



# APEX

## SCHOOL CHEER

### TRAINING PACKET

### 2025-2026

#### **Apex Cheer & Athletics**

Phone number: 281-240-8833

Email: [School.director@apexcheer.com](mailto:School.director@apexcheer.com)

Address: 4119 S. Main St. Stafford Texas, 77477

# ***2025-2026 School Cheer Training***

## ***Information & Packages***

Hello Coaches,

I am Victor Fong, School Program Director here at Apex Cheer & Athletics. I am reaching out to you regarding school cheer services and our program would love to assist you and your 2025-2026 cheer team in reaching their highest potential.

Over the last several years, our staff have trained in many Middle schools, High schools, Youth leagues, and collegiate programs. Apex Cheer offers several different packages to fit your program's needs during the school year, including on and off campus training. Our top-rated All-Star cheerleading coaches will provide training for your team in a safe, positive, and productive learning environment. Your team can train in our 20,000 square foot training facility that has top-of-line training equipment. Apex staff will provide proper instruction in stunts, pyramids, tumbling, dance, crowd leading skills, and motion techniques to improve your team's skills.

Whether your team is just looking to perform great on the sidelines or whether they are looking to compete, we know our nationally recognized staff can help train them to be the best they can be this season!

If you would like further information on these opportunities, I would be happy to assist you in that by sending you our training packages and the pricing we offer. Also, if none of our set plans work for you, we can create a plan and schedule that fits both your school and Apex. I look forward to hearing from you and hope Apex can assist you in the success of your team this coming school year.



Our pricing is a flat monthly charge per athlete depending on the number of practice hours, what specific needs your team has, and the number of coaches needed to best support you. We also offer training camps and custom choreography for your sideline dance, pep-rally routine, half-time performance, or any other cheerleading activities.

### School Squad Registration:

Here at Apex, we offer a variety of instruction options for schools. This instruction is customizable and can be used to improve tumbling, stunts, jumps, motion technique, and or provide choreography for pep rally routines and competition teams. We also help athletes with conditioning and flexibility to increase their overall athleticism. Sponsors may request instruction on additional areas of cheer or focus on specific areas based on the team's needs. All squads receive elite coaching in a safe, positive, learning environment.

### To register your school for instruction the sponsor must:

1. Turn in completed sponsorship form
2. Turn in the 2025-2026 team rosters
3. Make sure all families and athletes are familiar with and agree to the Apex Policies.
4. Ensure that all families have updated or created their Apex athlete portal account and paid their \$65 registration fee.
5. Ensure that all families have registered their athletes in the correct school class.

*\*Schools cannot schedule or participate in practices without having completed the above steps.*

Upon completion, we will contact the sponsor to schedule the school squad instructions. Please note that the time/day/instructor you want may not be available, and instructors may change.

### **Billing Procedure:**

All schools training at Apex or receiving any instruction from an Apex instructor at their school/camp/competition event must collect all fees ahead of time and pay via booster/school district before services are scheduled/provided.

*\*All 2025-2026 fees will be posted to your school's Apex account at registration.*

*\*A school or booster club check should be submitted by the 6<sup>th</sup> of each month after the fee is stated to be due or paid up front.*

*\*Checks should be made payable to Apex Cheer & Athletics*

*\*Apex reserves the right to refuse service to a family with a previous balance. This means that they will not be allowed on the premises, nor will our instructors be allowed to work with them.*

### **Registration:**

All school squad athletes who train with Apex will be required to pay the \$65 ANNUAL registration fee. No participants will be allowed to practice without having paid this fee. Yes, returning members are required to pay a fee every year. All athletes who participate in private lessons or tumbling or with a competitive team do not need to repay to participate with the school squads.

### **Monthly Tuition:**

Tuition fees include weekly instruction on cheer, tumbling, stunts, jumps, motion technique, dance, and/or choreography for up to one pep rally routine taught only during class time. Tuition fees will not be prorated or adjusted due to holiday gym closures, athlete absences, or if the school team must cancel on their behalf. The full price for the month will still be owed. All tuition fees are non-refundable. Should a family dispute a tuition fee, they will no longer be allowed to train at Apex.

Price Per Athlete Per Month			
Preferred Location	1 Practice Weekly	2 Practices Weekly	3 Practices Weekly
Apex Facility	\$75	\$125	\$250

Off-site (pending availability)	\$75	\$125	\$250
---------------------------------	------	-------	-------

### Extra practices:

Sponsors can add additional practices only by contacting Victor via email at [school.director@apexcheer.com](mailto:school.director@apexcheer.com). We will need at least 2 weeks in advance notice and will be subject to additional charges (see estimated financial obligations).

### Training During School Year

**\*Any teams over 28 athletes will be given a \$10 extra charge per athlete on any package chosen**

#### Training Package 1

- ★ 1 ½. of training once per week
  - ☐ Includes: stunts, pyramids, baskets, tumbling, dance, & motion technique
- ★ Pricing:
  - ☐ \$65 annual registration fee per athlete
  - ☐ Less than 10 cheerleaders on the squad: \$75 per athlete per month
  - ☐ 11 or more cheerleaders on squad \$65 athlete per month

#### Training Package 2-

- ★ 2x week 2 hours of training each day
  - ☐ Includes: stunts, pyramids, baskets, tumbling, dance, motions, pep rally dance training, chant & cheer training.
- ★ Pricing:

- ☐ \$65 annual registration fee per athlete
- ☐ 10 or less athletes \$125 per athlete/per month
- ☐ 11 or more athletes \$115 per athlete/per month

### Training Package 3 –

- ★ 3x per week for 2 hours. each day
  - ☐ stunts, pyramids, baskets, tumbling, dance, motions, pep rally dance training, chant & cheer training.
- ★ Pricing
  - ☐ \$65.00 annual registration fee per athlete
  - ☐ 10 athletes or less \$250 per athlete/per month
  - ☐ 11 athletes or more \$245 per athlete/per month

## Pre-Camp Cheer Training

Get ahead of the game and get one on one training before cheerleading camp (NCA, UCA, etc.). Apex offers two options for Pre-camp training. The goal of our pre-camp training is to help establish stunt groups, clean up home dances, and pyramid techniques. This can help productivity and get the most out of cheer camp and keep focus on stunting, cheers, chants, jumps, technique, & building stunt groups, formations to prepare for camp and team bonding.

### Pre-Camp Option 1:

- ★ \$65 Registration Fee per athlete
- ★ 1 day 2.5 hours training \$80 per athlete

### Pre-Camp Option 2:

- ★ 2-day clinic
- ★ 3 hours per day
- ★ \$65 Registration Fee per athlete
- ★ \$130 per athlete

### **Pre-Camp Option 3:**

- ★ 3-day clinic
- ★ 3.5 hours per day
- ★ \$65 Registration Fee per athlete
- ★ \$175 per athlete

## **Custom Choreography**

Let Apex Cheer take some stress off you by choreographing your Pep-rally routines, UIL State Routines, Performances routines etc. In addition to our choreography options, we do offer music production at an additional fee.

### **UIL Choreography:**

- ★ \$3,500 for all sections
- ★ 2 days minimum
- ★ 6 hours of instruction
- ★ \$65 registration fee
- ★ \$500 routine adjustment fee

### **School Cheer Comp Routine:**

- ★ \$3500 for routine
- ★ 3-4 days
- ★ 4-6 hours
- ★ \$65 registration fee
- ★ \$500 routine adjustment fee

### Choreography Cleanup:

- ★ \$65 Registration fee
- ★ At Apex \$250
- ★ 2.5 hours

Or

- ★ \$65 Registration fee
- ★ At School \$350
- ★ 2.5 hours

### Gym Rental:

- ★ \$100 per hour

*In addition to training and choreography, we do have an additional option to have Apex staff attend your competitions/event if that is of interest.*

### *Apex Instructor Competition Fees:*

- ★ *1 Team \$350*
- ★ *2 Teams \$450*
- ★ *3 or more teams \$550*

*The school must also provide a hotel and coaches entry fee for the comp.*

## Cheer Camp Training

We offer three different camp packages to help meet the needs of your organization.

### Cheer Camp Package 1

Includes:

- ★ 5 hours of instruction for 1 day



- ★ Instruction in jumps, motion & sign techniques, crowd leading, stunt techniques and safety drills in the following: Preps, Extensions, Liberties, and Basic pyramid structures and transitions.
- ★ 1 sideline chant taught

*Pricing: \$100 per athlete*

### **Cheer Camp Package 2 – 2 Day Camp:**

Includes:

- ★ 4 hours of instructions for 2 days
- ★ Instruction in jumps, motion & sign techniques, crowd leading, stunt techniques and safety drills in the following: Prep, Extensions, Liberties, and Basic pyramid structures and transitions.
- ★ Choreography, music, and instruction for 1 minute/ pep rally dances.
- ★ 2 chants
- ★ Show off for family and friends on the last day (included within the 4-hour instruction for that day)

Pricing: \$155 per athlete

### **Cheer Camp Package 3 – 3 Day**

Includes:

- ★ 4 hours of instruction for 3 days
- ★ Instruction in jumps, motion technique, basic safety drills in stunts, pyramids, sideline 101 and team needs.
- ★ Choreography, music, and instruction for 1 min. Sideline/ 1 Band Chant
- ★ 3 sideline chants with motions
- ★ Show off for family and friends on the last day (included within the 4-hour instruction for that day)

Pricing: \$200 per athlete

### Cheer Camp Package 4 – 4 Day

Includes:

- ★ 4 hours of instruction for 4 days
- ★ Instruction in jumps and motion technique, basic safety drills in stunts, stunt buildouts, sideline 101.
- ★ Choreography, music, and instruction for a 6-8 count dance which includes stunts or pyramids and jumps.
- ★ 4 sideline chants
- ★ Show-off for family and friends on the last day (included within the 4 hours instructions for that day.

Pricing: \$300

## Sponsor Form

Sponsor Name: \_\_\_\_\_

School: \_\_\_\_\_

Sponsor Cell: \_\_\_\_\_

School Phone: \_\_\_\_\_

Sponsor School Email: \_\_\_\_\_

Summer Camp Dates: \_\_\_\_\_ (NCA/IUCA)

Monthly Training:

Price Per Athlete Per Month			
Preferred Location	1 Practice Weekly	2 Practices Weekly	3 Practices Weekly
Apex Facility	\$75	\$125	\$250
Off-site (pending availability)	\$75	\$125	\$250

Preferred Day/Time (Rank 1,2,3)					
Monday	Tuesday	Wednesday	Thursday	Friday	
2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	
3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	
n/a	n/a	n/a	4:00-6:00pm	4:00-6:00pm	

### Pre-Camp Clinic (please choose from the following options)

Yes

[pre-camp option 1: \$80]    [pre-camp option 2: \$130]                      [pre camp option 3 : \$175]

No

If yes, # of athletes \_\_\_\_\_ preferred Pre-camp clinic dates \_\_\_\_\_.

### Camp (please choose from the following options)

Yes

[camp package 1: \$100]    [camp package 2: \$155]    [camp package 3: \$200]

[camp package 4 : \$300]

No

If yes, # of athletes \_\_\_\_\_ preferred camp dates \_\_\_\_\_.

---

UIL Routine: \$3,500 (please choose from the following options)

Yes

No

If yes, # of routines (\$3,500/UIL routine: ) \_\_\_\_\_

Potential Comp dates: \_\_\_\_\_

---

Competition Routine: \$3500 (please choose from the following options)

If yes, # of routines (\$3,500/routine: ) \_\_\_\_\_

Potential comp dates: \_\_\_\_\_

I have read and agree to abide by the 2025-2026 Apex school squad packet:

Signature: X \_\_\_\_\_

# School Cheer Team Roster:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.
- 32.