



SCA STUNT

STUNT Information Packet 2025-2026





SCA – Club STUNT

SCA CLUB STUNT OUR MISSION

Stunt Cheer Academy helps push athletes to be the best version of themselves. Athletes learn STUNT the Sport, but they also will be given lifelong skills that will help them throughout their lives. The progress our athletes see in positive and productive surroundings can be amazing. A pat on the back, a high five, and positive reinforcement can go a long way. At Stunt Cheer Academy, our mission is to empower young athletes through the dynamic sport of Stunt, fostering not only competitive excellence but also teamwork, discipline, and resilience. We are committed to providing a transformative experience that develops individual growth and cultivates leaders, both in The sport and in life. As the 1st Stunt club in Arkansas, we strive to set the standard for excellence, innovation, and integrity in the sport, ensuring every athlete has the opportunity to reach their full potential and explore extensive scholarship opportunities. Our goal is to inspire, challenge, and support our athletes as they ascend to new heights in a safe and supportive environment.

Program Expectations

•Commitment to Excellence:

Athletes are expected to dedicate themselves fully to training and improvement, maintaining a high standard of performance at all times.

•The World Needs More Cheer :

As Stunt is a team-oriented sport, participants must work collaboratively, supporting and uplifting one another both in practice and in competition.

•Respect and Sportsmanship :

Respect for coaches, fellow athletes, competitors, and the sport itself is paramount. Good sportsmanship should be displayed at all times.

•Discipline and Punctuality:

Athletes are expected to attend all practices and events on time, prepared, and ready to engage fully in activities.

• Safety First:

Adhering to safety protocols and guidelines is non-negotiable. Athletes must commit to safe practice techniques to ensure the well-being of all participants.

•Continuous Improvement:

Athletes should continually seek to enhance their skills and performance, taking constructive feedback positively and applying it diligently.

• Representation:

As members of a pioneering program, athletes are expected to represent the program positively in public and social media, acting as ambassadors of the sport.

What We Are About:

Innovation in Sport

We are at the forefront of developing Stunt as a competitive sport, introducing new techniques and strategies to advance our athletes and the sport itself.

Leadership Development

Our program focuses not just on athletic achievement but also on developing leaders. We provide opportunities for athletes to grow into roles that enhance their leadership capabilities.

Community and inclusion

We strive to create an inclusive environment where athletes from all backgrounds feel welcome, respected, and valued.





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STUNT the Sport

STUNT is one of the fastest growing female sports in the country and was just given NCAA DII 'Emerging Sport For Women' status as of January 2023! As a new form of competitive cheerleading, STUNT is performed in a head-to-head 4-quarter format. Each quarter focuses on different elements of competitive cheerleading.

Quarter 1: Partner Stunts

Quarter 2: Pyramids & Tosses

Quarter 3: Jumps & Tumbling

Quarter 4: Team Routine

Within each Quarter, there are 2-4 rounds of play, dependent upon age category. Each "round" of play will focus on a pre-set routine that ranges in skill level. (Skill Grid breakdowns by age and level at the end of this informational packet). For 8U teams, there are 3 potential levels of play while 11U, 14U, and 18U have a potential of 6 levels of play. Each "play" will last 30 seconds, or ten 8-counts long. A game of STUNT typically lasts about 45-60 minutes.

Scoring officials will determine the number and degree of errors made by each team during play. The team with the fewest deductions is declared the winner of each round, receiving points toward their final score. Learn more about STUNT the Sport by visiting www.stuntthesport.org



You Belong Here

We are so excited to release our information for the upcoming 2024 Club STUNT Season. We want to get our dates and pricing out as soon as we could to help families plan!

The World Needs More Cheer

Today, more than ever, the world needs more cheer. Cheer offers hope, purpose, and community. It **inspires, empowers, & frees**. It unshackles children from society's constraints & expectations, and, it never judges...except for those 30-second plays on the mat.

At SCA we believe...
That cheer prepares you for the sport called life. In freeing your inner cheerleader. That mat talk can change lives.
In changing lives, one 8-count at a time and more than anything,
the world needs more cheer.



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Team Placements

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have developed and demonstrate a potential to learn new skills.

After the final session of evaluations, the staff assembles rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Athletes' individual skills, experience, age, and what would form the most competitive and successful team are taken into consideration. After rosters are set, athletes (or parents) are contacted by phone to let them know the results of the evaluations. We offer multiple evaluation sessions. Athletes are only required to attend one evaluation session for STUNT the sport.

There are 5 potential age groups an athlete could be placed in:

8U: 5 to 8 years old

11U: 8 to 11 years old

14U: 11 to 14 years old

18U: 14 to 18 years old

18+: 18 to 25 years old

Athletes will be placed on the team that correlates with their age group. "League Age" is determined by the age of the athlete as of June 1, 2024. Each team will consist of anywhere between 8-24 athletes. As in most sports, athletes will be given the opportunity to learn all choreography and plays for all levels. Athletes will be chosen to perform in selected plays within their skill level and which benefits the team.

All athletes attending an evaluation will be selected for a team. If SCA is not able to find a placement for an athlete, 100% of the tryout fee will be credited back. If an athlete chooses to decline a roster spot prior to June 15th, 2024, the initial tuition will be credited back.



Practice and Attendance

All teams have a one practice day per week and the schedule will be determined after tryouts. From September through December, please count on extended or additional team practice leading up to any performances, scrimmages, games, or tournaments. Practice times usually remain consistent throughout the season and are only changed as needed. Additional practice outside of weekly scheduled practice is highly encouraged.

During important times of the season, extra practices may be scheduled. These practices are typically scheduled well in advance and all athletes are expected to attend.





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Game / Tournament Schedule

Game/Tournament schedule will depend on age division. The cost of the season that is paid in your monthly tuition cost includes the fees associated with registering and participating in 3-5 different events.

The 8U and 11U age groups are not eligible for postseason tournaments but may still travel nationally to play. All other divisions (14U, 18U, 18+) will travel nationally to play other teams within their age groups and work towards a chance to be invited to postseason tournament play.

Finalized Game/Tournament schedules will be released in the month of August after teams have been set and tournament registration opens. Please count on a performance at our showcase that we will be hosting!

Cost / Tuition

STUNT the Sport, while not as costly as some youth activities, can still be expensive. Before considering SCA or any program, please consider the financial commitment involved.

We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 2024 Club STUNT season, there will be 7 monthly charges beginning June 2024 through December 2024. *The first month of tuition will be charged on Saturday, June 8, 2024.* Tuition will be payable on the 1st of each month beginning July 2024. (July tuition July 1st, etc.)



This monthly fee covers tuition and most other expenses and does not fluctuate from month-to-month. Tuition does not change based on the number or length of practices in any particular month. Costs vary depending on location – please see tuition listing for your facility.

The season price covers all expected costs including annual team fees, regular season game/tournament fees, music, choreography, and coaching fees. Not included in this cost is any apparel items that the athlete will keep, cost for travel and stay for away games/tournaments, post-season tournament fees, and USA Cheer Athlete Membership Fee.

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2024 SCA INFORMATION

EVALUATION SESSION DATES

SESSION 1

Time and Dates to be announced

2pm – 3pm	Athletes age 5-11
3pm – 4pm	Athletes age 12 & up

SESSION 2

Time and Dates to be announced

11am – 12pm	Athletes age 5-11
12pm – 1pm	Athletes age 12 & up

EVALUATION FEES

*Season consists of 7 monthly payments,
June 2024 – December 2024*

Regular Athlete Pricing

	Monthly
8U & 11U	\$175
14U/18U/18+	\$195

****CROSSOVER ATHLETE PRICING****

*This is discounted pricing for any of the
CF All Star Team Athletes ONLY.*

Crossover Athlete Pricing

	Monthly
8U & 11U	\$175
14U/18U/18+	\$195

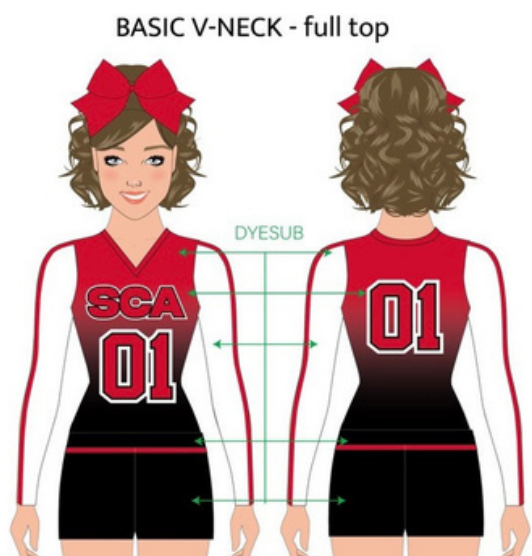
OTHER COSTS

- Game Day Uniform \$285 (more information below) Annual
- Registration Fee \$ 50 USA Cheer
- STUNT Athlete Membership Fee (due to USA Cheer)
 - o \$25 (new member)
- Possibility of extra game/tournament fees if cost exceeds the anticipated amount (added cost likely under \$200 total)
- Possibility of extra costs for post-season bid tournaments (State/Regional/National Championships)
Travel to and from games.

SEASON APPAREL (estimates)

PACKAGE DEAL

Uniform and Practice	\$285
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SKILL GRID (FROM FALL 2022 SEASON ROUTINES)

8U

Partner Stunts

Level 1

- 1/4 Up to Shoulder Sit
- Shoulder Sit to Prep
- Prep to Thigh Stand
- Prep

Level 2

- 1/2 Up to Load
- Prep
- Prep to Prone
- Log Roll to Prone
- Prep

Level 3

- Shoulder Level Liberty
- Switch to Hitch at Waist Lvl
- Show-n-Go
- Prep
- Waist Lvl Straddle to Thigh Stand
- 1/2 Up to Thigh Stand

Jumps & Tumbling

Level 1

- Toe Touch
- Forward Roll
- Cartwheel

Level 2

- Right Front Hurdler
- Cartwheel
- Toe Touch
- Power Hurdle Front Walkover
- Handstand
- Forward Roll

Level 3

- Power Hurdle FWO Cartwheel
- Handstand
- Forward Roll
- Toe Touch
- Cartwheel
- Forward Roll
- Right Front Hurdler

11U

Partner Stunts

Level 1

- 1/4 Up to Shoulder Sit
- Shoulder Sit to Prep
- Prep to Thigh Stand
- Prep

Level 2

- 1/2 Up to Load
- Prep
- Prep to Prone
- Log Roll to Prone
- Prep

Level 3

- Shoulder Level Liberty
- Switch to Hitch at Waist Level
- Show-n-Go
- Prep
- Waist Level Straddle to TS
- 1/2 Up to Thigh Stand

Level 4

- Front Walkover to Shoulder Sit
- Shoulder Sit to 1/4 Turn Prep
- Peg Leg on Thigh
- Hitch to Press Extension
- Cradle Reload
- Thigh Stand

Level 5

- Roundoff to Load
- 1/2 Up to Prep
- Full Down Dismount
- Quick Toss to Load
- Extension

Level 6

- Quick Toss to Load
- Faux Single Base Prep
- Load to Prone Roll
- 1/2 Up to Prep
- Hitch to Press Extension
- Cradle Reload to Prep

Jumps & Tumbling

Level 1

- Toe Touch
- Forward Roll
- Cartwheel

Level 2

- Right Front Hurdler
- Cartwheel
- Toe Touch
- Power Hurdle Front Walkover
- Handstand
- Forward Roll

Level 3

- Power Hurdle FWO Cartwheel
- Handstand
- Forward Roll
- Toe Touch
- Cartwheel
- Forward Roll
- Right Front Hurdler

Level 4

- Standing Back Handspring
- Toe Touch
- Power Hurdle Roundoff BHS
- Pike

Level 5

- Pike
- Forward Roll
- Power Hurdle Roundoff Tuck
- Power Hurdle Roundoff 2 BHS
- Standing Back Handspring
- Toe Touch

Level 6

- Toe Touch
- Toe Touch Back Handspring
- Standing Back Handspring
- Power Hurdle Roundoff Tuck
- Power Hurdle Roundoff BHS Tuck
- Right Front Hurdler



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SKILL GRID (FROM FALL 2022 SEASON ROUTINES)

14U

SOME OF THESE WILL CHANGE FOR 2023

Partner Stunts

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none">Quick Toss to LoadLoad to PrepLoad to Prone Roll1/4 Up to Shoulder SitP&G to Shoulder Level Hitch	<ul style="list-style-type: none">FWO to SSSS to 1/4 Turn PrepPeg Leg on ThighHitch to Press ExtensionCradle ReloadThigh Stand	<ul style="list-style-type: none">Quick Toss P&G ExtensionPop Off DismountBasket Grip 1/2 Up to PrepF. Suspended Roll from LoadRoundoff to Load to Extension	<ul style="list-style-type: none">FWO to PrepShoulder Level 360 to Load to ExtensionPrep Release 1/2 around to prepBack Walkover out DismountP&G Extension	<ul style="list-style-type: none">Quick Toss P&G to LibertyBump Down to PrepCradle Dismount1/2 Up to ExtensionCradle DismountBWOFWO to Prep	<ul style="list-style-type: none">Quick Toss to P&G ExtensionFull Down DismountShoulder Level Inversion to Prep360 to PrepLiberty

Jumps & Tumbling

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none">Right Front HurdlerCartwheelBackward RollToe TouchPower Hurdle Front WalkoverHandstandForward Roll	<ul style="list-style-type: none">Toe TouchForward RollCartwheelStanding Back Handspring	<ul style="list-style-type: none">Right Front HurdlerStanding Back HandspringPower Hurdle Front WalkoverToe TouchPower Hurdle Roundoff BHSBack Extension Roll	<ul style="list-style-type: none">PikeForward RollPower Hurdle Roundoff TuckPower Hurdle Roundoff 2 BHSStanding BHSToe Touch	<ul style="list-style-type: none">Power Hurdle Roundoff BHSPower Hurdle Roundoff TuckPikeStanding BHSPower Hurdle FWOToe Touch	<ul style="list-style-type: none">Power Hurdle Roundoff TuckPower Hurdle Roundoff BHS TuckStanding TuckPikeStanding BHSToe Touch

18U

Partner Stunts

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none">FWO to SSSS to 1/4 Turn PrepPeg Leg on ThighHitch to Press ExtensionCradle ReloadThigh Stand	<ul style="list-style-type: none">Quick Toss to LoadFaux Single Base PrepLoad to Prone Roll1/2 Up to PrepHitch to Press ExtensionCradle Reload to Prep	<ul style="list-style-type: none">Quick Toss P&G to LibertyBump Down to PrepCradle Dismount1/2 Up to ExtensionCradle DismountBWOFWO to Prep	<ul style="list-style-type: none">Walk-in Faux Single Base ExtensionP&G to Heel StretchBaja360 to Load to TargetCorkscrew DismountTorch	<ul style="list-style-type: none">360 to TargetFaux Single Base ExtensionPop Off DismountRoundoff Release to Target1/4 Turn Switch Up Arabesque1-1/4 Full Down DismountCradle Reload to Extension	<ul style="list-style-type: none">Walk-in Single Base ExtensionCorkscrew DismountP&G Low-to-High 360 to TargetHigh-to-High Liberty to Heel StretchLog Roll Cradle Reload to Target

Jumps & Tumbling

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<ul style="list-style-type: none">Power Hurdle FWOCartwheelHandstandForward RollToe TouchCartwheelForward RollRight Front HurdlerToe Touch	<ul style="list-style-type: none">Back Extension RollPower Hurdle Roundoff 2 BHSForward RollToe TouchStanding BHSPower Hurdle FWO Roundoff BHSSeat RollRight Front Hurdler	<ul style="list-style-type: none">Power Hurdle Roundoff BHSPower Hurdle Roundoff TuckPikeStanding BHSPower Hurdle FWOToe Touch	<ul style="list-style-type: none">Toe TouchToe Touch BHSStanding BHSPower Hurdle Roundoff TuckPower Hurdle Roundoff BHS TuckRight Front Hurdler	<ul style="list-style-type: none">Standing BHSRight Front Hurdler - Toe Touch ComboRoundoff BHS LayoutPower Hurdle FWO Roundoff BHS TuckPikeStanding Tuck	<ul style="list-style-type: none">Standing TuckStanding BHSStanding BHS TuckToe Touch - Right Front HurdlerComboSeat RollPower Hurdle Roundoff BHSRoundoff BHS LayoutRoundoff BHS FullPike



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AGE GRID for 2025-2026 STUNT Season

THIS IS BASED UPON
THE 24-25 GRID
WITH UPDATED
DATES. THIS IS NOT
ANTICIPATED TO
CHANGE.

Division	Rules
8U	See 8U Rules
11U	See 11U Rules
14U	See 14U Rules
18U	See 18U Rules



LEAGUE AGE QUICK REFERENCE TABLE

For play occurring between June 1, 2024 – May 31, 2025

Age as of June 1, 2024 = LEAGUE AGE

Find the athlete's birth month column across the top. Go down the rows to the athlete's birth year.
The corresponding League Age and Division listed at the end of the row is the athlete's League Age
and Division for the 2024-2025 Club STUNT season.

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	LEAGUE AGE	DIVISION
2019	2019	2019	2019	2019	2018	2018	2018	2018	2018	2018	2018	5	8U
2018	2018	2018	2018	2018	2017	2017	2017	2017	2017	2017	2017	6	8U
2017	2017	2017	2017	2017	2016	2016	2016	2016	2016	2016	2016	7	8U
2016	2016	2016	2016	2016	2015	2015	2015	2015	2015	2015	2015	8	8U or 11U
2015	2015	2015	2015	2015	2014	2014	2014	2014	2014	2014	2014	9	11U
2014	2014	2014	2014	2014	2013	2013	2013	2013	2013	2013	2013	10	11U
2013	2013	2013	2013	2013	2012	2012	2012	2012	2012	2012	2012	11	11U or 14U
2012	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	12	14U
2011	2011	2011	2011	2011	2010	2010	2010	2010	2010	2010	2010	13	14U
2010	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	14	14U or 18U
2009	2009	2009	2009	2009	2008	2008	2008	2008	2008	2008	2008	15	18U
2008	2008	2008	2008	2008	2007	2007	2007	2007	2007	2007	2007	16	18U
2007	2007	2007	2007	2007	2006	2006	2006	2006	2006	2006	2006	17	18U
2006	2006	2006	2006	2006	2005	2005	2005	2005	2005	2005	2005	18	18U

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