

ALL-STAR CHEERLEADING PACKET
2024-2025

Spring
TUMBLING
& CHEERLEADING



Spring TUMBLING



LEVEL 1		
Standing Tumbling		Running Tumbling
Level Appropriate	Forward Roll • Staddle Roll • Backward Roll • Handstand Handstand Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll Back Walkover Switch Leg • Valdez	Cartwheel • Round Off • Front Walkover • Cartwheel Back Walkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	Elite level skills include two (2) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	Elite level includes three (3) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. Front Walkover - Cartwheel - Back Walkover (Variations)
LEVEL 2		
Standing Tumbling		Running Tumbling
Level Appropriate	Back Handspring Variation • Back Handspring Step Out	Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring • Bounder/Flyspring
Elite Level Appropriate	Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill. BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring Back Walkover - Back Handspring Step Out	Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill. RO - BHS Series • FWO - RO - BHS, BHS Series • RO - BHS - Rebound - RO - BHS
LEVEL 3		
Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series (Only 2) • Jump • BHS • BWO - BHS Series • BHS Step out - BWO - BHS Series	Punch Front • RO - Tuck • Aerial • RO - BHS Tuck • RO - BHS Series - Tuck
Elite Level Appropriate	Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections. BHS Series (3 or more) • Jump • BHS Series • Jump • BHS • Jump • BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS • Jump • BHS, BHS Series • Jump • BHS Series • BHS • Jump • BHS **MUST BE AN ADVANCED JUMP**	Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck* • PF - Tuck* *must initiate RO within 4 counts after landing first skill
LEVEL 4		
Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series - Back Tuck • BHS - Back Tuck	Cartwheel - Back Tuck • RO - Layout • RO - BHS - Layout/Layout step out/X-Out/Switch Leg PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck Front Handspring - Punch Front • RO - Onodi - through to Tuck

AGE GROUP	
BY BIRTH YEAR	AGE DIVISION
2016-2018	TINY
2014-2018	MINI
2011-2018	YOUTH
2007-2017	JUNIOR
06/01/04-2011	SENIOR

Spring TUMBLING



Important/Closure Dates	
Memorial Day (Closed)	May 27th
Camp Fee Payment Due	June 1st
Team Camp	June 6th-7th
Choreography Fee Due	July 1st
Fourth of July (Closed)	July 1st-4th
Team Choreography	July 12th-13th
Labor Day (Closed)	September 2nd
Halloween (Closed)	October 31st
Thanksgiving (Closed)	November 25th-28th
Christmas (Closed)	December 23rd-January 2nd
Spring Break (Closed)	March 17th-21st

Practices/workout groups begin week after tryouts, workout groups will be distributed Monday-Thursday 6PM-8PM and days and times will be determined by level placement. Additional choreography dates to-be-determined for a Saturday in August.

Spring TUMBLING



Yearly Cost for All-Star Cheer		
Annual Registration Fee	\$35	Due at Sign up
Monthly Tuition	\$185	The 25th of Each Month
Uniform & Bow	\$400	Depending on payment Option
Two Practice Wear Outfits	\$150	Depending on payment Option
Choreography & Camp Fee	\$400	\$200 due June 1st \$200 due July 1st (All athletes pay no matter Start Date)
Competition, Coach, & Music Fee	\$1,315	Depending on payment Option
Yearly Total:	\$4,520	Total Cost for a Priceless Season

50% off Rec Classes for All-Star Athletes

\$25 Tryout Fee

\$40 off Sibling Discounts Monthly for All-Star

Payment Option 1:		Payment Option 2:	
Tuition	Additional Fees	Tuition	Additional Fees
\$185 (25th of every mo.)	\$186.50 beginning in May ending in Feb. (10th of every mo. for 10 mo.)	\$185 (25th of every mo.)	\$170 beginning in May (10th of every mo. for 12 mo.)

Additional Fees are comprised of competition fees, coaches fees, and music fees.

