



# 2025-2026 FIVE STAR COMPETITIVE CHEERLEADING

## ATHLETE EVALUATIONS & TEAM PLACEMENT PROCESS

### STEP ONE

#### STEP 1: OPEN GYM & VIDEO SUBMISSION PROCESS

**May 15th - 17th**

Structured open gym to take required placement videos.

Videos: Tumbling, Jumps, Dance, Flyer Routine

*Coaches will take videos for athletes who do not have a phone and send them to their parents to upload.*

Thursday, May 15th	Friday, May 16th	Saturday, May 17th
<b>5:00 - 6:15</b>	<b>5:00 - 6:15</b>	<b>10:00am - 11:15am</b>
2016-2020	2016-2020	2016-2020
<b>6:00 - 7:15</b>	<b>6:00 - 7:15</b>	<b>11:00am - 12:15pm</b>
2015 & Older Does not have a Round off BHS Layout	2015 & Older Does not have a Round off BHS Layout	Open for 2015 & Older
<b>7:00 - 8:15</b>	<b>7:00 - 8:15</b>	<b>12:00pm - 1:15pm</b>
2015 & Older Level 4, 5, 6 Tumbling (Has a Round off BHS Layout)	2015 & Older Level 4, 5, 6 Tumbling (Has a Round off BHS Layout)	Open for 2015 & Older

**\$15/ Athlete per Open Gym**

#### BEFORE YOU COME!

1. Register for day & time on [www.gomotionapp.com/team/fsky/page/home](http://www.gomotionapp.com/team/fsky/page/home)
2. Familiarize yourself with required videos. Videos can be viewed via Band. Link will be sent after registration.

Your athlete only has to attend ONE open gym but is welcome to come to multiple.

After you register you will receive an email with THE ONLINE ATHLETE EVALUATION FORM and more information on placements.

#### WHAT TO WEAR TO OPEN GYM:

Black Top: T-Shirt, Tank, Sports Bra  
Black Shorts

Hair: High Ponytail with any color bow

PLEASE VISIT [WWW.FIVESTAR-GYMNASTICS.COM](http://WWW.FIVESTAR-GYMNASTICS.COM) AND REVIEW OUR 2025-2026 COMPETITIVE CHEERLEADING PRICING & COMMITMENT BEFORE ATHLETE EVALUATIONS.

## STEP TWO

### VIDEO SUBMISSIONS & ATHLETE EVAL FORM

May 15th - 17th

Fill out form sent via email with videos after open gym session by 11:59pm on Saturday May 17th.

Athlete Evaluation Fee: \$30/ Athlete

## STEP THREE

### TEAM TRIALS

May 19th - 22nd

Athletes will try out different spots/teams.

Schedule will be sent via e-mail by May 18th.

## STEP FOUR

### Commitment to Program & Mandatory Parent Meeting

Wednesday, May 28th

Sign up for the program. Athletes won't know their exact placement, however we will release expected teams for the season. Sign-up instructions will be provided via e-mail.

Commitment fee:\$300

Parent Meetings: 6:00PM, 7:30PM

## THE PURPLE REVEAL

Saturday, May 31st

Reveal to athletes which team they are a part of for the 2025-2026 season!

# SKILLS CHART FOR VIDEOS BY LEVEL

	<u>TUMBLING</u> <u>Level Appropriate &amp; Advanced</u>	<u>TUMBLING</u> <u>Elite</u>	<u>STUNTING</u> <u>REQUIREMENT</u> <u>S</u>
<b>Level 1</b>	Cartwheel Round off Forward Roll/ Back Roll Back Walk-over Front Walkover	2 Back Walkovers Switch Leg Back Walkvers  FWO - Cartwheel - BWO Cartweel - 2 BWO	Knee Level stunts, Prep level.
<b>Level 2</b>	Standing Back-Handspring Back walk-over Back-Handspring Round-off Back Handspring Round-off Back Handspring Step-out	BHS Step-out BWO BHS BWO - BHS Step-out - BWO  FWO Round off BHS Round-off 2 BHS Flyspring	Prep level one- legged stunts, extended two legged stunts.
<b>Level 3</b>	Toe Touch Back Handspring Standing 2 Back-Handsprings Round-off Back Back Tuck	BHS Step-out BWO BHS - BHS 3 BHS BHS Step-out BHS - BHS  Round-off BHS Tuck FWO Round off Tuck FWO Round off BHS Tuck Front Punch	Extended one- legged stunts. Single twisting dismounts from two feet.
<b>Level 4</b>	Standing Back Tuck Standing 2 Back-Handsprings to Tuck  Round-off Whip Tuck	BHS Tuck BHS S/O Tuck  Round-off BHS Layout Round-off Whip passes to tucks/ layouts Front Punch to R/O BHS layout	Release moves to extended level. Twisting stunts to two feet. Double twisting dismounts from two feet.
<b>Level 5</b>	Jump to Back Tuck Standing 2 Back-Handsprings to a layout  Round-off BHS Full	BHS Layout Jump to BHS BHS Layout BHS Whip BHS BHS Layout  Round-off BHS Full Whips to Full Arabian Round-off to Full Front Punch through to Fulls	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot.
<b>Level 6</b>	Standing 2 Back-Handsprings to a Full  Front Punch to Full Round-off BHS Whip BHS Full	BHS Full Standing Full BHS BHS Double  Round-Off to Double Round-off BHS Full BHS Full Front Handspring Front Punch to Full Tricks to Doubles	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot.

# COMPETITIVE CATEGORIES COACHES EVALUATE FOR ALL ATHLETES WHEN CREATING TEAM ROSTERS:



Tumbling

Stunting

Jumping

Dance & Motions

Performance

Mental Toughness

Commitment Level

Attitude & Maturity

Age Appropriate

## Why do athletes have to sign up for the program before learning their team placement?

We do this for our program, but also our customers! This is to prevent the practice of trying out for multiple gyms in the area and going to whichever gym places you on the highest level. We want athletes interested in joining our program, not athletes looking for the highest level placement. This protects us from creating teams with athletes not committed. It also helps protect YOU from being put on a team with people that have not decided!

*Looking forward to having you join our Five Star Family!*

# **Important Athlete Placements Info:**

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 max out squad tumbling on every team, and be able to compete the Level required stunts & pyramids.

Teams are made up of groups consisting 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.**