



ALL STAR CHEER

LUCKY SEASON #7





WELCOME TO THE 2025-2026

ALL-STAR CHEER SEASON AT DIAMOND ATHLETICS!

We are thrilled to welcome your athlete to our cheer family. Diamond Athletics began as a dream—our founder, Jodi Desco, envisioned a program that would empower young athletes, inspire personal growth, and build champions both on and off the mat. Today, that dream is alive and thriving, and we're so excited to have you as part of it.

Our All-Star Cheer program challenges athletes to grow in skill, spirit, and teamwork while creating unforgettable memories. With more than 20 years of coaching experience and numerous National Championship titles, we're committed to helping your athlete reach their full potential in a safe, supportive, and fun environment.

Here's to a season full of dedication, growth, and of course—plenty of sparkle and smiles. Let's make Season 7 our best one yet!

💎 *Michelle - Director of Operations*





Program Overview

Where Every Athlete Can Shine — From First Cheers to National Titles

All-Star cheer is an exciting, high-energy sport that combines athletic skills with teamwork and performance. At Diamond Athletics, our program gives athletes of all levels the chance to build confidence, grow their skills, and be part of something special. From stunting and tumbling to choreography and competitions, our cheerleaders train in a fun, supportive environment—and get the chance to shine at both local and national events.



RECREATIONAL

Explore. Play. Discover.

For athletes who are new to cheer or just want a fun, low-pressure introduction to the sport.

Ages: 4-12

Skill Level: Beginner

Performance:
2 in-house showcases only

Schedule: Flexible—join anytime and stay as long as you'd like

Focus:
Confidence-building, basic motions, and fun!



NOVICE, PREP & ½ YEAR

Train. Learn. Compete.

For athletes with little to moderate experience who are ready to take the stage at local competitions in a supportive environment.

Ages: 3-16

Skill Level: Beginner to Intermediate

Performance:
3-4 Local competitions only + 2 showcases

Season: June 2025 – March 2026

Focus:
Building technique, stunting fundamentals, teamwork, and performance

Teams: Full Year & Half Year



ELITE COMPETITIVE

Perform. Excel. Thrive.

For athletes with strong cheer backgrounds who are ready for a more intense and rewarding competitive experience.

Ages: 5-18

Skill Level: Intermediate to Advanced

Performance:
7-9 Local & travel competitions + 2 showcases

Season: June 2025 – May 2026

Focus:
Advanced stunting, tumbling, and choreography with opportunities to compete at prestigious national events



TRYOUTS / EVALUATIONS

Saturday May 31, 2025 & Sunday June 1, 2025

Early Registration before April 30, 2025 - \$35
PAID On Time PAID MAY 1 - MAY 30, 2025 - \$50
Late PAID AFTER MAY 30, 2025 - \$60



Saturday May 31, 2025

Level 1 & 2 - 10:00 a.m. - 11:30 a.m.

Level 3 & 4 - 12:00 p.m. - 1:30 p.m.

(Must have round off handspring tuck or be asked to attend Level 3/4)

Tumbling, stunts, jumps and learn choreography for day 2

Athletes will be given a group recommendation for day 2

Sunday June 1, 2025

Level 4 - 10:00 a.m. - 11:30 a.m.

Level 3 - 11:30 a.m. - 1:00 p.m.

Level 2 - 1:30 p.m. - 3:00 p.m.

Level 1 Advanced - 3:00 p.m. - 4:30 p.m.

Level 1 Beginner - 4:30 p.m. - 5:30 p.m.

Tumbling, stunts, jumps and perform choreography

Lucky
777

Teams will be announced Sunday evening via email and Facebook

Teams will begin practices the week of

JUNE 2ND



EVALUATIONS

Information

LEVEL 1

Standing: back walkover, back walkover switch leg

Running: cartwheel two back walkovers

LEVEL 2

Standing: back walkover back handspring, back handspring step out back walkover back handspring

Running: fly spring/bounder or round off two back handsprings

LEVEL 3

Standing: three back handsprings series, back handspring step out two back handsprings

Running: round off back handspring tuck

LEVEL 4

Standing: back handspring tuck, two back handspring tuck

Running: round off back handspring layout



WHAT TO BRING

- ☒ Athletes to arrive 10-15 early; enter through sliding glass doors. Parents may sit in the parent room during tryouts
- ☒ Water Bottle
- ☒ Diamond Athletic wear (or black if they do not have Diamond Athletic wear)
- ☒ Completed Evaluation form prior to tryouts. Sent via email & Fullout App

ASSESSMENT GUIDELINES

We take skill, experience, and team dynamics into account when making placements. Our priority is to build strong, balanced teams that set athletes up for success.





2025-2026 PROGRAM COSTS

MONTHLY TUITION

Novice: \$150 Elite 1 - 4: \$215
 1/2 year: \$150 Crossovers: \$50
 Prep: \$215

REQUIRED APPAREL

Uniform Practice Wear
 Novice/Prep: \$250 (if needed): \$100
 1/2 Year: \$250
 Elite: \$450 /Shoes \$100
 Bows (all teams): \$30

COMPETITION FEES

Novice/Prep: \$350-\$400
 1/2 Year: \$350-\$400
 Elite: \$800 - \$950
 Crossovers: ½ price

MUSIC FEE

Depending on Team: \$100-200

COACHES FEE

Novice/Prep: \$200
 1/2 Year: \$200
 Elite: \$300-\$400
 Crossovers: ½ price

CHOREOGRAPHY FEE

Novice/Prep: \$200
 1/2 Year: \$200
 Elite 1 -4: tbd (\$350-\$500)
 Crossovers: ½ price

USASF Membership - \$49 (due to USASF)

PAYMENT SCHEDULE

Monthly Basis	Tuition for all Teams
June 15th, 2025	Choreography
July 15th, 2025	Music Fee USAF Membership
August 15th, 2025	Uniform & Bow Shoes & Practice Wear (if needed)
September 15th, 2025	Competition Fee
November 15th, 2025	Coaches Fee

*Fees do not include All -Star Worlds or Travel Expenses



Please note: All listed fees are estimates and may be adjusted based on final event schedules, uniform selections, and gear needs once details are released by event producers.



PARENT/ATHLETE

Expectations

PARENT:

At Diamond Athletics, we believe a strong parent partnership makes all the difference. To help your athlete—and the team—succeed, we ask that you:

- Use the designated parent viewing area or Spot TV app to observe practices.
- Encourage your athlete to stay committed, focused, and positive.
- Support our coaching staff by avoiding sideline coaching or instruction.
- Stay up to date by regularly checking your email, Stack Team App and Fullout notifications, and attending all parent meetings.

ATHLETE:

Our athletes are the heart of Diamond Athletics. To build strong, confident teams, we expect athletes to:

- Attend all scheduled practices, competitions, and team events.
- Arrive on time, dressed in the appropriate practice wear or competition uniform.
- Stay positive, work hard, and be a supportive teammate.
- Follow all gym safety rules and listen respectfully to coaches and staff.



SAFETY & COACH CERTIFICATIONS

At Diamond Athletics, your athlete's safety is always our top priority.

All of our coaches are CPR certified and trained in advanced spotting and safety techniques. We follow a structured skill progression system to ensure every athlete builds confidence while learning safely and effectively.



FREQUENTLY ASKED QUESTIONS

Q: What happens if my athlete misses a practice?

A: Attendance is crucial, especially leading up to competitions. Please notify your coach in advance. Excessive absences may affect team placement or performance roles.

Q: How are team placements decided?

A: Placements are based on skill level, experience, coachability, and team needs. Our goal is to create well-balanced teams where athletes can grow and succeed.

Q: Can parents attend competitions?

A: Absolutely! We love having parent support in the stands. Competition schedules and spectator details will be shared once finalized.

Q: What if we have a family vacation or conflict?

A: Please communicate any known conflicts early. Excessive absences may impact your athlete's role on the team, especially near competitions.

Q: What should my athlete wear to practice?

A: Athletes must wear assigned practice wear with cheer shoes and hair secured. No jewelry is allowed. Consistency helps promote team unity and safety.

Q: What's the commitment like outside of practice?

A: Athletes are expected to attend all scheduled team events, including choreography, team bonding, and competitions. We'll always provide notice and reminders.

Q: Are there opportunities for parents to help out?

A: Yes! We love parent involvement. Whether it's helping with events, fundraising, or team gifts, there are plenty of ways to support your athlete and the gym.

Q: What apps do you use for communication and gym access?

A: We use a few key apps to keep things running smoothly:

- Fullout – For scheduling, attendance, invoices and gym along with team updates
- Team Stack – For team rosters and quick communication
- Spot TV – For live-streamed practice viewing in a secure parent portal

You'll receive setup instructions and access details after your athlete is placed on a team.





We're thrilled you're considering joining the Diamond Athletics family! This packet is designed to give you a clear picture of how our program works—from season structure to financial commitment and team expectations. Please note:

- This is **not** a contract or agreement—families will receive an official season agreement **after evaluations and team placements** are complete.
- The policies outlined here reflect our program standards and are meant to help you determine if Diamond All-Star Cheer is the right fit for your athlete and family.
- A complete Parent & Athlete Agreement, including our attendance policy, payment terms, travel rules, and conduct guidelines, will be distributed following **team placement**.

You belong here

We can't wait to cheer with you in our lucky Season 7

