



***CHEER ATHLETICS
ALL STAR PREP***



YOU BELONG HERE

All star Prep is a competitive cheerleading program designed for families seeking a sport with a flexible practice schedule, lower time commitment and reduced costs. It provides an opportunity for athletes to participate in competitive cheerleading with a more manageable and family-friendly approach.

Get ready for an epic season at Cheer Athletics as we celebrate our 30th anniversary! Join us in making history in the world of All Star cheerleading. It's going to be a year like no other, filled with excitement and adventure!

All Star Cheer is all about inclusivity and at Cheer Athletics, everyone is welcome to grow and thrive. Be a part of our G3FCA2A tradition and join our tight-knit community of athletes and families who support each other every step of the way. It's a place where you belong and a platform for you to persevere, feel empowered, and challenge your limits.

Cheer Athletics is renowned for being the most successful athletic program of its kind, and we're here to help you become the best version of yourself. Get ready to build not just physical strength, but also mental resilience, sportsmanship, teamwork, time management skills, and goal-setting abilities. And of course, the thrill of striving to win and achieve your dreams!

We don't judge- except for those two and a half minutes on the competition mat, where you'll get to show off your skills and shine like a star! So gear up for an unforgettable season filled with new friendships, exciting challenges, and endless possibilities. Join us at Cheer Athletics and let's make this year the best one yet!





EVALUATION PROCESS

Evaluation sessions are designed to provide athletes with low-stress workouts, making evaluations a positive experience. During evaluations athletes get to showcase the skills they have mastered and demonstrate their potential to learn new skills. Multiple opportunities are given to athletes to showcase their abilities.

After the final evaluation session, our experienced staff assembles team rosters for the upcoming season, taking into consideration various factors such as tumbling skills, stunts, jumps, and experience. All athletes are given equal consideration for team placements. Once rosters are set athletes or parents are promptly notified of their team placement.

PRACTICES

Practices and attendance are important aspects of our program. All Star Prep teams typically practice once a week for 2-3 hours. Practice times are generally consistent and changes are made only under special circumstances. All athletes are expected to attend scheduled practices.

*Each team will have 2 mandatory choreography days.

PRIVATE AND FLYER TRYOUT

We understand that not all tryout sessions may work for everyone, which is why we also offer the option to register for a private tryout. Athletes interested in a flyer position can also attend the flyer tryouts, although participation does not guarantee a flyer position on a team.





ALL STAR PREP

EVALUATION DATES

Please register for only one session.

SESSION 1

Wednesday, May 17th & Thursday, May 18th

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

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

SESSION 2

Saturday, May 20th & Sunday, May 21st

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

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

SESSION 3

Tuesday, May 30th & Wednesday, May 31st

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

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

FLYER TRYOUT

Flyers only choose one session.

SESSION 1

Friday, May 19th

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

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

SESSION 2

Monday, May 22nd

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

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

TUMBLING SKILLS

LEVEL 1 STANDING

- Forward Roll
- Straddle Roll
- Pushup to Backbend
- Backward Roll (BWR)
- Handstand
- Backbend Kickover
- Front Limber
- Cartwheel (CW)

LEVEL 1 RUNNING

- Round Off
- Cartwheel

LEVEL 2 STANDING

- Back Handspring
- Back Handspring Step out

LEVEL 2 RUNNING

- Cartwheel - BHS/BHS Step Out
- Roundoff (RD) - BHS





FINANCIAL COMMITMENT

Competitive cheerleading can be expensive, and it's important to consider the financial commitment before joining any program, including Cheer Athletics (CA). CA has top-notch staff and a state-of-the-art facility, which may result in slightly higher fees compared to other programs. However, when factoring in competition entry fees, summer activities, and other expenses that are often charged separately at other gyms, CA's overall value per dollar is highly competitive.

CA offers a comprehensive monthly price that covers most expenses throughout the year. There will be 12 monthly charges from June 2023 to May 2024 for the 2023-24 season. The first month's tuition will be charged around June 9, and the remaining months' tuition is due on the 1st of each month (e.g., July tuition due on July 1).

The monthly fee covers tuition and most other expenses and does not fluctuate from month to month, even if there are variations in the number or length of practices in a particular month. There may be months with different total practice times, but this will not affect the monthly tuition rate.

FEES

- Evaluation Fee \$60
- Private Evaluation \$75
- Flyer Tryout \$75
- Tuition \$240
- Monthly Practice Wear \$100
- Uniform Bundle \$230
- Annual Registration fee \$49
- USASF Membership Fee (paid to USASF) \$49

