



2020 INFORMATIONAL PACKET

WHY CHOOSE ROCK CITY

The Rock City All-Star Cheer Program's Mission is to provide our students a safe, motivating, and fun environment where they can develop their full potential as an athlete while learning valuable life lessons.

At Rock City we use the sport of cheerleading to mold our athletes into high character adults who will make a difference in our world. We give our athletes opportunities to develop character, commitment, leadership skills, teamwork, work ethic and more.

Our All-Star motto is to encourage our athletes to be a **ROCK**:

Resilient, **O**utstanding, **C**ourageous and **K**ind

In order to build a **CITY** full of:

Character **I**nspiring **T**eamwork **Y**earlong

ROCK CITY ALL-STAR CHEER OPTIONS

We want to give the opportunity to participate on a Rock City cheer team to as many different athletes and levels of ability as possible. We offer 3 different types of Cheer Programs to help accommodate all ages and abilities. Below we will provide a description of each Program so that you can choose which program is best for your athlete(s) and family. The 3 programs are:

All-Star Novice, All-Star Prep, and All-Star Elite

All-Star Novice

All-Star Novice welcomes athletes new to the sport, with only a little past tumbling or cheer experience. The program begins to build a love for All-Star cheer while focusing on skill building and growth in a low-pressure environment. All-Star Novice allows time to strengthen technique and performance skills in order to prepare the athlete for All-Star Prep or All-Star Elite teams in the future. Our All-Star Novice teams have one 1.5 hour team practice per week and one 1 hour All-Star Tumbling practice per week. They will perform at 3-4 Local Competitions throughout the season for Judges Ratings only, not for places against other teams. (They are rated either 1. Superior 2. Excellent 3. Outstanding) All-Star Novice is a wonderful introduction to All-Star Cheerleading. A Choreography Camp will be scheduled during the summer months to learn stunting skills and the performance cheer routine. Novice athletes do not have to have any prior skillset to make a team, just a good attitude and hard work ethic. (Ages 5-11 years old and a 10 month commitment June 2020-March 2021)

NOVICE PROGRAM FEES

*Tryout Fee **\$50** (\$60 if paid AFTER April 1st)

*Monthly Fees from June 2020 through March 2020: **\$140**

Includes Uniform Rental, Team Practices, All-Star Tumbling, Choreography, Music, Camps and Competitions

*Apparel Package Fee due June 2020: **\$215**

Includes: Practice Wear, T-Shirt, Cheer Shoes, Competition Bow

*USASF Registration Fee **\$35**

*Optional Items for Purchase: Backpack, Warm-Up, Pullover

PLEASE NOTE

*Uniform Rental must be returned at the end of season in GOOD condition or a **\$100** replacement fee will be charged

*Novice Team Practices will begin the first week of June.

\$20 Sibling Discount per month for monthly tuition

All-Star Prep

All-Star Prep is perfect for athletes who are ready to take it to the next level. Some tumbling skills and prior cheer experience are required. Prep introduces a traditional, competitive environment. It is ideal for those looking for a competitive team with less time / cost commitments and less technical requirements than All-Star Elite. Our Prep teams have one 2 hour team practice per week and one 1 hour All-Star Tumbling Practice per week. Additional team practices may be needed before competitions. They will compete at 5-6 Local Competitions against other teams throughout the season. The athlete must meet certain level skills requirements to be placed on an All-Star Prep team. Athletes chosen as Flyers for Prep teams must arrive at least 15 minutes early to all practices for extra stretching and flexibility drills. All-Star Prep is a great introduction to Competitive Cheer and prepares athletes for All-Star Elite in the future. Choreography Day Camps will be scheduled in May and during the summer months to master stunting skills and learn the competitive cheer routine. (Ages 6-14 years old and a 12 month commitment May 2020-April 2021)

PREP PROGRAM FEES

*Tryout Fee **\$50** (\$60 if paid AFTER April 1st)

*Monthly Fees from May 2020 through April 2021: **\$220**

Includes Uniform Rental, Team Practices and Additional Practices, All-Star Tumbling, Choreography, Music, Camps and Competitions

*Apparel Package Fee due June 2020: **\$235**

Includes: Practice Wear, T-Shirt, Cheer Shoes, Competition Bow

*USASF Registration Fee **\$35**

*Optional Items for Purchase: Backpack, Warm-Up, Pullover

PLEASE NOTE

*Prep Team Practices will begin the first week of May.

*Uniform Rental must be returned at the end of season in GOOD condition or a **\$100** replacement fee will be charged

\$20 Sibling Discount per month for monthly tuition

All-Star Elite

All-Star Elite is ideal for those who want to experience all that the sport of All-Star Cheerleading has to offer. All-Star Elite is very competitive and requires a high level of commitment. It offers the great reward of experiencing the sport of cheerleading at its highest level. Our Elite teams have two 2 hour team practices per week (one per week in the summer months) and one 1 hour All-Star Tumbling Practice per week. Additional team practices will often be scheduled before competitions. They will compete at 7-8 Competitions (with possibly one travel overnight event) against other teams throughout the season. The athlete must meet certain level skills requirements to be placed on an All-Star Elite team. Athletes chosen as Flyers for Elite teams must arrive at least 15 minutes early to all practices for extra stretching and flexibility drills. All-Star Elite athletes will excel their skills and abilities at a very high rate compared to those in Classes, Novice or Prep. Choreography Day Camps will be scheduled in May and during the summer months to master stunting skills and learn the competitive cheer routine. (Ages 6-15 years old and a 12 month commitment May 2020-April 2021)

ELITE PROGRAM FEES

*Tryout Fee **\$50** (\$60 if paid AFTER April 1st)

*Monthly Fees from May 2020 through April 2021: **\$310**

Includes Uniform Rental, Team Practices and Additional Practices, All-Star Tumbling, Choreography, Music, Camps and Competitions

*Apparel Package Fee due June 2020: **\$235**

Includes: Practice Wear, T-Shirt, Cheer Shoes, Competition Bow

*USASF Registration Fee **\$35**

*Optional Items for Purchase: Backpack, Warm-Up, Pullover

PLEASE NOTE

*Elite Team Practices will begin the first week of May.

*Uniform Rental must be returned at the end of season in GOOD condition or a **\$150** replacement fee will be charged

*Travel fees are not included in monthly tuition and there will be an additional coach's travel fee charge for any out of town events

*If your team receives a Bid to the D2 Summit your athlete will be expected to attend, and you are responsible for all expenses associated with travel.

\$20 Sibling Discount per month for monthly tuition

All-Star Prep and Elite Tryout Skills

As a reminder, All-Star Novice athletes do not have to have any prior skillset to make a team, just a good attitude and work ethic.

The below skills are a guide for All-Star Prep athletes and an athlete may still make that specific level of Prep team if they have **most** of the level requirement skills in both tumbling and stunting (especially when starting out on Level 1).

For All-Star Elite athletes, the below skills in both tumbling and stunting are required (mandatory) to make that specific level of Elite team as well as proficient motion and dancing technique.

Tumbling and Jump Skills

Level 1– Athleticism, listening skills, coordination, strength and flexibility and the ability to memorize. Each student must have both side cartwheels, round off, forward roll, backward roll, and back and front walkovers. We are also looking for a correct Toe Touch, sharp motion technique and strong work ethic.

Level 2 – All Level 1 tumbling skills and: Standing Back Hand Spring, Back Walkover Back Handspring, Front Walk over Roundoff Back Hand Springs. We are also looking for level jumps (Toe, Hurdler, and Pike) sharp motion technique and strong work ethic.

Level 3 -All Level 2 tumbling skills and: Jump Series to Back Hand Springs, Round off Back Hand Spring Back Tuck, front tuck, aerial and a standing series. We are also looking for above level jumps (Toe, Hurdler, and Pike) sharp motion technique and strong work ethic.

Stunting Skills (must be able to fly or base the below skills)

Level 1– Correct Body Positions BELOW Prep Level, stretch to stretch below Prep Level, ¼ up Prep, Cradle from Prep, Tick tock to body position at Prep Level, Extended two-legged stunt.

Level 2 –Correct Body Positions AT Prep Level, Stretch to Stretch at Prep Level, ½ up Extension, ½ Tick tock to body position, Straight Ride Basket.

Level 3 –Correct Body Positions AT Extended Level, Released Stretch to Stretch, Tick Tock to Extended Body Position, Full Up to Body Position, Full Down, Full Basket.

2020-2021 ATHLETE TRYOUT FORM (Turn this form in with tryout payment)

Athlete Name: _____

Age (As of Dec. 31st, 2020) _____ **DOB:** _____ (m/d/y)

Grade 2020-2021: _____ **T-Shirt Size** _____

School: _____

Address: _____

City/St: _____ **Zip:** _____

Parent's Name: _____

Parent Email: _____

Which type of team are you interested in being on? (Please Circle ALL that Apply)

NOVICE

PREP

ELITE

Please Circle the Two Days of the week from the below options that would be the most convenient days for team practice for your child. (only used as a guideline)

Sun.

Mon.

Tues.

Wed.

Thurs.

*Will you accept a position on any Rock City team regardless of level? **YES** or **NO**
If no, please circle the level/levels you are interested in and explain why?

***MAKE SURE TO DOUBLE Check the skill requirements ABOVE for each level**

LEVEL 1

LEVEL 2

LEVEL 3

Please List any Prior Cheer Experience and Where

Prior Stunt Position Experience (Please Circle All that Apply).

NONE

FLYER

BASE

BACKSPOT

ADDITIONAL TRYOUT INFORMATION

Tryout Fee: \$50 by April 1st (\$60 after April 1st)

Make sure to turn this in with your Athlete Evaluation Form

Tryout Practice Clinics: April 20th - April 23rd (Monday-Thursday) 7:00-8:30pm

(Included in the Tryout Fee, you may come to as many or as few days as you like).
Tryout Clinics will help prepare the athlete on Level skills and on HOW to tryout.

Athletes will tryout with jumps and tumbling skills to voice prompts for the specific Level they are trying out for. They will also perform a dance to music for tryouts. Flyers must also demonstrate all body positions at tryouts. The Practice Clinics will work on all of these skills. About a week before tryouts, a YouTube video example of voice prompts will be emailed out as well as a video of the dance so that your child may practice at home as well.

All-Star TEAM Tryouts: Friday April 24th

Ages 5-8 tryout from 4:30-6:30pm

Ages 9-15 tryout from 6:30-8:30pm

TEAM Announcements: Sunday April 24th

Emails will be sent out to everyone trying out Sunday evening with Team Placements.

Mandatory Parent Meetings: Wednesday April 29th and Thursday April 30th

Wednesday April 29th from 7-8pm for **NOVICE**

Thursday April 30th from 6:30-7:30pm for **PREP**

Thursday April 30th from 7:30-8:30pm for **ELITE**

The Parent Meetings are mandatory for your child to participate on a team and extremely important. We will go over the Team Calendar for the entire season including practice days and times, competitions, and other important dates. We will discuss all the important details and answer any questions you might have regarding All-Stars.