

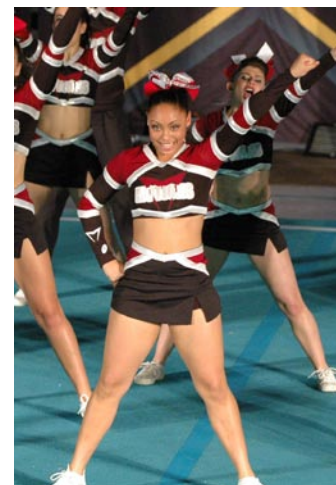


Established in 1995, Cheergyms.com created the first gym on the West Coast entirely for the purpose of training competitive cheerleaders.

## Be a part of the Famous Cheergyms.com Family

Cheergyms.com is the most successful athletic program of its type in Northern California, serving the top cheer athletes in its area. From our first practice in 1996 to its current status as one of the top 25 All-Star programs in the country, Cheergyms.com has always strived to be “the best.” Through competitions, performances, and practices, our staff works to develop the whole athlete - physically, mentally, and emotionally. Entering our 14th season, Cheergyms.com and its athletes have had many, national, grand, or program championships and more major titles than any other program in Northern California. Our program has been featured on numerous national networks and in several national magazines.

While the most obvious way that we help the youth in our program is by bettering their skills and helping them reach their athletic potential, we believe our program serves a higher purpose. Our program’s primary goal is to teach growing athletes how to work together as a team. Throughout a person’s life, they will be put in situations where they must work together with others to achieve common goals. Whether in their professional or social life, teamwork is a lifetime lesson much more valuable than tumbling skills. While the hours, weeks, months, even years of work that go into improving stunts, tumbling, jumps, and motions will improve your fitness, skills, and your chances of cheering in college, more important are the lessons you will learn about sportsmanship, working together towards goals, and striving to win. While we have collected more than enough trophies, banners, medals, and jackets to fill our gyms, we are most proud of the life lessons that we have been able to give to the athletes in our program.



Many former Cheergyms.com all-star cheerleaders have gone on to receive cheer scholarships at such prestigious colleges as Sacramento State, Moorhead State, San Diego State, UCLA, USC, and University of Hawaii just to name a few.



## What is All-Star Cheerleading?

The sport of All-Star Cheerleading has grown immensely from its roots 20 years ago. In the 80s and early 90s, teams were typically formed of athletes who were interested in improving their skills so that they would stand a better chance of making their high school or college cheerleading teams. As the sport developed and grew, more and more athletes and their parents viewed All-Star Cheerleading as a viable activity in and of itself. As stronger athletes began to recognize that All-Star provided them a way to focus more on teamwork and athletics, and less on pom poms and decorating lockers, the sport began to separate itself from the traditional stereotypes. This is no longer your mother's Cheerleading. Teams and athletes in All-Star Cheerleading now focus on gymnastic and acrobatic moves. The hybrid sport of today is a combination of gymnastics, acrobatics, athletic dance, and many elements unique to All-Star. More X-Games than San Francisco 49ers Cheerleader, more extreme athlete than fashion model, today's All-Star athlete can learn exciting skills in a fun, safe environment.

All-Star teams are typically comprised of 15-36 athletes with a variety of skills and abilities (much like a football or basketball team.) There can be solid, well-rounded athletes and those who have particularly strong abilities in certain areas (ex. – strong dancers or jumpers). The coaches create a competition routine performed by the group that has elements of tumbling, stunting, jumping, dance, and other skills set to music. The routines are typically 2 1/2 minutes in length. At competitions, the teams are divided by age and ability level. The routines are judged by their level of difficulty, precision, creativity, and entertainment value. There are thousands of all-star programs of all types across the country. While not every program is a perfect fit for every athlete, we believe that we have a solid program that is the right choice for everyone from the brand-new beginning athlete to the ultra-elite veteran. Regardless of the gym you choose, All-Star cheerleading is a great way for young athletes to learn new skills while building teamwork, goal-setting, sportsmanship, and numerous other social skills while making lifelong friendships.

## Tryouts



After the final date of tryouts, the staff will meet extensively to assemble the rosters for the upcoming season. The staff will work together to come up with teams that each have the best possible chance of a successful competitive season. This means that each team would ideally be comprised of a variety of athletes with a variety of talents. After our meetings are completed, we will contact each athlete (or parent) individually to let them know the results of tryouts. We hope to have this process completed by Thursday, May 7th. The new teams will begin practice the week of May 11th. Every athlete will make a team. Tryouts are free!!!

# CHEERGYMS.COM 2009-2010 Information

Age is determined by their age on August 31, 2009 \*\*. (The official "cutoff date" has changed this season.) \*\* Athletes who turn 19 between June 1, 2009 and Aug 31, 2009 will be given a 1-year exemption to compete on senior teams.

## TRYOUT DATES

### **Friday, May 1 – All American (Level 5)**

- 7pm - 9pm 8 years to 18 years

### **Saturday, May 2 – Motions (Levels 1-4); and College (Level 6)**

- 9am - 10am 5 years to 8 years
- 10:30am - 11:30am 9 years to 11 years
- 12pm - 1:30pm 12 years to 15 years
- 2pm - 3:30pm 16 years to 18 years
- 7pm - 9pm 18 years and older (College)

### **Sunday, May 3 – Pyramids (Levels 1-4)**

- 9am - 10am 5 years to 8 years
- 10:30am - 11:30am 9 years to 11 years
- 12pm - 1:30pm 12 years to 15 years
- 2pm - 3:30pm 16 years to 18 years

The owners of Cheergyms.com have worked in the cheerleading industry for a combined 70 years.



## Program Costs

Competitive cheerleading, while not as costly as some youth activities, can still be an expensive sport. Entry fees for competitions alone are hundreds of dollars a year per athlete. Before you consider this or any program, please carefully consider the financial commitment involved. Cheergyms.com, widely recognized as one of the top competitive cheerleading programs in the country over the last 13 years, has the finest staff and the most state-of-the-art facility in our sport. As a result, our fees are slightly higher than some programs. However, the difference in costs between our program and others is not as large as you may expect. Others may advertise a lower "tuition" rate only to have you pay significant extra amounts throughout the year to the gym or booster club. At Cheergyms.com, we are as up-front with our costs as possible.



### **Tuition Rates (if you sign contracts by June 15):**

- Pyramids Tiny/Mini Teams (Level 1-3):** \$139/month
- Pyramids Youth/Junior/Senior Teams (Level 1-4):** \$209/month
- Pyramids/Motions Special Needs Team:** \$49/month
- Motions Tiny/Mini Teams (Level 1-3):** \$109/month
- Motions Youth/Junior/Senior Teams (Level 1-4):** \$189/month
- All American Junior/Senior/Coed/International Teams (Level 5):** \$219/month
- Collegiate All Girl/Coed Teams (Level 5/6):** \$49/month

### *Other Fees for all teams:*

- *Yearly Insurance Registration and USASF Athlete Fee (\$75)*
- *Cheer Camp (\$175)*
- *Uniform (\$425 – approximate for NEW participant)*
- *Competition Fees*
  - *Level 1-4 Teams (\$450)*
  - *Level 5 Teams (\$950) – all trips will require an overnight stay.*
  - *College Teams (\$375)*
  - *Special Needs (\$0-\$200 – some companies do not charge)*

*\*(we do not include lodging or travel expenses for out-of-area competitions. Most events are local and will not require an overnight stay)*

Since the beginning of the USASF Worlds in 2004, Cheergyms.com has received bids to the prestigious event for 5 years and has always made finals and placed in the Top 10 twice.

# CHEERGYMS.COM 2009-2010 Information

## World Class Staff

Our coaches have a wide variety of backgrounds. Many have extensive gymnastics backgrounds to help with the teaching and spotting of tumbling skills. Many have experience in a variety of team sports and can bring unique perspectives to the learning experience. Several are highly experienced choreographers that are in year-round demand from programs around the world for their creative routines.

The leadership team at the gym has been invited to numerous conferences and conventions to speak on a wide variety of topics. They also hold multiple leadership positions in important committees that determine the rules, guidelines, and direction of our sport. The bottom line is this: Cheergyms.com has the most experienced, creative, and talented staff of any gym in the country.



If you have any questions in regards to the Cheergyms.com All Star Program, please contact Derick Patterson at 925-685-8176, or by email at [derick@cheergyms.com](mailto:derick@cheergyms.com).

**We hope that you decide to join Cheergyms.com.  
It will be an experience of a lifetime!**

# Some Cheergyms.com FACTS

- Established in 1995, Cheergyms.com created the first gym on the West Coast entirely for the purpose of training competitive cheerleaders.
- A USASF (United States All-Star Federation) certified gym.
- Every coach is USASF certified, CPR certified and First Aid certified, plus attends many local and statewide conferences for the betterment of their training.
- Danny Kahn, Morton Bergue and Derick Patterson, the Cheergyms.com owners, have worked in the cheerleading industry for a combined 70 years.
- Morton Bergue has been named by *American Cheerleader Magazine* as one of the Most Influential people in the cheerleading industry ever since the list has been created.
- Cheergyms.com has been in the Top 25 programs in the country by American Cheerleader Magazine for the past 5 years and has won more than 75 National Titles.
- Cheergyms.com has been a leader in their communities toward charities and community issues for many years. Some of its favorite contributions are *Pennies for Jenn* a charity group for a former cheerleader who is quadriplegic; *The Leukemia Society* walk; *GreenCheer* an organization started by Cheergyms.com to start recycling everything from TV's to water bottles and its current charity the *Special Olympics*.
- Morton Bergue has been inducted into almost every Hall of Fame in the cheerleading industry including SITA (Spirit Industry Trade Association), GSSA (Golden State Spirit Association), and OCCA (Oregon State Spirit Association).
- Internationally Cheergyms.com is well known and continuously is asked to choreograph, speak at conferences and hold clinics in countries like England, France, New Zealand, Scotland, Germany, Canada and many others.
- Morton Bergue has choreographed for such events as Jeep/Eagle Aloha Bowl Halftime, Cotton Bowl Halftime, Macy's Thanksgiving Parade Opening (1999, 2000 & 2008), Germany's National Basketball Championships Halftime, St. Patrick's Day Parade Opening in Dublin Ireland and numerous local, state and national events.
- Cheergyms.com has been featured numerous times in *Cheer Biz News*, a cheer industry trade magazine and Morton Bergue currently writes a cheer column for the *USASF All-Star Magazine*.
- Cheergyms.com is one of the founding members of the NCAA (Northern California All-Star Alliance) and is currently on the Executive Board.
- The list of schools and all-star programs Cheergyms.com choreographs for is HUGE. Here are some of its most prestigious; College Park HS, Hanford HS, Los Alamitos HS, Clayton Valley HS, Sequoia High School, Heritage High School, Freedom High School, Choctaw High School (FL), Bishop Dwenger High School (IN), Carondelet High School, Baldwin High School (HI), Arizona Heat All-Stars (AZ), Cheergyms.com All-American Team, Nitros All Stars (DE), World Cup All-Stars(NJ), NRG All Stars, London, Surrey Starlettes, London and over 30 routines each summer for various high school, dance and all star programs nationally and internationally.
- Danny Kahn was the first choreographer for the first all-star team in the western hemisphere in 1985 called the Clayton Valley All-Stars. That team and his next team the Diablo Valley Hawks went onto to win three NCA National Titles which at the time was the only all-star competition in the world.
- Many former Cheergyms.com cheerleaders have gone onto perform for many professional cheer squads like the San Francisco 49er Gold Rush, The Sacramento Kings Dance Line, The Oakland Raiders Raiderettes, The San Diego Charger Girls and the San Jose Saber Cats Saber Kittens as well as the "Bring It ON" series of cheerleading movies.
- Cheergyms.com has received numerous Choreography Awards for its outstanding creativity at many cheerleading nationals such as NCA (National Cheerleaders Association), JAMFEST, American Championships and others.

