



What is all-star cheerleading?

All-star cheer teams compete in divisions that are age and ability specific. The teams are primarily judged on their ability to perfect the skills expected of their designated level. Unlike school organizations, we are not restricted to a district and we do not cheer for a sports group like football or basketball. The primary focus is to perfect routines that are competed throughout the season.

How are the teams scored at competitions?

To score well at competitions, it is essential that a majority of the squad demonstrate a mastery* of skills that are considered difficult for the team's ability level. The percentage of perfection of the executed routine also helps determine a team's score. There is difference between throwing a skill and landing on your feet versus competing a perfected skill.

***Skill mastery refers to the athlete's ability to perform the skills with confidence and excellent technique. (A good way to assess the level of mastery over a skill is if the skill can be performed at the end of a routine and it looks just as good as if it were at the beginning of the routine).**

Tryout Process

- Each athlete will need to turn in a registration form and attend at least one of our Evaluation Workouts.
- Evaluation Workouts are low-stress practices where athletes will have the opportunity to showcase their current skills as well their potential to learn new skills.
- Athletes are encouraged to attend multiple Evaluation Workouts
- The Evaluation Workouts are primarily for placement purposes. We are very successful at finding a team for each of the athletes interested in cheering. However, due to age restrictions we can not guarantee that every athlete who attends Evaluation will immediately be placed on an active roster.
- We will announce levels via phone call No Later than April 25, 2016
- Athletes will be able to participate in ongoing open workouts throughout the month of May
- First team Practices will begin the first week of June. We will have Open Workouts during the month of May.

How We Build Teams

Athletes will be placed with the intention of creating well-rounded teams. We consider all aspects of the competition score sheet when building squads:

- Running / Standing Tumbling
- Jumps
- Stunts / Pyramids / Baskets
- Performance / Presentation
- Maturity
- Work Ethic
- Availability/Potential Schedule Conflicts

Tumbling Skill Requirements

	<u>Standing Tumbling</u>	<u>Running Tumbling</u>
Level 1	Back walk over Front walk over	Cartwheel-round off Round off-back walk over
Level 2	Back handspring Back Walkover-back handspring	Round off-back handspring Round off-back handspring series
Level 3	Back handspring series Jump combination-back handspring series	Round off-back handspring-back tuck Front Punch
Level 4	Jump-back handspring-back tuck combination Standing Tuck	Round off-back handspring-layout Specialty Pass to layout
Level 5	Jump-back tuck combination Back handspring series-full Standing full	Round off-back handspring-full Specialty pass to full Round off-back handspring-double full