



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!

