



PITTSBURGH 2021 – 2022 TRYOUT PACKET



WWW.ROCKSTARCHEERPITTSBURGH.COM

WELCOME TO ROCKSTAR CHEER PITTSBURGH!

We at Rockstar Cheer strive to be a close-knit and supportive program that includes parents, athletes and coaches working together towards a common goal. We strive not only to be a very competitive program, but also a program others respect because



of our commitment to excellence, sportsmanship and championship spirit. Rockstar Cheer will continue to be the program others emulate due to our high standards and competitiveness. We welcome you to our 2021 – 2022 season!

TEAM PLACEMENTS

The tryout process will begin May 23rd and run through June 4th.

Please read the tumbling grid listed below for which level your athlete should attend for tryouts. Please make sure your athlete attends the correct tumbling level for their tryout sessions. If you are unsure what level to attend after reading the tumbling grid, please contact our tumbling director Dana Thomas dana@rockstarcheerpittsburgh.com or email Aimee ansaffle1@gmail.com

How to sign up for tryouts:

- Please create an account on [Gems Up](#) (Link found on our website)
- Register and pay for tryouts on your Gems Up Account. Cash or checks will not be accepted.
- Complete a signed [liability form](#). Athletes cannot try out without a signed liability form on file.
- Read tumbling grid below. Your athlete must attend the level they have all solid skills. If you have some skills in the next level-this does not mean you attend that level.
- The back entrance- is the main entrance. You must park along grassy area if you are coming into the building.

TUMBLING GRID

Athletes will be required to show all of the skills in their appropriate level. Any BONUS skills are an added plus & skills outside of their level may be shown as well.

2021 TEAM EVALUATIONS

LEVEL EXPECTATIONS



The following skills are REQUIRED to attend tryouts this season. You must execute all of the skills with excellent form and technique. If you do not have the skills required with excellent form and technique do not attend that tryout. Your tryout should be stress-free and skills they can execute clean and confidently.

LEVEL	SKILLS
LEVEL 1	- CARTWHEEL - ROUND OFF <u>BONUS:</u> BACK WALKOVER <u>BONUS:</u> CARTWHEEL BACK WALKOVER
LEVEL 2	STANDING TUMBLING - BACK-HANDSPRING - BACK WALKOVER BACK-HANDSPRING - BACK WALKOVER SWITCH KICK BACK-HANDSPRING RUNNING TUMBLING - ROUND OFF 2 BACK-HANDSPRINGS - FRONT WALKOVER ROUND OFF 2 BACK-HANDSPRINGS <u>BONUS:</u> FRONT HANDSPRING - ROUND OFF BACK-HANDSPRING
LEVEL 3	STANDING TUMBLING 3 BACK-HANDSPRINGS 2 BACK-HANDSPRINGS TOE TOUCH <u>BONUS:</u> BACK-HANDSPRING STEP OUT 2 BACK-HANDSPRINGS RUNNING TUMBLING - ROUND OFF 2 BACK-HANDSPRINGS TUCK 2 STEP AERIAL OR 2 STEP PUNCH FRONT <u>BONUS:</u> PUNCH FRONT PAUSE, ROUND OFF BACK TUCK



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LEVEL

EXPECTATIONS



You must execute all of the skills with excellent form and technique.

LEVEL 4

STANDING TUMBLING

- STANDING TUCK
- BACK-WALKOVER BACK TUCK
- BACK-HANDSPRING BACK TUCK

RUNNING TUMBLING

- ROUND OFF BACK-HANDSPRING LAYOUT
- CARTWHEEL BACK TUCK
- ROUND OFF WHIP 2 BACK-HANDSPRINGS BACK TUCK
- BONUS: ROUND OFF WHIP BACK TUCK
- BONUS: PUNCH FRONT ROUNDOFF BACK-HANDSPRING LAYOUT

LEVEL 5

STANDING TUMBLING

- TOE TOUCH BACK TUCK
- 2 BACK-HANDSPRINGS LAYOUT
- BONUS: 2 BACK-HANDSPRINGS WHIP BACK-HANDSPRING BACK TUCK
- BONUS: 2 BACK-HANDSPRINGS WHIP BACK TUCK

RUNNING TUMBLING

- ROUND OFF BACK-HANDSPRING FULL
- ROUND OFF FULL
- BONUS: ROUND OFF WHIP 2 BACK-HANDSPRINGS FULL
- BONUS: PUNCH FRONT ROUNDOFF BACK-SPRING FULL

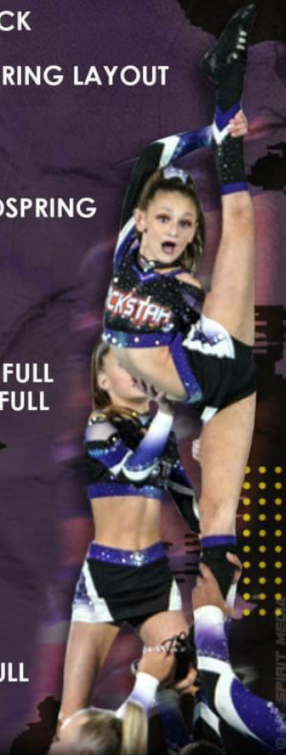
LEVEL 6

STANDING TUMBLING

- 1 BACK-HANDSPRING FULL
- 2 BACK-HANDSPRINGS FULL
- BONUS: STANDING 2 OR 3 BACK-HANDSPRINGS TO DOUBLE FULL
- BONUS: STANDING WHIP PASS TO DOUBLE FULL

RUNNING TUMBLING

- SPECIALTY TO FULL
- BONUS: ROUND OFF BACK-HANDSPRING DOUBLE FULL OR ROUND OFF DOUBLE FULL
- BONUS: SPECIALTY PASS TO DOUBLE FULL



LEVEL EVALUATIONS DATES & TIMES

May 23rd (Sunday) Individual Tryout

- (2012-2013) Levels 1, 2, 3 (10:30-11:30)
- Level 6 DOB (2008 or before) Level 6: Supermodels Worlds Team (12:00p-1:30p)
- (6/1/02-2011) Levels 4-5 (2:00-3:30)
- (2009-2011) Levels 1-3 (4:00-5:30)
- (6/1/02-2008) Levels 1-3 (5:15-6:30)

May 24th (Monday) Full Year ELITE

- Make up evaluations (walk ins welcome)

May 25th (Tuesday) Level Tryouts: Full Year ELITE

- (2009-2011) Levels 1-3 (5:30-7:00)
- (2012-2013) Levels 1, 2, 3 (7:30-8:30p)

May 26th (Wednesday) Level Tryouts: Full Year ELITE

- (6/1/02-2011) Levels 4-5 (5:30-7:15)
- (2008 or before) Level 6: (Supermodels) Worlds Team (7:30p-9:15p)

May 27th (Thursday) Level Tryouts: Full Year ELITE

- (6/1/02-2008) Levels 1-3 (5:15-6:30)
- Level 6 DOB (Must be 18 to attend) Level 6: Worlds Non-Tumble All girl/coed. If you are younger than 18 you must attend regular elite tryouts. (Invitation only) for Legends under the age 18.

May 28th TBA

**CALLBACKS FOR MAY 28TH WILL BE POSTED AFTER SUNDAY MAY 23RD EVALUATIONS.
CALL BACKS FOR JUNE 1ST-4TH WILL BE POSTED ON THE WEBSITE THURSDAY MAY 27TH**

WHAT TO WEAR TO TRYOUTS

- ❖ For the entire tryout process:
 - Please wear all black attire and a white bow.
 - No other gym, school or program logos may be worn to tryouts.
 - Hair must be pulled back away from the face and cheerleading or athletic shoes must be worn.
- ❖ Please wear separate shoes into the gym then change into your cheer shoes.
- ❖ Bring water ONLY, please leave big bags at home. No jewelry or chewing gum.

COST / TUITION

Prior to accepting your spot on a Rockstar Cheer Pittsburgh team, we require you sign a financial agreement stating you have reviewed and understand all costs associated with the season ahead as well as commitment papers. Your athlete will not be able to practice until all commitment papers are signed and turned in. Monthly tuition will auto debit the 1st of every month from a card of your choice or by ACH. We will offer payment plans for competition fees. Please view the cost breakdowns coming soon on our website. The 2021 – 2022 handbook will be posted before the start of tryouts.



Any questions, please contact Aimee at
ansaffle1@gmail.com