



April 21st

6:30-7:00 PM: Open House
7:00-8:00 PM: FREE Open Gym

May 13th - 15th

6-8:00 PM
Full Season Tryouts

May 16th

5-6:00 PM: Flyer Tryouts (under 10)
6:30-8:30 PM: Flyer Tryouts (10+)

**May 20th, 22nd,
28th, & 29th**
Full Season Assigned Clinics by Level

May 31st

6-7:00 PM
Full Season Team Reveal

June 1st

10:00 AM-12:00 PM
Full Season Commitment Day

June 3rd

Full Season Practices Begin

August 17th

9-10:00 AM
Partial Season Sign-Ups





WHAT WE OFFER



Teams

This season we are offering two options,

Full Season (Tryout Process May 13th - 29th)

- 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 outside of the Northeast Region during regular season AND The Summit in Orlando, FL. These events require mandatory overnight travel.

Partial Season (Sign ups August 17th)

- Partial Season Prep team Practicing 2x a week September through April and compete in 2-3 competitions.
- Cheer Abilities Practicing 1x a week September through April and compete in 2-3 competitions.
- Tiny's Practicing 1x a week September through April and compete in 2-3 competitions.
- All Partial Season teams will attend The Northeast Regional Summit in Baltimore, MD. This event will require mandatory overnight travel.

Ages

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

This will determine your "competition age."

- 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 12. In the past, we have successfully fielded levels 1, 2, 3, 4, 4.2, 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 12 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 (\$85 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 3 different jumps. 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 \$35 fee)
Potential flyers who pass an evaluation for flexibility requirements will be required to report to the time 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 21st:** Open House and Open Tumble - No Charge!
- **April 22nd, 26th & 28th:** Optional Pre-Tryout Trainings Offered
- **April 26th & 28th:** Open Gyms
- **May 8th & 9th:** Optional Pre-Tryout Trainings Offered
- **May 5th & 10th:** Open Gyms
- **May 13th, 14th, & 15th :** Individual Tryout Evaluations
- **May 16th:** Flyer Training Workshops By Age
- **May 18th:** Leveled Practice Invites Sent
- **May 20th, 22nd, 28th, & 29th:** Assigned Training By Level To Evaluate Skills As A Group
- **May 31st:** Season 12 Team Reveal
- **June 1st:** Season 12 Parent Meeting Commitment Day



Open Gyms & Pre-Tryout Trainings will appear on your account for payment due on [April 22nd](#).
Tryout Evaluations & Flyer Training Workshops will appear on your account for payment due on [May 13th](#).

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SUNDAY, MAY 5TH	MONDAY, MAY 6TH	TUESDAY, MAY 7TH	WEDNESDAY, MAY 8TH	THURSDAY, MAY 9TH	FRIDAY, MAY 10TH	SATURDAY, MAY 11TH
OPEN GYM - \$15 12:30 - 1:30 PM CASH ONLY AT THE DOOR			PRE TRYOUT TRAINING OFFERED	PRE TRYOUT TRAINING OFFERED	OPEN GYM - \$15 6:00 - 7:00 PM CASH ONLY AT THE DOOR	
SUNDAY, MAY 12TH	MONDAY, MAY 13TH	TUESDAY, MAY 14TH	WEDNESDAY, MAY 15TH	THURSDAY, MAY 16TH	FRIDAY, MAY 17TH	SATURDAY, MAY 18TH
	SEASON 12 INFORMAL TRYOUTS:			FLYER TRAINING:		LEVELED PRACTICE INVITE EMAILS SENT OUT
	10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)	10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)	10 MINUTE EVALUATION (SIGN UP FOR 1 DAY)	9 & UNDER: 5:00 - 6:00 PM 10 & UP: 6:30 - 8:30 PM		
SUNDAY, MAY 19TH	MONDAY, MAY 20TH	TUESDAY, MAY 21ST	WEDNESDAY, MAY 22ND	THURSDAY, MAY 23RD	FRIDAY, MAY 24TH	SATURDAY, MAY 25TH
	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		GYM CLOSED FOR MEMORIAL DAY	GYM CLOSED FOR MEMORIAL DAY
SUNDAY, MAY 26TH	MONDAY, MAY 27TH	TUESDAY, MAY 28TH	WEDNESDAY, MAY 29TH	THURSDAY, MAY 30TH	FRIDAY, MAY 31ST	SATURDAY, JUNE 1ST
GYM CLOSED FOR MEMORIAL DAY	GYM CLOSED FOR MEMORIAL DAY	ASSIGNED TRAINING:			TEAM REVEAL 6:00 - 7:00 PM	SEASON 12 COMMITMENT DAY: 10:00 - 12:00 PM
		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			

TEAM PRACTICES BEGIN MONDAY, JUNE 3RD

**SUNDAY,
APRIL 21ST**

SEASON 12
OPEN HOUSE
& OPEN TUMBLE
6:30 - 8:00 PM
****NO CHARGE****
COME CHECK US OUT!

**MONDAY,
APRIL 22ND**

INTRO TO BHS - \$25
5:30 - 7:00 PM
RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
BACKHANDSPRINGS

**FRIDAY,
APRIL 26TH**

INTRO TO TUCKS - \$25
5:30 - 7:00 PM
RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

OPEN GYM - \$15
7:30 - 8:30 PM
CASH ONLY AT THE DOOR

**SUNDAY,
APRIL 28TH**

WALKOVERS - \$25
12:00 - 1:30 PM
RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
WALKOVERS AND
ADVANCED LEVEL 1 SKILLS

INTRO TO TUCKS - \$25
3:30 - 5:00 PM
RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

**BACK HANDSPRINGS
& BOUNDERS - \$25**
1:45 - 3:15 PM
RECOMMENDED SKILLS:
WALLKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. TUCKS, LAYOUTS,
& FULLS - \$25**
5:15 - 6:45 PM
RECOMMENDED SKILLS:
STANDING MULTIPLE BHS
& ROBHS TUCK OR HIGHER
WORKING:
LEVEL 3 / 4 SPECIALTIES & TWISTS

OPEN GYM - \$15
7:00 - 8:00 PM
CASH ONLY AT THE DOOR

PRE-TRYOUT TRAINING CLASS SCHEDULE

RESERVE YOUR SPOT TODAY. SIGN UP FOR ONE OR AS MANY
AS YOU WOULD LIKE. ****ALL FEES CHARGED APRIL 22ND****

**SUNDAY,
MAY 5TH**

OPEN GYM - \$15
12:30 - 1:30 PM
CASH ONLY AT THE DOOR

**WEDNESDAY,
MAY 8TH**

INTRO TO BHS - \$25
6:00 - 7:30 PM
RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
BACKHANDSPRINGS

INTRO TO TUCKS - \$25
7:45 - 9:15 PM
RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

**THURSDAY,
MAY 9TH**

WALKOVERS - \$25
6:00 - 7:30 PM
RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
WALKOVERS AND
ADVANCED LEVEL 1 SKILLS

INTRO TO TUCKS - \$25
7:45 - 9:15 PM
RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

**THURSDAY,
MAY 9TH**

**BACK HANDSPRINGS
& BOUNDERS - \$25**
6:00 - 7:30 PM
RECOMMENDED SKILLS:
WALLKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. TUCKS, LAYOUTS,
& FULLS - \$25**
7:45 - 9:15 PM
RECOMMENDED SKILLS:
STANDING MULTIPLE BHS
& ROBHS TUCK OR HIGHER
WORKING:
LEVEL 3 / 4 SPECIALTIES & TWISTS

**FRIDAY,
MAY 10TH**

OPEN GYM - \$15
6:00 - 7:00 PM
CASH ONLY AT THE DOOR



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 BHS TUCK**
- PUNCH FRONT OR AERIAL
- FWO AERIAL
- FWO/BOUNDER --> TUCK**
- FWO/BOUNDER --> ROBHS TUCK**

LEVEL 4

- STANDING TUCK
- DOUBLE BHS TO TUCK**
- BHS TUCK**
- BWO TUCK
- TOE TOUCH 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**
- ROUND OFF (BHS) 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 12, 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 \$35. This payment will be due with Tryout fee and appear on your account May 13th.

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, you will receive a follow up phone call. 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
- ARMS IN T-MOTION



SCORPION

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



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 DETERMINED AT THE STAFF'S DISCRETION AND ONLY 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 \$50 a month to cross. The average competition fees for the season are approximately between \$500-\$600. There will also be a \$175 choreography fee to cover your second team.

