

## It's more than cheerleading...

The mission of All American Cheer & Stunt is to teach and demonstrate important life-skills to your children. Our goals are to build self-confidence & self-esteem in your child, while motivating them to reach their athletic potential in the sport of cheerleading. We also encourage teamwork and create a fun atmosphere that respects the diversity of each individual.

## It's more than coaching...

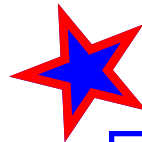
Our staff will become your child's mentor, teacher and friend. All American Cheer & Stunt is operated by USASF certified coaches. AACS instructors are enthusiastic and talent trained with cheerleading skills and safety in mind. The majority of the staff has participated on a competitive All-Star, college, or professional squad.

### What makes AACS cheer the best Cheerleading Program for you and your family?

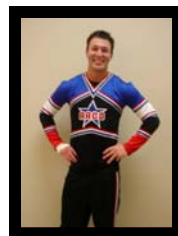
- Qualified instructors demonstrating safety.
- Fun and professional atmosphere.
- All levels of classes depending on ability.
- Low student to teacher ratio.
- Competitive and non-competitive programs.
- You pick how much you want to travel.

## All American Cheer & Stunt

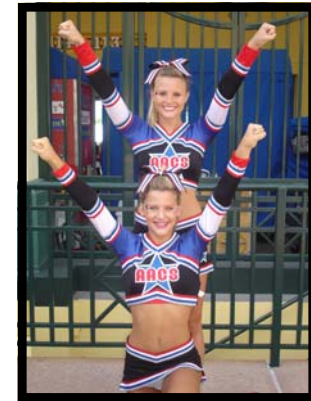
Join now to be part of one of our National Championship teams. Evaluations are FREE. We have all levels of teams from beginner cheerleaders to advanced level cheerleaders. Travel & semi travel teams. Boys & girls wanted. Come in on any Tues, Wed, or Thurs after 5pm to 7pm to be evaluated.



Special needs team now forming for the 2009-2010 season. This team will perform at the KC Christmas Celebration on Dec 13th as well as perform at 1-2 other local events. Practices will start in Sept. Call now to sign up no tryout required. Session runs Sept—Feb



# ALL AMERICAN CHEER & STUNT



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 ☆ **Cheerleading School &** ☆  
 ☆ **All-Star Program** ☆  
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**2007, 2008, 2009 World Bid qualifier  
Daytona Beach Champs**

**National Champs  
Home of AACS Cheerleaders & Dancers  
921 141st Terr.**

**Kansas City, MO 64145**

**For More Information Call  
Christy Cowell-Rinkol  
Owner/Head Coach**

**(Office) 913-339-6066  
(Gym) 816-943-6300**

**Visit Us Online at [www.AACSCheer.com](http://www.AACSCheer.com)**

## Non-Competitive Classes

Offered from ages 4 & up.  
1 hour basic cheer class- \$50/ mo  
1 1/2 hour combo cheer - \$80/mo  
Consists of cheer, motions, dance, tumbling, and stunting.  
Tumbling & Jumps class- \$50/ mo  
Open Gym- \$10 per visit, open to the public and All-Star Cheerleaders.  
Come and enhance your cheerleading skills. Cheer shoes required. Please complete a medical release form found on the website or fill one out upon arrival.

- Private coaching and choreography are available upon request.
- Family discounts-\$10 off 2nd family members.
- Class fee's are based on a 4 month sessions.
- All students must sign a medical release waiver form.
- Annual Registration Fee of \$35 per member due each year.
- AACs Clothing must be worn during each class. Clothing available to buy at the front office.

It's more than cheerleading...  
You learn leadership skills, gain confidence,  
and make friendships that will last a life time!

## Competitive Classes

Teaching Kansas City youth life skills, self-esteem, self-confidence, and teamwork.

Attend an All-Star practice session and be evaluated by head coach or attend tryouts in the spring and be placed on a team based on cheerleading skills, your wishes to travel, as well as your age. Positive attitude and cooperation with other squad members is a pre-requisite.

Competitive All-Stars perform at special events throughout Kansas City as well as compete on a regional and national basis.

Cost \$100 month for Mini team and all other teams cost \$150 month for 5hrs a week of practice. There is also cost for clothing and competition fees. These fees will vary and will depend on your team placement.

## JOIN AACs TEAMS NOW!

Evaluations for the  
2009-2010 season  
Are going on now.  
No apt needed.

For more information contact:

Christy Cowell-Rinkol  
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(Gym) 816-943-6300  
(cell) 913-269-5361

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## Christy Cowell-Rinkol



Owner/Head Coach of AACs Cheer

Christy is a mother of three children. Her two daughters, Kayla and Karisa both participate in the competitive All-Star program.

Christy is a former gymnast and cheerleader of the University of Iowa, Kansas City

Chiefs Cheerleader, and NCA College Staff Instructor.

In her spare time she is the Kansas USASF State Director, event coordinator for Kansas City Christmas Celebration Cheer and Dance Competition, and KC Royals Cheer Festival. She recently built a brand new gym and is the home of AACs Cheerleaders and It's Your Party KC. It's Your Party KC is a rental facility for Weddings, Parties, Bat Mitzvahs, or any special event!

## Staff



All AACs Staff members are USASF Certified.  
Visit our website [www.AACsCheer.com](http://www.AACsCheer.com) for bios of each coach.