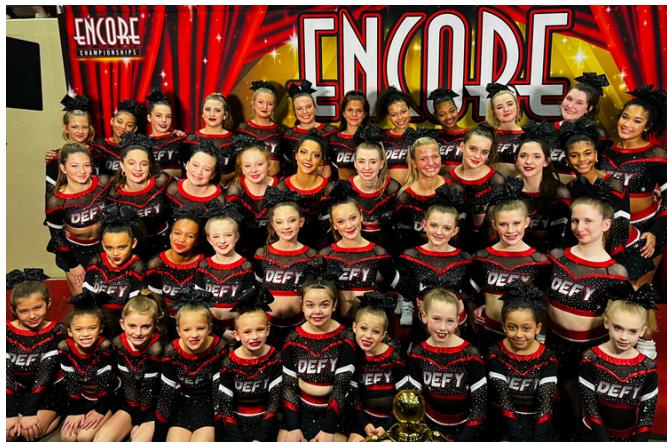




All Star Cheer

2025 – 2026 Season Information Packet

📍 1088 By Pass Rd, Vinton, VA 24179
📞 540.339.7629
🌐 DefyGravityRoanoke.com
✉️ Shannon@DefyGravityRoanoke.com



Join a gym where the focus is on developing athletes in tumbling and cheer skills. We have an incredible coaching staff of 20+ years of experience in sideline, competition, all-star cheer, and gymnastics. Our coaches have USASF Tumble & Stunt Credentials, USA Cheer Credentials, VHSL Judge Certifications, and USAG Credentials.



Defy Gravity Allstar is for all ages, birth years 2022 and older. We are a D2 gym offering individualized attention and a strong foundation in progressions.

All Star Elite, Novice, and Prep teams are available.

JOIN US FOR AN INCREDIBLE SEASON!

We will be offering evaluations to help field teams for the 2025-2026 season!



DG Allstar partners with USASF!

Join a Dynamic Team Sport

All Star cheer helps athletes acquire valuable skills and develop friendships that will later serve them in all facets of life. Below are a few of the programming and disciplines offered by our programs from being a USASF partner.

life-long Friendships

Working as a team toward a common goal creates bonds that are strengthened with each practice, performance, and competition. All-Star provides athletes the opportunity to engage with other athletes while developing their skills and deepening their experience in cheer and dance. Our athletes develop a sense of camaraderie and community, allowing them to nurture strong relationships that last a lifetime.

Respect

All-Star doesn't just teach the fundamentals of cheer or dance, it also instills respect for oneself and others. Athletes learn to respect their coaches who guide them and to follow rules that ensure practices and competitions are fair and safe. They also learn good sportsmanship and the importance of treating their opponents respectfully, win or lose.

Self-confidence

Athletes develop self-confidence the more they learn about themselves and their abilities. All-Star helps each athlete discover and express his or her inner artistry and strength through the joy of cheer and dance.

Leadership Skills

Through All-Star, athletes learn about responsibility as they recognize the vital roles they each play on their team. They learn that leadership is more than being the best or on top — it's about being accountable for their actions and role models for sportsmanship.

Time Management

Through All-Star, athletes learn about time management, commitment, and discipline. Teammates often encourage each other on and off the floor, helping one another keep track of schedules and academic responsibilities.

Physical Fitness

All-Star's fun and unique source of exercise develops a discipline that promotes healthy living. Through cheer and dance, athletes build stamina, strength, endurance, and coordination.

Defy Teams

Teams will be formed based on tiers of skill level, from Novice to Elite, along with age groups from Tiny to Senior.

Tumble:

Standing:

- **Level 1:** FWO/BWO Series, CW - BWO, BWO Switch Leg, Combinations
- **Level 2:** Back HandSprings/Back Walkover Combinations
- **Level 3:** Standing 2 or 3 BHS, Jumps Connected to multiple BHS
- **Level 4:** Standing BHS Tuck, Multiple BHS to Tuck, Jumps to BHS Tuck
- **Level 5:** BHS - Whip - Tuck, BHS to Whips/Layouts/Layout step outs/X outs

Running:

- **Level 1:** Roundoff, Back/Front walkover combinations
- **Level 2:** Roundoff BHS Multiples, Frontwalker BHS/BWO Series to BHS
- **Level 3:** FWO Roundoff Tuck, Round Off BHS Tuck, FWO Ariels, Punch Front
- **Level 4:** Layout/Whip combination pass thru to Tuck/Layout
- **Level 5:** Round Off Full, combination to Full, Arbain to Full

Teams:

- **Allstar Elite:** Athletes must be committed to practices, tumble classes, and competitions. Elite mini and youth teams get (2) 1.5 to 2-hour practices per week. Elite Junior and Senior teams get (2) 2-hour practices per week. Elite athletes will also be expected to attend their additional tumble class, which is included in the tuition. Teams will travel to compete 4-6 times per regular season with an end-of-season competition based on bids and the coaches' discretion. The routine max time is 2:30 minutes. Ages 7 and up (birth year 2020 and older)
- **Allstar Prep:** Athletes must be committed to practices, tumble classes, and competitions. Teams will have (2) 1-hour practices per week. Teams will compete 3-4 times per regular season with an end-of-season competition based on coaches' discretion. Athletes will be expected to attend their tumble class, which is included in the tuition. Routine max time is 2:00 minutes. Ages 6 and up (birth year 2020 and older)
- **Allstar Novice:** Athletes must be committed to practices, tumble classes and competitions. Teams will travel and compete 2-4 times per season. Teams will have (2) 45-minute practices per week and will be expected to attend their tumble class, which is included in the tuition. Routine time may not exceed 1:30 minutes. Ages 4-7 (birth year 2018-2022)

Evaluations & Requirements

Experience

No experience is required.

Age Requirements

An athlete's date of birth must be on or between the dates listed on the USASF grid to be eligible for the division.

Evaluations and Team placement:

Each athlete's skills will be reviewed by the coaching staff to determine team placement.

Flyers:

Flyers will be expended to follow a summer stretching protocol and any additional practice times or sessions as designated by the coaching staff in order to be allowed to fly in any routines.

EVALUATIONS will be held **June 1st, 2025**.

Elite Team Ages:

Tiny 6-7 Years Old
Mini 7-9 Years Old
Youth 8-12 Years Old
Junior 9-15 Years Old
Senior 13-19 Years Old

Novice Team Ages:

Tiny 4-7 Years Old
Mini 7-9 Years Old

Prep Team Ages:

Mini 7-9 Years Old
Youth 8-12 Years Old
Junior 9-15 Years Old

**Teams will be selected by age and skill level to fit within the age grid and rubric expectations. Age ranges are approximate and determined eligibility will be based on birth year.*

Evaluation Fees:

- \$100 New Athletes (includes yearly gym membership fee)
- \$75 Returning Team Athletes (includes yearly gym membership fee)
- \$75 Registered Recreational Class Athletes

Evaluations will be CLOSED to parents.

Late Sign-ups:

- Athletes may sign up through August 1, 2025. Exceptions can be made on an individual basis after August 1st.
- All late sign-ups are subject to missed monthly competition fees. Those fees will be added to the 1st monthly tuition.

Team Tuition Costs ***New Athletes***

Full Year All Star Elite Team:

Team costs are divided into an 11-month tuition schedule. Gym and regular season competition fees are included. Team athletes will get (1) included tumble class per week and are eligible for \$5.00 open gym fees (ages 9 and up). The first payment for the 2025-2026 season will be on **Monday, June 9, 2025**.

Payment Options for New Athletes: **returning athletes on next page*

- Option 1: June 2025-April 2026 Tuition is \$275.00/month Total: \$3,025
- Option 2: Upfront Pay for the season for gym and competition fees. Total: \$2,925 (*Save \$100.00*)
- Option 3: \$500.00 Down with \$225.00/month for 11 months (June 2025-April 2025) Total: \$2,590 (*Save \$50*)

**Monthly fees include \$100 per month into the Booster Account that pays for Music, Team regular season competition registration fees, and coach's competition fees. Any remaining amount will be applied to end-of-season competitions.*

Full Year All Star Prep Team:

Team costs are divided into an 11-month tuition schedule. Gym and regular season Competition fees are included. Team athletes will get 1 free tumble class per week.*

Payment Options:

- Option 1: June 2023-April 2025 \$175/month Total: \$1,925.00
- Option 2: Upfront pay for the season for gym and competition fees. Total: \$1,825.00 (*Save \$100.00*)

**Monthly fees include \$70 per month into the booster account that pays for music, team regular season registration fees, and coaches' competition fees.*

Full Year All Star Novice Team:

Team costs are divided into an 11-month tuition. Gym and regular season competition fees are included.

Payment Options:

- Option 1: June 2025-April 2026 Tuition is \$160/month Total: \$1,760.00
- Option 2: Upfront pay for the season for gym and competition fees. Total: \$1,660.00 (*Save \$100.00*)

**Monthly fees include \$60 per month into the Booster Account that pays for music, Team regular season registration fees, and coach's competition fees.*

Team Tuition Costs

Returning Team Athletes Only

Full Year All Star Elite Team:

Team costs are divided into an 11-month tuition schedule. Gym and regular season competition fees are included. Team athletes will get (1) included tumble class per week and are eligible for \$5.00 open gyms (ages 9 and up). The first payment for the 2025-2026 season will be on **Monday, June 9, 2025**.

Payment Options for Returning Elite Athletes:

- Option 1: June 2025-April 2026 Tuition is \$260.00/month Total: \$2,860
- Option 2: Upfront Pay for the season for gym and competition fees. Total: \$2,760 (*Save \$100.00*)
- Option 3: \$500.00 Down with \$210.00/month for 11 months (June 2025-April 2025)
Total: \$2,810 (*Save \$50*)

**Monthly fees include \$100 per month into the Booster Account that pays for Music, Team regular season competition registration fees, and coach's competition fees. Any remaining amount will be applied to end-of-season competitions.*

ALL ATHLETES: Attendance Policy

Cheerleading is a team sport that requires all athletes to be present to have an effective and productive practice. Practice is essential to do well in competitions as well as for the safety of the athletes.

All team practices are mandatory. We offer a “relaxed” schedule over the summer. During the summer practices, we will be focused on skill-building and sequences as well as starting choreography. Missing summer practices will be allowed for vacations or other events with advance notice.

Once the Season starts on September 2, 2025, practices will become mandatory. We will hold a parent/athlete meeting in August to discuss the competition schedule, dates, and more expectations for the year.

In-season practices will require an ABSENT FORM to be filled out 2-weeks PRIOR to the missed practice. If this is not completed, the family will be charged \$25 per missed practice. This policy excludes sickness if communicated well in advance of practice starting and may require a doctor's note (based on the coaches' discretion).

Additional Costs

ALL monthly tuitions are auto-drafted from the card on file in JackRabbit on the 1st of each month. Declined payments will need to be paid in full by the 5th day of the month. If payment is not received, the athlete may not participate in tumble classes or private lessons until paid in full.

Uniforms:

- \$300-\$400* Elite (New Uniform Expected for elite teams 2025-2026 season)
- \$300-\$375* Prep (planned reuse of current Elite Uniform for 2025-2026 season)
- \$150-\$180* Novice (planned reuse of current Novice Uniform)

Practice Wear:

- \$100-\$150* (Due at the 1st team practice)

Warm-Ups/Hoodie:

- \$75-\$150*

Bow:

- \$20.00-\$35.00*

Shoes:

- \$100-\$140* (team shoes will be communicated and have specific expectations)

Backpacks:

- \$50-\$130* (We offer several options, they can be used for more than one season)

Hair Pieces/Accessories:

- \$50-\$100*

ProShop

- Team gear and practice wear will be released throughout the year for optional purchase

USASF Membership: \$49.00/year/athlete (*required for all teams*)

Crossovers: If an athlete is interested and selected as a crossover athlete, there are no additional tuition fees. This athlete will attend all practices for both teams. The athlete will be required to pay individual crossover fees before each competition.

Regular Season Competitions:

- Travel Expenses (Hotel, gas, food, etc)

End-of-Season Competitions:

- Travel Expenses to Florida or Other Specified Location
- Registration Fees & Coaches Fees

Possible Competition Options (not limited to):

- The D2 Summit at ESPN Disney (Junior & Senior Teams)
- The Youth Summit in Tampa, FL (Youth Teams)
- The Celebration or The One (Mini & Prep Teams)
- Allstar Worlds (Elite teams)



Policies & Exceptions - Parent/Guardians

Please initial each statement and return it to the gym. Initialing each statement shows your acknowledgment and understanding of each expectation and policy.

I understand that all monthly fees are due by the deadlines listed in the packet. I must have the draft information on file and if my payment is not made prior to the due date, a draft of my account will be made by the gym. It is my responsibility to ensure all financial information is current with the gym at all times.

I understand that I must register and purchase a USASF membership to be on a team.

I understand that attendance for my child at all competitions is MANDATORY and all extra practices/events scheduled the week (7 calendar days) leading up to the competition must be attended as well. Athletes who miss a practice during this time may not be allowed to compete in that particular competition, but are expected to attend the competition and support their team. Extenuating circumstances will be reviewed in the event there is a death in the family or there is a medical excuse. Please note, an athlete's position on the team may still be impacted.

In accordance with attendance, all practices are required of athletes. If an athlete misses practice, they could be taken out of a portion of the routine or position changed if the need arises. If my child misses a required team function, it is my responsibility to contact a coach as soon as I am aware of a conflict or illness. Inform the head coach as soon as an absence is known. Notification of absence should not take place on the day of practice unless there is an emergency situation. If an athlete has chronic absences, a meeting will take place to determine if the athlete will be allowed to continue on the team or become an alternate.

I understand attendance to all choreography dates is MANDATORY. All dates for any such practices will be provided to parents promptly.

I understand that this gym will provide my athlete(s) with a positive training environment. Therefore, I understand that I should not have negativity towards others in the gym or on social media. If I have concerns, I will speak with the coach first and then schedule a meeting with the owner of the gym. Negative treatment of others will not be tolerated on any level amongst any patrons of the facility. Such actions will result in removal from the facility.

Coaches may choose to close practice to parents if deemed necessary. Parents will be notified promptly if such actions are taken.

I understand that travel fees, including admission to competitions, are not included in the fees paid to the gym.

I understand that threatening to or committing the act of pulling my child from a routine or team event including practice, may result in immediate dismissal from the gym of both parent and athlete.

I understand that my athlete will be required to take pictures at the conclusion of awards at events and I will plan accordingly for my athlete to be present.

I understand that I will forfeit all money paid if I choose to leave a team or if I am asked to leave the gym.

I understand that team placement is up to the coaching staff and accept the team my athlete is placed on.

I understand that important updates and team information will be posted on our Band Communication App and it is my responsibility to download the app and check for information.

I understand that my athlete is required to be in an additional class at Defy or regularly in private lessons.

I understand that competition dates are subject to change. DG Allstar will plan competitions to not interfere with VHSL competitions in our area.

I understand that no video of the routine may be posted until Coach has given consent.

I understand and agree that if we leave the program after choreography/roughly September 2025 there will be a \$500.00 cancellation fee and refunds of any monies paid to date including the issue of any team apparel ordered/paid for.

I understand and agree that if we leave the program during the month of competition there will be a \$1,000 cancellation fee and no refunds of any monies paid to date including the issue of any team apparel ordered/paid for.

Parent/Guardian Printed Name: _____ Date: ____/____/____

Parent/Guardian Signature: _____

Policies & Exceptions - Athlete

Please initial each statement and return it to the gym. Initialing each statement shows your acknowledgment and understanding of each expectation and policy.

I understand that attendance at all competitions is MANDATORY and that all practices/events scheduled the week (7 calendar days) leading up to the competition must be attended as well. If I miss a practice during this time I will not be allowed to compete in that particular competition, but am expected to attend the competition and support my team. Extenuating circumstances will be reviewed in the event there is a death in the family or there is a medical excuse. Please note, your position on the team may still be impacted.

In accordance with attendance, all practices are required. If I miss practice, I will have the possibility of being taken out of a portion of the routine or having my position changed if the need arises. If I absolutely need to miss practice, I will contact the coach asap.

I understand that this gym will provide me with a positive training environment. Therefore, I understand that I should not have negativity towards others in the gym or on social media. If I have concerns, I will speak with the coach first.

I understand I am required to attend the awards ceremony for my team(s) and can only miss it if I am approved in advance and under extreme circumstances. I am also required to wear my uniform and/or other designated team attire to the awards ceremony and I understand I must be present to take pictures at the end of the awards ceremony with my team(s).

I am expected to be respectful and understanding of my teammates, coaches, and owner at all times. I will also be mindful that others look up to me and will ensure my social media reflects myself in a positive way. This includes the use of Tik Toks and other accounts while in uniform or other cheer, attire performing inappropriate moves, mouthing foul language, and the use of drugs and alcohol. These negative actions may result in my possible termination from the team(s) or other disciplinary actions as decided by the coaches and owner of the gym.

I understand the use of drugs and alcohol during practices or at competitions will not be tolerated and will result in dismissal from my team.

I understand if I am late to practice, I must contact a coach to let them know (a parent may notify as well).

I understand that I must provide a doctor's note for injuries that occur outside of the gym that prohibits me from full participation.

Athlete Printed Name:_____ **Date:**_____/_____/_____

Athlete Signature:_____

Parent/Guardian Signature:_____