

HC ELITE



NINJA & PARKOUR

Training Team

WHAT IS IT?

Designed for athletes who want to do more than just practice – they want to train alongside teammates, push each other, and grow together. Team members commit to training twice a week, supporting one another in classes, open gyms, and at competitions.

- Athletes 6+ years old
- Eager to Compete/Showcase their skills
- Team environment with structure and encouragement

WHO?

COST
\$175/MO

**MORE
GYM TIME!**

2 classes per week (Tue 7-8pm, Thur 6-7pm)

Unlimited Open Gyms

Team Uniform/Shirt

Event Coaching and Team Building

*Does not include event entry fees

PROPOSED TEAM

COMPETITION SCHEDULE

Competition is not Mandatory, but highly Encouraged!

11/08 - Ninja/Parkour - HC Elite Athletics (FREE ENTRY)

11/14 - Ninja - Austin Ninjas - Austin, TX

12/6 - Parkour - Intrepid Parkour - Cedar Park, TX

12/20-21 - Parkour - Rise Parkour - Houston, TX

1/10 - Ninja - Austin Ninjas - Austin, TX

2/21 - Parkour - Jungle Movement - Round Rock, TX

These are events that HC Elite Coaches will be attending with the expectation that our Team Athletes will Compete!

Q: How is this different from regular Ninja/Parkour classes?

A: Regular classes focus on individual skill building and only meet once per week. The Training Team includes two classes per week plus unlimited open gyms (weeknights 8-9pm and select Fridays). The team is led by Coach Austen Speakman, who has hands-on experience in the competitive circuit and knows exactly how to guide athletes through event structure, course flow, and the unique challenges of sanctioned competitions.

Q: What is the difference between Parkour and Ninja competitions?

- **Ninja Competitions**
 - Modeled after American Ninja Warrior
 - Focus on strength, grip, agility, and endurance
 - Athletes race through obstacle courses with balance, upper-body, and endurance challenges
 - Goal: Complete the course the fastest or go the farthest without failing
- **Parkour Competitions**
 - Rooted in freestyle movement and creativity
 - Two main formats: Speed (fastest route through obstacles) and Freestyle (style, flow, creativity, and difficulty scored by judges)
 - Emphasizes vaults, flips, wall runs, and fluid transitions
 - Goal: Show mastery of movement, style, and efficiency

Q: What ages can join?

A: The team is open to athletes ages 6 and up, grouped by age and skill level to ensure proper progression. Specific Team Class are Tues 7-8pm and Thurs 6-7pm. We have an option of Monday 7-8pm as well for our more advanced, older athletes.

Q: Do athletes have to compete?

A: Competition is encouraged but not required. The team will train and prepare for local competitions, and athletes can choose which events to participate in.

Q: Can athletes compete in more competitions than the ones proposed?

A: Yes, both Parkour and Ninja competitions are individual sports when it comes to progressing to the next level, so we encourage everyone to compete as often as possible.

Q: Where are the competitions?

A: At least for this inaugural season, we'll plan to stay in the Austin area for the majority of the competitions with an option to travel to Houston.

Q: Will HC Elite Athletics host any competitions?

A: We plan to host an exhibition style competition that will be open to the public but showcase our team athletes! Save the date, November 8!

Q: Are there any extra costs?

A: Competition entry fees (varies by event, ~\$40-\$100 per entry)

- Team swag and other branding items (not mandatory)
- Travel/lodging for out-of-town competitions (when applicable)

Q: Are there any discounts for becoming a Team Member?

A: YES! See below...

- 15% off All Additional Classes (Tumbling/Specialty/Ninja) per family!
- 10% off Sibling Discount on Team Tuition and Classes
- 10% off Active Duty/First Responder Discount on Team Tuition and Classes

FOR ADDITIONAL QUESTIONS, PLEASE SEND AN EMAIL TO:
info@hceliteathletics.com

**READY
TO JOIN?**

Email
stephen@hceliteathletics.com
for the Information Packet
and necessary forms.



info@hceliteathletics.com



www.hceliteathletics.com



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