



All-stars Information Packet

2023-2024

Black Watch Sports Performance, LLC.
157 Resource Center PKWY., Ste. 107
Birmingham, AL 35242

www.blackwatchsports.com

We are excited that you have chosen to try out for All-Stars at BlackWatch! We feel confident that you will be proud to be part of our cheer gym and a program that is growing. With a successful and talented coaching staff, athletes will be challenged to perform at a high level while expanding their current skills and developing new ones.

This will be BlackWatch's third year doing All-Stars, and our #1 goal is to win championships. We are looking forward to a great year, and you can be a part of it! BlackWatch is looking for talented athletes who are eager to develop their individual skills while also participating in a team environment. Depending on your team, the commitment is long term for the athlete which requires weekday and weekend practices along with weekend competitions during the winter and spring seasons.

During the try out process, athletes will be evaluated to determine what their current skill set is so that they can be placed on the most appropriate team. BlackWatch believes in the importance of setting up our athletes for success, so the placement process is given an incredible amount of thought and consideration. Throughout the season, athletes are encouraged to work with their coaches to develop new skills which not only makes the team stronger and more competitive, but also fulfills the athlete's sense of accomplishment.

Our coaching staff is very experienced and knowledgeable about what makes a team successful. They go to great lengths to develop athletes, build up their self-esteem, and put them in a position to experience the thrill of competition with a winning attitude. All coaches are involved in the development of BlackWatch athletes ensuring that everyone receives the best training available in the area. We believe that we have found a successful recipe for a winning program, and we will continue to foster those beliefs and help our athletes be the absolute best they can be.

Whether you are looking for a gym with a team and family atmosphere or one that helps develop athletes and builds them into successful and confident kids, you've found the right place. We're glad you believe in our mission and have chosen to be #blackwatchbuilt!

Productive Communication

- Your personal email account will be the most direct point of communication for all information from BlackWatch Cheer Company and your athlete's team. BlackWatch will use the GroupMe and Band app for immediate communication throughout the season. We will send reminders, competition updates, etc., through this app. Please ensure that you accept your invitation to the GroupMe and Band App following team announcements.
- During classes and practices, coaches need to spend their time instructing and teaching the athletes. Parents should **never** approach a coach during a class or practice. Coaches will be available for a reasonable time following classes and team practices to answer any questions regarding your athlete, their needs, and their individual progress.
- At competitions, coaches are there to coach. Any issues that arise during a competition will be addressed during the week following the competition. Parents should never approach a coach with an issue at any point during the competitions.
- Coaches will not entertain questions regarding specific strategic decisions (e.g., placements made in formations, decision of why an athlete was moved, added, removed, or replaced in stunts and tumbling sections) in a public setting.
- We strongly encourage parents to have their athletes speak with the coaches directly regarding, but not limited to, the following issues, should they arise:
 1. Routine element questions
 2. Individual and group skill preparedness
 3. Injury/Illness
 4. Outside events that may affect performance
- If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email your All-Star Coordinator. We will then set up a meeting with you, your athlete, the athlete's coach, and the All-Star Director. BlackWatch Cheer Company keeps an open-door policy with communication to help each parent and athlete understand every decision in which they are involved.
- If there is a matter that seems to remain unresolved, or if the athlete has clear, legitimate concerns that speaking to the coach will not or cannot possibly resolve the matter, please bring the concern directly to the All-Star Coordinator

Gym and Staff Certifications

- The mission of the United States All Star Federation (USASF) is to support and enrich the lives of our All-Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport
- BlackWatch Cheer and Sports Performance is a Certified Gym Member of the United States All Star Federation (USASF)
- BlackWatch All-Star staff are all credentialed and certified members of the USASF.
- Athletes in the BlackWatch cheer program will be required to become a credentialed member of the USASF yearly (More information is available at www.usasf.net).
- As part of BlackWatch's effort to provide a safe environment to its coaches, our All-Star staff have become:
 1. USASF Members
 2. CPR Certified
 3. Concussion Certified
 4. NCSI Background Check Compliant
 5. SafeSport Trained w/Athlete Protection Education

Program Philosophy

- BlackWatch members agree to put the team ahead of the individual athlete. All decisions are made for the benefit of the team's performance, scoring and success. Although the individual athlete is very important to the program, some decisions, initially, may not seem to be the best to the athlete or parent. We ask that each athlete take the time to see what the overall routine entails. If he/she still has a question with a decision, they should then speak with and/or schedule a meeting with the coach.
- Athletes will set individual and team goals for the season. Through instruction, the athlete will work hard to obtain and even exceed those goals, building a strong work ethic for the future. BlackWatch is focused on developing the lifelong success of the athlete, not on merely winning championships.
- If it is in the best interest of the program, an athlete may be moved from one team to another team. This is a decision that will only be made through careful evaluation and consideration of both teams and in the sole and absolute discretion of BlackWatch Cheer and Sports Performance. An All-Star Coordinator will contact you with any information regarding a team change and schedule a meeting if necessary.
- Athletes being moved to a different team should not be perceived as a negative consequence. The decision to move an athlete to a different team may be based off one or more of the following reasons, among others:
 1. Athlete's routine positions (side base, back base, top)
 2. Athlete's skill level (tumbling, stunting, jumping, etc.)
 3. Athlete's attitude
 4. Athlete's willingness to learn & improve in a group setting
 5. Team's needs for competition
 6. Attendance issues
 7. Injury

- Athletes may request to be moved to a lower-level team if he/she feels they are not sufficiently utilized throughout a routine or if they become overwhelmed by the routine layout. Although maintaining the mental and physical well-being of the athlete is recognized as a paramount concern, any move to a different team will depend on team availability and availability of roster positions. In this case, athletes must be willing to fill any position needed by that team.
- These, and all, decisions will be at the sole and absolute discretion of the gym owner and/or All-Star Coordinator.

Team Selection Process

- BlackWatch All-stars team selection for 2023-24 will be held on **MAY 6TH** and **MAY 7TH** at BlackWatch Sports gym located at 157 Resource Center PKWY, Ste. 107, BHAM, AL 35242.
- There will be a **\$25 tryout fee required**. This can be charged to your account, cash, or Venmo!
- **May 6TH – Levels 1-2 from 9am-12pm and May 6TH – Levels 3-5 from 1pm-4pm**
- **May 7TH – Levels 1-5 from 1pm-4pm**
- **During Team Selection**
 - Athletes will need to complete the skills for the level desired from the level requirement list below.
 - Athletes will then be asked to perform any optional tumbling skills if they wish.
 - Jumps, Stunning body positions, and motions will be evaluated.
 - Athletes will be given an Evaluation Progress Sheet at the end of their evaluation of all skills they performed.
- **Team Announcements - MAY 13th**
 - You will receive an email with your athlete’s team placement, we will also post on social media and in the gym.
 - Any issues with team placements should be handled by contacting Fred Goodgame at fredreka@blackwatchsports.com.

Team Ages

We offer teams of all ages. Below you will see what team age range your athlete will be able to be in. Please note these are the USASF guidelines for ages ranges.

- Mini Prep L1 - For athletes ages 7-9 years old - Youth L2- For athletes ages 8-11 years old
- Potential Junior L3- For athletes ages 9-15 years old or Senior L3- For ages 12-18 years old

*** Tumbling and level requirements are Listed Below ***

Tumbling and Level Requirements

Level 1	
Jumps	Jumps Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Standing Tumbling Cartwheel, Roundoff, Back Bend Kick Over, Back walkover, Front walkover preferred
Running tumbling	Running Tumbling Cartwheel Back walkover
Level 2	
Jumps	Jumps Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Back Handspring, Back walkover Back handspring, Back handspring BWO Back handspring
Running Tumbling	Round off 3 Back handsprings, Front walkover/Round off 2 Back handspring
Optional Tumbling Pass	Trick pass with multiple back handsprings OR other Level 2 Tumbling
Level 3	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Toe Touch Standing 2 Back handsprings, Standing 3 Back handsprings, BHS Toe Touch 2 BHS
Running Tumbling	Round off Back handspring Tuck, Round off Tuck, Aerial or Punch Front
Optional Tumbling Pass	Punch Front pause Round of BHS Tuck or Standing BHS step out Round of Tuck
Level 4	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Standing Tuck, Standing 2 BHS to Tuck, Cartwheel Tuck
Running Tumbling	Round off Back handspring Layout, Front walkover Round off BHS Layout
Optional Tumbling Pass	Trick pass to layout - Punch Front Through to Layout
Level 5	
Jumps	Right Hurdler, Left Hurdler, Pike, Toe Touch, Double Toe Touch
Standing Tumbling	Toe Touch Tuck, Standing Two BHS Layout, BHS Whip 2 BHS Layout
Running Tumbling	Round off Back handspring Full