



2026-2027 FIVE STAR COMPETITIVE CHEERLEADING

ATHLETE EVALUATIONS & TEAM PLACEMENT PROCESS

STEP 1: OPEN GYM & VIDEO SUBMISSION PROCESS

May 13th - 15th

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.

Wednesday, May 13th	Thursday, May 14th	Friday, May 15th
5:00 - 6:15	5:00 - 6:15	5:00 - 6:15
2017 - 2018 - 2019 - 2020 - 2021	2017 - 2018 - 2019 - 2020 - 2021	2017 - 2018 - 2019 - 2020 - 2021
6:00 - 7:15	6:00 - 7:15	6:15 - 8:00
2013 - 2014 - 2015 - 2016	2013 - 2014 - 2015 - 2016	6/1/2007 - 2016
7:00 - 8:15	7:00 - 8:15	
6/1/2007 - 2008 - 2009 - 2010 - 2011 - 2012	6/1/2007 - 2008 - 2009 - 2010 - 2011 - 2012	

\$15/ Athlete per Open Gym Session

BEFORE YOU COME!

1. Register for day & time on 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 AND REVIEW OUR 2025-2026 COMPETITIVE CHEERLEADING PRICING & COMMITMENT BEFORE ATHLETE EVALUATIONS.

STEP ONE

STEP TWO

VIDEO SUBMISSIONS & ATHLETE EVAL FORM

May 13th - 15th

Fill out form sent via email with videos after open gym session by 12:00pm on Saturday May 16th.

Athlete Evaluation Fee: \$30/ Athlete

STEP THREE

TEAM TRIALS

May 18th - 22nd

Athletes will try out different spots/teams.
Schedule will be sent via e-mail by May 17th.

STEP FOUR

Commitment to Program & Mandatory Parent Meeting

Wednesday, May 27th

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

Friday, May 29th at 8:00pm

Reveal to athletes which team they are a part of for the 2026-2027 season!

SKILLS CHART FOR VIDEOS BY LEVEL

	TUMBLING Level Appropriate & Advanced	TUMBLING Elite	STUNTING REQUIREMENT S
Level 1	Cartwheel Round off Forward Roll/ Back Roll Back Walk-over Front Walkover	2 Back Walkovers Switch Leg Back Walkovers FWO - Cartwheel - BWO Cartweel - 2 BWO	Knee Level stunts, Prep level.
Level 2	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.
Level 3	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.
Level 4	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.
Level 5	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.
Level 6	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



Competition scores are made up of multiple categories (not just tumbling):

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

Why do athletes have to sign up for the program before learning their exact 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 first placed on a team within Levels 1–6 based on their appropriate age group. Please understand that team placements are not based solely on an athlete's tumbling level. Not all teams will have athletes competing at the same tumbling level. In a perfect world, every team would maximize tumbling while also competing the required level of stunts and pyramids—but that balance isn't always possible.

Teams are built in groups consisting of a flyer, two bases, and a back spot. This means you are essentially trying out for a specific position. For example, if there are five flyer positions available on a team and eight athletes try out for that role, only five will be selected for that team. The remaining athletes may be placed on another team as a flyer or in a different position. Every year is different, which is why team placements are so important.

Athletes must demonstrate consistent, solid skills before they are added into routines. Our goal is to help each athlete strengthen and clean the skills they already have while safely progressing toward new ones. We focus on placing athletes where they can shine, build confidence, and feel successful throughout the season.

We also reserve the right to move athletes between teams during the season if needed. This may be due to factors such as athletes moving, injuries, progression, mental stress, or other circumstances.