



Services Guide

2022 - 2023





## Dear Gym Owners, All-Star Directors and Coaches,

We have never been MORE excited for a season to begin. These last few year have been challenging. Our world, and industry has been forever changed and we could not be more grateful for our community during this time.

Spring CDT is an international instructional company. We have traveled the world, and have taught cheerleaders of all ages and abilities. In 2020 we embraced technology and adopted new ways to connect with our community and to stay engaged in the sport we love. We are proud to have included many virtual opportunities in our 2022-23 Spring Service Guide.

Spring CDT is known for our excellence in education and training. Our cutting edge drills, grips, teaching methods, and coaching philosophies are used by our industry's most accomplished programs, coaches and athletes. We are passionate about teaching and we are so grateful for the opportunity to work with scholastic, all-star, collegiate and professional teams. Our company is THE driving force in global education, athlete training, and coaches conferences. We offer a full slate of both LIVE and VIRTUAL service to meet the needs and budgets of every program.

For the last 15 years we have worked with programs who value hard work, a strong sense of community, and personal relationships. Most of the programs who train with us have been a part of the Spring Family for over a decade! Our ability to strategically advise our clients both on and off the mat have amplified our impact and added value to our work on your behalf. Our goal is to fully service those who entrust their training and education to us and to build on our interactions throughout the course of the season.

At Spring CDT our mission is to connect, lead, innovate & educate the global cheerleading community! Our 2022-23 Spring Service Guide outlines all of our programs for the upcoming season. If you are looking for a company that is invested in your success, passionate about cheerleading, and can deliver results we hope you will join us next season.

**Sincerely,**  
**Lisa Aucoin & Kenny Feeley**  
**Spring CDT**



# Skills Camps

Spring Skills Camps & Technique training continues to be our most sought after service! Spring CDT is THE industry leader in technique! Our technical drills, skills, grips and stunt innovations will set you apart from the competition and set your team up for success. Our staff are THE driving force in global education, athlete training and coaches conferences!

- Spring CDT supplies Speakers to the **LARGEST & MOST PRESTIGIOUS** conferences in the world! Spring Conference(Canada), Varsity U, USASF, Future Cheer (UK), AASCF (Australia), NZCU (New Zealand) , Spring European (EU),Capital Cheer Colombia, COP Mexico, and more!
- Spring CDT is the originator of **FAST and BASE! BOTH** global training phenomenons!
- Spring CDT created the Ruby Slipper & many other grips/training methods used by teams worldwide!
- Spring CDT works with some of the world's best known building teams!



**Did you know**  
that our skills camps  
can also be conducted  
**virtually?**



## SKILLS CAMP

**\$200.00 per hour**

\*Travel, lodging, and tax are extra

## VIRTUAL SKILLS CAMP

We are passionate about teaching and are grateful for the opportunity to bring our training methods to you virtually, wherever you are! Take advantage of virtual skills camps and with Spring CDT virtually via Zoom! Save money on travel and lodging!

**\$100.00 per hour**

\*Plus taxes





## CHOREOGRAPHY

Our international Spring staff & Choreography Collective are ready to TURN IT UP in 2022-23! Smart, score sheet based routines that your athletes will love and judges will reward! Our staff works with athletes of all ages and abilities!

Our Choreography Collective is a collaboration with some of our industry's hottest global talent who are committed to the vision & values of Spring CDT!

NB: Choreography Collective Choreographers pricing will vary



## WHAT'S INCLUDED

All Choreography sessions include:

- 10 hours of instruction
- Eight count sheet support

**15 & UNDER ATHLETES: \$2000.00 \*PLUS TAXES**

**16-19 ATHLETES: \$2500.00 \*PLUS TAXES**

**20+ ATHLETES: \$3000.00 \*PLUS TAXES**

NB: Travel and lodging are not included





# Partial/Sectional Choreo

Partial or Sectional Choreography is available! Please ask us about pricing!

## STUNT CHOREOGRAPHY

**\$500.00 plus taxes**  
3 hours of training

## PYRAMID CHOREOGRAPHY

**\$500.00 plus taxes**  
3 hours of training

## DANCE CHOREOGRAPHY

**\$500.00 plus taxes**  
3 hours of training  
NB: Tiny/Mini/Youth 1 or teams with 12  
athletes or less inquire for specific pricing

## POP & DAZZLE

**\$300.00-\$500.00  
plus taxes**  
2-3 hours based on needs

NB: Travel and lodging are not included for any sectional choreography



# Virtual Choreography

## DID YOU KNOW THAT SPRING CDT ALSO OFFERS VIRTUAL CHOREOGRAPHY?

Save time, and money with a proven virtual experience that you can trust with the industry's most experienced virtual instructors and choreographer's!

- 10 hours of virtual instruction
- Eight count sheet support
- Program meeting with coaching staff to explain virtual choreography process
- Delivery via ZOOM

## VIRTUAL CHOREOGRAPHY

**\$1,500.00/team**

## DANCE CHOREOGRAPHY

**\$300.00/team**

## SECTION CHOREOGRAPHY

**\$300.00/section**





# Tumbling Clinics

**Our tumbling clinics will energize your athletes and inspire your coaches!**

Learn drills, spotting techniques, and training methods necessary for success. We have access to the LEADING tumbling authorities in the industry for all ages and abilities.

Ask us about Holiday Tumbling Clinics, March Break Camps & Building from the Ground Up Hands on Coaches Training!

## COST

**\$250.00/hour for the first  
10 athletes plus tax**

Additional instructors are \$130.00 plus tax

NB: Travel and lodging are not included





# Team Coaching Live or Virtual

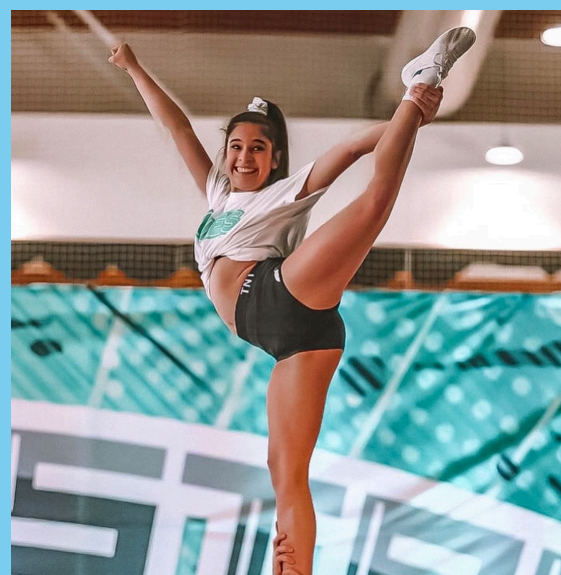
## COST

**\$200.00/hour (Master Staff)**

**\$150.00/hour**

**\$100.00/hour (Virtual Options)**

\*Travel, lodging and taxes are extra



Spring CDT is known for our excellence in education and training. Our cutting edge drills, grips, teaching methods and coaching philosophies are used by our industry's most accomplished programs, coaches and athletes.

As an international company we have traveled the world, and taught cheerleading to athletes of all ages and abilities. Spring CDT Staff know how to get results! Our talented and experienced staff can coach your team at any point in the season! Team Coaching Sessions help your athletes gain confidence, correct technical errors, improve performance and more! Contact us to book a session today!

We can also offer team coaching virtually throughout the season! We have conducted over 500 Zoom training sessions with programs and are very comfortable with online delivery! We are passionate about teaching and are grateful for the opportunity to bring our training methods to you virtually, wherever you are!





# Spring Gym Network

The ORIGINAL Comprehensive training program! We are proud to have offered our Spring Gym Network for 15 years! A cost savings program for teams that are looking for both skill training and routine choreography!

## **WHAT IT INCLUDES:**

10 hours of Choreography & 5 hours of Team Skills

### **12 ATHLETES & UNDER**

**\$1,750.00**

### **13-15 ATHLETES**

**\$2,000.00**

### **16-19 ATHLETES**

**\$2,500.00**

### **20-23 ATHLETES**

**\$3,000.00**

### **24 ATHLETES & UP**

**\$3,500.00**

NB: Plus applicable taxes



## **SPRING GYM NETWORK TERMS:**

1. Lodging & travel are NOT included.
  2. Travel & lodging are included for programs with 200 athletes.  
NB: If it is a US based instructor it is NOT included or there will be a travel surcharge.
  3. Visits should take place over 2 visits (3 visits for programs of over 200 if necessary)
  4. No minimum number required to participate!
  5. Specialty Dance Choreography by a US instructor will be allocated as 5 hours of your SGN hours. (dances typically take between 2-3 hours) This is due to the US exchange & higher cost to book these instructors. You may elect to pay a \$500 USD dance fee in lieu of hours.
- NB: You are responsible for the FULL COST of the Spring Gym Network. If services are terminated you will be charged the full price of whatever services you have received.
  - CROSSOVERS: Our fees are based on "Team fees" You can elect to charge crossovers however you wish.





# Virtual Spring Gym Network

Our Virtual Gym Support network is a comprehensive online training & business support program. It includes the following:

- Weekly Calls on a variety of Topics and Special Guest (Every Tuesday at 1pm)
- Online Community - new forum to access content with ease and more resources available at your fingertips!
- Self Guided Videos on a number of topics you can access for training at ANY time.
- Pre-Recorded Stunt Sections (3 per level) that you can CHOOSE from with full instruction that will score in the high range for difficulty and creativity!
- Full ACCESS for your ENTIRE staff
- 2 Routine Reviews
- 2 Business Consultation Calls
- 2 FIX My Stunt Sessions with Kenny
- 2 FIX my Tumbling Session with Corey
- Access to Spring Society for the full year (Spring's Video Library resource - All new recordings launch May 2022 and NEW delivery method & community)
- New & Updated Coaches Manual
- Guided Journal Prompts (new for 2022)
- FREE Admission into the Jr Coaches Club for your CIT's (Monthly Sessions and training opportunities) - Jr. Coaches Club will also be Self Guided so they can complete sessions at their own pace.
- Social Media/Website Audit
- Back to Business - January 2023 Week Long Business Conference (1 hour per day)
- Monthly Evening Sessions (more informal)
- Special Spring Client Registration Rate for the Spring Coaches Conference

## PROGRAM COST

**\$700.00**





# Staff Training

If you want to be the best you need to learn from the best. Spring CDT is the #1 trusted source in spirit industry education & training around the world! In 2022 we have updated our Jr. Staff and Staff Training Curriculum and are proud to offer self directed, virtual, and live staff training options!

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Staff

## STAFF TRAINING - VIRTUAL:

5 hour virtual training session includes:

- Coaching Principals
- Identifying your strengths/opportunities for improvement
- Professional behavior
- Building
- Tumbling
- Cleaning routines
- Choreography
- Communication
- Pyramids
- Basket Tosses
- Mental Coaching
- Team Building
- Leadership

**\$500.00 /Unlimited number of coaches**

What you get:

- Access to Spring Society
- Updated for 2022 Spring Staff Manual

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Jr. Staff

FOR COACHES IN  
TRAINING & THOSE  
UNDER THE AGE OF 21!

## JUNIOR STAFF TRAINING - VIRTUAL:

5 hour virtual training session includes:

- Coaching Principals
- Identifying your strengths/opportunities for improvement
- Professional behavior
- Becoming a role model
- Learning to coach
- Building
- Tumbling
- Cleaning routines
- Choreography
- Communication
- Responsibilities and Obligations

**\$500.00 /Unlimited number of coaches**

What you get:

- Access to Spring Society
- Spring Jr Staff Manual

## LIVE STAFF TRAINING & TUMBLING STAFF TRAINING

Spring CDT offers LIVE staff training on a wide range of topics! Create a custom experience for your staff!

**\$250/hour plus taxes. Travel and lodging are not included.**

## TUMBLING STAFF TRAINING

Spring CDT offers tumbling training on a wide range of topics! Create a custom experience for your staff!

**\$250/hour plus taxes. Travel and lodging are not included.**

## JUNIOR COACHES CLUB:

The Spring CDT Junior Coaches Club is an ongoing training program for your Junior staff! Its a monthly program featuring special guest speakers, training resources and access to our Spring Society Library! If you are looking for comprehensive and interactive training opportunities for your staff to learn virtually from some of the best coaches and instructors in the world - this program is for you!





# Spring Society



## **Spring CDT is THE most trusted global source for education & training in the sport of cheerleading.**

Spring Society is our virtual resource library of building, tumbling and toss skills. It's a catalog of our proven teaching methods, the BEST drills and professional advice! We will also share some of our secret training tips and troubleshoot your biggest technical challenges.

Champions choose Spring! Our award winning staff is recognized and decorated. Even better...we have the RESULTS to prove it! Now YOU can experience the knowledge, expertise and innovation of Spring AT HOME!

Beginning in Spring 2022, Spring Society will be hosted on an online, interactive community platform. We have overhauled our delivery to maximize the value and enhance your experience!

Update pricing & Information will be available shortly. Spring Society is INCLUDED in the Virtual Spring Gym Network and Jr. Coaches Club.







### **CONTACT US:**

To book a skills camp, tumbling clinic, team coaching, virtual training or choreography please complete our booking form. Registration for our Spring Staff training, Spring Virtual Gym Network or our conferences will happen online!

### **FOR MORE INFORMATION EMAIL:**

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