



TRYOUT PACKET

Join us for the 2026 - 2027 Season!



4059 SKYRON DR. UNIT C, DOYLESTOWN, PA 18902
THEVICTORYVIPERS.COM

FUN • CHALLENGING • REWARDING COMPETITIVE CHEERLEADING IN THE HEART OF DOYLESTOWN, PA

WHY VICTORY VIPERS?

We pride ourselves on knowing and connecting with every family that walks through our doors. Building meaningful relationships between athletes, teammates, our owner, and coaches is at the heart of what we do. Our instruction is designed to bring out the best in those who train with us. In our program, individuals quickly discover their strength, both mentally and physically and they learn what it takes to achieve goals as part of a team while learning life lessons.

Being challenged in a positive way, allows our athletes to overcome obstacles, become key players, show up as leaders and ultimately feel the satisfaction of accomplishing big goals in and outside of the gym. Every personality, every skill set and every strength has an important place on our teams and we love to watch our athletes contribute at their highest potential.



- *2025 4x Cheersport National Champions*
- *2023 Summit Champions*
- *2023 3x Regional Summit Champions*
- *2022 Worlds Finalist*
- *Multiple Summit Finalist Teams (including Top 3 finishes)*
- *40+ Summit and Worlds Bids (9 Paid)*
- *Varsity's 'Pass the Mat' Sportsmanship Award*
- *Numerous Choreography and Specialty Awards*
- *Multiple Undefeated Regular Seasons*



“BETTER TOGETHER” PARENT TESTIMONIALS



“When my kids walked through the gym doors they were just that- kids. Now they are elite athletes, teammates and have learned the true meaning of work ethic and friendship. I will forever be grateful for the coaches who have given my daughters so many gifts and taught them life lessons.

They can take what they have learned and achieved at the gym into the world and they are better people for it. Sure they have won rings and jackets, but the real trophy is what they have gained mentally and in their hearts. Knowing what kind of leader they want to be, because they were inspired by older athletes who lead by example. Knowing they can do hard things and overcome because they did it in practice and learned a new skill at a moments notice because their team needed them. Those are the real wins. That’s what you will find at VV, not just a team but a family.”

- Sari Dominczyk, 8 year Viper Parent



“This is a family. The amount of love and support the owner and coaches pour into this program is like no other. My daughter has found her passion and has thrived these past few years. Yes it’s fantastic that Victory Vipers program is strong and place high in competitions, but over and above that, it’s a place where athletes can grow and feel supported at every age and every level.”

- Lauren Rood, 4th year Viper Parent

From day one of Macie’s cheer journey at Victory Vipers, the staff has done an incredible job of balancing technical training in tumbling, stunting and performance with fun and personal growth. The progress in skills has been amazing and the owner and coaches celebrate athletes’ strengths and help them push through challenges.

The gym runs in a professional, organized way. The assistant director is excellent with scheduling and communication with parents is clear and ongoing throughout the season. The staff canvases parents for input regarding classes and all things Victory. They offer specialty classes in leveled stunting and tumbling. Monthly tuition is affordable and includes leveled tumbling classes tailored to fit specific needs.

Macie is fortunate to be part of a Cheersport National Champion Team and a Summit Finalist team. We are grateful for teammates Macie loves and memories that will last a lifetime. Looking forward to many more successful years at Victory!

- Jill Von Vital, 2nd year Viper Parent





WHAT WE OFFER



AGES

All “competition ages” will be determined by the calendar year beginning on January 1st. We offer teams in the following age groups:

- Senior: ages 13-19
- Junior: ages 9-15
- Youth: ages 8-12
- Mini/Mini Novice: ages 7-9
- Tiny Novice: ages 4-6
- CheerAbilities: All ages!



LEVELS

All Star Cheerleading consists of 7 levels. Each level represents the types of stunts, pyramids, and tumbling skills that a team can safely perform, with difficulty increasing at each level. Following our tryout process, our staff will determine which levels we will field for the upcoming season. In past seasons, we have successfully offered teams at Levels 1, 2, 3, 4, 4.2, 5, and 6.

TIERS

No matter your athlete’s age, experience, or skill level — we have a team for you! With both partial and full season options available, every athlete makes a team. Whether you’re looking for an introduction to All Star through our Partial Season program or the highest level of commitment through our Full Season Elite program, you can choose the path that fits your family’s budget, schedule, and goals. Let us meet your athlete where they are and help them grow.



WHAT OUR FAMILIES ARE SAYING:

Victory Vipers has meant so much to our family. This is our first year with the program, and after being part of other cheer organizations in the past, we truly couldn’t be happier with our experience here. From the owners to the coaches, there is a clear sense of dedication and care that goes into everything they do. They know how to challenge and motivate the athletes while still making sure they feel supported and encouraged along the way. One of the things that stands out most is the environment they have created. My granddaughter feels encouragement not only from her coaches but from her teammates as well. That kind of support for one another speaks volumes and creates a place where the athletes feel proud to show up and give their best. What also makes this program special is the way it supports the athletes beyond the mat. It’s truly an all-inclusive approach that focuses not only on skills, but also on things that matter in life such as nutrition, sports psychology, and building a strong mindset. Those lessons carry far beyond cheer.

- Mrs. O, 1st Year Vipers



SEASON OPTIONS



TEAMS & TIERS

Each season we offer 2 options

Option 1: Full Season Teams

- Tryout Process: May 9th - May 21st
- Season Runs: June '26 - May '27
- Additional practices for choreography required. See Important Dates.
- Requires 3-4 Overnight Hotels in the Northeast Region

Full Season Team Tiers

Team	Mini Prep	Youth/Junior Prep	Youth Elite	Junior/Senior Elite
Ages	7 - 10	Youth: 8 - 13 Junior: 8 - 16	8 - 13	Junior: 9 - 16 Senior: 13 - 18
Practice Schedule	2x per week Days TBA Fall Tumbling Class 1x per week	2x per week Weekdays Fall Tumbling Class 1x per week	2x per week Weekdays Fall Tumbling Class 1x per week	2x per week Weekdays Fall Tumbling Class 1x per week
Travel	5 Local Competitions (PA/NJ/MD)	5 Local Competitions (PA/NJ/MD)	7 Competitions (PA/NJ/DC/MD)	7 Competitions (PA/NJ/DC/MD)
End of Season Event	The Regional Summit (MD)	The Regional Summit (MD)	The Regional Summit (MD)	The Summit (FL)



Option 2: Partial Season Teams

- Evaluations for Ages 6 +: August 12th, 5:30 - 8:00 PM
- Sign Ups for 6 and under & Cheer Abilities: August 14th, 5:00 - 7:00 PM
- Season Runs: September '26 - April '27
- Requires 1 Overnight Hotel in the Northeast Region

Partial Season Team Tiers

Team	Tiny/Mini Novice	Youth Novice	Youth/Junior Prep	CheerAbilities
Ages	Tiny: 4 - 6 **Mini: 6 - 8 **under 7 must have a Bridge or Cartwheel	8 - 10	Youth: 8 - 13 Junior: 8 - 16	Any Age
Practice Schedule	1x per week 1 Weekend	1x per week 1 Weekend	2x per week 1 Weekday, 1 Weekend	1x per week 1 Weekend
Travel	2 Local Competitions (PA/NJ)	2 Local Competitions (PA/NJ)	3 Local Competitions (PA/NJ)	2 Local Competitions (PA/NJ)
End of Season Event	The Regional Summit (MD)	The Regional Summit (MD)	The Regional Summit (MD)	The Regional Summit (MD)





JOINING US FOR FULL SEASON?



1 CREATE AN ACCOUNT

Register in our Parent Portal, add your athlete, and accept the required waivers.

2 SIGN UP FOR A TRYOUT EVALUATION

Select "FS Tryouts – Season 14" and choose a day and time to attend. You only need to select one. Evaluations are \$125.



Reminder: These evaluations are used to showcase tumbling and jumps. Those who don't tumble still need to attend for jumps and a headshot. Evaluations help staff place athletes into leveled practice groups for further team-style assessments.



Flyers: Athletes interested in flying **must enroll in 2 Flyer Flex classes** during Pre-Tryout Training. If you missed these classes, you need to email tryouts@thevictoryvipers.com to schedule a private evaluation.

3 COMPLETE OUR INTEREST FORM

After registering for an evaluation time, you will receive an email **within 24 hours** with information on how to complete our Athlete Interest Form so we can learn more about you.

4 ATTEND YOUR TRYOUT EVALUATION

5 RECEIVE YOUR LEVELED PRACTICE INVITE

After evaluations, you will receive an email on **Tuesday, May 12th** with the leveled practice group(s), dates, and times you've been invited to attend.

?

**WHAT HAPPENS
NEXT?**

Leveled practices will be **Wednesday, May 13th - Tuesday, May 19th** Throughout leveled practices our Staff meets multiple times and Athletes may move between groups as part of the assessment.

Teams will begin to take shape during leveled practices, and final team reveal is **Thursday, May 21st**.

WHEN CHARGES WILL APPEAR IN YOUR ACCOUNT:

Open Gyms & Classes – April 29

Full Season Tryout Evaluations – May 1



JOINING US FOR PARTIAL SEASON?



1 CREATE YOUR ACCOUNT

Register in our Parent Portal, add your athlete, and accept the required waivers.

2 SIGN UP

AGE 5 AND UNDER

- Select "PS Tryouts – Season 14"
- Choose PS Registration 8/12/26: 5 years old and under (Novice teams)
- In mid-August, we will be in touch to get you set up for the season, complete your first payment, and join BAND

AGE 6 +

- Select "PS Tryouts – Season 14"
- Choose the time your athlete will attend their evaluation on 8/12/26. Evaluations are \$70
- After evaluations, you will receive an email on **Thursday, August 13th** with team placement, BAND link, and schedules

CHEER ABILITIES

- Select "PS Tryouts – Season 14"
- Choose PS Registration 8/12/26: Cheer Abilities (Snake Charmers)
- In mid-August, we will be in touch to get you set up for the season, complete your first payment, and join BAND

3 GET READY TO JOIN VIPER NATION!

1st Payments are due **Friday, August 14th** and practices will begin **Sunday, September 13th**.



**MISSED
EVALUATIONS
FOR AGES 6+?**

It's not too late to join us! If you missed evaluations on August 12th or can't make that day, send an email to tryouts@thevictoryvipers.com to schedule a private evaluation.

Private Evaluation Fee: \$85.00

WHEN CHARGES WILL APPEAR IN YOUR ACCOUNT:

Open Gyms & Classes – April 29

Partial Season Evaluations – August 5

PRE-SEASON IMPORTANT DATES

April 21 & May 6

6:00-7:00 PM

Parent Informational Zooms with
Owner & Directors

same information covered on both



May 9

10:00 - 3:00 PM

May 11

6:30 - 9:30 PM

Full Season Tryout Evaluations

choose one day

May 12

5:15 - 6:15 PM

New Flyer Evaluation Clinics

May 13 - 19

Full Season Evaluation

Leveled Practices

May 15

5:15 - 6:15 PM

Makeup Full Season Evaluations

must be scheduled by email

tryouts@thevictoryvipers.com

May 21

5:00 - 6:30 PM

Full Season Team Reveal

May 26

5:00 - 7:30 PM

Full Season Commitment Day
& 1st Payments Due

June 3

Full Season Practices Begin

August 12

5:30 - 8:00 PM

Partial Season Evaluations (ages 6+)

must be scheduled by email

tryouts@thevictoryvipers.com

August 14

5:00 - 7:00 PM

Partial Season Commitment Day
& 1st Payments Due



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VIPERS GLOSSARY



PARENT INFORMATIONAL SESSION

A virtual information session designed to help families understand our program. We cover our philosophy, season structure, key dates, scheduling expectations, and what we offer, with time at the end for Q&A.

OPEN GYM

Open Gym provides athletes with additional supervised practice time to refine and build skills they are already working on. This dedicated session allows athletes to get extra reps at their own pace using drills they've learned in class and appropriate equipment. Coaches are present to ensure safety and offer light guidance as needed; however, this is not a structured instructional class.

TRYOUT TUNE UP

These sessions are meant to give athletes the edge on tryouts. With a quick dynamic warm-up, focused basics, and feedback from coaches on specific tryout skills, athletes will build confidence and consistency as they head into evaluations.

STUNT LAB

Stunt Lab is a 1-hour, workshop-style class designed to give athletes focused time in the gym working on stunt technique, progression, and group execution. Athletes will train in stunt groups with targeted coaching to safely explore stunts of the level.

****Stunt Labs are a skill-building and confidence class. It is not a level-placement class and does not guarantee team placement.****

STUNT LAB 1

Recommended for Athletes with Rec experience or Mini/Youth age Vipers (ages 7-12).

Focused on building strong foundations and progressing Level 1 stunts.

STUNT LAB 2

Recommended for Athletes with previous Level 1 experience or running back handsprings.

Focused on developing and progressing Level 2 stunts.

STUNT LAB 3

Recommended for athletes with previous Level 2 experience or running tucks.

Focused on developing and progressing Level 3 stunts.

STUNT LAB COMBINED 4+5

Recommended for athletes with previous Level 3/4 experience or running layout/full.

Focused on developing and progressing Level 4/5 stunts.

FLYER FLEX CLASS & EVALUATIONS

This specialized class is designed for athletes trying out as flyers who want to improve flexibility, strength, balance, and body control in the air. Athletes will focus on active flexibility, ankle and core stability, body positioning, and controlled strength work to support proper stunt positions.

Athletes trying out as flyers **must attend 2 flexibility classes**. During the second class, they will be evaluated on a stunt stand to assess body position requirements. Those who meet the standards and are new to flying or our program will be invited to participate in leveled flyer training.

****These evaluations serve as a first-round assessment for athletes trying out as flyers. Athletes who do not meet the body position or body control requirements may not advance. Participation in flyer training or leveled practices as a flyer does not guarantee placement in a routine.****

NEW FLYERS

Athletes new to the program who are trying out as flyers for the first time.

- 1 Attend 2 - Flyer flexibility classes
- 2 Get evaluated on your 2nd class
- 3 Attend flyer training

RETURNING FLYERS

Athletes already in the program who have flown in the 2025-2026 season.

- 1 Attend 2 - Flyer flexibility classes
- 2 Get evaluated on your 2nd class
- 3 Proceed to leveled practices

RETURNING ATHLETES NEW TO FLYING

Athletes returning to the program, trying out as flyers who didn't fly in the 25-26 season.

- 1 Attend 2 - Flyer flexibility classes
- 2 Get evaluated on your 2nd class
- 3 Attend flyer training



CLASSES & TRYOUT SCHEDULE



WHEN CHARGES WILL APPEAR IN YOUR ACCOUNT:

OPEN GYMS & CLASSES – APRIL 29

FULL SEASON TRYOUT EVALUATIONS – MAY 1



TRYOUT EVALUATIONS - \$125

Athletes will sign up for a 10-minute individual tryout evaluation time slot in our Parent Portal where they will perform their highest-level standing tumbling, running tumbling, and jumps that they can safely execute without coach assistance. If an athlete does not currently perform tumbling, they still need to sign up for a time slot to showcase their jumps and have their headshot taken. These evaluations allow our staff to assess individual skills and place athletes into leveled practice groups for further evaluation in a team-style setting. The tryout evaluation fee includes individual evaluation and multiple leveled practice sessions.

DATE	TIME	CLASS
Tues, April 21	6:00 - 7:00 PM	Season 14 Parent Informational Zoom
Wed, April 22	4:00 - 5:15 PM	Flyer Flex Class
Sun, April 26	12:30 - 1:45 PM	Flyer Flex Class / Evaluations
Thurs, April 30	6:00 - 7:00 PM	Open Gym - Ages 10 and Under
	7:15 - 8:15 PM	Open Gym - Ages 11 and Up
Sun, May 3	12:00 - 1:00 PM	Open Gym - Ages 10 and Under
	1:15 - 2:15 PM	Open Gym - Ages 11 and Up
Tues, May 5	5:00 - 6:00 PM	Pre-Tryout Training: Tryout Tune Up
	6:15 - 7:15 PM	Open Gym - Ages 10 and Under
	7:30 - 8:30 PM	Open Gym - Ages 11 and Up
Wed, May 6	5:00 - 6:00 PM	Pre-Tryout Training: Tryout Tune Up
	6:00 - 7:00 PM	Season 14 Parent Informational Zoom
	6:15 - 7:15 PM	Pre-Tryout Training: Stunt Lab 1
	6:15 - 7:15 PM	Pre Tryout Training: Stunt Lab 3
	7:30 - 8:45 PM	Flyer Flex Class / Evaluations



CLASSES & TRYOUT SCHEDULE



DATE	TIME	CLASS
Thurs, May 7	5:00 - 6:00 PM	Pre-Tryout Training: Tryout Tune Up
	6:15 - 7:15 PM	Pre-Tryout Training: Stunt Lab 2
	6:15 - 7:15 PM	Pre-Tryout Training: Stunt Lab - Combined 4+5
Fri, May 8	5:30 - 6:30 PM	Open Gym - Ages 10 and Under
	6:45 - 7:45 PM	Open Gym - Ages 11 and Up
Sat, May 9	10:00 - 12:00 PM	Tryout Evaluations
	1:00 - 3:00 PM	
Sun, May 10	Closed	<i>Happy Mother's Day to all our Cheer Moms!</i>
Mon, May 11	5:00 - 6:15 PM	Flyer Flex Class / Evaluations
	6:30 - 9:30 PM	Tryout Evaluations
Tues, May 12	5:15 - 6:15 PM	ALL New Flyers Training (Must Pass Flyer Flex Evaluation)





LEVELED PRACTICES & TEAM REVEAL SCHEDULE



LEVELED PRACTICES

Leveled practices help our coaches determine placement by observing athletes within different group dynamics. Athletes may be moved between groups and may be asked to attend multiple leveled practices as part of the assessment process. Invitations to leveled practices do not guarantee final team placement.

DATE	TIME	CLASS
Wed, May 13	5:15 - 6:30 PM	Leveled Practices: Mini Prep (Ages 6-9)
	5:15 - 7:15 PM	Leveled Practices: Level 3
	7:30 - 9:30 PM	Leveled Practices: Level 2 & Level 4
Thurs, May 14	5:15 - 6:30 PM	Leveled Practices: Mini Prep (Ages 6-9)
	5:15 - 7:15 PM	Leveled Practices: Level 1
	7:30 - 9:30 PM	Leveled Practices: Level 2 & Level 4
Fri, May 15	5:00 - 7:15 PM	Leveled Practices: Level 3 & Level 5
Sat, May 16	9:00 - 11:00 AM	Leveled Practices: Level 1
	11:00 - 1:00 PM	Leveled Practices: Level 2 & Level 4
	2:00 - 4:00 PM	Leveled Practices: Level 3 & Level 5





LEVELED PRACTICES & TEAM REVEAL SCHEDULE



DATE	TIME	CLASS
Sun, May 17	9:00 - 11:00 AM	Leveled Practices: Level 1
	11:00 - 1:00 PM	Leveled Practices: Level 2 & Level 4
	2:00 - 4:00 PM	Leveled Practices: Level 3 & Level 5
	4:30 - 5:30 PM	Open Gym - Ages 10 and Under
	5:45 - 6:45 PM	Open Gym - Ages 11 and Up
Mon, May 18	4:00 - 5:00 PM	Open Gym - All Ages
	5:15 - 7:15 PM	Leveled Practices: Level 2 & Level 4
	7:30 - 9:30 PM	Leveled Practices: Level 1 & Level 3
Tues, May 19	4:00 - 5:00 PM	Open Gym - All Ages
	5:15 - 6:30 PM	Leveled Practices: Mini Prep (Ages 6-9)
	5:15 - 7:15 PM	Leveled Practices: Level 5
Thurs, May 21	5:00 - 6:30 PM	Team Reveal
Fri, May 22 - Mon, May 25	Closed	<i>Happy Memorial Day Weekend!</i>
Tues, May 26	6:00 - 7:30 PM	Full Season Commitment Day & 1 st Payments Due
Wed, Jun 3		Start of Season 14





IN SEASON IMPORTANT DATES



DATE	EVENT	FULL SEASON YTH, JR, SR, ELITE	FULL SEASON YTH, JR PREP	FULL SEASON MINI PREP	PARTIAL SEASON
Mon, June 8 Tues, June 9	**Mandatory Uniform/Gear Sizing by our Varsity Rep 4:00 - 8:00 PM (Prior to Practices)	✓	✓	✓	
June 22 - 26 July 27 - 31 August 17 - 21	**Mandatory Champ Camps by Team Monday through Friday 12:00 - 4:00 PM OR 5:30 - 9:30 PM (Schedule Released at Team Reveal)	✓	✓	✓	
July 13 - 17 OR July 20-24	**Mandatory Stunt Choreography by Team TBA	✓	✓		
August 10 - 14	**Mandatory Pyramid Choreography by Team Monday through Friday 12:00 - 4:00 PM OR 5:30 - 9:30 PM (Schedule Released at Team Reveal)	✓	✓		
Wed, August 12	Partial Season Evaluations (Ages 6+) 5:30 - 8:00 PM				✓
Fri, August 14	Partial Season Commitment Day & 1st Payments Due				✓
Week of September 8	Partial Season & Tumbling Classes start	✓	✓	✓	✓
Monday, September 14	**Mandatory Uniform/Gear Sizing by our Varsity Rep 4:00 - 7:00 PM				✓
September 19 - October 2	**Mandatory Routine Choreography with Blake Johnson (Teams, Days & Times TBA End of June)	✓	✓		
October 19 - October 23	**Mandatory Dance Choreography with Blake Johnson (Teams, Days & Times TBA End of June)	✓	✓		
January	Program Pictures w/ Jamie Christian - Times TBA	✓	✓	✓	✓
February	**Mandatory Choreography Clean Up with Blake Johnson - (Teams, Days & Times TBA in October)	✓	✓		

26 - 27 GYM CLOSURES

☀️ Jun 27 - Jul 12

🇺🇸 Sept 4 - Sept 7

❄️ Dec 23 - Jan 2

☀️ Aug 22 - Aug 30

🍂 Nov 25 - Nov 29

🌸 Mar 26 - Mar 28

No Practices or Regular Classes - Great Time for Vacations!

****MANDATORY EVENT FEES APPLY. MISSING THESE MARKED DATES WILL RESULT IN AN AUTOMATIC CHARGE ON YOUR ACCOUNT. SEE DOCUSIGN****
IF YOU ARE A FAMILY THAT CELEBRATES ROSH HASHANAH OR YOM KIPPUR PLEASE EMAIL US AT VIPERS@THEVICTORYVIPERS.COM



TUMBLING SKILLS BY LEVEL



LISTED BELOW ARE SOME TUMBLING SKILLS BY LEVEL. OUR PROGRAMS PRIORITY SKILLS FOR EACH LEVEL CAN BE FOUND IN **ORANGE**. EXECUTION OF ALL LEVEL SKILLS HELP DETERMINE OUR TEAM PLACEMENTS.

BEGINNER LEVEL 1

- FORWARD/BACKWARD ROLL
- HANDSTAND FORWARD ROLL
- CARTWHEEL (CW)
- ROUND OFF (RO)
- BACK WALKOVER (BWO)
- FRONT WALKOVER (FWO)

LEVEL 1

- POWER HURDLE RO REBOUND
- BWO
- DOUBLE BWO
- BWO SWITCH FOOT
- CARTWHEEL DOUBLE BWO
- FWO

LEVEL 2

- BWO BACK HANDSPRING (BHS)
- BHS STEPOUT
- BOUNDER
- FWO / BOUNDER RO BHS
- BWO SWITCH FOOT BHS
- RO DOUBLE BHS
- RO BHS STEPOUT

LEVEL 3

- BHS STEP OUT DOUBLE BHS
- TRIPLE BHS
- RO BHS TUCK
- PUNCH FRONT OR FWO AERIAL
- FWO/BOUNDER --> RO BHS TUCK
- FRONT HANDSPRING FRONT

LEVEL 4

- STANDING TUCK
- DOUBLE BHS TUCK
- BHS TUCK
- RO BHS LAYOUT
- FWO --> LAYOUT
- PUNCH FRONT STEPOUT OR WHIP --> TO TUCK / LAYOUT

LEVEL 5

- TOE TOUCH TUCK
- BHS BHS LAYOUT
- BHS LAYOUT
- BHS WHIP TUCK
- ROUND OFF (BHS) ARABIAN
- ROUND OFF BHS FULL
- PUNCH FRONT STEPOUT --> TO FULL
- RUNNING WHIP --> FULL



FLYER TRYOUT FAQ



ALL ATHLETES INTERESTED IN FLYING WILL BE EVALUATED FOR FLEXIBILITY AND BODY CONTROL DURING FLYER FLEX CLASSES USING A STUNT STAND.

Q: WHY IS THERE A FLYER TRYOUT FEE?

A: Each year, All Star Cheerleading continues to evolve—and at Victory, we’re growing right along with it! As our program advances, we recognize the importance of properly training our flyers and holding all athletes to a high standard.

These evaluations allow our staff to focus on key flyer fundamentals such as flexibility, body control, and technique, helping ensure each athlete has the strong foundation needed before entering leveled practices and stunt groups. This process helps us place potential flyers where they can be most successful and continue developing their skills.

Q: HOW MUCH DOES IT COST TO TRYOUT AS A FLYER?

A: \$25 per class. Flyers can attend up to 4 classes but the minimum requirement is 2.

Q: HOW WILL FLYERS BE EVALUATED?

- A: Based on the assessment in their flyer flex class:
- New flyers to the program and returning athletes new to flying **who meet** the requirements will be invited to New Flyer Training.
 - Returning flyers who flew in the 2025–2026 season **who meet** the requirements will move directly into leveled practices.

If an athlete **does not meet** the flexibility and body control requirements, our evaluating staff will determine the next step. At our discretion, athletes may be invited to New Flyer Training for continued development, or they may not continue in the flyer evaluation process and will not fly during leveled practices.

This evaluation may serve as a first-round cut for flyer positions.

Q: AS A PARENT, CAN I COME IN AND WATCH?

A: No. Due to limited space, all tryouts are closed.

MARK YOUR CALENDARS

Flyer Flex Classes: (must attend a minimum of 2 classes)

- Wed, April 22 4:00 - 5:15 PM
- Sun, April 26 12:30 - 1:45 PM
- Wed, May 6 7:30 - 8:45 PM
- Mon, May 11 5:00 - 6:15 PM

New Flyer Training: (mandatory, must pass eval)

- Tues, May 12 5:15 - 6:15 PM



****PARTICIPATION IN FLYER TRAINING OR LEVELED PRACTICES AS A FLYER DOES NOT GUARANTEE PLACEMENT IN A ROUTINE.****



FLYER REQUIREMENTS



HEEL STRETCH

- Creating a perfect split
- Pointed toe
- Pulling leg up towards you
- Standing tall
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked



SCALE

- Pointed toe
- Pulling up with arms
- Lifting chest
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked
- Grabbing shin or below



BOW N ARROW

- Creating a perfect split
- Pointed toe
- Pulling leg in line with shoulder
- Standing tall
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked



ARABESQUE

- Pointed toe
- Arms in strong T
- Lifting chest
- Squeezing knee straight
- Squeezing glutes
- Bottom leg locked
- Slightly rotating hip outward





CROSSOVER 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 DETERMINED AT THE STAFF'S DISCRETION AND ONLY ON AN AS NEEDED BASIS.

Q: WHAT IS THE COMMITMENT OF A CROSSOVER?

A: Being selected as a crossover is considered a privilege and reflects our coaches' confidence in an athlete's ability to contribute to multiple teams. Crossover athletes may be required to practice up to four days per week, including back-to-back practices or multiple practices in one evening. Competition schedules may also require athletes to remain at events for extended periods of time.

Due to the additional time commitment, crossover participation may limit an athlete's availability for private lessons or additional classes.

Q: HOW MUCH DOES IT COST TO BE A CROSSOVER?

A: Athletes selected as crossovers will have additional costs for their second team. These include:

- \$75 monthly crossover fee in addition to regular tuition
- Season competition fees averaging \$500 - \$600
- \$225 choreography fee

