removed from the team (or chooses to leave) for any reason, including injury or personal choice, no fees will be refunded or credited for the remainder of the year.

Practice Times & Holidays

We understand the importance of maintaining a balance between competition and family commitments. Here's what to expect regarding practice times and holiday breaks:

- **Holiday Schedule:**

- We follow the Provo/Alpine school district's holiday schedule, which means we take fall, winter, and spring breaks, as well as most major holidays when there is no school.
- We do not take breaks for teacher prep days, snow day make-ups, etc.
- Summer Break: We will take off one practice for the 4th of July and one practice for the 24th of July holiday.

- **Summer and Fall Practice Times:**

- We will send out a welcome email for all 2026-2027 All-Star team members approximately 7-10 days after placements. This email will include your athlete's summer practice times, starting in June.
- Fall practice times will be released in early August.
- A final competition schedule will be sent out at the beginning of September.

Summer Practices & Tumbling

During the summer and May practices, athletes will spend a significant amount of time working on tumbling to improve their skills. However, it's important to note:

- **Tumbling in the Competition Season:** Due to the competitive nature of all-star cheer, your athlete's team may not be able to focus heavily on upper-level tumbling during competition season (from mid-August through April).
 - Nevertheless, tumbling technique and form will be drilled at every practice to ensure improvement.

Mandatory Practices & Expectations

Commitment to the Season

- The All-Star season runs from June 2025 until the end of May 2026.
- You must be committed to your athlete's team for the entire season, as the ability to compete at a high level depends on consistency and dedication.

Absences Policy

- **Maximum Absences:** Each athlete is allowed a maximum of 7 absences throughout the season.
 - Summer Absences: No more than 5 of the 7 absences can be used during the summer.

- **Mandatory Practice Dates:**

- Practices are mandatory 4 times before any competition or performance.
- Choreography dates are also mandatory.

- If your athlete exceeds their 7 absences or misses a mandatory practice, performance, or competition, they may be permanently removed from the team.

High School and Other Conflicts

- **High School Clinics/Practices:** If your athlete's high school cheer clinic or other extracurricular activities overlap with mandatory practice or competition dates, it is your responsibility to coordinate with the high school coach or administration to arrange an alternative.
- **Non-All-Star Activities:** If your athlete participates in activities like drama, choir, orchestra, or ballroom, you need to reach out to the teacher beforehand and confirm performance dates. If there is a conflict with a mandatory all-star practice, make sure there is an alternative assignment (typically an essay) for the absence. If this isn't possible, do not enroll your athlete in the class, as they cannot miss mandatory all-star practices for any reason.

Consequences for Missed Practices

- **Missed Mandatory Practices:** If your athlete misses any mandatory practice (including Friday extra practices) or exceeds their allowed absences, they will not be allowed to compete at the next performance or competition and may be removed for the remainder of the season.
 - Exception: This policy may be waived if there are no available replacements for the athlete.
- **Choreography:** If an athlete is removed for a missed practice or competition after choreography is completed, a \$125 reblocking fee will be charged unless the absence is due to an injury.

Vacations and Long-Term Absences

- If your athlete will be missing more than 5 practices for vacation during the summer, we do not recommend they try out. Please contact us when you return, and we can assess if there is availability on the team.
- For visitation with a parent in another state, we do make exceptions when possible. Please reach out and discuss these situations with us in advance.

Additional Practice Requirements

- **Friday Practices:** There may be a mandatory practice the Friday before any performance or competition if the coaches feel it's necessary. Please keep these Fridays open in case these additional practices are scheduled.

Parental Expectations

- **No Withholding of Practices or Competitions:** Parents cannot withhold practices or competitions as punishment (for poor grades, behavior issues, etc.). Withholding practice or competition can have a devastating impact on the team

April Practices for Summit Athletes

- April is mandatory for all athletes attending The Summit. However, there will be no practice (including Friday practice) over Spring Break.
 - Your athlete may have mandatory practices on all Fridays in April, including the Friday before Spring Break.

By setting clear expectations for attendance and commitment, we can ensure that all athletes are fully prepared and able to contribute to the team's success.

Choreography Dates

Elite Stunt & Pyramid Choreography

We're excited to announce that one of the best stunt choreographers in the country (Patrick) will be flying in to work with our upper-level teams on elite stunts and pyramids on June 10-11. Choreography sessions may take place at any time during that day, so please keep the entire day open.

If your athlete has a prior commitment during any of these dates, please inform us before team placements so we can make the necessary adjustments.

Please note: Unless you talk to us beforehand, these choreography dates are mandatory for upper-level teams only.

Other Choreography Dates:

- August 24 - September 4 (everyone)
- September 8-September 12 (everyone)
 - The exact choreography schedule will be determined and communicated based on your athlete's team at the beginning of August. Younger teams will begin to learn their choreography at the beginning-mid part of summer, so please have them there as much as possible.
 - Your athlete's team may go for an extended time for one of these weeks; have one week off; and have regular practice another; or, he/she may practice at his/her regular time; or some other combination. Regardless, the practices will be mandatory.

Competition Dates

- Competition Season runs from December to May. Upper-level teams may begin as early as November.
- The final competition dates will be confirmed and communicated to you once they are finalized. You will receive this information by the first week of September.

Important Reminders:

- Do not schedule vacations during the competition season until you have received the finalized competition schedule.

No Practices During:

- Fall Break
 - Thanksgiving Break (Note: Monday and Tuesday before Thanksgiving will likely be mandatory)
 - Christmas Break
 - Spring Break
- We are not attending Battle at the Border this season.

Competition Days:

- Competition Days are mandatory, and your athlete must keep these days completely open.
 - Events may run late into the evening and may include your team's awards ceremony.
 - Please be prepared for long competition days and plan accordingly.

2026-2027 End-of-Season Banquet

This special evening will celebrate the hard work, dedication, and accomplishments of our amazing All Star athletes.

Event Details:

- Venue: A banquet hall will be rented for the event, and a catered meal will be provided.
- Dress Code: This is a formal event – the fancier the dress, the better!

Highlights of the Evening:

- Recognition of Each All Star Athlete: Every athlete will be acknowledged for their dedication and hard work.
- Celebrating Graduating Seniors: We will honor our seniors who are moving on after this season.
- Athletes with 3+ Seasons: We will recognize athletes who have been with the All Star program for 3 or more seasons.
- Highlight Videos: Short highlight videos will be showcased for each team.



Parent Volunteer Opportunity:

To help create an all star slideshow, we are looking for one parent volunteer per team to assist with the video creation process.

- **Volunteer Perks:** Parent volunteers will receive 2 complimentary tickets to the banquet as a thank you for their time and effort.
- **Additional Tickets:** Additional tickets for family members or parents who wish to attend will be available for purchase.

We are looking forward to celebrating the incredible achievements of our athletes and making this a memorable evening for all!:

Tuition:

If you have more than one child enrolled, you'll receive the following discounts:

- 2nd child: 10% off tuition
- 3rd+ child: 15% off tuition

- Prep Teams:** \$160
- Elite Tiny, Mini, Youth:** \$180
- Elite Junior and Senior:** \$190

Extra Expenses:

Music Cut & Choreography:

- Prep Teams: \$225
- Elite Levels 1-2: \$325
- Levels 3+: \$400

Mid-season Choreography Clean-up:

- \$85 (Only teams accepting bids to D2 Summit)
- Routine clean-up specialist to refine the routine for increased creativity and/or difficulty.

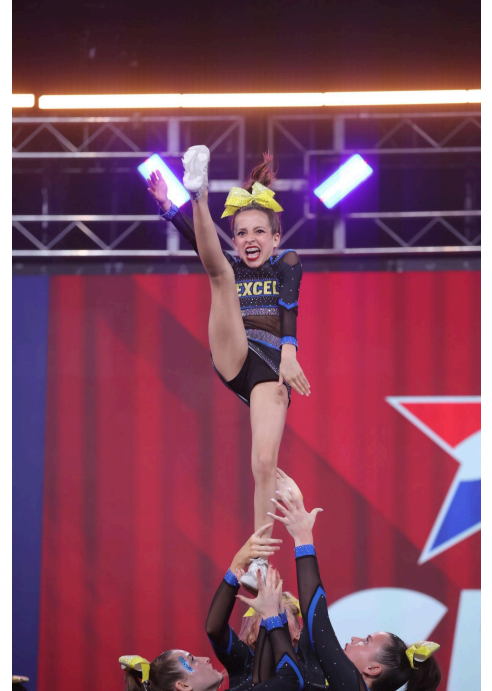
Required Fees for 2026-2027: All remaining fees, after your deposit is applied, will be broken up into 7 equal installments. These installments will be due along with your monthly tuition from June-December.

Prep Teams: \$1365

- Practice Outfit (1)
- December Showcase Fee
- Nationals Competition Fee (1)
- Regional Competition Fees (4)
- Coach and Gym USASF Fees (does not include athlete's personal USASF fee)
- End-of-Season Banquet Entry for Athlete
- All Regional and Nationals Coaching Fees Included

Elite Teams: \$1795

- Practice Outfit (1)
- Nationals Competition Fee (2)
- Regional Competition Fees (4)
- Coach and Gym USASF Fees (does not include athlete's personal USASF fee)
- December Showcase Fee
- End-of-Season Banquet Entry for Athlete



- All Regional and Nationals Coaching Fees (including coaches' travel)
- Athlete Travel is not included

New Competition Uniform:

- \$395 (includes bow)
- Competition uniform is the same as last season. This will be our final season with this uniform.
- You can buy used from non-returning athletes (common selling price is \$200).

Note: This competition uniform is not included in the fee schedule and must be paid before your athlete's uniform is ordered.

Possible Additional Expenses:

- \$225 (Cross-over participants only): Crossover Competition Fees (if your athlete is selected and accepts a crossover position, this fee will apply).
- \$250 (Cross-over participants only): Crossover Music and Choreography Fees (if your athlete is selected and accepts a crossover position, this fee will apply).

Cheer Shoes: You are welcome to buy/sell cheer shoes to/from other all-star team members.

- Athletes are required to purchase their own cheer shoes. Recommendations will be given, but you may buy any brand as long as the shoes are all white and allow your athlete to point their toe properly. Flyers especially need flexible shoes to stunt.
- Cost: \$35 - \$120

Referral Program

We're excited to offer a \$25 credit toward your deposit for each new athlete you refer to Exceleration!

Details:

- The referred athlete must not be a current or past Exceleration student.
- The 2026 registration fee will be waived for all valid referrals.

To qualify:

1. The new family must email us to mention your name as the referral.
2. They must submit their completed contract and \$250 deposit.

Both you and your referral will receive your applicable credits once these steps are completed.

Safety Policies

Fingernails and Jewelry:

- Acrylic nails are not permitted for safety reasons.
- All fingernails must be kept short (below fingertip level).
- No jewelry is allowed at practice, performances, or competitions.

Bullying Policy:

- Exceleration has a zero tolerance policy for bullying.
- If your athlete is caught bullying another athlete, they may be removed from their team.

Gym Environment:

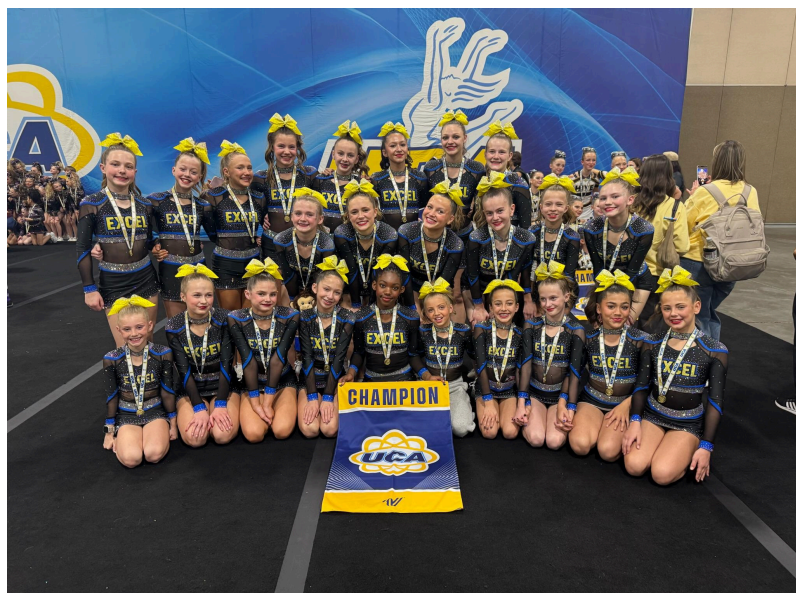
- While Exceleration is an extremely competitive program, we do not adopt a win-at-all-cost mentality.
- We focus on athlete development and believe there are valuable lessons in both winning and losing.

Last Season's Polling:

- 55% of respondents wanted to attend the Anaheim national event.
- 20% had no strong preference.
- 25% preferred to stay local.

FAQ:

1. **Does my child need a tumbling class in addition to being on all-stars?**
 - During summer and May practices, your athlete will spend a lot of time tumbling. Once choreography starts, there's less time for extra tumbling. However, we offer a 10% discount on 2x/week tumbling classes and a once-a-week all-star tumbling class from September-April.
2. **Can I watch team placements?**
 - No, spectators are not allowed to watch team placements due to the potentially stressful environment. Please contact us after the parent meeting if you have any questions or concerns.
3. **Is there an acceptable reason to miss a competition or performance?**
 - The only acceptable reason to miss a competition or performance is if your child is hospitalized or has a serious injury.
 - Events like weddings, graduations, or family trips are not acceptable reasons for missing these crucial team events.



Ready to Register?

1. Go to: <https://portal.iclasspro.com/exceleration>
2. Create an account
3. Add your athlete(s)
4. Under **My Account**:
 - Enter student(s) details (including date of birth and gender)
 - Add any allergies or medical conditions
 - Enter full contact information (*required for emergency communication*)
5. Register your athlete for Elite/Prep Team Placements
6. Checkout and pay deposit

Click **Save** after completing each section. If your athlete has been in a tumbling class with us, you likely already have an account associated with your email. You will just need to reset your password.

**The iClass system will not allow you to register for a private evaluation or for a session that does not match your athlete's age group. Please go ahead and register for the session listed for your child's age group, then email us to let us know. We can make any needed adjustments on our end.*

Once you have registered, you're ready to go! We'll see you on Saturday, May 16th at your assigned time!