



# ALL STAR CHEERLEADING

2026 - 2027

INFORMATIONAL TRYOUT DOCUMENT



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## **INFORMATIONAL TRYOUT DOCUMENT**

Welcome to **Flipping Out Tumbling!** FOT provides athletes of all ages and skill levels an environment to grow both physically and mentally under the guidance of our professionally trained coaching staff. Our athletes are developed to reach their maximum potential while competing at the highest levels of the sport. FOT is proud to offer **the premier cheerleading experience in Pennsylvania**, and we are raising the standard even higher as we enter our 7th season.

Our culture at Flipping Out Tumbling is built on community, accountability, and a shared commitment to excellence. We believe in fostering lasting friendships and creating a sense of belonging that extends far beyond the gym. Each athlete's passion and love for the sport fuels their journey, while hard work, trust, and consistency drive their success. Regardless of age or skill level, our athletes come together as one team, supporting and pushing each other to achieve common goals.

We are proud to provide an environment where success is earned, standards are high, and every athlete has the opportunity to grow. We look forward to another season of continued growth, achievement, and unforgettable moments in our 7th season of All Star Cheerleading.

Warm Regards,  
**Flipping Out Tumbling Team**





## TRYOUT PROCESS



### ◆ REGISTRATION OPENS

April 3rd

- \$75 Tryout Pre-registration
- \$100 Tryout fee at the door
- Private Tryouts available for \$125

### ◆ TRYOUT CLINICS

May 13th-19th

- An exact schedule will be shared no later than April 30th. Tryout clinics are designed for athletes to work on refining the skills they would like to perform at tryouts in a group setting. Clinics will include leveled tumbling & leveled stunting.

### ◆ FREE OPEN HOUSE

Saturday May 16th from 11:00-1:00

- Check out the gym
- Meet the Staff
- Ask Questions
- Register for Tryouts

### ◆ SKILL EVALUATIONS

May 20th and 21st

- Birth Year 2019-2023: 5/20 6:00-7:00 PM (Athletes MUST be 3 years old by 6/1/2025)
- Birth Year 2017-2018: 5/20 7:00-8:00 PM
- Birth Year 2015-2016: 5/20 8:00-9:00 PM
- Birth Year 2011-2014: 5/21 6:00-7:00 PM
- DOB 6/1/2007-2010: 5/21 7:00-8:30 PM

### ◆ CALLBACKS WEEK 1: May 26th-29th

#### ◆ CALLBACKS WEEK 2: June 1st-4th

- Some athletes may be subject to call back. The athlete will receive a formal notice informing them of the callback details.
- Not all athletes will receive a callback. This does not mean they did not make a team, this just means we do not need to further evaluate them.
- Callbacks will be in a group setting and athletes may receive multiple group call backs even if they do not wish to crossover, We need to see how athletes work in different groups of athletes during the evaluation process.
- The callback groups will be different from the first week to the second week. Each group will come into the gym twice during each callback week.

### ◆ TEAM PLACEMENTS

June 5th

- Times and plans for team placements TBD.
- Practices Start the week of June 8th.

### ◆ TECH CAMP

June 13th & 14th

- Led by FOT Staff, teams will work together to learn stunting, tumbling, jumps and more with our specific techniques and styles for the season.



## PRICING BREAKDOWN



### TRYOUT FEE:

- Early Registration \$75
- At the door \$100
- Private evaluation \$125

**Season Deposit:** \$375 (All Teams)

**Novice Teams Monthly Tuition:** \$155 (June – March)

**Prep Teams Monthly Tuition:** \$265 (June – April)

**Elite Teams monthly tuition:** \$375 (June – April)

*\*Families have the option to pay their season in full by June 15th and will receive a 10% discount on their monthly fees. The 10% discount will not be applied to the tryout fee or the season deposit fee.*

### ALL PAYMENTS MADE ARE NON-REFUNDABLE, WITH NO EXCEPTIONS.

- Season Deposit includes the athlete's choreography & music deposits, and one set of gym practice wear for the season. Practice wear is mandatory, and any *lost or damaged practice wear must be replaced at the athlete's cost*. **Season Deposits are due on Thursday, June 4<sup>th</sup> in order to receive team placement.**
- Monthly Payments include athletes' monthly tuition, competition fees, choreography, music, and coaches' fees.
- Additional fees for the season include but are not limited to:
  - **Uniform and Bow:** Ranges from \$450–\$650 for all full-season teams. **\*Uniform alterations may be an additional cost if necessary.** Uniform payment will be due on July 31st.
  - **Cheer Shoes:** All-black cheer shoes for competitions are mandatory. FOT will have a mandatory style through Rebel that athletes must purchase through the gym at tryouts. The estimated cost of the shoe is \$125. Shoe payment will be due on June 31st.
  - **USASF Fee:** USASF fee is \$49 per athlete. **Parents must log in to their USASF accounts to pay this fee.**
    - USASF requires parents to upload a copy of their child's birth certificate.
    - Your USASF account must be complete by August 1st, 2026.
  - **Winners Circle Camp:** \$325 per athlete due on August 31st. (MANDATORY)
  - All families will be required to pay end-of-season event fees. Worlds, Summit, and Regional Summit teams that win a bid will be required to pay all event fees and gym fees.
  - **Second and Third Child Discount:** We offer discounted rates for same household second and third athletes. The second and Third athlete discount is \$25 per child off the monthly payment.

### Double or Nothing Loyalty Discount:

- Athletes who make our worlds team, Double or Nothing will receive a loyalty discount of \$10 off of their monthly tuition for each season they have been with us. Example: An athlete who has competed at FOT for 5 seasons and makes Double or Nothing will receive a \$50 discount on their monthly tuition bill.





## LIMITED TRAVEL TEAMS SEASON EXPECTATIONS



### NOVICE CHEER

Novice cheer is the perfect way for athletes to transition from the Flipping Out Tumbling class program into the all star cheerleading program. Novice teams will practice new skills and learn a routine to perform at competitions. The Novice division is scored by judges for feedback but is not ranked. This is a perfect non-stress team for young athletes looking to begin their cheerleading careers.

- ◆ **Tiny Novice:** Birth Year 2019-2023
- ◆ **Mini Novice:** Birth Year 2017-2020
- ◆ **Youth Novice:** Birth Year 2014-2019
- ◆ **Junior Novice:** Birth Year 2011-2018

#### Practices:

- 1 hour long practice per week.

#### Competitions:

- Participation in FOT's annual season showcase and 1-2 local events.
- Two to three 1-day events within a 2-hour driving distance.
- One 1-day event within a 4-hour driving distance.



### PREP CHEER

Prep cheer is an excellent stepping stone for athletes that are ready to compete against other teams but are not quite prepared for the commitment level of an elite team. Athletes will learn new skills and work on perfecting a routine that they will compete in at events.

- ◆ **Tiny Prep:** Birth Year 2019-2021
- ◆ **Mini Prep:** Birth Year 2017-2020
- ◆ **Youth Prep:** Birth Year 2014-2019
- ◆ **Junior Prep:** Birth Year 2011-2018
- ◆ **Senior Prep:** Birth Year 6/1/07-2015

#### Practices:

- Hour and a half long practices 2x per week.

#### Competitions:

- Participation in FOT's annual season showcase and 1-2 local events.
- 2-3 1-day events within a 2-hour driving distance.
- 1 1-day event within a 4-hour driving distance.
- Regional Summit (Baltimore, MD). (Additional Fees apply)





## ELITE CHEER TEAMS SEASON EXPECTATIONS



In the elite cheer divisions, athletes will be trained to compete in the highest levels of cheerleading. Athletes will have a more rigorous practice schedule and be held to a high standard. These athletes are expected to follow stricter guidelines and should be 100% dedicated to their teammates and their coaches.

- ◆ **Tiny Elite:** Birth Year 2019–2021
- ◆ **Mini Elite:** Birth Year 2017–2020
- ◆ **Youth Elite:** Birth Year 2014–2019
- ◆ **Junior Elite:** Birth Year 2011–2018
- ◆ **Senior Elite:** Birth Year 6/1/07–2014
- ◆ **Senior Worlds:** Birth Year 6/1/07–2013

### Practices:

- 2–3-hour long practices 2–3x per week.

### Competitions:

- Participation in FOT's annual season showcase and 1–2 local events.
- 4–6 National 2-day events within a 5-hour driving distance requiring hotel stay.
- Potential for 1 National 2-day event requiring a flight.

*Select teams may attend NCA in Houston, TX, for an additional fee. Teams will not be selected by level or age but strictly at coaches' discretion.*

### Bid Events:

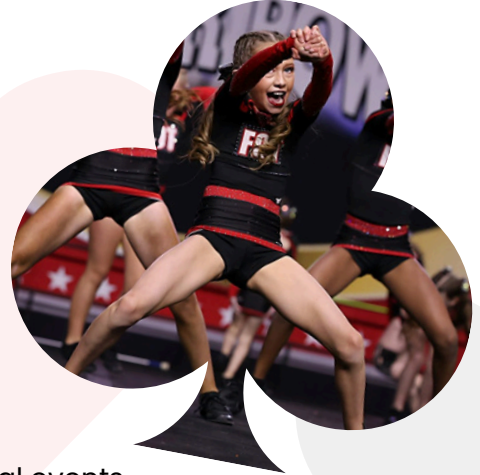
Athletes placed on an elite team will be competing for a bid to an end-of-season event at qualifying events.

- **Mini-Youth:** Regional Summit (Baltimore, MD)
- **Junior-Senior:** D2 Summit (Orlando, FL)
- **Senior Worlds:** The Cheerleading Worlds (Orlando, FL)

*All end-of-season event fees are not included in your standard season pricing. There will be end-of-season event fees that will be due to the gym and specific event producers and will be the full responsibility of the parent or guardian.*

### Flyers:

Flyers will be required to attend 1–2 flyer practices per week and should expect to arrive at practice as much as 30 minutes early to their start time to complete stretching and flyer workouts. Flyers will also be expected to follow at-home curriculum and complete homework assignments that will be posted to BAND regularly.





## CROSSOVER POLICIES



It is a privilege to be selected as a crossover athlete at Flipping Out Tumbling. Athletes who display high skill levels, a strong work ethic, and positive gym energy may be chosen to be on more than one team. Athletes' attendance is required on both teams, and FOT staff may remove an athlete from one of their teams if they feel it is best for the athlete and the team. Athletes who choose to crossover are more likely to make a higher level team but still not guaranteed.

### **Crossover Rules Per USASF:**

- Athletes cannot compete on a Prep and an Elite team in the same season.
- Athletes are only able to compete on 2 teams at The D2 Summit.
- There are only allowed up to 8 athletes to cross from a worlds team to a summit team for the 2026-2027 season.
- Crossover athletes are not allowed from one worlds team to another.
- Athletes can only cross up and down 2 levels at the D2 Summit.

Athletes placed on multiple teams will be required to pay a crossover fee. The crossover fee for the 2026-2027 season will be \$875. This fee can be paid in full or split into monthly payments but cannot be discounted and is non-negotiable.



## GENERAL GYM POLICIES

- At Flipping Out Tumbling, athletes try out for the program—not a specific team or level. All teams at FOT are built for success and we want athletes trying out at our gym to be trying out for the gym, the culture, and the level of elite training that is provided.
- FOT staff reserves the right to add or remove an athlete from a team or change an athlete's position on that team at any point in the season.
- Athletes are placed on teams based on all aspects of cheerleading, including but not limited to tumbling, stunting, jumps, and performance.
- Athletes should practice with their team for two weeks before FOT staff will discuss any team placement with a parent. Our standard for each level is high, and we rarely misplace athletes. Let us get to know your athlete and learn their strengths before discussing placement.



## PAYMENT AND ACCOUNT POLICIES



- Athletes with a prior account balance will not be permitted to try out until their balance is paid in full.
- Tryout fees must be paid before your athletes' tryout. If payment is not received, your athlete will not be allowed to participate.
- Season Deposits will be due on Thursday June 4th. If payment is not received by June 4th, athletes will not receive a team placement, and will not be allowed to participate in team camps or practices.
- Monthly payments will be posted to your account by the 1st of each month and must be paid by the 15th of every month. If monthly payments are not paid by the 15th of the month, FOT will begin auto charging your account on the 16th. If your card is declined or payment is not received, your athlete will not be allowed to practice or participate until payment is received. If an athlete must sit out more than 2 times due to missed payment, Flipping Out Tumbling has the right to remove them from the team.
- If payment is not received on time, Flipping Out Tumbling will charge a late fee of \$25 to your account.
- All-access passes will be auto charged on the 1st of every month. If you do not want your card auto charged, you must pay this before the 1st of the month. If your card is declined or payment is not received at this point, your athlete will not be allowed to participate until payment is received. All-access passes remain discounted to \$99 per athlete for All Star members.
- All accounts must have a card on file. We accept Visa, Mastercard, and Discover.
- All payments are non-refundable. No exceptions.
- We will not refund or prorate accounts for missed practices, competitions, or classes.
- Any athlete that quits after any choreography has been developed (stunt or routine), regardless of reasoning, will be charged a \$500 quit fee (\$750 for worlds athletes). This fee is to cover the cost of re-choreographing a routine. This fee must be paid in full before we release you in USASF.



## IMPORTANT DATES



### GYM CLOSINGS

- **Independence Day** – July 4th
- **Thanksgiving** – November 25th & 26th
- **Christmas** – December 24th – January 1<sup>st</sup>

*Additional practice days may be added for teams that miss practice due to holidays.*

(Athletes placed on elite teams are expected to come in for stunt and tumbling reps if they are not traveling for the holiday)

- **Easter** – April 5th

**FOT does not cancel Elite Team practice for Trick or Treat night.** Our athletes travel from different counties and townships that celebrate Halloween on different nights of the week. It is expected that athletes attend practice if their practice time falls on trick or treat night for your township.

### CHOREOGRAPHY & CAMP DATES

- 6/13-6/14: Tech Camp for all Elite Teams with FOT Staff (Mandatory)
- 6/27-7/2: Stunt Creative Camp for all Elite Teams with Corey Rickett (Mandatory)
- August: Routine Choreography for all teams. (Mandatory)
- 9/12-9/13: Winners Circle Camp for all Elite Teams (Mandatory)

**Winners Circle Camp:** Flipping Out Tumbling's two day camp where all elite teams will work on tumbling, stunting, pyramid, baskets, choreography, jumps, dance and more. The current line up of coaches are all world champions and includes Sean Guzman, Justin Gonzalez, Kali Seitzer, Shea Meyers, Colleen Peddle, Corey Rickett, Taylor Balucha, and more.

Choreography dates are **mandatory** for all athletes. Specific dates and times for teams will be provided at a later date. Please save all these dates as your teams' specific choreography time may not be at their regularly scheduled practice time.

*There is a \$100 fee for missing mandatory camps and choreography. Athletes and parents must work with the coach to find an approved fill-in.*

### COMPETITION SCHEDULE

The first draft of the 2026-2027 season competition schedule will be released no later than July 31st. After its release, the competition schedule may change but should stay similar throughout the season. After its release, the competition schedule may change at any point in the season. Competitions may be added or removed, but the overall schedule is expected to remain similar. Competition schedule changes may be due to unforeseen circumstances such as lack of preparation due to athlete attendance or injury, extreme weather, a change in the event date, a team still needing or not needing a bid from a qualifying event.



LOOKING FORWARD TO A **GREAT** SEASON!

