

Dear Parents,

Thank you for choosing Cheer Extreme Maryland as your athlete's All-Star Cheer experience. Please READ THIS entire post so you are familiar with important information and dates.

Below you will find our Level Training Teams for the next 2.5 weeks. During Level Training we can reassess your athlete's skills. If you feel your child was mis-placed for level training please allow us to have our first week of training so we can evaluate. Your athlete may have been nervous during tryouts and did not have the opportunity to show off their skills; or possibly they have finally achieved what is needed per the score sheet.

Levels were chosen on tumbling skills. The new score sheet holds us prisoner to what we can or cannot put on the floor. Without those team skills we won't be successful. This is a new scoresheet across the board so every gym will be adhering to it.

***Important Dates:***

CEA Maryland Financial Meeting, May 31, 2022 07:00 PM

Join Zoom Meeting

<https://zoom.us/j/93185725393?pwd=VjBxb2Q2VytHdHBRMHhwZ2c3SU9RQT09>

- Meeting ID: 931 8572 5393
- Passcode: r63rS0

CEA Maryland Financial Meeting, Jun 1, 2022 07:00 PM

Join Zoom Meeting

<https://zoom.us/j/98386194542?pwd=N2tOckFhMXJXdMfYSFZQZWYrakhzdz09>

- Meeting ID: 983 8619 4542
- Passcode: m76eqg

- 
- CEA Financial Meetings - Please Choose One Tuesday, May 31 @7:00 PM or Wed, June 1, @7:00 PM. Information above.
  - Training Teams – Monday, June 6, 2022 through Tuesday, June 21, 2022
  - Teal Reveal – Wednesday, June 22, 2022 (Team Announcements)

- Practices – Rest of June will have standard practices times. (Same as Training Times)
- Gym Closure – July 1, 2022- July 10, 2022
- Practices Re-Start – July 11, 2022 Week – Practices still proceed even when choreography is in play.
- Stunt/Pyramid Choreography – July 18, 2022 – July 23, 2022 (Details Soon)
- Uniform Fitting – Sunday, July 24, 2022 (Details Soon – Sign Up will be set up through a Sign-Up Genie Online)
- Stunt/Pyramid Choreography – July 25, 2022 – July 29, 2022 (Details Soon)
- Team Choreography Starts August 5, 2022 – August 17, 2022 – Your Athlete’s Team will fall on 2-3 of these days. Regular Practices still in play.
- Closed: Friday, September 2 – Monday, September 5, 2022.
- First Sunday Practice Starts on Sunday, September 11, 2022.

1. Cheer Questions: [cea-md@uniquesportsacademy.com](mailto:cea-md@uniquesportsacademy.com)
2. Financial Questions: [payments@uniquesportsacademy.com](mailto:payments@uniquesportsacademy.com)
3. BAND APP: Please download the app BAND. This will be CEA MD Teams Information source. <https://band.us/n/aca87cpbU2T4a>  
This link will take you directly to our BAND.
4. **Dress Code:** Wear All Black (no stress if there is color in it). Tighter Clothing, (shorts/shirt or sports bra). Nothing oversized. Lightweight Athletic Shoes or Cheer Shoes. Hair pulled back and up. Long hair and braids must be secured in a tight ponytail or braid so athlete can tumble. No Jewelry.
5. If your athlete’s number has the marks (\*\*) beside it that means they are crossing during training. You must attend both.
6. If your athlete requested to cross to another team please bear with us; we are adding more crossovers after evaluations and numbers are finalized on teams.

7. Either scenario can occur during Training Days. Either the athletes are already split by age and we are evaluating in that scenario OR they are mixed together and we are splitting them once they arrive.
8. Evaluation check lists are used during Training Days. This allows us to review and determine what skills are solidified and what skills they either still need OR have obtained since tryouts.
9. IMPORTANT: Cheer Shoes

Athletes (Levels 1-5) will be wearing Black Shoes

Athletes on Gossip Girls will be wearing Black Shoes

Athletes on Shade will be wearing White Shoes.

We will be selling No Limit Tumble – Cheer Shoes in the Pro-Shop; fitters have already arrived. Information and Details will be sent out soon.

# Training Levels

**Level 1A Training/Practice Dates:** Tuesday and Wednesday 5:45-7:00

(June 7,8,14,15,21,28,29) Teal Reveal: Wednesday, June 22, 2022

|     |
|-----|
| 112 |
| 124 |
| 126 |
| 131 |
| 133 |
| 140 |
| 150 |
| 152 |
| 154 |
| 162 |
| 173 |
| 181 |
| 182 |
| 183 |
| 187 |
| 189 |
| 195 |
| 197 |
| 204 |
| 236 |
| 257 |
| 264 |
| 269 |
| 330 |

**Level 1B Training/Practice Dates: Monday and Wednesday 5:45-7:00**

(June 6,8,13,15,20,27,29) Teal Reveal: Wednesday, June 22, 2022

|     |
|-----|
| 115 |
| 116 |
| 117 |
| 118 |
| 120 |
| 127 |
| 141 |
| 143 |
| 144 |
| 146 |
| 148 |
| 151 |
| 157 |
| 169 |
| 170 |
| 171 |
| 174 |
| 178 |
| 180 |
| 190 |
| 191 |
| 194 |
| 206 |
| 252 |
| 263 |
| 293 |

**Level 1C Training/Practice Dates: Tuesday and Wednesday 7:15-9:00**

(June 7,8,14,15,21,28,29) Teal Reveal: Wednesday, June 22, 2022

|     |
|-----|
| 119 |
| 122 |
| 136 |
| 142 |
| 149 |
| 153 |
| 160 |
| 161 |
| 165 |
| 168 |
| 172 |
| 179 |
| 184 |
| 192 |
| 196 |
| 205 |
| 251 |
| 265 |
| 276 |
| 297 |
| 316 |
| 329 |
| 331 |

**Level 1D Training/Practice Dates: Tuesday and Wednesday 7:15-9:00**

(June 7,8,14,15,21,28,29) Teal Reveal: Wednesday, June 22, 2022

|        |
|--------|
| 137 ** |
| 139    |
| 145    |
| 158    |
| 159    |
| 164    |
| 166    |
| 175**  |
| 176    |
| 177    |
| 185    |
| 188    |
| 200    |
| 256    |
| 266    |
| 307    |
| 310    |
| 312    |

**Level 2 Training/Practice Dates: Monday 7:15-9:00 and Wednesday 5:45-7:30**

(June 6,8,13,15,20,27,29) Teal Reveal: Wednesday, June 22, 2022

|           |
|-----------|
| 121       |
| 123       |
| 128       |
| 129       |
| 130       |
| 132       |
| 135       |
| 137**     |
| 138       |
| 147       |
| 155       |
| 156       |
| 167       |
| 175**     |
| 186       |
| 193/284** |
| 198       |
| 199       |
| 201       |
| 203       |
| 207       |
| 223/134   |
| 231       |
| 242       |
| 253**     |
| 255       |
| 258       |
| 259**     |
| 261**     |
| 267       |
| 271       |
| 277       |
| 280**     |
| 290       |
| 296       |



|       |
|-------|
| 333** |
|-------|

**Level 3 Training/Practice Days: Monday and Tuesday 5:45-7:30**

(June 6,7,13,14,20,21,27,28) Teal Reveal: Wednesday, June 22, 2022

|       |
|-------|
| 125   |
| 163** |
| 202** |
| 207** |
| 208   |
| 209   |
| 210   |
| 213   |
| 214   |
| 216   |
| 218   |
| 220   |
| 222** |
| 225   |
| 226   |
| 227   |
| 228   |
| 230** |
| 231   |
| 253** |
| 254   |
| 260** |
| 270   |
| 279   |
| 323   |
| 332   |
| 333** |

**Level 4 Training/Practice Days: Monday 7:15-9:00 and Thursday 5:45-7:30**

(June 6,9,13,16,20,23,27,30) Teal Reveal: Wednesday, June 22, 2022

|        |
|--------|
| 107    |
| 114    |
| 208**  |
| 211    |
| 212    |
| 215    |
| 217    |
| 219    |
| 221    |
| 229    |
| 230**  |
| 232    |
| 233**  |
| 234**  |
| 235    |
| 238    |
| 239**  |
| 240**  |
| 241    |
| 260    |
| 268**  |
| 298 ** |
| 313    |
| 323    |
| 334    |
| 335**  |

**Level 5 and 6 Training/Practice Days: Tuesday and Wednesday 7:15-9:15**

(June 7,8,14,15,21,28,29) Teal Reveal: Wednesday, June 22, 2022

|                      |
|----------------------|
| 100                  |
| 101                  |
| 102                  |
| 103                  |
| 104                  |
| 105                  |
| 106                  |
| 108                  |
| 109                  |
| 110                  |
| 111                  |
| 113                  |
| 163/300**            |
| 193/284** (Training) |
| 233/321**            |
| 234**                |
| 237                  |
| 239/294**            |
| 243                  |
| 246                  |
| 250                  |
| 268**                |
| 278 (Training)       |
| 280** (Training)     |
| 281                  |
| 282                  |

|                |
|----------------|
| 283**          |
| 285**          |
| 286 (Training) |
| 287**          |
| 288            |
| 289            |
| 291            |
| 292**          |
| 295**          |
| 298**          |
| 299            |
| 301            |
| 302            |
| 303            |
| 304            |
| 305            |
| 308            |
| 311            |
| 314            |
| 315            |
| 319            |
| 320            |
| 322            |
| 326            |
| 327            |
| 335**          |