



## **Flipping Out Tumbling All Star Cheerleading 2022-2023 Informational Tryout Document**

Welcome to Flipping Out Tumbling! FOT provides athletes of all ages and skill sets an environment to grow physically and mentally under the supervision of our professionally trained coaching staff. Athletes will be trained to their maximum potential to compete in the highest level of their sport. FOT is proud to offer Pennsylvania's premier cheerleading experience.

The culture at Flipping Out Tumbling is built on the foundation of people. Our athletes have made lasting friendships that go beyond cheerleading. Each athlete's love and passion for the sport are key factors to their success. Athletes of all ages and skill sets unite as a community versus a collective of individuals and teams. We are proud to promote an environment where athletes earn success through hard work and dedication.

We look forward to the continued growth and success in our 3rd season of All Star Cheerleading.



## The Tryout Process:

### April 15<sup>th</sup> – May 20<sup>th</sup>

#### Pre-registration:

Set up your online portal account and get registered for tryouts. Early bird pricing will be available as well as private evaluations.

- \$30 – April 15<sup>th</sup> – May 20<sup>th</sup>
- \$50 - At the door registration

### May 10<sup>th</sup> – 12<sup>th</sup>

#### Tryout Private Lessons:

Tryout Private Lessons are designed for athletes to work on their skills and learn the tryout process one on one with an FOT coach. Athletes will complete a mock tryout with the coach and work on refining any skills they want to perform during the tryout process. Private Lesson sign-ups will be available on TimeToSignUp by May 1<sup>st</sup>.

- \$50 – Half hour private lesson

*\*Tryout Private lessons will NOT count as your official tryout.*

### May 16<sup>th</sup> – 19<sup>th</sup>

#### Tryout Clinics:

Tryout clinics are designed for athletes to work on refining the skills they would like to perform at tryouts in a group setting. One-hour clinics will be held each night at 5:30, 6:30, and 7:30. Clinics may include leveled tumbling, leveled stunting, jumps, and dance. A schedule for tryout clinics will be posted by May 1<sup>st</sup>.

- \$25 per tryout clinic

### May 21<sup>st</sup>

#### Skill Evaluations:

Day 1 of tryouts, athletes will be evaluated on individual skills. Athletes will be asked to show their running tumbling, standing tumbling, and jump skills. Athletes will have time to warm up their skills before trying out with a coach.

**Birth Year 2015-2019:** 10:00 AM - 11:00 AM

**Birth Year 2013-2014:** 11:00 AM - 12:00 PM

**Birth Year 2010-2012:** 12:00 PM - 1:00 PM

**Birth Year 2006-2009:** 2:30 PM - 4:00 PM

**Birth Year 2005 and Older:** 4:00 PM - 5:00 PM

### May 22<sup>nd</sup>

#### Call Backs:

Some athletes may be subject to call back. The athlete will receive a formal notice containing call back details. Call backs and stunting times will be on Sunday, May 23<sup>rd</sup>. Please plan to leave that day open to attend your call back time.

Not all athletes will receive a callback, but they will still be placed on a team.

### May 23<sup>rd</sup>

#### Team Placements Emailed:

You will receive your team placement no later than noon on this Monday. This email will give you information regarding the informational parent meeting, practice times, coaches, and your first practice date.



## Pricing Breakdown:

### Tryout Fee:

- April 15<sup>th</sup> – May 20<sup>th</sup>: \$30
- At-the-door registration: \$50
- Private Tryout Fee: \$60

All Star pricing varies by team and is non-negotiable. Pricing per level is as follows:

### Pricing Matrix:

	Novice Cheer	Prep Cheer	Elite Cheer	Elite Worlds
Tryout Fee:	\$30	\$30	\$30	\$30
Start-Up Fee:	\$175	\$175	\$175	\$175
Monthly Fee:	\$129	\$179	\$299	\$0
Total:	\$1,495	\$1,995	\$3,494	\$205

**\*Families that pay their season in full by June 15<sup>th</sup> will receive a 10% discount.**

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

- Start-up fees include the athlete's yearly gym membership fee 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.*
- Monthly payments include 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 \$350-\$550 for all full-season teams
  - **Cheer Shoes:** All-white cheer shoes for competitions are mandatory. FOT recommends a low-top Varsity brand shoe.
  - **USASF Fee:** USASF fee is \$75 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.
  - All families will be required to pay end-of-season event fees. Worlds or Summit teams that win a bid will be required to pay all event fees.
  - Second and Third Child Discount:
    - We offer discounted rates for same house second and third athletes. The second and third athlete discount is \$25 per child off the monthly payment.



## 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 low-stress team for young athletes looking to begin their cheerleading careers.

- **Tiny Novice:** Birth Year 2015 - 2019
- **Mini Novice:** Birth Year 2013 - 2016

### Practices:

- One practice per week (1.5 hours in length)

### 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 steppingstone 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 at events.

**Tiny Prep:** Birth Year 2015 - 2017

**Mini Prep:** Birth Year 2013 - 2016

**Youth Prep:** Birth Year 2010 - 2016

**Junior Prep:** Birth Year 2006 - 2015

**Senior Prep:** Birth Year 6/1/03 - 2011

### Practices:

- One-two practices per week (1.5 hours each)

### 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



### **Elite Cheer:**

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.

<b>Mini Elite:</b>	Birth Year 2013 - 2016
<b>Youth Elite:</b>	Birth Year 2010 - 2016
<b>Junior Elite:</b>	Birth Year 2006 - 2015
<b>Senior Elite:</b>	Birth Year 6/1/03 - 2010
<b>Senior Worlds:</b>	Birth Year 6/1/03 - 2009
<b>Senior Open 4/5/6:</b>	Birth Year 2008 or before

### **Practices:**

- Two-three practices per week (2 - 3 hours each)

### **Competitions:**

- Participation in FOT's annual season showcase and 1-2 local events
- Four to five 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 Dallas, 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.

<b>Mini-Youth:</b>	Regional Summit (Richmond, VA)
<b>Junior-Senior:</b>	Summit (Orlando, FL)
<b>Senior Worlds:</b>	The Cheerleading Worlds (Orlando, FL)

*All end-of-season event fees are not included in 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 flyer practice per week with Coach Kayla. These practices will be split by flexibility and not by team. Times will be given to flyers within the first 2 weeks of practice.



## 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.

### **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 Summit.
- There are only allowed up to 8 athletes to cross from a Worlds team to a Summit team for the 2021-2022 season. This is subject to change for the 2022-2023 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 can only cross up and down 1 level at the D1 Summit.

Athletes placed on multiple teams will be required to pay a crossover fee. The crossover fee for the 2022-2023 season will be \$750. This fee can be paid in full or split into monthly payments but cannot be discounted and is non-negotiable.

## General Gym Policies:

- Team Placements are not finalized until July 31<sup>st</sup>. Athletes may be moved to another team or tried on multiple teams during this timeframe.
- 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 dance.
- 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 athlete replacements are rare. We will 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 permitted to participate.
- Start-up fees will be due on Tuesday, June 1<sup>st</sup>. If payment is not received, your athlete will not be permitted to participate.
- 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, 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.
- 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 will be 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 choreography has been developed will be charged a \$500 release fee (\$750 for worlds athletes). This fee is to cover the cost of rechoreographing a routine. This fee must be paid in full before we release you in USASF.



## Important Dates:

### Gym Closings:

- All Star Break July 3<sup>rd</sup> – 9<sup>th</sup>
- Thanksgiving November 24<sup>th</sup>
- Christmas December 24<sup>th</sup> – 25<sup>th</sup>
- New Year December 31<sup>st</sup> – January 1<sup>st</sup>
- Easter April 9<sup>th</sup>

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

FOT does not give off 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 Dates:

- Stunt Camps (Mandatory) June 24<sup>th</sup> – 30<sup>th</sup>
- Stunt and Pyramid Choreography (Mandatory) July 10<sup>th</sup> – 15<sup>th</sup>
- Routine Choreography (Mandatory) August 21<sup>st</sup> – September 4<sup>th</sup>
- Tumbling Clinic with Sean Guzman and Justin Gonzalez August 5<sup>th</sup> – 6<sup>th</sup>
- Basket Camp for level 4 and up (Mandatory) August 7<sup>th</sup>

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

### Competition Schedule:

The first draft of the 2022-2023 season competition schedule will be released no later than July 31<sup>st</sup>. After its release, the competition schedule may change but should stay similar throughout the season. The competition schedule can change at any point in the season, and competitions may be added or removed. 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, and/or a team still needing or not needing a bid from a qualifying event.





## Try Out Criteria

Tryouts will be split by age; however, athletes will be asked to perform leveled tumbling skills. Our standard for each level is high, and athletes will be expected to perform each level-specific skill listed below with confidence, proper technique, and without a spotter. Please use this document as a guide to help you prepare for tryouts.

### Level 1:

- *No skill is required for tryout*
- Forward and backward rolls
- Cartwheel
- Front and back walkovers
- Connected front walkover – cartwheel – back walkover

### Level 2:

- Standing back-handspring
- Round-off back-handspring
- Back walkover back-handspring
- Elite specialty pass to back-handspring
- Front walkover round-off back-handspring
- Front handspring step-out round-off back-handspring
- Boulder step-out round-off back-handspring
- Round-off back-handspring rebound half-turn round-off back-handspring

### Level 3:

- Standing triple back-handspring
- Round-off back-handspring tuck
- Front tuck
- Aerial
- Elite specialty pass to tuck
- Front walkover round-off back-handspring tuck
- Front handspring step-out round-off back-handspring tuck
- Boulder step-out round-off back-handspring tuck
- Front tuck stick round-off back-handspring tuck
- Aerial chasse round-off back-handspring tuck



#### **Level 4:**

- Standing tuck
- Standing back-handspring(s) tuck
- Round-off back-handspring layout
- Elite specialty pass to layout
- Front tuck step-out through to layout
- Whip through to layout
- Front-handspring front tuck through to layout
- Whip Tuck/Layout

#### **Level 5:**

- Jump tuck
- Standing back-handsprings to layout
- Standing back-handsprings to whip-tuck/layout
- Round-off back-handspring full
- Elite specialty pass to full
- Front tuck step-out through to full
- Front-handspring front tuck step-out through to full
- Whip through to full
- Arabian stick through to full

#### **Level 6:**

- Jump tuck
- Standing full
- Standing back-handspring(s) to full
- Round-off back-handspring double
- Elite standing tumbling passes
- Standing back-handsprings to double
- Standing back-handsprings to whip full/double
- Jump full
- Elite specialty pass to full/double
- Front tuck step-out to full/double
- Front-handspring front tuck step-out to full/double
- Arabian step-out to full/double
- Whip full/double

Please remember that tumbling is only one aspect of cheer and does not solely determine an athlete's team placement. Athletes should also be proficient at jumps, dance, and stunting at that specific level. Moving up or down a level is possible and contingent on the needs of the gym and team.