

SUNDAY, MAY 7TH	MONDAY, MAY 8TH	TUESDAY, MAY 9TH	WEDNESDAY, MAY 10TH	THURSDAY, MAY 11TH	FRIDAY, MAY 12TH	SATURDAY, MAY 13TH	
	SEASON 11 INFORMAL TRYOUTS: 10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)			10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)	10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)	FLYER TRAINING: 9 & UNDER: 5:00 - 6:00 PM 10 & UP: 6:30 - 8:30 PM	
SUNDAY, MAY 14TH	MONDAY, MAY 15TH	TUESDAY, MAY 16TH	WEDNESDAY, MAY 17TH	THURSDAY, MAY 18TH	FRIDAY, MAY 19TH	SATURDAY, MAY 20TH	
		ASSIGNED TRAINING BY LEVEL TO EVALUATE SKILLS AS A GROUP: LEVEL 1/3: 5:15 - 7:15 PM LEVEL 2/4: 7:30 - 9:30 PM			LEVEL 1/3: 5:15 - 7:15 PM LEVEL 2/4: 7:30 - 9:30 PM		
SUNDAY, MAY 21ST	MONDAY, MAY 22ND	TUESDAY, MAY 23RD	WEDNESDAY, MAY 24TH	THURSDAY, MAY 25TH	FRIDAY, MAY 26TH	SATURDAY, MAY 27TH	
	ASSIGNED TRAINING BY LEVEL TO EVALUATE SKILLS AS A GROUP: LEVEL 1/3: 5:15 - 7:15 PM LEVEL 2/4: 7:30 - 9:30 PM			LEVEL 1/3: 5:15 - 7:15 PM LEVEL 2/4: 7:30 - 9:30 PM	SEASON 11 TEAM REVEAL 6:00 - 8:00 PM	GYM CLOSED FOR MEMORIAL DAY	GYM CLOSED FOR MEMORIAL DAY
SUNDAY, MAY 28TH	MONDAY, MAY 29TH	TUESDAY, MAY 30TH	WEDNESDAY, MAY 31ST				
GYM CLOSED FOR MEMORIAL DAY	GYM CLOSED FOR MEMORIAL DAY		SEASON 11 COMMITMENT DAY PARENT MEETING: 6:00 - 8:00 PM				



TRYOUT SCHEDULE

TEAM PRACTICES BEGIN MONDAY, JUNE 5TH

**FRIDAY,
APRIL 14TH**

**MONDAY,
APRIL 17TH**

**TUESDAY,
APRIL 18TH**

**SATURDAY,
APRIL 22ND**

**SUNDAY,
APRIL 23RD**

SEASON 11
OPEN HOUSE
& OPEN TUMBLE
6:00 - 7:30 PM
****NO CHARGE****
COME CHECK US OUT!

PRE-TRYOUT TRAINING

INTRO TO BHS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
BACKHANDSPRINGS

INTRO TO TUCKS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

PRE-TRYOUT TRAINING

WALKOVERS - \$25
9:30 - 11:00 AM

RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
WALKOVERS AND ADVANCED
LEVEL 1 SKILLS

**BACK HANDSPRINGS
& BOUNDERS - \$25**
11:15 - 12:45 PM

RECOMMENDED SKILLS:
WALKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. LAYOUTS
& FULLS - \$25**
2:30 - 4:00 PM

RECOMMENDED SKILLS:
RUNNING LAYOUT
WORKING:
LAYOUT FORM & TWISTING



**PRE-TRYOUT
TRAINING**

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

****ALL FEES CHARGED APRIL 17TH****

**FRIDAY,
MAY 5TH**

**SATURDAY,
MAY 6TH**

**SUNDAY,
MAY 7TH**

PRE-TRYOUT TRAINING

INTRO TO BHS - \$25
6:00 - 7:30 PM

RECOMMENDED SKILLS:
HANDSTAND & BACK BEND
WORKING: BACK
HANDSPRINGS

WALKOVERS - \$25
9:30 - 11:00 AM

RECOMMENDED SKILLS:
HANDSTAND & BACK BEND
WORKING:
WALKOVERS AND ADVANCED
LEVEL 1 SKILLS

**BACK HANDSPRINGS
& BOUNDERS - \$25**
11:15 - 12:45 PM

RECOMMENDED SKILLS:
WALKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. LAYOUTS
& FULLS - \$25**
2:30 - 4:00 PM

RECOMMENDED SKILLS:
RUNNING LAYOUT
WORKING:
LAYOUT FORM & TWISTING

INTRO TO TUCKS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

INTRO TO TUCKS - \$25
1:00 - 2:30 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

**ADV. TUCKS
& LAYOUTS - \$25**
2:45 - 4:15 PM

RECOMMENDED SKILLS:
STANDING MULTIPLE BHS
& ROBHS TUCK
WORKING:
LEVEL 3 & LEVEL 4
SPECIALTIES

OPEN GYM - \$15
5:30 - 6:30 PM
CASH ONLY
AT THE DOOR



WHAT WE OFFER



Teams

This season we are offering two options,

Full Season

- Elite teams, Full Season Prep teams, & Mini Team Practicing as much as 3x a week June through May and compete in approximately 6-7 competitions with some overnight travel. Elite teams will attend one competition out of the Northeast Region during regular season and an additional end of season event in Orlando, FL.

Partial Season

- All Partial Season teams will attend one end of season event requiring mandatory overnight travel within driving distance.
- Partial Season Prep team (Sign ups in August) Practicing 2x a week September through April and compete in 2-3 competitions.
- Cheer Abilities (Sign ups in August) Practicing 1x a week September through April and compete in 2-3 competitions.
- Tiny's (Sign ups in August) Practicing 1x a week September through April and compete in 2-3 competitions.

Ages

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

This will determine your "competition age."

- Senior Worlds: 14-19
- Senior: ages 13-19
- Junior: ages 9-15
- Youth: ages 8-12
- Mini: ages 7-9
- Tiny Novice: ages 4-7
- Cheerabilities: 6+

Levels

There are 7 levels in all star cheerleading. 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 11. In the past, we have successfully fielded levels 1, 2, 3, 4, 5, and 6!





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 11 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 Cash Only)
- Leveled Tumbling Classes (\$25)

Step 3: Sign Up for Tryouts

- Enroll in a Tryout Time (\$75 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.

★ Our Tryout Fee includes your Informal Tryout with our Staff & (4) 2-hour Assigned Training by Level Practices

- Flyer Training Workshops (Additional \$30 fee)
Potential flyers who pass an evaluation for flexibility requirements will be required to report to the times slots below on Thursday, May 11th to have an opportunity to showcase their ability to fly at their specific level.

Flyers 9 & under: 5:00 - 6:00 PM

Flyers 10 & up: 6:30 - 8:30 PM

Assigned Training by Level

After tryout evaluations, athletes will be invited to a level training to evaluate their skills in a group setting (jumps, stunts, and tumbling). These trainings are included in your Tryout Fee and will assist the Staff in our team placement process. Leveled training invites 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

- **April 14th:** Open House and Open Tumble - No Charge!
- **April 17th, 18th, 22nd, & 23rd:** Optional Pre-Tryout Trainings Offered
- **May 5th, 6th, & 7th:** Optional Pre-Tryout Trainings Offered
- **May 8th, 9th, & 10th :** Individual Tryout Evaluations
- **May 11th:** Flyer Training Workshops By Age
- **May 16th, 18th, 22nd, & 23rd:** Assigned Training By Level To Evaluate Skills As A Group
- **May 25th:** Season 11 Team Reveal
- **May 31st:** Season 11 Parent Meeting
Commitment Day
- **June 5th:** Season 11 Practices Begin



Open Gyms & Pre-Tryout Trainings will appear on your account for payment due on [April 17th](#).
Tryout Evaluations & Flyer Training Workshops will appear on your account for payment due on [May 8th](#).

www.thevictoryvipers.com



CROSSOVERS FAQ



EACH YEAR WE SELECT A LIMITED AMOUNT OF CROSSOVERS TO COMPETE ON MORE THAN ONE TEAM. THESE ATHLETES DEMONSTRATE MULTIPLE SKILL SETS, STRONG WORK ETHIC, AND POSITIVE GYM CULTURE. CROSSOVERS ARE CHOSEN BY STAFF DISCRETION ON AN AS NEEDED BASIS.

Q: What is the commitment of a Crossover?

A: Being a crossover could mean athletes could be required to practice as many as 4 days per week, on back to back days or the same night back to back. On competition days, the schedule could require you to be there for an extended period of time.

Q: How much does it cost to be a Crossover?

A: In addition to your regular tuition, it is \$45 a month to cross. The average competition fees for the season are approximately between \$500-\$550. There will also be a \$150 choreography fee to cover your second team.





TUMBLING SKILLS BY LEVEL



LEVEL 1

- FORWARD/BACKWARD ROLL
- BACK EXTENSION ROLL
- HANDSTAND FORWARD ROLL
- CARTWHEEL**
- POWER HURDLE ROUND OFF**
- BACK-WALKOVER (BWO)/SERIES**
- BWO SWITCH FOOT**
- FRONT-WALKOVER (FWO)**
- CARTWHEEL BWO
- VALDEZ

LEVEL 2

- BACK HANDSPRING (BHS)
- VALDEZ BHS
- FRONT HANDSPRING / BOUNDER
- FWO ROUND OFF BHS
- BWO SWITCH FOOT BHS**
- BHS STEP OUT, BWO BHS**
- ROUND OFF BHS STEP OUT BWO BHS**
- ROUND OFF DOUBLE BHS**

LEVEL 3

- BWO DOUBLE BHS**
- BHS STEP OUT DOUBLE BHS**
- STANDING TRIPLE BHS**
- ROUND OFF TUCK
- ROUND OFF BHS TUCK**
- PUNCH FRONT OR AERIAL
- FWO AERIAL
- FWO/BOUNDER --> TUCK**
- RUNNING COMBINATIONS --> TO TUCK

LEVEL 4

- STANDING TUCK
- DOUBLE BHS TO TUCK**
- BHS TUCK
- BWO TUCK**
- DOUBLE JUMP TO BHS TUCK
- CARTWHEEL TUCK**
- ROUND OFF BHS LAYOUT**
- FWO --> LAYOUT**
- PUNCH FRONT STEPOUT --> TO LAYOUT**
- RUNNING WHIP --> TO TUCK / LAYOUT**

LEVEL 5

- JUMP TO TUCK
- BHS BHS LAYOUT**
- BHS/SERIES BHS WHIP TUCK/LAYOUT**
- ARABIAN
- ROUND OFF BHS FULL**
- PUNCH FRONT STEPOUT --> TO FULL**
- RUNNING WHIP --> FULL**

LEVEL 6

- JUMP TO TUCK
- STANDING BHS SERIES FULL**
- JUMP BHS SERIES FULL**
- BHS FULL**
- STANDING FULL**
- STANDING SERIES BHS DOUBLE FULL**
- SPECIALTY --> FULL**
- ROUND OFF BHS DOUBLE FULL**
- ELITE COMBINATIONS TO DOUBLE**

LISTED ABOVE ARE SOME TUMBLING SKILLS BY LEVEL. OUR PROGRAMS DECISION SKILLS FOR EACH LEVEL CAN BE FOUND IN **RED**. MASTERED DECISION SKILLS JUSTIFY OUR TEAM PLACEMENTS AND LEVEL UP IN TUMBLING CLASSES.



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 REQUIRED 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 11, 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, we have decided to give them the opportunity to showcase their ability and learn skills before attending Assigned Training by Levels. 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 \$30. This payment will be due with Tryout fee and appear on your account May 8th.

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 report to a Flyer Training Workshop by age. If their body positions do not meet the Requirements, it is up to our evaluating Staff's discretion if they will be invited. 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 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. All Flyers, regardless of level, will be required to show a body position sequence to showcase flexibility and balance on their group.





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