



Five Star Cheerleading & Gymnastics

1405 Jamike Ave Erlanger, KY 41018

Phone: 859-647-0660

Website: www.fivestar-gymnastics.com

Facebook: Five Star Gymnastics and All Star Cheerleading

Instagram: Five_Star_KY

Twitter: @fivestarky

Welcome to the Five Star Family!

2019-2020 Competitive Cheer Team Placements

COST: \$45

Pre-Registration & Optional Q&A Parent Meetings

Wednesday, May 8th & Thursday, May 9th 7:30-9

We have a 2 week team placement process:

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

(AGE AS OF AUGUST 31ST, 2019)

Monday	Tuesday	Wednesday	Thursday
May 13	May 14	May 15	May 16
<p>6:00-7:00 5-8 Year Olds</p> <p>7:30-8:30 9-11 Year Olds</p>	<p>5:30-6:15 Twinkle Sign-ups! (Free) 3-4 Years Old</p> <p>6:30-7:30 12-14 Year Olds</p> <p>8:00-9:00 15-18 Year Olds</p>	<p>6:00-7:00 5-8 Year Olds</p> <p>7:30-8:30 9-11 Year Olds</p>	<p>7:00-8:00 (BHS-TUCKS) 12-18 Year Olds</p> <p>8:00-9:00 (Layouts-Doubles) 12-18 Year Olds</p> <p>Week 2 day/ time will be EMAILED by FRIDAY 10AM</p>
May 20	May 21	May 22	May 23
<p>P1 6:00-7:00</p> <p>P2 7:00-8:00</p> <p>P3 8:00-9:00</p>	<p>P4 6:00-7:00</p> <p>P5 8:00-9:00</p>	<p>P6 6:00-7:00</p> <p>P7 7:00-8:00</p> <p>P8 8:00-9:00</p>	<p>P9 6:00-7:00</p> <p>P10 7:00-8:00</p> <p>P11 8:00-9:00</p>
May 27	May 28	May 29	May 30
<p>Happy Memorial Day :)</p>	<p>7:30-9pm Signing Day!</p> <p>7-8 Optional Open Workout 5-11 Years</p> <p>8-9 Optional Open Workout 12-18 Years</p>	<p>7:30-9pm Signing Day!</p> <p>7-8 Optional Open Workout 5-11 Years</p> <p>8-9 Optional Open Workout 12-18 Years</p>	<p>The Purple Reveal 7:00-9:00</p>

Signing Day(s):

\$150 commitment fee & paperwork are due.

(Payment and paperwork MUST be turned in Tuesday or Wednesday in-order for athletes to have a spot reserved on a team.)

Purple Reveal:

Come in to see what team your athlete is on for the new season!!

We will email the summer practice schedule by Wednesday the 29th. If you can not make it to the reveal or have any extra questions, please let us know.

FIRST TEAM PRACTICE WILL BE MONDAY, JUNE 3RD!

SUMMER PRACTICES WILL BE MONDAY-THURSDAY!

Important Team Placements Info:

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

Everyone is placed on a team Levels 1-6 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:

	<u>TUMBLING REQUIREMENTS</u>	<u>STUNTING REQUIREMENTS</u>
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 <u>Specialty Passes:</u> 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. <u>Specialty Passes:</u> 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. <u>Specialty Passes:</u> 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. <u>Specialty Passes:</u> 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 <u>specialty passes such as</u> 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 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!

Last Season Competitive Cheerleading Teams

(These are the team we had for the 2018-19 season - teams may be re-named, move age groups, or levels based off the team placement turn out)

Team Name	Level	USASF AGE GRID (AGE AS OF 8-31-17)
Twinkles	Tiny Exhibition	3 -4 years old
Starlites	Tiny Prep 1 or Tiny Level 1	5 - 6 years old
Shining Stars	Mini Level 1	5 - 8 years old
Purple Sass	Mini Level 2 Expo	8 yrs & younger
Rocktars	Youth Level 2	11 yrs & younger
Blackout	Youth Level 3	11 yrs & younger
Supernovas	Junior Level 2	5 - 14 years old
Purple Reign	Junior Level 3	5 - 14 years old
Electra	Junior Level 6 (Formally know as L5)	9 - 14 years old
Mega Stars	Senior Level 4.2	11 yrs - 18 yrs
Shade	Senior 4 Co-Ed	11 - 18 years old
Blazing Stars	Senior 5 Coed (Formally know as L5 Restricted)	11 - 18 years old
Wicked	Senior Level 6 Coed Worlds Team (Formally know as L5)	13 - 18 years old

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 or group. Our first team/ group practice will begin Monday, June 3rd. **SUMMER PRACTICES WILL BE MONDAY-THURSDAY!**