

Important Athlete Placements Info:

Our focus when determining team placement is Program 1st, Team 2nd, Individual 3rd.

Everyone is placed on a team Levels 1-6 within their appropriate age group first. Please understand that we don't choose all of our teams based on the tumbling level of your athlete. Some of our teams will not have all the same athletes competing at the same tumbling level. In a perfect world, we would have maxed out squad tumbling on every team, and be able to compete the Level required stunts & pyramids. Ultimately, we have to have a set number of stunt groups on each team. Each group is made up of a Flyer, 2 Bases and Back Spot. So, essentially, you're competing with other athletes who are trying out for the same position as you. For example: There are 5 positions available for flyers on Team A. 8 girls tryout and there are only 5 positions. Only 5 of those girls will make that team as a flyer, and the other 3 will either fly on another team or base. Every year is different, and that is why we have team placements.

We also reserve the rights to move athletes from team to team throughout the season. It is necessary due to athletes moving, quitting, injuries, progressing, etc.

PLEASE LOOK AT THE TUMBLING & STUNTING REQUIREMENTS BELOW FOR EACH LEVEL WITHOUT A SPOT AND GREAT EXECUTION:

	TUMBLING REQUIREMENTS	STUNTING REQUIREMENTS
Level 1	Cartwheel, Round off, Forward Roll, Back Roll, Back Walk-over, Front Walkover	Knee Level stunts, Prep level.
Level 2	Standing Back-Handspring, Back Walk-over Back-Handspring, Round-off Two Back- Handsprings <i>Specialty Passes:</i> Front Walk-overs to Round-off Back-Handsprings, Back-Handspring Jump 1/2 Turns to Round-off Back-Handsprings	Prep level one-legged stunts, extended two legged stunts.
Level 3	Toe Touch 2 Back-Handsprings, Standing 3 Back-Handsprings, a Round-off Back-Handspring Back Tuck, a Round-off tuck. <i>Specialty Passes:</i> Back-Handspring Step-outs, Front Walk-overs, and Front Punches to a Round-off Tuck/ Back-Handspring Tuck.	Extended one-legged stunts. Single twisting dismounts from two feet.
Level 4	Standing Back Tuck, Standing 2 Back-Handsprings to Tuck, Jump to Back-Handspring Tuck, and Round-Off Back- Handspring Layout. <i>Specialty Passes:</i> Front Walk-overs, Front Punches, and Whips to a Layout.	Release moves to extended level. Twisting stunts to two feet. Double twisting dismounts from two feet.
Level 5	Jump to Back Tuck, Standing 2 Back-Handsprings to a layout, 2 Back handsprings Whip 2 Back handspring Layout, and has Round-off Back-Handspring Full. <i>Specialty Passes:</i> Whips to Full, Arabian Run Round-off to Full, & Front Punch through to fulls.	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot.
Level 6	Has jump to Back Tuck, Standing 2 Back-Handsprings to a Full/ Double, Standing Back-Handspring full, Standing Full, and has <i>specialty passes such as</i> Whips to Full/ Double, Arabians to Fulls/ Double, & Front Punch through to full/ double.	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot.

Technique is a top priority on the scoresheets and is crucial when transiting to the next level. Technique is going to be a big factor when determining proper level placements for each athlete. Consistency is another key factor.

2021-2022 Athlete Evaluations

We will have a tent set up outside in the front parking lot (weather permitting) or right inside the lobby doors. Evaluation form available to print from our website or to fill out at the gym upon arrival.

1. Athletes need to registered online at:

<https://www.gomotionapp.com/team/fsky/page/system/classreg-shopping?progId=5968>

2. When arriving to the gym - athletes/ parents will check-in and fill out the evaluation form.

3. Athletes will bring their form into the gym with them for coaches to collect when their first session begins.

Our evaluation is a very stress free process!

Program Team Reveal Next Step after Evaluations

On Tuesday, June 1st we will reveal the teams and levels we plan to have for the season after evaluating the athletes that attended program placements via social media. We will send an email to everyone who attended evaluations with information regarding how to sign-up for our program. Athletes will be split up into training groups for the month of June starting Monday the 7th.

Our sport encompass tumbling, jumps, dance, and stunting. We feel it is best to give athletes opportunities to showcase their abilities as each athlete may vary across the 6 levels in each category for the month of June. We want to make the best possible team for the gym and our athletes!

On Tuesday, June 1st we will have a Program Sign-Up open available online. If you choose to join the Five Star Cheer Family, we ask that everyone sign up via the link we provide via e-mail.

We will then take the week (June 1st - June 3rd) to split the athletes up into training groups to attend starting Monday, June 7th. Summer training and practices will be Monday - Thursday 4:00pm-9:30pm. We will set up a true team practice schedule and send it out by Friday, June 10th so that after teams are split, the practice schedule is already out.

Team Rosters Created

We will train and create teams the first couple weeks of June. We will have team rosters created and revealed before July. In July, team practices and choreography will begin. Summer practice will be Monday through Thursday.

New USADF Age Grid for the 2020-2021 Season:

Senior (L6)	Senior (L1-5)	Junior	Youth	Mini	Tiny
Birth Year 6/1/01 - 2008	Birth Year 6/1/01 - 2009	Birth Year 2005-2015	Birth Year 2009-2016	Birth Year 2012-2016	Birth Year 2014-2016

Looking forward to having you join our Five Star Family!

General Practice & Competition Information

Summer Practice Schedule:

Training/ Team practices and times will be filled in about Evaluations
 May change at coaches discretion

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

School Practice Schedule:

Team Practice will be schedules by July
 May change at coaches discretion

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	Saturday	Sunday
				No Practices		No Practices

Gym Closures:

September 3rd - September 6th (Labor Day Weekend)
 October 8th -10th ("Fall Break") -- Subject to change
 TBA (Thanksgiving)
 TBA (Christmas Break)
 January 1st (New Years Break)

Team Choreography / Stunt Camps

Choreography / Stunt Camps will start the month of July and are **MANDATORY**. We need everyones vacation plans so we can do our best to plan each camp around them. We will have a choreography camp schedule out by mid end of June.

Choreography Camp: Usually 2-3 days. 10:00am-3:00pm. Team learns their new competition routine!

Stunt Camp: Usually 1-2 days. 11am-1pm or 1pm-3pm. Team learn and work elite stunts.

(TIMES MAY VARY)

2020-2021 Tentative Competition Schedule:

Teams will go to 3-4 one day events and 2-3 two day events.

Possible Event locations:

Louisville
Lexington
Columbus
Indianapolis
Nashville

DATE	EVENT	LOCATION	
November	The Purple Premiere - Gym Showcase	Five Star	
Beginning of April	Regional Summit - Tiny, Mini, & Youth	Sevierville, TN Louisville, KY	Additional cost may be required TEAMS MUST EARN BID
End of April	The Summit - Junior and Senior Teams ONLY	Walt Disney World Orlando, Florida	Additional cost may be required TEAMS MUST EARN BID

Wicked (Worlds Team) Competition Schedule:

DATE	EVENT	LOCATION	
November	The Purple Premiere - Gym Showcase	Five Star	
December	WSF	Louisville, KY	
January	Jamfest Super Nationals	Indianapolis, IN	
February	NCA Nationals	Dallas, TX	
March	American Cheer Power	Columbus, OH	
April	One-Up	Nashville, TN	
April 24th - 26th	Worlds	Walt Disney World Orlando, Florida	Additional cost may be required

(Wicked will compete at 5 2-day events this season. Events and locations could change.)

I will explain information on Bids to Worlds, Regional Summit, and The Summit (Orlando) closer to competition time. We are waiting on more information from Event producers.

NONE OF THE COMPETITION INFORMATION FINALIZED.
IT IS ALL EXTREMELY TENTATIVE AS WE ARE STILL
LOOKING INTO OTHER EVENTS AND PRICING.