

# Five Star Competitive Cheer Program Interest - Prep Classes Now Available in February & March!

Interested in joining our cheer program next season in May? Sign your athlete up for one of our Prep Classes — the perfect introduction to our training style and team environment!

## Who is this class for?

Athletes of all experience levels — beginners through experienced.

## What will athletes work on?

- Jumps
- Conditioning & strength
- Tumbling technique & skill development
- Performance habits and training basics

This class is designed to help prepare athletes for our competitive program by introducing expectations, structure, and skill development in a positive, low-pressure environment.

*Please note:* This is **not** a traditional tumbling class. While tumbling will be incorporated, the main focus is on improving technique, cleaning existing skills, and building strong fundamentals for the upcoming season.

## Why we train more than just tumbling:

Competition scores are made up of multiple categories:

- Stunts (stunts, tosses, pyramid) – 44%
- Tumbling (running & standing) – 32%
- Dance, movement & performance – 16%
- Jumps – 8%



## Program Philosophy:

Athletes need consistent, solid skills before adding them into routines. Our goal is to help athletes strengthen and clean the skills they already have while safely progressing toward new goals. We focus on placing athletes where they can shine, build confidence, and feel successful throughout the season.

---

### **Beginners**

(New to the sport or rec cheer experience)

Thursday, February 26th 6:00-6:45pm

Monday, March 2nd 6:30-7:15pm

### **Experienced**

(must have at-least 1 year of allstar cheer experience)

Thursday, February 26th 5:15-6:00pm

Wednesday, March 4th 6:00-6:45pm

Monday, March 30th 6:30-7:15pm

\$20 per class, no registration fee.

Register at: <https://www.gomotionapp.com/team/fsky/page/system/classreg-shopping>