



### ALL STAR Novice

All Star Novice welcomes athletes moving up from FUNdamentals, or with some past cheer experience. The program continues to build a love for All Star, while focusing on skill building and growth in a low-pressure, evaluation only environment. This division does not compete but will perform as exhibition ONLY. Novice teams do travel along with our allstar teams only to a couple of venues so that they can experience the allstar lifestyle.

### TUMBLING

Kids will continue to progress the Level 1 tumbling skills which would include forward rolls, hand stands, backbends, cartwheels, backwards rolls, back walkovers, front walkovers, seat rolls, round offs and power hurdles.

### STRENGTH & CONDITIONING

Exercising is a huge part of All Star cheerleading. The strength and conditioning will help their little bodies prepare for the more difficult skills as they continue to progress. The lesson plan will be super fun for these kids.

### FLEXIBILITY

Flexibility is key to maintain balance and what cheerleader is not flexible!! Modern American Cheer has certified stretch coaches that will work various stretching techniques. We will have your athlete flexible in no time.

### STUNTING

Athletes will continue to build off of the FUNdamentals and learn all the basics of Level 1 stunting in preparation for the Mini Prep Level 1 team!! The average athlete will complete this stage for 2 seasons.

**COST** (This cost is approximate depending on which events they will perform.)

Monthly Tuition \$150 (Includes 1 All Star Novice cheer class & UNLIMITED tumbling.)

### UNIFORM

\$250 (Includes complete uniform and bow)

\* Athletes will be required to purchase a black tennis shoe

### MUSIC

\$50 (covers the music they will perform to)

**EVENTS (Entry fee and coaches fees not included)**

TBD - Novice teams will only do a couple of events from the tentative schedule.

## ATHLETE PROGRESSION

We are committed to re-focusing our attention to how athletes safely and successfully progress through the developmental stages of All Star