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Our Mission

To develop the mind, body, and spirit of today's youth, by helping build character, confidence and self-esteem in a family-oriented atmosphere; accomplished through cheer and teamwork in an environment of support and wholesomeness!

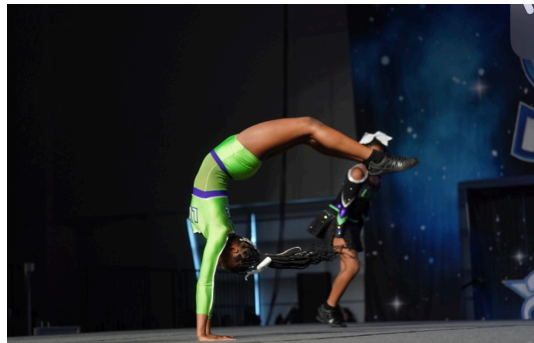
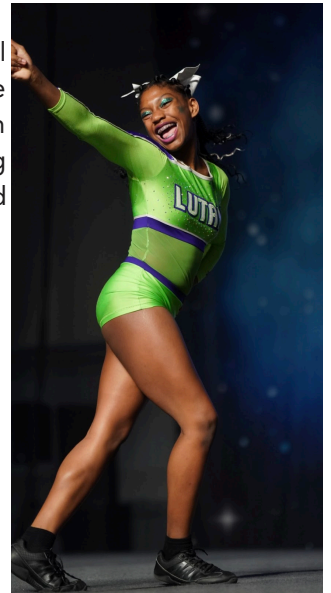
Lift Up! Tumbling & Nutrition is a one-stop shop where you can receive cheerleading, recreational tumbling, nutrition coaching, and personal training all under the same roof. We strive to encourage wellness and activity as kids transition from children to adults. Founded by women specializing in cheerleading and wellness, L.U.T.A.N strives to promote exercise and balanced nutrition, for strong youth development. We believe that through faith, hard work, and dedication, we can help build physical and mental character for today's youth and teach the L.U.T.A.N WAY.

The L.U.T.A.N WAY:

To help their confidence and practice, we emphasize that each student embodies these four areas:

- Smile - Show friendliness and character
- Shine - In mind, body and spirit
- Stand - In confidence and Integrity
- Shout - For enthusiasm for the Team!

GO L.U.T.A.N



3810 Kercheval Dr. Indianapolis, IN
(317) 801-4596



Tryouts

LUTAN TRYOUT EVALUATION CRITERIA

- Tumbling Difficulty
- Tumbling Execution
- Athleticism
- Willingness to accept instruction
- Stunting Position (Flyer, Base, Backspot)
- Jump Technique
- Overall attitude and attendance from the past season *(if applicable)*

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have already developed and demonstrate the potential to learn new skills. Athletes are given numerous opportunities to show skills over multiple days. Attending all tryout clinics is strongly recommended.

We look forward to working with you at one of our upcoming tryouts. Be sure to arrive with these items already completed or turned in by the due date to receive a discounted fee. Once you have registered for tryouts online through our parent portal, try-out paperwork will be emailed to the main email address we have on file.

TRYOUT CHECKLIST

- Create an online account and register for tryouts
- Financial Agreement
- LUTAN Apparel Contract
- Tryout form with an attached photo of your athlete in the upper left corner
- Payment Authorization Form
- Attendance Policy
- Member Release Waiver
- Expectation Agreement

[*All outstanding debts must be paid in FULL before tryouts](#)

IMPORTANT: Please be sure to provide accurate and up-to-date contact information. All paperwork and monies are due on the first day of tryouts.



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Team Placements

Teams will be revealed and posted on social media during the first team practice on May 15th. Please note that placements are not final. Athletes who do not keep skills performed at tryouts may be moved to a different team in August. Those who have shown marked improvement may be moved up a level. We do our best to place our athletes on the correct teams at tryouts, but skills must be maintained to stay on your current team. At this time, LUTAN offers up to 4 levels for our full travel teams. The "level" refers to the type of stunts, pyramids, and tumbling that the team can safely perform. Levels are numbered 1-6 based on difficulty. The level is determined solely by the coaching staff. Level-appropriate skill lists can be found through USASF.



If you are having difficulty making it to tryouts, please reach out to Coach Terrionna King to schedule a private evaluation. Please note that there is a substantial additional charge for an evaluation outside of the regular sessions.

PRACTICES / ATTENDANCE

All teams will have a set two days per week practice schedule. You must make every effort to attend practice. Please refer to our holiday schedule when booking trips/vacations. Practice days and times usually remain consistent throughout the season but may change under certain circumstances.

COST / TUITION

Before considering this or any program, please consider the financial commitment involved. We have comprehensive monthly pricing that covers most of the expenses throughout the season. There are 12 monthly charges from May 2024 - April 2025. Tuition will be due on the 1st of each month between May - April. This price covers tuition and competition fees. Tuition will not fluctuate from month to month. Rather than raising and lowering tuition based on the number of practices or events (or other factors), this cost-averaging system makes financial planning much easier for our customers. Athletes who join a team after the initial practices will have to pay a significant portion of their missed tuition to "catch up" on some of the items that are spread out over the entire season. Cost may vary depending on team placement and commitment level.

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What is Allstar? Team Description:

To read the full description of what Allstar cheer is: click <https://www.usasf.net/cheer>:

What is All Star Cheer?

All Star Cheer is a high energy, team-based, performance sport that is athletic, artistic and acrobatic. It involves athletes competing with a 2 and a 1/2 minute routine composed of tumbling, stunting, pyramids, dance and cheer segments.

While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

All Star Cheer differs from traditional school cheer teams in that its primary purpose is competition, while school cheer involves crowd leading and other school roles, as well as the option for competition. All Star cheer teams are most often organized and based out of a club and have teams that are open to all area cheer athletes.

Cost / Tuition:

Half-season Team (Rec Team/Novice) (Ages 7-12)	\$95 per month
Full Season All Star Elite Team Tuition (Ages 6 and up)	\$220 per month
Full Season All Star Prep Team (Ages 6 and up)	\$185 per month
Additional tumbling class per month (50% off Team discount)	\$40 per month
Additional training-Private lessons	\$50/30 minutes/ \$100 per hour

Allstar Cheer at L.U.T.A.N



Full-season cheer teams compete against all-star teams around Indy & nationally from June thru April. L.UT.A.N's competition season runs December-April attending up to 6 competition events. Generally, our post-season continues extending our season to early May which could include: The Cheerleading Worlds, The D2 Summit Championship & The All Star Worlds.

Athletes are evaluated at the end of May in which are placed with athletes of similar age & skill levels based on the USASF guidelines.

Full-season athletes practice two nights per week plus an additional tumbling class.

Full Year Prep includes limited travel cheer teams competing against all star teams locally & include (1) travel competition. The season runs June thru April. The competition season runs January-April attending up to 5 competition events. Generally, our post-season continues extending our season to early May which may include Nationals.

Athletes are evaluated at the end of May in which are placed with athletes of similar age & skill levels based on the USASF guidelines.

Full Year Prep athletes practice one night per week along with an additional tumbling class.

Half Year Prep/Rec Teams compete against Allstar prep or Novice teams around Indy. Rec teams perform at parades, professional b-ball games, community days, etc. The season begins the second week of June and runs till December (6 months). The competition season runs November-December attending up to a max of 3 competition events. Athletes are evaluated and placed on a team with athletes of similar age & skill levels based on the USASF guidelines,

Half season athletes practice one night per week with an additional tumble class.



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Discounts / Fees

PAY IN FULL: 10% off tuition ONLY. Must be cash/cashier's check payment by June 5th

SIBLING: 25% off 2nd, 3rd, and 4th tuition. (Discount applied to lower tuition rate) **Speak with Coach Vanessa Gardner or email us for full rate**

END-OF-SEASON EVENT FEES

Vary depending on the type of event and bid received. Tuition does not include these fees and an additional coach fee. This fee depends on the type of event and bid. These fees will be charged on March 15th. ATHLETES/ PARENTS will be REQUIRED to stay at team hotel for a minimum of 2 nights if attending Worlds/Summit. All other end-of-season events do not require you to stay at specific hotels.

Summit/AllStar Worlds Paid Bid: \$125.00

Summit/AllStar Worlds At Large/Wild Card Bid: \$150.00

Allstar Cheer banquet \$30-\$50

If an event is noted as a stay-to-play event, you must stay in the hotel provided by the competition company. Reservation numbers will be REQUIRED and turned in to the gym which will then be forwarded to the competition company.





Important Upcoming Dates

- Tryouts: Wednesday, May 1st | 6 pm - 8 pm
- Tryouts: Thursday, May 2nd | 7 pm - 9 pm
- Open Gym: Friday, May 3rd | 6 pm - 8 pm
- Tryouts: Saturday, May 4th | 10 am - 12pm
- Team Interviews: Tuesday, May 7th | 7 am - 9 pm
- First Practice: Wednesday, May 15th | 7 pm - 8:30 pm
- Team Practice: Wednesday, May 22nd | 7 pm - 8:30pm

- Pay in Full Date (by cash or cashier's check ONLY): June 5th
- New Uniform Fitting: Tuesday, June 11th and Wednesday, June 12th
- CAMP LUTAN: June 28-30th (*MANDATORY for full-season teams, in your home gym*)
SAME fee if your athlete cannot attend as this is a mandatory event and vital for team success
- Choreography: July 14th - 20th

LUTAN Closing Schedule

- Memorial Day: May 27th
 - Independence Day: June 30th - July 6th
- We observe Juneteenth as a holiday but will not be closed
- Labor Day: August 31st - Sept 2nd
 - Halloween: October 31st
 - Thanksgiving: November 27th - 30th
 - Holiday Season: December 22nd - January 4th
 - Spring Break: March 30th - April 6th, 2025

