

CHEER ATHLETICS PLANO TRYOUTS 2023-24

## INTRO

### YOU BELONG HERE

2023-24 marks the 30th season of Cheer Athletics! We are honored that you are considering joining us in this incredible moment in All Star history. This will be a fun and historic year!

Cheer Athletics is widely considered the most successful athletic program of its type. CA helps build healthy, happy, and confident athletes. The life lessons are many, including sportsmanship, teamwork, time management, goal setting, and striving to win! All Star cheer is an inclusive sport where every athlete can grow and find value.

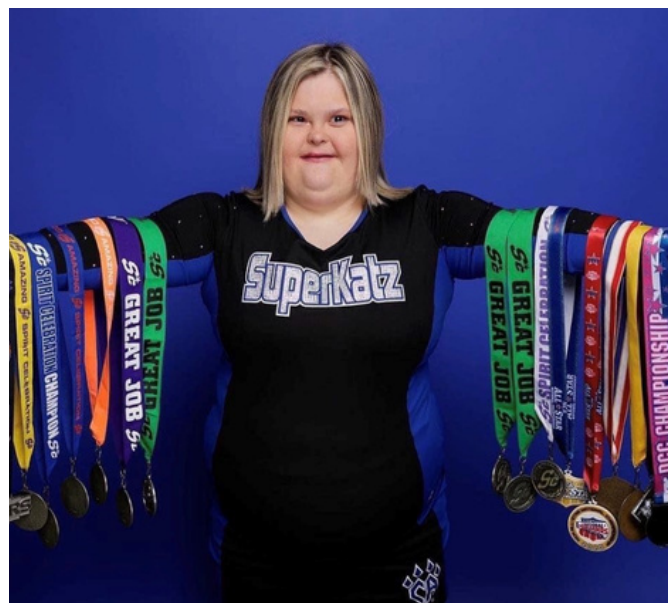
More than ever, athletes need a place to belong and a reason to persevere and feel empowered. CA athletes and their families are invited to be part of the G3FCA2A tradition. We are united for our athletes to challenge limits and beat expectations, never judging... except for those two and a half minutes on the competition mat!

**Cheer Athletics** helps push athletes to be the best version of themselves. Athletes learn the "CA Way" of competitive cheerleading, but they will also be given lifelong skills that will help them throughout their lives. The progress our athletes see in positive and productive surroundings can be amazing. A pat on the back, a high five, and positive reinforcement can go a long way.

This tryout packet will provide important dates, pricing, and other information about our program.

### IMPORTANT NOTE FOR 2023 TRYOUTS

We are so grateful for your loyalty to Cheer Athletics, and we are thrilled to have multiple locations to provide the best experience for your athlete and family. However, we no longer allow athletes to try out for multiple CA gyms simultaneously, as that causes disruption and confusion to our selection process. Athletes will need to make clear their preferred gym, and that location will be the only one that places them on a team. In the unlikely event an athlete wishes to transfer to a different CA gym after team placement, they will need to decline their spot with the original gym, then go through the tryout process with the new gym.



## PLACEMENTS / PRACTICE

### TEAM PLACEMENTS

Tryout sessions are as much like low-stress workouts as possible. During tryouts, athletes show skills they have mastered and demonstrate the potential to learn new skills. Athletes are generally given multiple opportunities to show skills.

After the final session of tryouts, staff will assemble team rosters for the upcoming season. There are many things considered with placing athletes and forming teams. Tumbling skills, stunts, jumps, experience, etc. will generally get equal consideration for athletes' final team placements. After rosters are set, athletes (or parents) are contacted to inform them of team placement.

We offer different try out sessions. If the sessions don't work for you, there is also an option to register for a private tryout. If an athlete would like to be considered for a flyer position, they should also attend one of the flyer tryouts. Participating in a flyer tryout does not guarantee a flying position on a team.

All Star Elite is the pinnacle of our sport. This program designed to fully immerse athletes into the world of All Star Cheerleading. Elite teams require a higher time, financial, and travel commitment. These teams are primarily for athletes with prior All Star Prep or All Star Elite experience.

### PRACTICES / ATTENDANCE

All Star Elite teams will typically practice two days, 1 weekend and 1 weeknight. Show teams will practice one weeknight only.

Please note that September through May, extra practices may be added to a team's regular schedule. Practice times should be consistent once set and will only be changed under special circumstances. Extra practices may be scheduled during important times of the season. These practices are typically scheduled in advance, and all athletes are expected to attend.

### FIRST PRACTICES

Saturday, June 10 & Sunday, June 11 (The first Saturday will follow the normal Sunday schedule. Saturdays are not typical practice days during the summer.)



## TRYOUT DATES

INSTEAD OF AGE, WE GO BY BIRTH YEAR

### REGULAR TRYOUT

Please register for only one session.

#### SESSION 1

Wednesday, May 17 & Thursday, May 18

5:30pm - 7:00pm | 2011 - 2020

7:30pm - 9:00pm | 2010 and before

#### SESSION 2

Saturday, May 20 & Sunday, May 21

12:30pm - 2:30pm | 2011 - 2020

3:30pm - 5:30pm | 2010 and before

#### SESSION 3

Tuesday, May 30 & Wednesday, May 31

5:30pm - 7:00pm | 2011 - 2020

7:30pm - 9:00pm | 2010 and before

### FLYER TRYOUT

Flyers only choose one session.

#### SESSION 1

Friday, May 19

5:30pm - 6:30pm | 2011 - 2017

7:00pm - 8:00pm | 2010 or before

#### SESSION 2

Monday, May 22

5:30pm - 6:30pm | 2011-2017

7:00pm - 8:00pm | 2010 or before

### NON-TUMBLING TEAM BASE TRYOUT

Bases only choose one session.

#### SESSION 1

Friday, May 19

7:45pm - 8:45pm | 2010 or before

#### SESSION 2

Monday, May 22

7:45pm - 8:45pm | 2010 or before

### TRYOUT REGISTRATION

<https://app.iclasspro.com/portal/cheerathleticsplano/camps/15>





### COST

Competitive cheer, while not as costly as some youth activities, can still be expensive. Before considering CA or any program, please consider the financial commitment involved. Cheer Athletics has the finest staff and is moving into easily the largest and most state-of-the-art facility for cheer in our world. As a result, our fees are higher than many programs. However, factoring competition entry fees, summer activities, and other expenses that are typically charged separately at many other gyms, you may end up spending more at some other programs. Although others may advertise lower rates, CA's overall value per dollar is highly competitive.

We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 2023-24 season, there will be 12 monthly charges beginning June 2023 through May 2024. The first month's tuition will be charged on or around Friday, June 9. For the remaining months, tuition is payable on the 1st of each month. (July tuition due on July 1, etc.)

This monthly fee covers tuition and most other expenses and does not fluctuate from month to month. Tuition does NOT change based on the number or length of practices in any particular month. There may be some months with significantly different total practice times (higher or lower) than typical. This will NOT affect the monthly tuition rate.

The vast majority of athletes attending evaluations will be placed on a team. If CA cannot find a placement for an athlete, 100% of the tryout fee will be credited back. If an athlete chooses to decline a roster spot before June 15, the initial tuition month will be credited back.

### TRYOUT FEES

Early Registration (before May 17)

SESSION 1 \$75

SESSION 2 \$85

SESSION 3 \$96

All Athletes (May 18 or later, any session) \$175

Private Tryout / Video Tryout \$175

Private Flyer Tryout \$150

Flyer Tryout (must also register for regular) \$75

Private Tryout w/Flyer Tryout \$275

### TUITION

Show Teams \$259

Tiny Teams \$309

Mini Teams \$309

Youth Teams \$359

Junior/Senior Teams \$379

Worlds Division Teams \$389

HS Graduates \$229

### OTHER COSTS (estimates)

- Annual registration fee \$49/athlete
- Practice Wear \$350 (more information coming soon.) We will get 2 new designs and re-use 2 designs from the previous season (4 total sets).
- Uniform \$365+ varies by team (Due at the time of ordering in July.)
- USASF Membership Fee \$49 (due to USASF)
- If an extra competition is added and exceeds the budgeted amount included in the monthly tuition rate, an extra fee may be incurred. (likely under \$300)
- Teams earning bids to end-of-season competitions (Regional Summit, The Summit, Worlds, etc.) will potentially incur an additional registration fee and transportation fee
- Adult Athletes (those who are 18 years and older or will turn 18 before June 1, 2024) will incur a fee for a Background Check, payable directly to the NCSI Safe organization.



### SKILL GRID

These are suggested tumbling skills for each level. Tumbling is only one consideration of our team placement process. Nearly every athlete will have mastered multiple elite standing and running tumbling skills with good technique to be placed at a level.

	LEVEL 1	LEVEL 2 (&4.2)	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<b>STANDARD</b>	<ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• Backward Roll</li> <li>• Backbend Kick Over</li> <li>• Cartwheel</li> </ul>					
<b>ADVANCED STANDING</b>	<ul style="list-style-type: none"> <li>• Back Extension Roll</li> <li>• Front Walkover (FWO)</li> <li>• Back Walkover (BWO)</li> </ul>	<ul style="list-style-type: none"> <li>• Back Extension Roll - BHS</li> <li>• Back Walkover - BHS</li> <li>• Back Walkover - BHS Step Out</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS Series</li> <li>• BHS - BHS - BHS or more</li> <li>• Jump - BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• BHS Series - Tuck</li> <li>• BWO - Tuck</li> <li>• Back Extension Roll - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck - BHS/BHS Series - Tuck</li> <li>• BHS - Whip /Tuck - BHS - Tuck</li> <li>• BHS Series - Layout</li> <li>• BHS Series - Whip - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• BHS Series - Full</li> <li>• Jump - BHS Series - Full</li> <li>• BHS Series - Whip - Full</li> </ul>
<b>ADVANCED RUNNING</b>	<ul style="list-style-type: none"> <li>• Round Off (RO)</li> <li>• Front Walkover (FWO)/FWO Series</li> <li>• Cartwheel - BWO</li> </ul>	<ul style="list-style-type: none"> <li>• Round Off (RO) - BHS Step Out</li> <li>• CW/RO - BHS Series</li> <li>• Front Handspring (FHS)</li> </ul>	<ul style="list-style-type: none"> <li>• Punch Front</li> <li>• Round Off - BHS/BHS Series - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• PF step out - Aerial</li> <li>• Round off - BHS - Layout/Layout step out/X-Out/Switch Leg</li> <li>• PF step out - RO - to - Tuck</li> <li>• Front Walkover - RO - to - Whip/Layout</li> <li>• Aerial - Back Tuck/Layout/Layout step out</li> </ul>	<ul style="list-style-type: none"> <li>• RO - BHS - Full</li> <li>• Front Walkover - RO - to - Full</li> <li>• Round off - Arabian</li> </ul>	<ul style="list-style-type: none"> <li>• Punch Front step out - to - Full</li> <li>• RO - Whip - Full</li> <li>• RO - to - Whip - to - Full</li> </ul>
<b>ELITE STANDING</b>	<ul style="list-style-type: none"> <li>• Back Walkover Series</li> <li>• Back Walkover Switch Leg</li> <li>• Valdez</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS Step Out - BWO</li> <li>• BWO Switch Leg - BHS</li> <li>• BHS Step Out - BWO - BHS</li> <li>• Valdez - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BHS/BHS Series - Jump - BHS/ BHS Series</li> <li>• BHS Step Out - BHS Series</li> <li>• BHS Step Out - BWO - BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• BHS/BHS step out - Tuck</li> <li>• Jump - BHS/BHS Series - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• BHS - Whip - Tuck</li> <li>• BHS - Layout</li> <li>• Jump - BHS/BHS Series - Layout</li> <li>• BHS/BHS Series - Whip - to - Layout</li> </ul>	<ul style="list-style-type: none"> <li>• BHS - Full</li> <li>• Standing Full</li> <li>• Jump - Full</li> <li>• BHS - Whip - Full</li> <li>• BHS Series - Double Full</li> <li>• BHS Series - Whip - Double Full</li> <li>• BHS Series - Full/Double Full - Whip - Full /Double Full</li> </ul>
<b>ELITE RUNNING</b>	<ul style="list-style-type: none"> <li>• Cartwheel - BWO Series</li> <li>• FWO - Cartwheel/ Round Off</li> <li>• FWO - CW - BWO/BWO Series</li> <li>• FWO - CW - BWO Switch Leg</li> </ul>	<ul style="list-style-type: none"> <li>• Bounder/ Flyspring</li> <li>• FWO - RO - BHS/BHS Series</li> <li>• CW/RO - BHS Step Out - BWO - BHS/BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - Aerial</li> <li>• RO - BHS Step Out - 1/2 Turn - RO - to - Tuck</li> <li>• FWO - RO - to - Tuck</li> <li>• Bounder/ Flyspring - RO - to - Tuck</li> <li>• Front Handspring - Punch Front</li> </ul>	<ul style="list-style-type: none"> <li>• Front Handspring/ Punch Front - Punch Front</li> <li>• PF step out - RO - to - Layout</li> <li>• Round off - Whip - Tuck</li> <li>• Round off - to - Whip/Tuck - to - Tuck/Whip/ Layout</li> <li>• Front Handspring - PF step out - RO - to - Tuck/ Whip/Layout</li> </ul>	<ul style="list-style-type: none"> <li>• Front Full</li> <li>• PF step out - RO - to - Full</li> <li>• Front Handspring - PF step out - RO - to - Full</li> <li>• RO - to - Whip - to - Full</li> <li>• Arabian - RO - to - Full</li> </ul>	<ul style="list-style-type: none"> <li>• Front Handspring - PF - RO - to - Full</li> <li>• RO - Arabian/ Half Full step out - RO - to - Full</li> <li>• RO - BHS - Full - to - Full</li> <li>• RO - to - Double Full</li> <li>• PF step out - to - Double Full</li> <li>• RO - Whip - Double Full</li> <li>• RO - to - Full - to - Whip - Double Full</li> </ul>



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