



TRYOUT SCHEDULE

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|--|---|---|---|---|-----------------------------|--|---|
| | | | THURSDAY, MAY 5TH | THURSDAY, MAY 12TH | FRIDAY, MAY 13TH | SATURDAY, MAY 14TH | |
| | | | | OPTIONAL OPEN GYM | OPTIONAL OPEN GYM | OPTIONAL PRE-TRYOUT TRAINING OFFERED | OPTIONAL PRE-TRYOUT TRAINING OFFERED |
| SUNDAY, MAY 15TH | MONDAY, MAY 16TH | TUESDAY, MAY 17TH | WEDNESDAY, MAY 18TH | THURSDAY, MAY 19TH | FRIDAY, MAY 20TH | SATURDAY, MAY 21ST | |
| OPTIONAL PRE-TRYOUT TRAINING OFFERED | OPTIONAL PRE-TRYOUT TRAINING OFFERED | INFORMAL 10 MINUTE TRYOUT EVALUATION (SIGN UP FOR 1 DAY) | INFORMAL 10 MINUTE TRYOUT EVALUATION (SIGN UP FOR 1 DAY) | INFORMAL 10 MINUTE TRYOUT EVALUATION (SIGN UP FOR 1 DAY) | | ASSIGNED FLYER TRAINING WORKSHOP BY LEVEL | |
| SUNDAY, MAY 22ND | MONDAY, MAY 23RD | TUESDAY, MAY 24TH | WEDNESDAY, MAY 25TH | THURSDAY, MAY 26TH | FRIDAY, MAY 27TH | SATURDAY, MAY 28TH | |
| PRACTICE CLINIC INVITE EMAILS WILL BE SENT | ASSIGNED CLINICS TO EVALUATE SKILLS AS A GROUP | ASSIGNED CLINICS TO EVALUATE SKILLS AS A GROUP | ASSIGNED CLINICS TO EVALUATE SKILLS AS A GROUP | ASSIGNED CLINICS TO EVALUATE SKILLS AS A GROUP | | | |
| SUNDAY, MAY 29TH | MONDAY, MAY 30TH | TUESDAY, MAY 31ST | WEDNESDAY, JUNE 1ST | THURSDAY, JUNE 2ND | FRIDAY, JUNE 3RD | SATURDAY, JUNE 4TH | |
| | | | | | SEASON 10 TEAM REVEAL | SEASON 10 PARENT MEETING/ COMMITMENT DAY | |

TEAM PRACTICES BEGIN MONDAY, JUNE 6TH



OUR TRYOUT PROCESS



Our 3 Step Process

Step 1: Complete our Interest Form

- We ask that all families take the time to fill out our Season 10 interest form to share important details about your athlete to help better prepare them for the process

Step 2: Sign Up for Optional Pre-Tryout Training

- Open Gyms (\$15)
- Leveled Tumbling Classes (\$25)
- Leveled Stunting Classes (\$25)
- Flexibility & Conditioning (\$20)

Step 3: Sign Up for Tryouts

- Enroll in a Tryout Time (\$40 Tryout Fee)
All athletes will need to sign up for an informal, individual 10 minute tryout time slot where they will be evaluated on their highest level appropriate standing and running tumbling along with a 3 jump series combination. At this time, the Staff may ask your athlete to perform additional skills above and below the level they may be pursuing. Potential flyers will also be asked to showcase their flexibility in multiple body positions.
- Assigned Flyer Training Workshops (Additional \$25 fee)
Potential flyers who pass flexibility requirements will be assigned a 30 minute time slot on Saturday, May 21st with an age appropriate group to have an opportunity to showcase their ability to fly at their specific level. They will be stunting on experienced groups that have mastered their level of stunting.

Leveled Clinics

After tryout evaluations, athletes will be placed into leveled clinics to evaluate their skills in a group setting (jumps, stunts, and tumbling). These clinics will assist the Staff in our team placement process. Leveled clinic assignments do not guarantee your final team placement.

Placements

There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up athletes and build teams by level the best we can, but please remember that stunts, pyramids, jumps, dance, and age are huge factors as well that we closely evaluate during placements. Some teammates will be stronger tumblers than others. Some will be stronger at stunts than others. We place our teams based on the positions we need to fill (bases, flyers, tumblers, etc.)

Mark Your Calendars

- **May 5th, May 12th:** Open Gyms
- **May 13 - 16th:** Optional Pre-Tryout Training
- **May 17 - 19th:** Individual Tryout Evaluations
- **May 21st:** Assigned Flyer Training Workshops
- **May 24 - 26th:** Assigned Level Clinics
- **June 3rd:** Season 10 Team Reveal
- **June 4th:** Season 10 Parent Meeting/
Commitment Day
- **June 6th:** Season 10 Practices Begin

All Tryout related charges (Open Gyms, Pre-Tryout Trainings, Tryout Evaluations, & Flyer Training Workshops) will appear on your account for payment due on May 5th.





WHAT WE OFFER



Teams

This season we are offering two options,

Full Season

- Elite teams, Mini Team, & Worlds Team (Tryouts in May)
Practicing as much as 3x a week June through May and compete in approximately 8 competitions with some overnight travel.

Partial Season

- Prep team (Sign ups in September)
Practicing 2x a week September through April and compete in fewer competitions. No mandatory overnight travel.
- Cheer Abilities (Sign ups in September)
Practicing 1x a week September through April and compete in fewer competitions. No travel.
- Tiny's (Sign ups in September)
Practicing 1x a week September through April and compete in fewer competitions. No travel.



Ages

All ages for tryouts will be determined by the calendar year beginning on January 1st.

This will determine your "competition age."

- International Open: 13+
- Senior Levels 1-5: ages 12-18
- Junior Level 4: ages 8-15
- Junior Levels 1-3: ages 6-15
- Youth Levels 1-3: ages 5-11
- Mini: ages 5-8
- Tiny: ages 5-6



Levels

There are 7 levels in all star cheerleading. We are currently accepting levels 1-6. The level refers to the type of stunts, pyramids, and tumbling that a team can safely perform. They are numbered with each level increasing difficulty. Based on our tryout process, our Staff will determine what levels our gym will field for Season 10. This past season we successfully fielded levels 1, 2, 3, 4, and 6!



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PRE-TRYOUT TRAINING

RESERVE YOUR SPOT TODAY
SIGN UP FOR ONE OR AS
MANY AS YOU WOULD LIKE

FRIDAY, MAY 13TH

5:00 - 6:15 PM
LEVEL 1 TUMBLING

6:30 - 7:45 PM
LEVEL 4 TUMBLING

8:00 - 9:00 PM
FLEXIBILITY &
CONDITIONING

SATURDAY, MAY 14TH

10:30 - 11:45 AM
LEVEL 1 TUMBLING

12:00 - 1:00 PM
LEVEL 1 STUNTS

1:15 - 2:30 PM
LEVEL 2/3 STUNTS

2:45 - 4:00 PM
LEVEL 2 TUMBLING

4:15 - 5:30 PM
LEVEL 3 TUMBLING

SUNDAY, MAY 15TH

10:30 - 11:45 AM
LEVEL 2 TUMBLING

12:00 - 1:15 PM
LEVEL 4 TUMBLING

1:30 - 2:30 PM
LEVEL 4/5/6 STUNTS

2:45 - 4:00 PM
LEVEL 5/6
TUMBLING

MONDAY, MAY 16TH

5:00 - 6:00 PM
FLEXIBILITY &
CONDITIONING

6:15 - 7:30 PM
LEVEL 3 TUMBLING

7:45 - 9:00 PM
LEVEL 5/6 TUMBLING

**CHECK OUT TUMBLING
& STUNT SKILLS BY
LEVEL CHARTS ON OUR
WEBSITE TO CHOOSE
THE CLASS' THAT BEST
FIT THE SKILLS YOU'RE
TRYING TO MASTER!**



STUNTING SKILLS BY LEVEL



LEVEL 1

- SWITCH UP TO BELOW PREP LEVEL BODY POSITION
- TIC TOC BELOW PREP LEVEL BODY POSITION TO BODY POSITION
- PREP LEVEL SHOW N GO
- ¼ UP TO PREP LEVEL
- ¼ UP TO PREP LEVEL 1 LEG WITH BRACER
- STRAIGHT CRADLE (FROM PREP)
- SHOULDER STAND

LEVEL 2

- INVERSION FROM THE GROUND TO EXTENSION
- ½ UP TO EXTENSION
- SWITCH UP TO PREP LEVEL LIB
- ¼ UP TO PREP LEVEL BODY POSITION
- BODY POSITION TO BODY POSITION PREP TIC TOC
- STRAIGHT CRADLE OR ¼ CRADLE (FROM EXTENSION)

LEVEL 3

- BALL UP OR SWITCH UP TO PREP LEVEL BODY POSITION
- BELOW PREP TIC TOC TO PREP STRETCH
- FULL UP TO PREP
- FULL AROUND PREP TO PREP
- 1/2 UP TO EXTENSION LIB
- FULL DOWN (FROM PREP)

LEVEL 4

- SWITCH UP TO EXTENDED BODY POSITION
- FULL UP LIB
- FULL DOWN (FROM BODY POSITION)
- 1 ½ UP TO PREP
- FULL TWISTING TIC TOC
- 1 ½ UP TO PREP BODY POSITION
- DOUBLE DOWN
- BELOW PREP TIC TOC TO EXTENDED BODY POSITION

LEVEL 5

- DOUBLE UP TO PREP
- LOW TO HIGH TIC TOC
- FULL UP TO EXTENDED BODY POSITION
- FULL TWISTING SWITCH UP TO EXTENSION LIB
- HIGH TO HIGH TIC TOC LIB TO BODY POSITION
- DOUBLE DOWN (FROM BODY POSITION)

LEVEL 6

- RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED BODY POSITION
- DOUBLE UP TO EXTENSION
- 1 ½ UP TO EXTENDED BODY POSITION
- ½ TWISTING BALL UP TO EXTENDED BODY POSITION
- BODY POSITION DOUBLE DOWN
- BODY POSITION TO BODY POSITION EXTENDED TIC TOC

LISTED ABOVE ARE SOME STUNT SKILLS BY LEVEL. ELITE SKILLS FOR THE LEVEL CAN BE FOUND IN RED.
FOLLOW THESE SIMPLE CHARTS TO DETERMINE WHAT TYPE OF SKILLS YOU NEED TO MASTER FOR YOUR DESIRED LEVEL!



FLYER TRYOUT FAQ



WHAT TO KNOW BEFORE YOU GO! YOUR GUIDE TO ALL OF YOUR FAQ. ALL POTENTIAL FLYERS WILL BE ASSESSED IN BODY POSITIONS AND FLEXIBILITY AT THEIR INDIVIDUAL TRYOUT (ON A STUNT STAND) TO DETERMINE IF THEY WILL BE INVITED TO SIGN UP FOR A FLYER TRAINING WORKSHOP.

Q: Why is there a Flyer tryout fee?

A: Each year, All Star Cheerleading continues to evolve and change. At Victory, we are growing too! As we head into Season 10, we recognize the importance of training our Flyers and holding all of our athletes to a high standard. In order to most effectively place potential Flyers in clinics to evaluate skills in a group setting, we have decided to give them the opportunity to stunt with an experienced group beforehand during Flyer Training Workshops. We believe this one-on-one attention and coaching will allow us to evaluate them and help prepare for the next stage in their All Star Cheer journey.

Q: How much does it cost to tryout as a Flyer?

A: Flyer Tryouts are an Additional \$25. This payment will be due with Tryout fee.

Q: How will Flyers be evaluated?

A: During normal tryout evaluations Flyers body positions will be assessed on a stunt stand. If their body positions meet the Requirements, they will be invited to sign up for a Flyer Training Workshop. If their body positions do not meet the Requirements, it is up to our evaluating Staff's discretion if they will be invited to sign up for a Flyer Training Workshop. This could be considered a first round cut for those who do not meet the body position Requirements. Check out our "Flyer Requirements" document for more information!

Q: As a parent, can I come in and watch?

A: All tryouts are closed. There will be no parents allowed in the gym at this time.

Q: What time should I arrive to my Flyer Training Workshop?

A: You should arrive 10-15 minutes before your time slot to warm up and stretch out.

Q: What skills will I have to show?

A: Stunt skills will be taught during Flyer Training Workshops. We are looking for the ability to demonstrate an understanding of new stunts and body control. They will also be required to demonstrate 2 elite level skills and 1 level appropriate skill for their desired level. Check out our "Stunt Skills by Level" chart to find out what skills are required in each level! Additionally, All Flyers, regardless of level, will be required to show a body position sequence to showcase flexibility and balance on their group.

Q: Do I have to show all of the skills in my level box from the "Stunt Skills by Level" chart?

A: Nope! Our chart is just designed to help you understand that there are multiple skills associated with each level. We are looking for potential Flyers to be able to demonstrate multiple skills for their level. Our Staff will be picking out skills from your level to teach and demonstrate.

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FLYER REQUIREMENTS



ALL POTENTIAL FLYERS WILL BE ASSESSED ON THE FOLLOWING BODY POSITIONS AT YOUR INDIVIDUAL TRYOUT (ON A STUNT STAND) TO DETERMINE IF THEY WILL BE INVITED TO SIGN UP FOR A FLYER TRAINING WORKSHOPS.

HEEL STRETCHES

- BOTH LEFT AND RIGHT WILL BE EVALUATED
- LOCKED STANDING AND PULL LEG
- TOP TOE POINTED
- HIPS FACING FRONT
- PULLING ARM ELBOW IS LOCKED
- OPPOSITE ARM GLUED BY SIDE



BOW N ARROW

- LOCKED STANDING AND PULL LEG
- TOP TOE POINTED
- HIPS FACING FRONT
- T MOTION IS PARALLEL WITH GROUND

ARABESQUE

- LOCKED STANDING LEG
- CHEST UP
- TOE POINTED
- LIFTING KNEE IS LOCKED AND TOE POINTED TO FRONT
- HANDS IN T-MOTION



SCORPION

- LOCKED STANDING LEG
- TOE POINTED
- SHOULDERS/BACK ROUNDED
- TOP LEG IN LINE WITH THE LEG THE FLYER IS STANDING ON



Attendance & Practice Policy Form

Attendance Policies

- You are allowed **6 EXCUSED ABSENCES** per elite team or **9 EXCUSED ABSENCES** for the Worlds team. throughout the entire season. All other absences will be **UNEXCUSED** unless they are a school function that results in a grade or a religious occasion.
- The following are **MANDATORY** events or functions & will be **UNEXCUSED** even with an Absence Request:
 - * Boot camps (6/27-7/1, 7/25-7/29, 8/22-8/26), choreography (9/23/22-10/7/22 & week of 10/24-10/28/22) & choreography refresh (2/18-2/24/23).
- All **UNEXCUSED ABSENCES will result in a \$30 fee per team** per practice missed (i.e. 2 missed = \$60).
- All Absence Requests **MUST be submitted 2 weeks prior** to missing your teams practice. If we receive an Absence Request with **less than 2 weeks notice, it will automatically be unexcused** and result in a fee. Coaches will be compensated with these fees.
- Part-time jobs, dances, concerts, banquets, family reunions, weddings, recitals, school/church socials, birthday parties, college visits, & other sports **will be considered UNEXCUSED**.
- **Absences are NOT allowed the week prior to a competition**. An unexcused absence may result in an athlete being moved to an alternate position or replaced from that comp at the discretion of the staff.
- We understand that **unforeseen illnesses or injuries happen and will not result in a fee**. Athletes are expected to be at practice unless the doctor note states otherwise.

Summer Practices (Jun-Aug) & Regular Season Practices (Sep-May)

- We do not practice on the weekends in the summer.
- We add level appropriate tumbling classes for our elite teams on the weekends starting after Labor Day. These tumbling classes do not count towards the 6/9 EXCUSED ABSENCES throughout the season.
- We want to let our families know that in the summer we will be closed for 3 weeks. We always close our gym for the 1st 2 weeks of July from **7/3/22-7/16/22** for our summer break. In addition, we will be closed in August from **8/13/22-8/21/22** for our staff retreat.
- We strongly encourage all families to plan to take their vacations during these gym closings as to allow all athletes to be at practice. Regular season closings include: Labor Day **9/3-9/5/22**, Thanksgiving **11/23-11/27/22**, Holiday Break **12/24-1/1/23** & Spring Break **4/7-4/9/23**.
- I understand it is my responsibility to inform my athlete of the policies and ensure that they uphold the principles outlined within. **(Initial)**_____

Parent's Signature _____ Date _____