



**POWERED BY THE
STORM**



2024-2025
**SEASON
TRYOUTS**

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- TRYOUT PROCESS
- TUMBLING TRYOUT REQUIREMENTS
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azenergyelite.com

ENERGY ELITE ALLSTARS

SEASON 5



Energy Elite Allstars is a family-owned All star Cheerleading program established in 2018. Coach Kris Established the Business in 2018 and then in 2022 her Daughter Coach Madi went from Athlete to Coach. We saw a need for cheerleader and Tumbling in Buckeye, Arizona . Precise technical training with a knowledgeable staff that cares about each athlete's longevity in the sport, mental health, and overall well-being are very Important to us. We prioritize team and program culture to ensure an optimal learning environment that supports each athlete reaching their full potential, embracing every step of the learning process.

CONTACT: 602-320-6651|

WWW.AZENERGYELITE.COM

EVALUATION PROCESS



Athletes will be evaluated on elite and level appropriate tumbling, stunts, jumps, strength, endurance, maturity, and work ethic. They may also be pulled aside for a quick interview.

Athletes should come to the level(s) they'd like to be evaluated for. In

Phase 2, the coaches may ask you to come to more than one level callback. Coaches may want to see how a kid works with a different group of athletes, in an alternative stunting position, or as a potential crossover. However, plan on coming to the same level(s) both weeks, unless a coach reaches out to you.

**Although we do our best to put everyone on a team sometimes age or skill requirements keep us from being able to do that. Other things that can prevent one from making a team or making the team they want is attendance, attitude, and history of late payments

Parent and Athletes please note that placements will be based on what we feel is not only best for each athlete but also what is best for the teams. This may mean that your athlete may not make the team they want or get the position you or they wanted.

TUMBLING REQUIREMENTS LEVELS 2-6

Athletes should have at least 1 ELITE standing pass, and 1 ELITE running pass for the level they are trying out for. Athletes will only be assessed for the skills they perform on the spring floor without a spot.

Athletes will be expected to throw the same skills more than 1 day of their tryout.



Tumbling Evaluations



Beginners should attend the Level 1 evaluation, no prior experience is required!

Standing

Running

Basic

- Cartwheel
- Backward roll
- Bridge Kickover

- Round Off
- Bridge Kickover
- Cartwheel Backward Roll

Elite

- 2 Back Walkovers
- 2 Front Walkovers
- Valdez

- Front Walkover Cartwheel
Back Walkover
- Cartwheel BWO BWO

Basic

- Back Handspring
- Back walkover Back Handspring

- Round off BHS
- Front Handspring

Elite

- Back Handspring step-out Back walkover Back Handspring

- Front handspring stepout Round Off BHS
- RO BHS BHS

Basic

- BHS BHS
- Toe Touch BHS

- RO (BHS) Tuck
- Aerial
- Punch Frunt

Elite

- BHS Toe Touch BHS
- Toe Touch BHS BHS

- Aerial RO BHS Tuck
- Punch Front RO BHS Tuck
- FWO Aerial

Level 1

Level 2

Level 3



Tumbling Evaluations



Beginners should attend the Level 1 evaluation, no prior experience is required!

Standing

Running

Basic

- Back Handspring Tuck
- Front Aerial

Basic

- Cartwheel Tuck
- RO BHS Layout
- Front Handspring Front Tuck

Elite

- Standing Tuck
- Toe Touch BHS BHS Tuck

Elite

- RO Whip Tuck
- RO BHS Whip BHS Tuck/Layout
- Punch Front Stepout RO BHS Layout OR FHS Front Tuck

Basic

- BHS BHS Layout
- BHS Tuck BHS Tuck

Basic

- RO BHS Full
- FWO RO BHS Full

Elite

- BHS Whip BHS BHS Layout
- BHS BHS Whip Layout
- Toe Touch BHS BHS Layout
- Toe Touch Tuck

Elite

- PF Stepout to Full
- RO BHS Whip Full
- RO Arabian to Full
- Front Full

Basic

- BHS BHS Full
- BHS Whip BHS BHS Full
- Toe Touch Tuck

Basic

- PF Stepout to Full
- RO BHS Whip Full
- RO Arabian to Full

Elite

- BHS Full
- BHS BHS Double
- Standing Full

Elite

- RO Arabian/Full/1.5 to Full
- RO or RO BHS Double
- Front Handspring Front Full

Level 4

Level 5

Level 6

Team Options



Classes

Tumbling Classes, Jump Classes, & Flyer Flexibility
All Classes are open to team athletes as well as non-team athletes.



Full-Season All-Stars

Full-Season Teams will run from May through April, practicing 2-3 hours 2-3 days per week. (4 days for Worlds teams.) Teams will require Travel.
**Not Available this season



Half-Season All-Stars

Starting in Late August-May these teams will practice 1 day per week for 2 hours plus 1 hour of team tumbling each week. They will Compete mainly locally but 1-2 out of state option might be added in Las Vegas and/or California For Example; Nationals are in Vegas for Bid winners



Stunt Team

Stunt teams prepare for an only stunt performance. Some competitions offer stunt Only performances. There will also perform at out end of year showcase. Practice is 1hr per week
**May or May not be available

Payment Breakdown

Registration FEE \$45 yearly Membership

Monthly Tuition	Uniform	Shoes	Competition Fee	Music, Choreography
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Tumbling & Specialty Classes

\$50/45min ages 3-6	\$25			
\$60/Hr Monthly	Variety of t-shirts Optional	---	-----	-----
Tumbling required for team and is not included in team prices				

Half Year Team

\$15 weekly Charged by the month Priced charged will be between \$60-\$75 monthly	\$80 Practice \$120 Comp \$25 T-shirt All Required	\$60-115 aprox Shoe	\$500 Comp Fees Nationals bid not included	\$75 music & Choreo
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Full Year Team

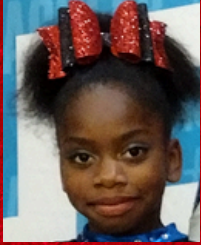
\$20 weekly Charged by the month Priced charged will be between \$60-\$75 monthly	\$80 Practice \$120 Comp \$25 T-shirt All Required	\$60 aprox Shoe	\$TBD Comp Fees Nationals bid not included	\$80 music & Choreo
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Stunt Team

\$15 weekly Charged by the month Priced charged will be between \$60-\$75 monthly	\$80 Practice \$120 Comp uniform \$25 T-shirt All Required	\$60 aprox Shoe	\$TBD Comp Fees Nationals bid not included	\$TBD music & Choreo
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Currently Not Available

Team Shop



**Competition
Bow
Style TBD
\$25**



**Cheer Practice
\$15 Weekly
(Charged on the 1st of
each month)**



**Competition
Team
Uniform
\$120**



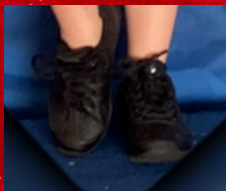
**Music and
Choreography
fees
(\$75-80
depending on
team)**



**Rec Cheer
Practice Outfit
\$80**



**Competition Fees
\$TBD
est. \$500 for the
year Due By Dec
1st.**



**Black Comp
Shoes TBD
Aprox \$60-115
depending on
team**



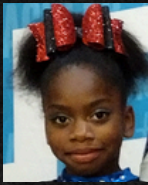
**Backpack
Style TBD
\$TBD
Optional**

****Tumbling Classes Through Az Energy Elite are Required and not included in the prices above.**

*****Prices subject to change without notice.**

Pro Shop

Optional Purchases



Practice Bows
Ranges from
\$8-\$25 each



Shirt Hoodies
\$25 each \$50 each



Practice Tank
TBD



Tumbling Shirt
\$25 each

Holiday Shirts
\$25 each



Practice Crop Top
TBD



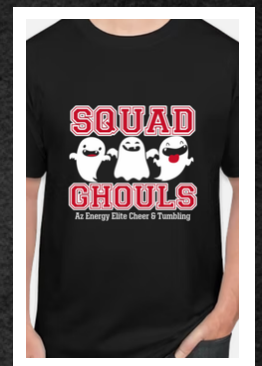
Cheer Shirt
\$25 each



Practice Crop Shorts
TBD



Cheer Shirt
\$25 each



Backpack Style
TBD
\$TBD



Cheer Shirt
\$25 each



Energy Elite All Stars

2024-2025 EVAL FORM

Athlete Name (First & Last): _____

Full Date of Birth (____/____/____): _____ Current Age: _____

Male or Female

Has the athlete done cheer/gymnastics before? Please specify:

What option(s) are you willing to commit to: YES/NO

Full-Travel _____ Local-Semi-Travel (1 or 2 out of-state competitions) _____ Stunt Only _____

Would you crossover to another team? (Practice/compete with 2 teams.) Yes No

Would you like to attend an end-of-season event? (USASF World Championships, ASW Championship, Summit) additional expenses would be added to overall cost YES NO

Athletes, please rate yourself for the following:

I enjoy challenges and do not get frustrated easily.

I am always willing to do what is best for the team, even if it is trying a new position.

I know cheerleading is my sport, and I don't mind making sacrifices to be at every practice and competition.

Needs Work Sometimes or Always



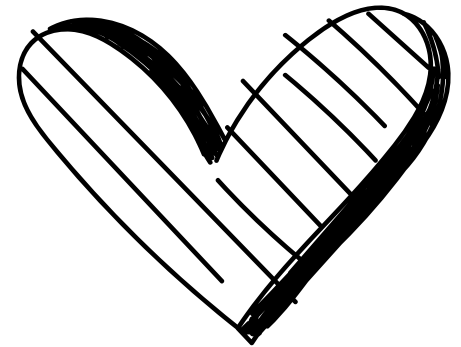
Cheer Is Where My Heart Is or
Still Trying other sports/social activities.

Parents are you willing to sacrifice so your child or Child's team has what it needs? That could mean extra practices, snack, gifts, parent helpers, but mostly making sure your child is at every practice on time ready to go with a good attitude and has eaten well balance meals ect. _____

Parent Signature

Date

Athlete Signature



Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
4:00 -5: 00	Private Lessons	Private Lessons	Intro to tumbling 45mins ages 3-6	Private Lessons	Level 1 Tumbling
5:00 -6: 00	Level 1 Tumbling	Tryout team	Level 1 Tumbling	Rec Cheer Raindrops ages 4-8	Level 2 Tumbling
6:00 -7: 00	Level 2 Tumbling	Tryout Team	Level 1 Tumbling	Rec Cheer Lightning ages 9-14	Level 3 Tumbling
7:00 -8: 00	Level 3 Tumbling	Tryout team	Level 2 Tumbling	Level 2 Tumbling	Level 1 Tumbling
8:00 -9: 00	Private Lessons	Tryout team	Private Lessons	Level 3 Tumbling	Private Lessons