



# 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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