



Five Star Cheerleading & Gymnastics

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Welcome to the Five Star Family!

2018-2019 Competitive Cheer Team Placements

COST: \$45

Pre-Registration: Wednesday, May 9th 7-9pm

We have a 2 week team placement process:

Week one of Placements are split up by ages & tumbling skills. Week two we will split them up into smaller groups.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17		
6:00-7:00 5-8 Year Olds 7:30-8:30 9-11 year Olds	Twinkles! (Free) 3-4 Year Olds 6:50-7:50 12-14 Year Olds 8:00-9:00 15-18 Year Olds	7:00-8:00 5-8 Year Olds & 9-11 Year Olds 8:00-9:00 9-11 Year Olds with Round-Tuck & 3 standing BHS <u>without a spot</u>	7:00-8:00 (Round-offs, BWO, BHS, TUCKS) 12-18 Year Olds 8:00-9:00 (Layouts-Doubles) 12-18 Year Olds Call Backs will be posted on our website by 12am		<u>CALL BACK</u> <u>WEEK!</u> P1 10:00-11:00 P2 11:15-12:15 P3 12:30-1:30
21	22	23	24		
P4 6:00-7:00 P5 7:00-8:00 P6 8:00-9:00	P7 6:00-7:00 P8 7:30-8:30	P9 6:00-7:00 P10 7:00-8:00 P11 8:00-9:00	<i>The Purple Reveal & Signing Day!</i> <i>7:00-9:00</i>		
28	29	30	31		
<i>Happy Memorial Day :)</i>	<i>Extra Signing Day</i> <i>6:00-9:00</i>	5:30- 7 Workout Ages 7-11 7:15-8:45 Workout Ages 12-18	6-7 TWINKLES 7-9 Level 5 Athletes		

Purple Reveal & Signing Day:

Come in and see what team you are on for the new season!! Please also bring \$150 fee, turn in paperwork, turn in vacation dates, meet the coaches, & asked any questions you may have!

We will hand-out and email the summer practice schedule by Tuesday the 29th. If you can not make it to the reveal or have any extra questions, please come in and see us Tuesday for orientation/ the extra signing day!

FIRST TEAM PRACTICE WILL BE SUNDAY, JUNE 3RD!

Important Team Placements Info:

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

Everyone is placed on a team Levels 1-5 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:

	<u>TUMBLING REQUIREMENTS</u>	<u>STUNTING REQUIREMENTS</u>
Level 1	Cartwheel, Round off, Forward Roll, Back Walk-over, Front Walkover or does not have the Level 2 tumbling requirements.	Knee Level stunts, Prep level.
Level 2	Has a Standing Back-Handspring, Back Walk-over Back-Handspring, Round-off Two Back- Handsprings on the floor without a spot and great execution. <i>Specialty Passes:</i> Front Walk-overs to Round-off Back-Handsprings, Back-Handspring Step-outs/ Jump 1/2 Turns to Round-off Back-Handsprings	Prep level one-legged stunts, extended two legged stunts.
Level 3	Has Toe Touch 2 Back-Handsprings, Standing 3 Back-Handsprings, a Round-off Back- Handspring Back Tuck, a Round-off tuck on the floor without a spot and great execution. <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	Has a Standing Back Tuck and Standing 2 Back-Handsprings to Tuck and Round-Off Back- Handspring Layout on the floor without a spot and great execution. <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 <small>Restricted</small>	Has jump to Back Tuck on the floor, Standing 2 Back-Handsprings to a Layout, and has Round-off Back-Handspring Full on the floor without a spot and great execution. <i>Specialty Passes:</i> Whips to Hand Hand Full, Arabian power through to Fulls, Front Walkovers Front Punch through to fulls.	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot.
Level 5	Has jump to Back Tuck on the floor, Standing 2 Back-Handsprings to a full, Standing Back-Handspring Full, Standing Full, Standing to Doubles. Round-off Back-Handspring Full on the floor without a spot and great execution. <i>Specialty Passes:</i> Double fulls, Whips to Fulls/ Doubles, Arabians to Fulls/ Doubles, Front Punch through to Fulls/ Doubles.	Twisting stunts to extended level to one foot. Double ups. Double twisting dismounts from one foot.

(If you'd like further information on what the levels consist of in all areas of cheerleading, please visit www.USASF.net for more details.)

Technique is now a top priority on the scoresheets and is crucial to 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.

Looking forward to having you join our Five Star Family!

Five Star

2018-2019 Competitive Cheerleading Teams

(These are based off last seasons teams)

Team Name	Level	USASF AGE GRID (AGE AS OF 8-31-18)
Twinkles	Tiny Exhibition	6 yrs & younger
Starlites	Tiny Prep 1	5 - 6 years old
Shining Stars	Mini Level 1	7 - 8 years old
Rockstars	Youth Level 2	8 - 11 years old
Blackout	Youth Level 3	5 - 11 years old
Electra	Junior Level 5	9 - 14 years old
Team Name Undecided	Junior/ Senior Level 3 or 4	8 - 14 years old/ 11 - 18 years old
Supernova/ Mega Stars	Senior Level 1/2 or 4.2	11 - 18 years old
Shooting Stars	Senior Level 3 (Possible Co-Ed)	11 - 18 years old
Blazing Stars	Senior 5 Co-Ed Restricted	11yrs(Restricted) / 13 - 18 yrs old
Superstars	Senior 5 Worlds Team	13 - 18 years old

**Teams and levels are subject to change based on the the turn out for the 2018-2019 team placements. We have done our best to predict what teams we will have next season based on off our current 2018-2019 athletes. More teams will be added if necessary, along with any age or level changes to teams listed above.

Why just cheer for one team when you can cheer for two?!

You may offer to be a crossover on your paperwork at Team Placements. We will place your athlete on the team that fits their respective age group first and if we see it fit to add them to an additional team, we will do so. Not everyone who wishes to be a crossover may get the opportunity to if we don't have a second team that fits your athletes age and skill level. Athletes who did not choose to be a crossover at team placements may be asked by a coach to be a crossover. There are additional crossover fees that will apply. Crossovers do not pay extra gym fees. They pay crossover competition fees and may have to buy an additional uniform. See Cost and Financial breakdown for more info on crossover fees.

Remember to review the all-star handbook before you tryout. Please make sure you're serious about the commitment both financially and time-wise before trying out. After evaluations, everyone is placed on a team. Our first team practice begins Sunday, June 3rd. Summer and School Practice Schedule will be determined when team announcements are made.