



HIT ZERO

ATHLETICS

2026-2027

SEASON PACKET

Registration • Evaluations • Teams • Tuition • Schedule
EASTON, MD

★ **MAKE EVERY ROUTINE UNFORGETTABLE** ★



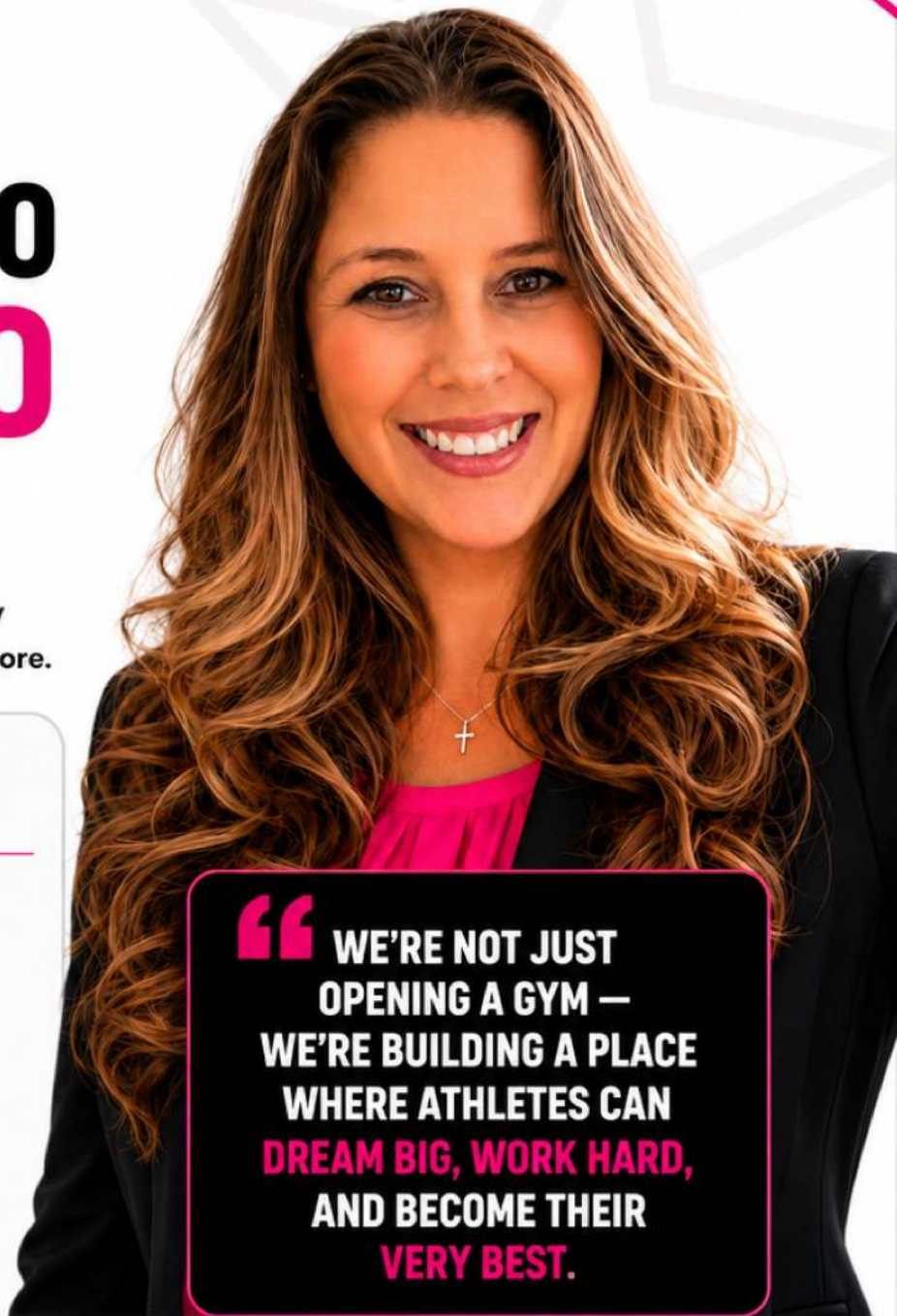
WELCOME TO HIT ZERO

At Hit Zero, we are building more than a cheer gym — we are building a culture of excellence, confidence, and opportunity for athletes and families on the Eastern Shore.



MEET JENNIFER FISHER Executive Director

Jennifer Fisher brings decades of experience as an athlete, coach, judge, and program leader. A lifelong cheerleader and coach since 2002, Jennifer has helped athletes succeed across recreational, school, and all-star cheer. She is USASF credentialed in Levels 1–5 and is a Varsity Certified Judge, bringing both technical expertise and leadership to Hit Zero Athletics. As Executive Director, Jennifer is focused on creating a program built on discipline, development, and championship-level standards.



**“ WE’RE NOT JUST
OPENING A GYM —
WE’RE BUILDING A PLACE
WHERE ATHLETES CAN
DREAM BIG, WORK HARD,
AND BECOME THEIR
VERY BEST.”**



WHAT WE’RE BUILDING AT HIT ZERO

Hit Zero Athletics is a state-of-the-art cheer training and all-star program opening in Easton, Maryland in July 2026. Our 13,000-square-foot facility will feature multiple spring floors and top-of-the-line equipment designed to help athletes train safely, build skills, and perform at their highest level.

We are creating a program where beginners and experienced athletes alike can grow in technique, teamwork, confidence, and character — all in a positive environment that makes every routine unforgettable.



CONTACT JENNIFER FISHER

jenn@hitzeroathletics.net | 443-404-0607

REGISTRATION & EVALUATIONS



CLASSES BEGIN JULY 13TH

4 WEEKS of classes will be used to evaluate athletes for team placements.



TEAM ANNOUNCEMENTS: AUGUST 15TH

Team placements will be announced on this date.



COST: \$150 PER ATHLETE

This covers the 1 month of classes and evaluations.



ATTEND AS MANY CLASSES AS YOU CAN

Athletes may attend as many classes that are age and level appropriate during the 1 month period.



WE EVALUATE. WE PLACE. WE BUILD CONFIDENCE.

Our goal is to place every athlete in the environment where they can thrive — building confidence, developing skills, contributing to their team, and enjoying the sport every step of the way.

JULY CLASS CALENDAR

Classes begin July 13. Athletes may attend as many classes as are age- and level-appropriate.



July 13-16

Time	Floor 1	Floor 2
Monday 5:00	Tumble Level 1	Flex Class
Monday 6:00	Tumble Level 2	Jump Class
Monday 7:00	Tumble Level 3	Tumble Level 4 and Up
Tuesday 5:00	Stunt Fundamentals	BWO Clinic
Tuesday 6:00	Flyer Foundations	BHS Clinic
Tuesday 7:00	Strength and Conditioning	Tuck Clinic
Wednesday 5:00	Stunt Groups 7 and under	Jump Class
Wednesday 6:00	Stunt Groups 8-12	Stunt Groups 12-15
Wednesday 7:00	Stunt Groups 18 and under	Running Tumbling
Thursday 5:00	Tumble 1	Flyer Flex
Thursday 6:00	Tumble 2	Strength and Conditioning
Thursday 7:00	Tumble 3	Tumble Level 4 and Up



July 20-23

Time	Floor 1	Floor 2
Monday 5:00	Stunt Fundamentals	BWO Clinic
Monday 6:00	Flyer Foundations	BHS Clinic
Monday 7:00	Strength and Conditioning	Tuck Clinic
Tuesday 5:00	Tumble Level 1	Flex Class
Tuesday 6:00	Tumble Level 2	Jump Class
Tuesday 7:00	Tumble Level 3	Tumble Level 4 and Up
Wednesday 5:00	Tumble 1	Flyer Flex
Wednesday 6:00	Tumble 2	Strength and Conditioning
Wednesday 7:00	Tumble 3	Tumble Level 4 and Up
Thursday 5:00	Stunt Groups 7 and under	Jump Class
Thursday 6:00	Stunt Groups 8-12	Stunt Groups 12-15
Thursday 7:00	Stunt Groups 18 and under	Running Tumbling



July 27-30

Time	Floor 1	Floor 2
Monday 5:00	Tumble Level 1	Flex Class
Monday 6:00	Tumble Level 2	Jump Class
Monday 7:00	Tumble Level 3	Tumble Level 4 and Up
Tuesday 5:00	Stunt Fundamentals	BWO Clinic
Tuesday 6:00	Flyer Foundations	BHS Clinic
Tuesday 7:00	Strength and Conditioning	Tuck Clinic
Wednesday 5:00	Level 1 Stunting 12 and Under	Level 1 Stunting 12-18
Wednesday 6:00	Level 2 Stunting 12 and Under	Level 2 Stunting 12-18
Wednesday 7:00	Level 3 Stunting 12 and Under	Level 3 Stunting 12-18
Wednesday 8:00	Level 4 Stunting 12-18	Level 5 Stunting 12-18
Thursday 5:00	Tumble 1	Flyer Flex
Thursday 6:00	Tumble 2	Strength and Conditioning
Thursday 7:00	Tumble 3	Tumble Level 4 and Up



Need help choosing the right classes?

Contact Hit Zero and we'll help guide your athlete to the best fit.

CLASS DESCRIPTIONS

Age- and level-appropriate training designed to help every athlete grow.

☆ Athletes may attend as many classes as are age- and level-appropriate.

1 TUMBLE CLASSES



- ★ **Tumble 1:** Foundational tumbling including rolls, cartwheels, round-offs, kickovers, walkovers, back extension rolls, Valdez, and body control basics. Focuses on technique, flexibility, strength, and confidence.
- ★ **Tumble 2:** Introduces back handsprings and higher-level connections including BWO-BHS, BHS step-outs, RO-BHS, front handsprings, and advanced standing and running combinations.
- ★ **Tumble 3:** Builds elite power and airborne skills with back tuck progressions, standing BHS series, jump-to-BHS combinations, punch fronts, RO-BHS tuck combinations, aerial progressions, and advanced specialty passes.
- ★ **Advanced Tumbling (Levels 4-6):** For athletes ready for elite-level tumbling. Focuses on power, consistency, and advanced standing and running skills including tucks, layouts, fulls, Arabians, whips, front fulls, double fulls, and specialty combinations. Mastery of lower levels is required.

2 SPECIALTY CLASSES



Flex Class:
Improves flexibility, mobility, body control, splits, back flexibility, shoulder mobility, and injury prevention.



Jump Class:
Develops jump height, technique, arm placement, flexibility, and execution for toe touches, pike, hurdlers, and combinations.



Strength & Conditioning:
Builds strength, endurance, power, and stability using age-appropriate training, light weights, and bands.



Tumble Focus:
Individualized instruction to break through skill plateaus with targeted drills and corrections.



BWO Clinic:
Focused training to master the back walkover through flexibility, strength, technique, and confidence-building drills.



BHS Clinic:
Concentrated instruction for the back handspring using proven progressions that build power, technique, confidence, and consistency.



Tuck Clinic:
Focused coaching for athletes preparing for or refining a back tuck, emphasizing technique, explosive power, and body awareness.



Running Tumbling Clinic:
Advances tumbling passes and skill connections used in competition by improving power, speed, technique, and execution.

3 STUNT CLASSES



- ★ **Stunt Fundamentals:** Introduces bases, back spots, and flyers to core stunt technique, safety procedures, body positioning, and foundational progressions.
- ★ **Flyer Foundations:** Designed for athletes who want to develop flyer skills, including body control, balance, flexibility, positional awareness, and confidence.
- ★ **Flyer Flex:** Trains flexibility, mobility, and elite flyer body positions such as scales, heel stretches, bow-and-arrows, scorpions, and clean body lines.
- ★ **Stunt Groups:** Focused stunting practice that develops technique, timing, communication, strength, and confidence. Athletes are grouped by age and later by skill level for progressive training and evaluation.



Questions? We're here to help! Contact Hit Zero and we'll help guide your athlete to the best fit.



PROGRAM TIERS

At Hit Zero Athletics, our goal is to place every athlete in the environment where they will be the most successful, confident, and challenged. Team placement is based on a combination of factors, including age, tumbling ability, stunting skills, performance quality, attitude, coachability, work ethic, commitment level, and overall team needs.



TEAM REVEAL WILL TAKE PLACE ON AUGUST 15TH

NOVICE

DIVISION	BIRTH YEARS ELIGIBLE	LEVELS
Tiny Novice	2019–2023	Level 1 only
Mini Novice	2017–2020	Level 1 only

- ★ Designed for beginner and introductory All-Star athletes
- ★ Focus on skill development, performance quality, confidence, and athlete growth

PREP

DIVISION	BIRTH YEARS ELIGIBLE	LEVELS
Mini Prep	2017–2020	Level 1, 2, 3
Youth Prep	2014–2019	Level 1, 2, 3
Junior Prep	2011–2018	Level 1, 2, 3
Senior Prep	6/1/2007–2015	Level 1, 2, 3

- ★ Our Prep Program is designed for athletes seeking a higher level of commitment, training, and competition.

ELITE

DIVISION	BIRTH YEARS ELIGIBLE	LEVELS
Mini Elite	2017–2020	Level 1–6
Youth Elite	2014–2019	Level 1–6
Junior Elite	2011–2018	Level 1–6
Senior Elite	6/1/2007–2014	Level 1–6

- ★ Our Elite Program is designed for athletes seeking the highest level of training, commitment, and competitive experience. Elite teams focus on advanced skill development, athletic excellence, teamwork, and performance while competing against some of the top programs in the region.



Monthly costs and other financial obligations for teams will be available soon.

HIT ZERO ATHLETICS

Team Pricing

Below is a breakdown of team fees by program. Monthly tuition includes team practices, a weekly tumble class, and regular season competition fees. End-of-season competitions are additional. Music and choreography fees will be announced once vendors are finalized.

Fee Item	Novice	Prep	Elite
Membership Fee Due in August	\$100	\$100	\$100
Monthly Tuition Includes team practices, weekly tumble class, and regular season competition fees. End-of-season competitions are additional.	\$185 / month	\$225 / month	\$275 / month
USASF Registration Paid directly to USASF by each athlete	\$49	\$49	\$49
Competition Uniform	\$275	\$395	\$475
Cheer Bow	\$30	\$30	\$30
Practice Wear	\$185	\$185	\$225
Shoes	\$120	\$120	\$120
Choreography	TBD	TBD	TBD
Music	TBD	TBD	TBD
Backpack Optional for Novice and Prep. Required for Elite.	Optional	Optional	\$140
Jersey Optional for Novice and Prep. Required for Elite.	Optional	Optional	\$75
Jacket Optional for Novice and Prep. Required for Elite.	Optional	Optional	\$100

Important Notes:

Monthly tuition includes team practices, a weekly tumble class, and regular season competition fees. End-of-season competitions are additional. The membership fee is due in August. USASF registration is \$49 per athlete and is paid directly to USASF. Music and choreography fees are currently listed as TBD and will be finalized based on the vendors hired for the season. Backpack, jersey, and jacket are optional for Novice and Prep athletes and required for Elite athletes.



PLACEMENT PHILOSOPHY

EVALUATION PHILOSOPHY

At Hit Zero Athletics, every athlete is seen, valued, and placed with purpose. Our placement process is designed to ensure the best experience for your athlete and their teammates.

- ✓ We evaluate skills, attitude, effort, and coachability.
- ✓ We consider athlete goals and long-term growth.
- ✓ We create balanced teams that thrive together.

PARENT ADVISORY BOARD

We value your voice! Our PAB helps support communication, events, and the overall athlete experience.

COMMUNICATION PROMISE

We are committed to clear, open, and timely communication all season long.

ATTENDANCE MATTERS

WHY ATTENDANCE MATTERS

Consistent attendance builds trust, teamwork, skills, and success.

- ★ Teams perform better with everyone present.
- ★ Stunts, pyramids, and routines require full participation.
- ★ Missed practices impact the team.

EXPECTATIONS

- ★ Notify in advance of absences.
- ★ Arrive on time and ready.
- ★ Be prepared to stay for the full practice.

EXCUSED VS. UNEXCUSED

Excused absences: illness, school function, family emergency.

Unexcused absences impact choreo and may affect position or participation.



PRACTICE EXPECTATIONS

ATHLETE STANDARDS

- ★ Bring a great attitude
- ★ Listen & learn
- ★ Work hard
- ★ Be coachable
- ★ Encourage others
- ★ Represent Hit Zero with pride

SAFETY STANDARDS

- ★ Proper technique first
- ★ Report injuries
- ★ No horseplay
- ★ Follow coach instructions
- ★ Hydrate & fuel your body

FOCUS STANDARDS

- ★ Phones away
- ★ Full attention
- ★ Stay in the moment
- ★ Be mentally tough
- ★ Push through challenges



PREPARED ATHLETES CREATE CONFIDENT TEAMS!



★ **THANK YOU FOR BEING PART OF OUR FAMILY** ★

WE ARE SO EXCITED FOR AN INCREDIBLE SEASON AT HIT ZERO

This season is about more than routines.
It is about confidence, teamwork, hard work,
friendships, growth, and unforgettable memories.

We cannot wait to watch every athlete learn,
level up, support their teammates, and shine.

**WORK HARD • STAY POSITIVE • HIT ZERO
MAKE EVERY ROUTINE UNFORGETTABLE**



HIT ZERO ATHLETICS • EASTON, MD • 2026-2027

Thank you for trusting us with your athlete.