



1601 Garner Station Blvd. Raleigh, NC 27603

Gym Number: (919) 876-8325

CEA Raleigh is Owned & Operated By: Kelly Smith Helton

Kelly's Number: (336) 681-2338 | Email: kellysmithhelton@gmail.com

CHEER EXTREME RALEIGH TRYOUT PACKET

(pre-phase 1/written May 7th)

Welcome to the 2020-2021 CEA Tryouts!
New & Current Athlete Pre-Registration and Tumble:
June 1st – 3rd

<i>Mon. June 1</i>	<i>Tues. June 2</i>	<i>Wed. June 3</i>
<i>Level 5-6</i>	<i>Level 3-4</i>	<i>Level 1-2</i>
<i>6:00-8:00</i>	<i>6:00-8:00</i>	<i>6:00-8:00</i>

Tryouts: June 4th-7th, 2020

Pre-Registration Nights & Tumble Warmups by level: Thursday June 4th & Friday June 5th

Tumble Tryout Day: Saturday June 6th

Stunt Evaluation Tryout Day: Sunday June 7th

If you cannot make these dates, please email kellysmithhelton@gmail.com

All registration will be done ONLINE this season:

- Visit www.cheerextremeraleigh.com and click **REGISTRATION**
- Initial, sign, and date the "Cheer Extreme Terms and Conditions" form
- Return to the front desk along with the "Information Card" and Registration Fee.

Please check the two team box on your Information Card if you wish to be considered for two teams. Crossover considerations are ultimately selected by the coaching staff based on stunt position and benefit to cheering with other athletes the same age as your athlete for long-term growth in the sport.

Never cheered before? No worries...we love to train from the very beginning so your child grows up loving cheer the way we do! You hire our award-winning staff to teach you all that you need to know to be a successful and competitive all-star cheerleader. We promise you'll have an amazing experience.

Coaching staff will evaluate each athlete on the following criteria:

- Tumbling difficulty
- Tumbling execution
- Athleticism
- Willingness to accept and apply instruction
- Stunting positions (flyer, main base, side base, back spot)
- Tumbler positions (anywhere from 1-6 tumbling positions will be offered on each team)
- Jump technique
- Overall attitude and attendance from the past season, if applicable

For the 1st time ever...we now offer PREP teams during our normal full year cheer season. These teams will only compete locally, but receive all other full-year allstar perks.

Everyone who attends tryouts at CEA makes a team; however, it may be suggested that our half-year program is a better fit. Half-year Tryouts will be held Thursday August 27th from 6:30-8:00. The first half-year team practice will be held Thursday September 3rd from 6:30-8:30. If you cannot make half-year tryouts, we invite you to attend the first practice as a trial. We also offer our Extreme Kids program for children 2 years to 8 years old and Cheer 101 class for beginner cheerleaders ages 6 to 15.

Check Out Our Website: www.cheerextremeraleigh.com

Check here for Raleigh gym-specific information regarding tumble classes/summer camps/forms to download/track-out camps, etc.

2020-2021 CEA RALEIGH TRYOUT SCHEDULE

Official Tryout Date: THURSDAY, JUNE 4th - SATURDAY, JUNE 7th

- Apparel options for tryouts will be available in the lobby area if desired
- Parents are allowed to watch tryouts from the lobby area ☺
- You are free to leave after your child has completed their tryout on Saturday

All new parents will need to attend an introductory “NEW TO CEA” meeting with Kelly.

*Parent Meetings will be held both live in the Lobby and on ZOOM

ZOOM MEETING: Thursday, June 4th @ 6:00 pm

ZOOM CODE: 483 519 2880

LIVE SESSION: Friday, June 5th @ 5:30pm and 7:30pm

Please come to the parent meeting that is most convenient for your schedule (& prior to your child’s tryout) All information given at these meetings is the same. We will go over the following information:

- 1) What to expect on Tryout Day
- 2) Explanation of the Tryout Packet
- 3) Approximate Summer Skills and Routine Camp Weekends
**SKILLS CAMPS ARE MANDATORY in order to keep your spot on the team.
- 4) Tuition (what’s included), Fees and Cost
8-10 competitions per year + Summit/The One/Worlds
- 5) Expectation and Weekly Schedule for Summer vs. Fall
- 6) Welcoming you to the Teal Family!
- 7) Question & Answer Session

Athletes must attend the mandatory tryout clinic times below according to their Skill Level & Age as of December 31, 2020

Tryout Clinic Groups are Based on Tumbling Ability. We will still determine if your child is eligible for a higher level team based on team needs. (trick flyers/strong bases/etc.)
Tryout clinics will be geared towards preparing their tryout passes (both standing & running) and Jump Prep.

AVAILABLE TO ATHLETES OF ALL AGES

We will offer extra tumble time with CEA staff for \$10 each session
Thursday June 4th & Friday June 5th from 5:30-6:30 pm & 9:30-10:30

TRYOUT WEEKEND

THURSDAY & FRIDAY: Athletes will Finalize Registration and Warmup Their Tumbling Passes
SATURDAY: Tumble Tryout Day! Athletes will tryout in groups of 5, grouped first by level and then by age.

We are alternating levels in a progression so that the staff is able to start finalizing our Sunday stunt evaluation schedule as early as possible

-They will demonstrate a running pass first, a second pass if desired, standing tumbling, standing tumbling connected to a toe touch, 1 Hurdler and 1 Double Toe Touch Jump Combination, and body positions on the floor. *If a child wishes to show us a dance of their choice, they will be allowed; however, dance is not required. Please remind your child to smile & perform (and look their best ☺) Bases and back spots will be asked what positions they prefer. The more positions mastered, the more chances they have to make a desired team.

SUNDAY: The Schedule for Sunday will be posted on our website under the TRYOUTS TAB by MIDNIGHT on Saturday, June 6th. Athletes will spend 1-2 hours stunting to show us all of what they can do.

*****Check all lists, as your child may be on more than 1*****

NEW THIS YEAR! NEW FLYER EVALUATIONS will be done by Invitation Only for levels 4 and up will take place Sunday morning before their group stunt tryout. Invitation will be received on Saturday during their tumble tryout.

TRYOUT TIMELINE

Registration and Instructed Tumble Warmup

THURSDAY, JUNE 4th

EXTRA GYM TIME FOR TRYOUT PREP: 5:30-6:30 \$10
Tryout Clinic for 8 and UNDER: 5:30-6:30
Level 1-3 Tryout Clinic for 9-11: 6:30-8:00
Level 1-3 Tryout Clinic for 12 & Up: 8:00-9:30

EXTRA GYM TIME FOR TRYOUT PREP: 9:30-10:30 \$10

FRIDAY, JUNE 5th

EXTRA GYM TIME FOR TRYOUT PREP: 5:30-6:30 \$10
Level 4/Level 5 Tryout Clinic for Ages 11 & Under: 5:30-6:45
Level 4/Level 5 Tryout Clinic for Ages 12 & Up: 6:45-8:00
Level 6 TRYOUT CLINIC: Ages 8 & Up 8:00-9:30
(must have 2-full, combo to full and/or double)

EXTRA GYM TIME FOR TRYOUT PREP: 9:30-10:30 \$10

SATURDAY JUNE 6th - Tumble Tryout Day (Each athlete will be given an exact time for Mat 1/Mat 2/Final tryout mat for their group of 5 if the gym still has limited occupancy)

Athletes will need ample time to find parking, come in, get a name tag and number, warm up tumbling and tryout in their group of 5 (progressive from youngest to oldest)

Ages 3-6: 9:00-10:30 am

LEVEL 6: 9:00-11:30 am

LEVEL 1: 11:00-1:30

LEVEL 5: 1:00-3:30

LEVEL 4: 3:00-5:30

LEVEL 2: 5:00-7:00

LEVEL 3: 6:30-8:30 pm

CODE BLACK: 8:00-9:00

SUNDAY JUNE 7th - Stunt Evaluation Day (pending CDC approval)

****STUNT EVALUATION TIMES will be posted online at www.cheerextremerealeigh.com by SATURDAY JUNE 6th at MIDNIGHT**

Invitation ONLY Flyer Evaluations will take place 1st from 10:00-11:00 am

All Other Stunt Evaluations will be 1 to 1.5 hours in length beginning at 11 am ending by 9 pm

****WE WILL POST THE CALENDAR FOR JUNE ON OUR WEBSITE AND FB GROUP BEFORE MONDAY JUNE 8th****

TEAL REVEAL WILL BE POSTPONED UNTIL LATER IN THE SUMMER SO WE CAN BETTER SOLIDIFY OUR ROSTERS FOR CAMP/UNIFORM PURPOSES

****OFFICIAL PARENT MEETINGS FOR THE SEASON WILL BE HELD DURING PRACTICES THE 1ST WEEK AFTER TEAL REVEAL**

LEVEL BREAKDOWN FOR TRYOUT TIMES

Your child must demonstrate all of the skills WITH ASTERISKS** in order to secure a spot within a specific level (In addition to being able to stunt that level). Athletes will be able to show 2 standing and 2 running passes for tryouts.

Coaches may ask athletes to throw an additional skill if needed based on potential choreography goals.

The execution of the skills being performed must be clean and precise to count.

Tumbling will be judged based on the Varsity scoring system and the "drivers" used for technique scores.

DRIVERS:

Speed/Body Control/Approach/Landings/Timing

If you have questions, ask any of our instructors for help!

Stunt positions and tumble positions are offered on each team, so certain exceptions apply.

AGES 3-6 (ALL LEVELS) MUST ATTEND TRYOUTS FROM 9:00-10:30 am

If you have no tumble experience, attend the Level 1 tryout and we will take care of you!

So that our athletes try out with kids their age, younger athletes will try out towards the beginning and older athletes will try out towards the end of the time frame, but EVERYONE NEEDS TO ARRIVE AT THE BEGINNING OF THEIR TIME SLOT.

LEVEL 1

11:00 am-1:30 pm

Standing

Forward Roll
Cartwheel**
 Back Bend Kickover
Backwalkover**
 Switch Leg Backwalkover

Running

Cartwheel
 Roundoff
Cartwheel BWO**
 Front Walkover (preferred)
 Multiple BWO's

LEVEL 2

5:00-7:00 pm

Standing

Backhandspring**
 Backhandspring Step Out
 BWO Backhandspring**
 BHS Stepout BWO BHS

Running

Roundoff Backhandspring**
Combination to Backhandspring**
 -Forward Roll entry, Front Walkover
 Multiple Backhandsprings
 Front Handspring Forward Roll RO BHS

LEVEL 3

6:30-8:30 pm

Standing

Standing 3 Backhandsprings**
 Toe Touch BHS
Toe Touch 3 BHS**

Running

Roundoff Tuck
Roundoff BHS Tuck**
 FWO Roundoff BHS Tuck
 Punch Front Stick
 Aerial

LEVEL 4

3:00-5:30 pm

Standing

Standing Tuck**
 Backhandspring Tuck
Toe Touch Backhandspring Tuck**

Running

Roundoff BHS Layout** (w/proper tech.)
 Combination to Layout
 -Includes Whips, FWO, Punch Front

LEVEL 5

1:00-3:30

Standing

Toe Touch Back Tuck**
Two to Layout**
 BHS Tuck BHS BHS Layout

Running

Roundoff Full
Roundoff BHS Full**
 Combination to Full
 -FWO, whip, Punch Front
 RO Arabian stop RO BHS Full

LEVEL 6

9:00-11:30 am

Standing

Toe Touch Back Tuck**
1 or 2 to full**
 Standing Full/Toe Full
 Standing through to Double
 Combo Standing to Double

Running

Combo to Full**
 -Punch Front, Whip, Arabian,
 Full through, Whip full
 Double Full (preferred)
 Combo through to Double Full
 -Punch Front, Whip, Arabian
 Full Through, whip double, 1½→

OFFICIAL TRYOUT TIMELINE!

- Registration and Tumble Warmup: **FRIDAY June 5th**
- Tumble Tryout Day: **SATURDAY June 6th**
- Stunt Evaluation Tryout Day: **SUNDAY June 7th**
 - Stunt Evaluation Times will be posted on or before midnight on Saturday May 6th @ www.cheerextremerealeigh.com under the tryouts tab.
 - New Flyers we wish to evaluate on Sunday morning will receive their invitation on Saturday. New Flyer Evaluations will be held from 10:00-11:00 am on Sunday morning.
- **1st ROUND OF SUMMER PRACTICES & LEVEL CAMPS will occur from June 8th through June 28th. We will practice in groups rather than specific teams for the first month. Those groups will be posted on our website by Sunday June 7th (at night)**
- **GYM IS CLOSED FOR JULY 4th from July 1st-July 8th (those with planned vacations let your team mom know)**
- **TEAL REVEAL will be held in July (LATER THAN NORMAL so we can better solidify positions on teams)**
- FINAL TEAM RESULTS will be posted online @ www.cheerextremerealeigh.com after teal reveal

SUMMER CAMP INFORMATION

- MANDATORY TUMBLE CAMP FOR LEVELS 1-3 will be held JUNE 12-14
- MANDATORY TUMBLE CAMP FOR LEVELS 4-6 will be held JUNE 26-28
- Mandatory Skills Camp will be held on one of the following weekends
 - June 19-20/July 10-12/July 17-19/July 24-26/ July 31-Aug 2/Aug 7-9
- Mandatory Routine Camp will be held on one of the following weekends
 - Aug 7-9/Aug 14-16/Aug 21-23/Aug 28-30/September 11-13/September 18-20

NEW USASF AGE GRID

The USASF was created in 2002 to unify the all-star cheer industry with a specific set of rules. Divisions are governed by age/birth year

USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)

TIER	DIVISIONS	5/31/2001 & Earlier	6/1/2001-12/31/2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	1/1/2017-6/1/2017
ELITE CLUB	Senior Open(L4/L6)	x	x	x	x	x	x	x	x										
	Senior (L6)		x	x	x	x	x	x	x										
	Senior (L1-5)		x	x	x	x	x	x	x	x									
	Junior (L5-6)					x	x	x	x	x	x	x	x						
	Junior (L4)					x	x	x	x	x	x	x	x	x					
	Junior (L1-3)					x	x	x	x	x	x	x	x	x	x				
	Youth (L5)									x	x	x	x						
	Youth (L4)										x	x	x	x					
	Youth (L1-3)										x	x	x	x	x	x			
	Mini (L1-2)													x	x	x	x		
Tiny (L1)														x	x	x			
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)		x	x	x	x	x	x	x	x	x	x							
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)					x	x	x	x	x	x	x	x	x	x				
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)									x	x	x	x	x	x	x			
	Mini Prep (L1.1, 2.1, 2.2)												x	x	x	x			
	Tiny Prep (L1.1)														x	x	x		
NOVICE	Senior Novice(L1-3 w/restrictions)		x	x	x	x	x	x	x	x	x	x							
	Junior Novice (L1-3 w/restrictions)					x	x	x	x	x	x	x	x	x					
	Youth Novice(L1-3 w/restrictions)									x	x	x	x	x	x	x			
	Mini Novice (L1-2 w/restrictions)												x	x	x	x			
	Tiny Novice(L1 w/restrictions)													x	x	x	x		
CheerAbilities	CheerAbilities Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			
	CheerAbilities Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			
ELITE INTERNATIONAL	International Open (L7)	x	x	x	x	x													
	International Open/NT/Global (L6)	x	x	x	x	x	x												
	International Open (L4)	x	x	x	x	x	x	x											
	International Senior (L1-4)				x	x	x	x	x										
	International Junior (L1-4)					x	x	x	x	x	x	x							



TEAM BREAKDOWN

Half Year Teams: Travel locally, compete at the beginner level and do not attend skills camp. Season runs from September 1st through mid-April. Pre-registration for the Half Year Program begins August 1st. Fees and uniform price are significantly less than full-year athletes.

Full Year Novice & Full Year Prep Teams: Travel locally, compete at the beginner level and do not attend skills camp. Season runs from May through mid-April. Fees and travel pricing is significantly less.

Full Year Elite Teams: Teams attend approximately 10 competitions each year between October and early May. Typically, 4-5 competitions are local (<1.5 hours away), 3-4 are driveable (<5 hours away), 1-3 may require a flight. Level 5 teams travel more extensively than other levels.

Levels 1-5: Teams travel less extensively, go to a mandatory skills camp, & have the ability to obtain a bid to The Summit which is held in Florida at the end of April. If your athlete is on a team that attends The Summit, there will be additional expenses.

Level 6: Teams travel extensively & go to a mandatory skills camp. If your athlete is on a team that attends Worlds in April there will be additional expenses. We are happy to announce that 3 of our 4 Worlds Teams from Raleigh will be attending the 2019 World Championship on a Full Paid Bid.

REGISTRATION PROCESS

Pre-Registration for Tryouts will take place once gym reopens

YOU MUST HAVE THE FOLLOWING IN ORDER TO TRYOUT:

- Registration Fee: \$75.00 per child or \$100.00 per family
- Completed Registration Form with financial information provided
- Birth Certificate (new athletes)
- Photo (new athletes)
- Completed Information Card
- Cheer Extreme Terms and Conditions Form –Please initial, sign, and date
- All outstanding debts must be paid in full

****When you join CEA, you are joining the program, not a specific team. Team placements on initial team rosters are set for choreography purposes by Fall 2020. Athletes who do not keep skills performed at tryouts may be moved to a different team and/or become an alternate for that team. Those athletes who showed marked improvement may be moved up as well. These same rules apply throughout the season and for post season. Rosters are open to change throughout the season as athletes grow out of or into stunt positions...ultimately it is up to Kelly to compete a team that has shown consistency in the gym before taking the mat. We aren't known for leaving anything up to luck when taking the floor. Athletes must also show consistent attendance and a good attitude throughout the summer in order to keep their spot. Athletes must be hitting full out routines 2 weeks prior to a competition in order to solidify their spot on the competition floor. Please keep in mind that once a routine is learned, only a very unique body can fulfill the expectations of what was created.**

A quitter's fee of \$300 will apply to those who leave after routine camp

****We will require a deposit from out of town athletes this season to ensure their intentions of cheering are strong enough to hold a spot. This deposit will be applied to their competition fees after competing at their first USASF event of the year.**

CHEER EXTREME RALEIGH CHEERLEADING FINANCIAL POLICIES

1- Electronic Payments: All monthly tuition paid to CEA Raleigh for all-star cheerleading will be done electronically on the 1st business day of every month through a bank draft or credit card. ***NO EXCEPTIONS!***

****New this season, we will be requiring every family to give a credit card as backup to bank account information to ensure payment is collected on time.**

2- 2020-2021 All-Star Cheerleading Pricing: The all-star program is offered as a 12- month program with payments due monthly from May 2020 through April 2021.

*****June tuition will be drafted in full on Monday June 8th. Be sure to take advantage of tumble classes throughout the entire month of June that are offered. The Calendar for those classes will be posted on our website www.cheerextremeraleigh.com***

Annual Registration Fee:

\$75.00 per child

\$100.00 per family

Monthly Fee:

Tiny Novice: \$85.00

First Child \$160.00

Second Child \$140.00

Third Child \$120.00

Monthly Crossover Fee to More Than One Team:

\$35.00 per athlete

****Crossovers will need to pay for each competition they attend if one team travels uniquely****

3- Competition and Other Fees: The following fees will be due in seven (7) installments on Jul 15th/Aug 15th/Sep 15th/Oct 15th/Nov 15th/Dec 15th/Jan 15th

Choreography: \$100-\$250

Music Fees: \$100-\$225

Coaches' Travel Fees: \$80-\$250

Post Season Celebration Fee: \$45

Administrative Processing: \$30

Team Parent Kit: \$5

Post Season Swag Bag: \$75

Competition Registration Fees: Range from \$450-\$975 (not including summit/world's)

****Crossovers pay separately for each competition they attend; however, they only pay once for choreography/music/coaches' travel/banquet. They will pay the amount for the team with the highest fee for each**** ****Your child will not compete unless all fees have been paid****

Competition Crossover Fees: Range from \$150-\$250 and will be due March 15, 2021.

Competition fees are non-refundable once they have been paid unless Kelly decides to cancel an event. (usually due to already receiving a summit/world's bid and no longer needing the event)

No Exceptions!

THERE IS NO STAY TO PLAY IN EFFECT FOR THIS SEASON

Apparel Website: www.cerproshop.com

Apparel Fees

Uniform: \$375-\$550 **due on the day of fitting in cash or money order to CEA**
(Summit/World's teams with custom uniforms are at the higher end of this range)

Bow or Hair Accessory: \$20-\$45 (depending on customization)

The Program-Wide Warmup is required for all athletes

**Practicewear and Warmups will be distributed by the end of the summer for use throughout the entire season to ensure a unified look at competitions

Practicewear will be ordered after teams are put together

4- Other Fees:

NSF: CEA Raleigh transacts business with its bank and on-line merchant processors and will pass along any NSF fees. The fee will be \$20.00 per occurrence.

5- Termination: Membership to the all-star cheerleading program may be terminated at any time with a 30-day written notice or email **before February 1, 2021** to Allison Klinedinst, directly at cercheer@gmail.com. All fees will continue to be drafted during the 30-day period.

6- Refunds: There are no refunds of competition fees or registration fees to anyone who leaves the program regardless of the date of leaving the program. Anyone who leaves or is dismissed is responsible for payment of final month and all outstanding debts. Please refer to terms & conditions for reasons an athlete can be dismissed.

7- Appearance:

- Jewelry is not allowed at practice or at competition; please refrain from having your child get a new piercing during competition season.
- Your child's hair color must stay a natural color throughout the competition season. No blues/purples/pinks/other exotic colors will be allowed on stage.
- No extra undergarments are allowed under your skirt (Nike pros, spandex).
- Each athlete wearing a crop top uniform is mandated by the USASF to have a cover-up while walking around the competition. There are two jacket options offered on the apparel sheet.

8- Attendance:

We adhere to a strict attendance policy for all teams. After 2 unexcused absences, we will have a fill in start learning the routine. After 3 absences, the child will be removed from the following competition and the coaches will discuss removal. We have many allstars who have never missed a practice (if you can believe that)

Excused absences must be known 2 weeks prior to the absence and must be accompanied by a documented absence form available at the front desk. A child with a sickness/injury on the day of a practice must come to the next practice with a doctor's note for it to be excused. Death in the family and family emergencies are obviously excused.

CEA RALEIGH STAFF CONTACT INFORMATION:

Kelly Smith Helton
Owner of CEA Raleigh
kellysmithhelton@gmail.com

(336) 681-2338

Contact Kelly for any questions regarding the All-Star program.

Allison Klinedinst
Office Manager
Director of Sales & Apparel
cercheer@gmail.com

Monday-Thursday 3pm-8pm at the front desk

(919) 876-8325

(919) 753-7185- cell

**Contact Allison for any questions regarding financial issues/tumble classes/summer camps/All Star Program.

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♥ SUCCESS IS FROM THE HEART ♥