

# CHEERLEADING SQUAD TRAINING

## Program Information



3228 Leeman Ferry Road  
Huntsville, AL 35801  
256.533.5599  
matrixgym@gmail.com  
www.thematrixgym.com  
"Do Something Amazing!"

At The Matrix, our staff will be happy to develop a customized training program to best fit your squad's needs. Our staff members will assist you in meeting your team's goals. Whether it be technique, tumbling, stunting or a combination of all, The Matrix will customize a cross training program for you and your cheerleaders! The Matrix also has the ability to tailor private clinics and camps specifically for your team!

Class times will be available for teams of 8 or more members Monday through Friday. Team practices are available in 1 hour, 1 ½ hour and 2 hour increments. Our dedicated coaches will help your squad develop strength, agility and push your cheerleaders to be the best! The Matrix also has the resources to incorporate our personal trainers to strength train your athletes if you would like!

## Facility & Staff

State of the art tumbling and cheer facility includes:

- ✘ THREE 42 ft x 54 ft full regulation cheer floors  
(2 spring & 1 non-spring)
- ✘ THREE 20 ft in-ground tumble tracks
- ✘ 60 ft in-ground tumble track
- ✘ 3 huge in-ground pits
- ✘ 2 Competition Euro trampolines
- ✘ 3 in-ground trampolines
- ✘ 85 ft rod floor
- ✘ Instant video replay
- ✘ Incredible sound system
- ✘ Lots of air conditioning!
- ✘ Parent viewing from upper gallery & fitness facility!

The Matrix Tumbling & Trampoline & Cheerleading staff consists of highly qualified, energetic & world renowned coaches, former College cheerleaders and award winning choreographers.

The facility boasts 2 full spring floors and 1 regulation competition non-spring floor, perfect for cheerleaders needing to practice tumbling on a regular surface. Squads are welcome to use their dedicated practice time to work on pom routines and/or competition routines.

### Rates:

**1 hour: \$50 an athlete/month**  
**1 ½ hours: \$65 an athlete/month**  
**2 hours: \$80 an athlete/month**



## Resources for Coaches/Sponsors

### Choreography Consultation

The Staff at The Matrix will be happy to help cheer sponsors & coaches get ready for camp and competition by taking care of your choreography needs. Bring your squad to The Matrix and let our award winning choreographers take care of your routine, plus music & formations. Our group fitness room is also available to rent hourly if you need a fully equipped, mirrored, air conditioned practice space. Please call The Matrix for rates and availability.

### Coach Training, Competitions, Clinics & More!

The Matrix has resources available for sponsors & coaches including training, safety courses & competition information. The Matrix will be hosting a multitude of summer camps and/or will even be glad to customize a camp just for your squad!

### Stunt Clinics

The Matrix offers stunt classes and clinics for your athletes who want to practice co-ed partner stunting. We will be happy to work with co-ed squads or even girls preparing for college tryouts.

## **bloom spirit**

bloom spirit is conveniently located in the lobby of Matrix. bloom & bloom spirit provide a fantastic selection of apparel for cheerleading.

At either location, you can expect to find everything you need to outfit your team, along with great customer service and a friendly atmosphere. bloom offers team pricing and will be happy to help you with camp orders and even uniforms. Come see what's in bloom!

