

2019 - 2020 SEASONS - ZOSAMS ONONO - ZORMOTZ - ZORMOTZ - ZORMOTZ



**WELCOME To**

**ALLSTAR ATHLETICS**

**Teams for all Ages, Skills and Budgets**

18475 Thompson Crt Tinley Park IL – 708.532.6506  
[usallstarscheer@aol.com](mailto:usallstarscheer@aol.com) [www.AllstarsCheer.net](http://www.AllstarsCheer.net)



## 2019-2020 SEASON FACT SHEET

**OPEN EVALUATION DATES for ALL AGES AND SKILLS**  
**Boys and Girls**  
**\$40 TRYOUT FEE Day of Tryouts Includes T-Shirt**  
**SAVE \$10 Pre-Register and Pay on Parent Portal at AllstarsCheer.net**

<b>PRE-TRYOUT CLINICS \$10 - Recommended</b>	
May 7 <sup>th</sup> ages 8 and under \$10	6:00-7:30
May 8 <sup>th</sup> ages 9-11 \$10	6:00-7:30
May 9 <sup>th</sup> ages 12-18 \$10	6:00-7:30

<b>EVALUATIONS – All Ages</b>	
Tuesday May 14 <sup>th</sup> Super Rec, Prep, Tiny – No TRAVEL	6:00-8:30
Wednesday May 15 <sup>th</sup> Elite TRAVEL	6:00-8:30
Thursday May 16 <sup>th</sup> Elite TRAVEL	6:00-8:30

### **FULL SEASON TEAMS (May-April)**

- All-Star Elite Teams Levels 1-5 Ages 5-18+. Full year cost \$3,520 (paid monthly \$320) plus uniform \$390-\$430. Travel costs extra. Fundraising Available 2-3 out of town competitions.
- All-Star Novice and Prep Teams Levels 1-3 Ages 3-18. Full Cost Novice \$2,310 (monthly installment \$210) plus uniform \$150-200; Prep \$2,530 (monthly installment of \$230) plus uniform \$150-430. No travel for Prep and Novice. Same competitions as All-Star Elite but no 2-day competitions.
- Worlds and Summit Teams
- \$750 discount for second and third child in family on Elite Team. Does not apply to Novice, Prep, Rec and partial season teams.
- Choreography by Coach Amber Bradberry from Rockstar Cheer

### **UNIFORMS**

- Same style as current season with some surprise add-ons!
- Possibly new lower cost uniforms for Prep depending on rule changes.

### **KEY DATES**

- Results posted May 17th
- Meet and greet, registration, team information Saturday May 18th
- Practices Begin Week of May 20th
- Team Commitment Day – 1<sup>st</sup> Practice
- Registration 1<sup>st</sup> payment due Week of May 20<sup>th</sup>
- Choreography dates distributed at practice
- Holiday Breaks May 24-27 July 1-7 Aug 30-Sept 2, Nov 27-30 and Dec 23-28

**SIX MONTH SEASON SUPER REC TEAMS** – See Rec Information Packet - No Tryouts, No Travel  
No Sideline Cheerleading

## [ALLSTAR ATHLETICS EVALUATION INFORMATION](#)

Your participation in evaluations indicates that you are committed to what Allstar Athletics believes in. We, at Allstar Athletics, are dedicated to training our athletes to excel in competitive cheerleading. We value your dedication and commitment to Allstar Athletics.

Our custom designed and built for cheerleading training facility is conveniently located in Tinley Park and is easily accessible from I-80, I-57, I-294 and 355. Great restaurants and shopping for parents in the area!

The tryout atmosphere should feel relaxed and comfortable. Although we recognize a level of stress during this process, we will do our best to help each athlete reach their potential. In order to do this, we feel it is best to close evaluations to the general public. Thank you for your support in this matter.

***Coming Together is a beginning,  
Keeping together is progress,  
Working together is success!***

### [Technique Policy](#)

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move onto the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the Allstar Athletics staff.

### [Evaluations](#)

All Current Allstar Athletics member accounts must be current to participate in evaluations for the 2019-2020 season. If you have specific questions about our program please raise them during registration, by visiting our facility or e-mail.

Come on any day or time listed above. Evaluation will take approx 15 min. Your skills will be graded for appropriate team assignment.

Evaluations are for all teams, ages and skill levels. No experience is required.



## CHEERLEADING TEAMS (Divisions as defined by USASF for 2019-2020. Desired Evaluation Skills and Level Definitions

Level	All-Star Desired Skill
Level 1	Beginner level with minimal or no cheerleading experience. No tumbling or stunting experience required.
Level 2	Some cheerleading experience preferred. <b>Tumbling</b> - Standing back handspring and/or round off back handspring required. Round off back handspring series, and toe touch back handspring would be a plus. <b>Flyers</b> – cradle from two leg stunt, body position. Prep level one-leg stunts. Straight ride basket.
Level 3	Competitive cheer, dance or gymnastics training preferred. <b>Tumbling</b> - Round off back tuck, round off back handspring back tuck and toe touch back handspring. Standing series, and punch front. <b>Flyers</b> – straight cradle, twist from two leg stunt, body position, one skill basket.
Level 4	Competitive cheer or gymnastics training required. <b>Tumbling</b> – Standing tuck, Round off back handspring series with a layout highly preferred. Specialty passes including layout step outs, x-outs, whips and punch fronts would be a plus. <b>Flyers</b> – twist from one legged extended stunt, two skill basket, hyper extended body positions, double down.
*Level 5-6	Competitive cheer or gymnastics training required. <b>Tumbling</b> - Standing series ending in full. Multiple jump sequence ending in a standing back tuck, round-off flip flop full. Specialty skills: whips, front step outs, multiple twisting skill passes, and double fulls are a plus. <b>Flyers</b> – double down from one legged stunt, hyper extended body position, tic toc, full ups, kick double basket.

\*New 2019-2020 Level 5R in now Level 5 and previous Level 5 is now Level 6

Much of evaluations is based on potential, so it is beneficial for an athlete to attempt the most difficult skills they can perform **SAFELY**. Athletes should know their own limitations and not attempt skills beyond their current level of experience. Safety is the number one concern during evaluations. There will be no spotting during evaluations.

Tumbling is a major factor in placing members on a team, but competition score sheets are made up of several sections that we also consider, such as: jumps, performance ability, cheer skills, and stunt technique. It is important for each member to work on all of these areas for the evaluation. Cheerleader's skills will be categorized by their abilities and placed accordingly.

The Allstar Athletics coaches are confident in the placement of our athletes. The best interest of our athletes and teams comes first at Allstar Athletics. If you have any concerns about the placement of **YOUR** athlete, you may communicate that to the Allstar Athletics coaches through the proper procedures found on the communication page, in this packet.

### Evaluation Results

Results of your team placement posted on our website [www.AllstarsCheer.net](http://www.AllstarsCheer.net)

Please note, based on skill progression an athlete may be requested to move to another team during the season. This move applies to moving up or down a level or to crossover. In the case of improved skills, to the appropriate level, an athlete may be requested to move up to a higher level team. If an athlete is not progressing or skills have been diminished, they will be moved to a level appropriate team. An athlete may be removed from a team or program for violating the attendance policy.

## Financial Obligations

Competitive cheerleading can be very costly. We at Allstar Athletics want to do our best to make it as affordable as possible. Please consider all costs associated with all-star cheerleading when making your decision to participate or comparing prices.

### Practice Hours Included in Fees

All-Star Elite Teams	2-3 days/week	2 hours/day	Plus 1 hour Tumbling Per Week
Novice and Prep Teams	2 days/week	1.5 hours/day	

**Twelve-month Season May 2019 - April 2020** (\$750 Elite team tuition fee discount for each add'l family member (excl Novice, Prep, Super Rec and partial season teams))

### Total Costs – See Payment Schedule for Monthly Fees

- Travel to competitions including nationals, will require transportation, hotel and meals – not included in costs listed.
- There is an additional \$500 crossover fee for competitions for those participating on a second team.
- Tumbling classes are highly recommended. Some team members may be required to participate in a tumbling class based on coach's discretion, in addition to tumbling included in practice.
- Fees do not include Worlds, Summit and US Finals

	All-Star Elite Teams	All-Star Prep Teams	All-Star Novice Teams
<b>Tuition to Allstar Athletics</b>	<b>\$1,700</b>	<b>\$1,400</b>	<b>\$1,250</b>
<b>Registration</b>	<b>55</b>	<b>55</b>	<b>55</b>
<b>Fees Paid to Others</b>			
<b>Competition Fees</b>	<b>1,130</b>	<b>540</b>	<b>555</b>
<b>USASF Membership</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>Other, including: Clothes, Bow, Choreography Camp and Music</b>	<b>605</b>	<b>505</b>	<b>420</b>
<b>* TOTAL</b>	<b>3,520</b>	<b>2,530</b>	<b>2,310</b>
<b>Plus Uniform</b>	<b>390-430</b>	<b>150-430</b>	<b>150-200</b>

**\* IF a CREDIT CARD OR CHECKING IS NOT ON FILE for Autopay A \$10 MONTHLY ADMINISTRATION FEE WILL BE ADDITIONAL CHARGE**

### \*Payment Schedule with credit card on file (not including Worlds, US Finals and Summit)

	May Reg.	Jun 15th	Jul 15th	Aug 15th	Sep 15th	Oct 15th	Nov 15th	Dec 15th	Jan 15th	Feb 15th	Mar 15th
<b>All-Star Elite Teams</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>320</b>
<b>Optional Crossover fee</b>		<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
<b>Uniform</b>			<b>390</b>			<b>Bal.</b>					
<b>Prep Teams</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>	<b>230</b>
<b>Uniform</b>			<b>150-390</b>			<b>Bal.</b>					
<b>Novice</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>	<b>210</b>
<b>Uniform</b>			<b>150</b>			<b>Bal.</b>					

## Quality and Value

Your child is receiving instruction and coaching from dedicated, passionate, experienced, and USASF certified coaches. Team music is mixed by one of the leading music producers and voice over artists in the industry. Routines are choreographed by one of the top professionals in the industry with a track record which includes numerous Worlds, Summit, and Nationals wins. Our competition schedule includes the biggest and most

competitive events in the sport (only local competitions for Prep and Novice teams). We strongly believe with this platform and your athlete's hard work, dedication, and your support, will result in a fulfilling and life learning experience.

Our coaches... competed at Worlds 15 times, won Worlds 3 times as a member of Team USA, finished 3rd in Worlds and 1st in USA, won numerous nationals as coaches and athletes, over 7 years coaching Worlds and Summit teams, over 15 years as UCA instructor, instructed tumbling to numerous state championship athletes and LOVE Coaching Level 1 as much as Level 5 teams... there's a whole lot more!

### Payment Information

- Pay the **FULL** amount at registration and **Save \$125 (\$75 for Novice and Prep Team)**.
- Monthly installments are due on the first day of the month, beginning in May and ending in March of the following year. If you are unable to practice due to illness or injury, monthly installment is still due.
- You must be current in the above monthly payments to participate in choreography camp, competitions, or receive your uniform. There are no refunds or credits of any kind.
- **Methods of monthly Installment Payment – IF a CREDIT CARD OR CHECKING IS NOT ON FILE A \$10 MONTHLY ADMINISTRATION FEE WILL BE ADDITIONAL CHARGE.**
  - **Option A** - Automatic **credit or debit card** charge on the 16th of the month. Card information to be entered on **Parent Portal**. If your credit card payment is returned a \$30 fee will be charged in addition to any bank fees.
  - **Option B** – Monthly installments may be **paid by ACH** (automatic checking or savings debit on the 1<sup>st</sup> or 16<sup>th</sup> of the month). Should your ACH be returned NSF or invalid, a \$30 bank service fee will be charged.
- Allstar Athletics bases fees on an annual basis, therefore there are **NO REFUNDS of any kind** or **PARTIAL MONTHLY CREDITS** of cheerleading or tumbling fees if you choose not to continue (unable) to participate or are removed from a team. Your monthly payments are installments for your annual commitment, not payments for monthly services. **If you leave a team during the season, remaining balance on your annual fee is payable immediately.**
- Please realize we register for competitions in advance. If you are unable to compete due to injury, sickness, or are no longer on a team the **competition fee is not refundable.**

### Competitions

Our teams participate in both 1 day local and 2 day national competitions. Novice and Prep teams compete one day only at National competitions. There are multiple costs incurred when attending competitions, which include; competition registration fees, food, travel and other expenses. Team members must be current with their payments, to participate in competitions. Novice and Prep teams compete local only.

**Additional competitions may be WORLDS and THE SUMMIT held in Orlando FL, or U.S Finals, which require bids to be earned. Earning BIDS is one of our GOALS for our ELITE TEAMS.**

As an Allstar Athletics team member you are obligated to attend ALL competitions both locally and out of town. There are no exceptions, attendance is mandatory. It is the team member's responsibility to adhere to the competition schedule. Information will be given to each athlete. It is imperative that all directives are followed and respected.

If one or more team members are unable to attend a competition, the competition may be forfeited **based on coach's decision**. There are no competition fee refunds. Please do not schedule vacations or family functions 2 weeks prior to any national competitions as **attendance at extra practice is mandatory**. You will be given a

schedule of all competitions as soon as possible and with plenty of time to make future plans. Please make referring to the competition schedule a priority when scheduling other functions.

### Uniforms

Uniforms for this season are the same as last season. All uniform costs and additional items purchased are non-refundable. Parents are required to attend the uniform fitting and sign a confirmation of their athlete's order. **UNIFORM PAYMENT is due at fitting.** Allstar Athletics will not be responsible for uniforms that do not fit upon arrival. Allstar Athletics will not assume responsibility to purchase or re-sell used uniforms. Please note if an athlete's account is not in good standing, the uniform will become the property of Allstar Athletics and will need to be returned at the conclusion of a competition.

### Practice

Once selected for an Allstar Athletics team, it is **your obligation to attend ALL practices. When one member is absent, it can keep a whole team from achieving their goals for that practice.**

*The achievements of an organization  
are the results of the combined effort  
of each individual.  
- Vince Lombardi*

PLEASE KNOW PRACTICE TIME IS FOR TEAM RELATED ACTIVITIES SUCH AS PERFECTING THE ROUTINE, LEARNING THE PYRAMID, STUNTING, CHOREOGRAPHY, AND ROUTINE RELATED TUMBLING. LIMITED TIME IS SPENT WITH INDIVIDUAL TEAM MEMBERS. ALLSTAR ATHLETICS RECOMMENDS PARTICIPATION IN ADDITIONAL TUMBLING CLASSES, OR TUMBLING PRIVATES TO ENHANCE INDIVIDUAL SKILLS AND PROGRESSION.

You are obligated to be at EVERY practice, including extra practices. Contagious illnesses must be called in at least 2 hours prior to practice. Vacation absences must be notified to the office, in writing one month in advance.

Please note that **full attendance** is important and excessive tardiness will not be tolerated. Team members that arrive late or have to leave early disrupt and distract practice. Thank you for your support with practice attendance. During competition season, Allstar Athletics reserves the right to schedule extra practices, which are mandatory, if necessary. There is no additional cost.

### ALLSTAR ATHLETICS COMMUNICATIONS

We, at Allstar Athletics, feel that communication between the coaches, parents and athletes is very important in maintaining a great relationship. Allstar Athletics will do our best to keep you informed in a timely manner. Information that is important to your athlete will be distributed at practices and a copy may be found in the office or on our website [www.usallstarscheer.com](http://www.usallstarscheer.com).

We understand that it is not always easy to contact your team coach before, during or after practice. In order to maintain an open line of communication, we will give you many avenues to contact us with your concerns and suggestions and we will strive to continuously improve communication channels. Please speak to us directly or e-mail to [usallstarscheer@aol.com](mailto:usallstarscheer@aol.com). This gives you an opportunity to voice your opinion, positively, express concerns for your athlete, give us new information that we may need to know, etc. You may indicate if you would like for someone to call you back or if you would like to make an appointment. We will try to get back to you in a timely manner. If your specific question or issue was not handled by one of the owners or staff, then it has not. **Please do not enter the gym area for any reason unless you are invited.**

Our office staff or Patrice Stec can assist you with general Allstar Athletics information. **They are not always informed of specifics for each team.** It is your responsibility to keep up with any specific team information.

Stay Informed [website](#) [facebook](#) [Twitter](#) [@asa\\_athletics](#)