

# M.O.T. All-Stars Cheerleading 2018-2019 Team and Skills Assessment Information



## Current teams:

Starlettes - Exhibition (ages 3 to 6)  
 Synergy - Junior Prep Level 1 (ages 5 to 14)  
 Hydras - Mini Level 1 (ages 5 to 8)  
 Solar Storm - Mini Level 2 (ages 5 to 8)  
 Eclipse - Youth Level 2 (ages 5 to 11)  
 Electras - Junior Level 1 (ages 5 to 14)  
 Blackout - Junior Level 3 (ages 5 to 14)  
 Voltage - Senior Coed Level 3 (ages 11 to 17)  
*Age as of August 31, 2018*

## Anticipated new teams for this season:

Tiny Level 1 (ages 5 to 6)  
 Youth Level 3 (ages 5 to 11)  
 Junior Level 2 (ages 5 to 14)  
 Junior Level 4 (ages 5 to 14)  
 Senior Level 3 or 4 (ages 11 to 17)

## SKILLS ASSESSMENT

### Thursday, May 17<sup>th</sup>

AGES 11 and UNDER  
 Registration for new athletes 5:30 - 6 p.m.  
 Skills Assessment  
 6 p.m. - 8 p.m.

### Friday, May 18<sup>th</sup>

AGES 12 and OVER  
 Registration for new athletes 5:30 - 6 p.m.  
 Skills Assessment  
 6 p.m. - 8 p.m.

### Saturday, May 19<sup>th</sup>

Registration for new athletes  
 9:30 a.m. - 10 a.m.  
 11:30 a.m. - 12 p.m.  
 Skills Assessment  
 10 a.m. - 12 p.m. (11 and UNDER)  
 12 p.m. - 2 pm. (12 and UP)

\*Athletes only need to attend one of these days.

## FURTHER ASSESSMENT

- Athletes that attend a skills assessment will receive an email on Sunday, May 20<sup>th</sup> by 9 p.m. with a practice time for further evaluation for the week of May 21<sup>st</sup> and the week of May 29<sup>th</sup>.
- Each athlete is placed within their age division and is then divided up based off of skill level and teams offered.
- If your child is in between levels, a coach will contact you pertaining to length of evaluation.
- Athletes must attend practice times to be properly placed on a team.

**TEAM PLACEMENTS WILL BE ANNOUNCED ON THURSDAY, JUNE 7<sup>TH</sup>**

# 2018/2019 M.O.T. ALL-STARS CHEERLEADING PROGRAMS

Listed below you will find a the various programs that M.OT. All-Stars has to offer. These programs are detailed more in our Program Guide.

## FULL YEAR ALL-STAR ELITE CHEERLEADING

The Full Year Elite program is geared towards athletes who have the desire to compete at a national level and is the highest performance level that all-star cheer has to offer! This is a full year competitive cheerleading program with Levels 1 - 5 for ages 5 through 18. Depending on the level, practices are held anywhere from 2 to 4 times a weekend and are expected to attend some weekend practices. These teams will attend 8 or 9 competitions throughout the season. Three to 5 of these competitions could be overnight and will compete for a Summit bid. This program runs from mid-May until the beginning of the following May.

## FULL YEAR ALL-STAR PREP CHEERLEADING

The Full Year Prep program is geared towards our intermediate athletes. Teams will only attend one day events, keeping the cost more economical. These teams will practice twice a week and attend 6 to 8 competitions throughout the season. Levels are restricted to 1.1, 2.1, 3.1 and 3.2. This program is also full year and runs from mid-May until the beginning of the following May but is a lower cost option. When being evaluated for our Full Year Elite teams, your child may be asked to compete on a Full Year Prep team until his/her skills set matches up with the teams needs.

## IASF ALL-STAR (INTERNATIONAL)

This Full Year Elite program is geared towards athletes who have the desire to compete at a national and global level. This is currently a new program that is expected to grow rapidly! It is a full year competitive cheerleading program with Levels 1 through 5. Depending on the level, practices are held anywhere from 2 to 4 times a week and are expected to attend some weekend practices. These teams will attend 8 or 9 competitions throughout the season. Three to 5 of these competitions could be overnight and will compete for a Summit bid. This program runs from mid-May until the beginning of the following May.

## CHEERABILITIES

More information to follow!

## FULL YEAR and HALF YEAR ALL-STAR EXHIBITION

This program is the perfect opportunity to introduce 3 to 5 year olds to cheerleading. This team will meet once a week and attend 3 to 5 local competitions. These athletes will learn very basics to cheer, tumbling and body positions. They will work on the mechanics of cheerleading and have a little fun to go with it. Each week the athletes will build on their knowledge from the previous weeks. The full year program runs from mid-May until the beginning of March. The half year program runs from October until the beginning of March.

### **CHEER NOVICE (HALF YEAR ALL-STAR PREP CHEERLEADING) (WINTER CHEER)**

This program is a great introduction to M.O.T. All-Stars with less time and financial commitment. This is for athletes who are just beginning in their cheerleading career or would like to extend their season from participating in high school cheer or a rec program. These teams will meet twice a week and attend 3 to 5 local competitions. Tryouts are held in October and will run through March.

### **THE FUNDIMENTALS (CHEER CLASSES)**

The fundamentals is the first stop for kids who are interested in all-star cheerleading. This is an in-house program created to teach the basics and work on the mechanics of cheerleading. These classes have little commitment and are fun filled while building skills. Classes will be in 6-8 week sessions and will be offered 3 to 4 times per season.



## M.O.T. All-Stars Monthly Breakdown of Fees\* – 2018/2019

### May

\$40 Tryout Fee for New Athletes (due at tryouts)

\$25 for Returning Athletes (due at tryouts)

Commitment Fee\*\* (due May 31<sup>st</sup>) (amount varies depending on team)

### June

Tuition Payment (amount varies depending on team) (due by 8:30 p.m. on the 15<sup>th</sup> of the month from June - April)

Practice Gear (due June 15<sup>th</sup>) (amount varies depending on team)

\$35 USASF Fee (due June 30<sup>th</sup>)

### July

Tuition (due July 15<sup>th</sup> by 8:30 p.m.)

Uniform Fee (1 of 3) (amount varies depending on team) (due July 15<sup>th</sup>)

### August

Tuition (due August 15<sup>th</sup> by 8:30 p.m.)

Uniform Fee (2 of 3) (due August 15<sup>th</sup>)

### September

Tuition (due September 15<sup>th</sup> by 8:30 p.m.)

Uniform Fee (3 of 3) (due September 15<sup>th</sup>)

### October – April\*\*\*

Tuition (due by 8:30 p.m. on the 15<sup>th</sup> of each month)

\* All fees are non-refundable.

\*\* Commitment fee varies between \$50.00 and \$225.00 and must be paid prior to your athlete's team placement.

\*\*\* Tuition fee varies between \$89.00 and \$227.00 a month depending on team placement.

\*\*\*\* Uniform fee varies between \$150.00 and \$387.00 depending on team placement.

\*\*\*\*\* Practice Gear fee varies between \$195.00 and \$260 depending on team placement.

\*\*\*\*\* Teams who earn a Summit or U.S. Finals bid will be required to pay additional competition fees if not awarded a full paid bid.



## M.O.T. All-Stars Calendar for 2018/2019

May 17 <sup>th</sup> – 19 <sup>th</sup>	Skills Assessment and Parent Meetings
May 21 <sup>st</sup> – 24 <sup>th</sup>	Leveling Practices
May 26 <sup>th</sup> – 28 <sup>th</sup>	Gym Closed (Memorial Day weekend)
May 29 <sup>th</sup> – 31 <sup>st</sup>	Leveling Practices
May 31 <sup>st</sup>	Commitment Fee Due
May 29 <sup>th</sup> – June 3 <sup>rd</sup>	Makeup Skills Assessment (by appointment only)
June 4 <sup>th</sup> – 8 <sup>th</sup>	Gym Closed
June 7 <sup>th</sup>	Teams Announced and Team Handbook Distributed
June 11 <sup>th</sup> – 14 <sup>th</sup>	Practices Start and Parent Meetings to Review Team Handbook
June 14 <sup>th</sup>	Team Handbook and Membership Agreement Contract Due
June 18 <sup>th</sup> – 29 <sup>th</sup>	Fittings for Practice Gear, Uniform and Shoes
July 2 <sup>nd</sup> – 7 <sup>th</sup>	Gym Closed (No Cheer Practices) (July 4 <sup>th</sup> Week)
July 8 <sup>th</sup> – 13 <sup>th</sup>	Skills Clinic Week (MANDATORY)
July 29 <sup>th</sup> – August 9 <sup>th</sup>	Choreography Weeks (MANDATORY)
August 20 <sup>th</sup> – 25 <sup>th</sup>	Gym Closed
August 31 <sup>st</sup> – September 3 <sup>rd</sup>	Gym Closed (Labor Day weekend)
September	Team Meetings and Competition Schedule Released
September 4 <sup>th</sup>	Mandatory Practices Begin (practices extended by 10 minutes)
September 9 <sup>th</sup>	Team Tumbling and Sunday Practices Begins
October 31 <sup>st</sup>	Gym Closed (Halloween)
November 4 <sup>th</sup>	Organizational Fundraiser – 4 <sup>th</sup> Annual Bingo Event (PARTICIPATION MANDATORY)
November 19 <sup>th</sup> – 25 <sup>th</sup>	Gym Closed (Thanksgiving)
December 22 <sup>nd</sup> – 26 <sup>th</sup>	Gym Closed (Christmas)
December 27 <sup>th</sup> – 28 <sup>th</sup>	Practices (tentative)
January 2 <sup>nd</sup>	Practices Resume

\*Skill camp dates with a special guest will be released with your athlete's practice schedule.

\*\* These dates are subject to change at any time.

## I. SKILLS ASSESSMENT CHECKLIST

### Checklist

Please be sure to bring all required documentation listed below with you & your athlete to skills assessment.

- Completed Skills Assessment/Registration Form, Agreement, Release and Assumption of Risk and Agreements/Policies: Code of Conduct, Technique and Stay to Play Policy Acknowledgement (next pages)
- Photocopy of athlete's Birth Certificate (new athletes only)
- Photocopy of athlete's Medical Insurance Card (new athletes and old athletes that have had a change)
- Copy of physical form from athletes' doctor's office (if physical is upcoming, please indicate as such)
- Recent head shot of athlete (school picture is acceptable) (attach to next page)
- Payment for skills assessment fee if not already paid online (\$40 for new athletes; \$25 for returning athletes).
- Athlete is to wear tank or sports bra, shorts and sneakers. Hair must be in ponytail.

## II. COMPETITION UNIFORM FITTINGS/PRACTICE GEAR

Competition uniform includes the following: bodysuit, skirt, makeup and hair bow. All athletes will be sized for their bodysuit, skirt, cheer sneakers and practice gear in the summer.

Below you will find the cost of the full competition uniform. The competition uniform includes bodysuit, skirt, makeup and hairbow. With the exception of returning athletes from our full year elite and full year prep teams, the total competition uniform fee will be due in 3 monthly installments (July, August & September). Fitting will take place in the summer.

NEW ATHLETE UNIFORM PRICING		RETURNING ATHLETE UNIFORM PRICING	
Full Year Elite and Full Year Prep	\$387.00	Full Year Elite and Full Year Prep	\$62.00
Half Year Prep/Tiny Novice	\$220.00	Half Year Prep/Tiny Novice	\$220.00
Full Year and Half Year Exhibition	\$150.00	Full Year and Half Year Exhibition	\$150.00

**\*\*RETURNING MINI AND HALF YEAR ATHLETES WILL BE REQUIRED TO PURCHASE A NEW UNIFORM FOR THE 2018-2019 SEASON.\*\***

M.O.T. All-Stars practice gear is required to be purchased by all athletes. Practice gear will include (2) fitted tank tops/sports bras (please choose an option below), (1) tank top, (1) cheer hot pants, (1) capri, cheer shoe and (1) practice bow. Your athlete will be sized for Practice Gear in the summer. **The practice gear cost is due in full on June 15th.** Your order will be placed after sizing is complete and payment has been received. Practice Gear should be in your hands no later than the end of July. Practice gear this season will be new and purchased from Varsity. Shoes will also be new this year purchased from Nfinity. Surcharge on practice gear may apply if minimum order not met. Cash and check only. Credit card payments will be accepted; however, a 3% percent surcharge will be added to the cost.

PG Choices (please circle one):            2 Sports Bras            2 Tank Tops            1 Sports Bra and 1 Tank Top

T-Shirt Size (please circle one):            YXS    YS    YM    YL    YXL    AS    AM    AL    AXL

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2018/2019 SEASON

**Commitment Fee**

This fee is used for competition music, coaches fees, equipment purchases/upkeep and maintenance of existing equipment, choreography, certain midseason training, outside contractor camps, etc. The commitment fee is per athlete and will be due by May 31<sup>st</sup>. Multi-family discount will be offered on the commitment fee (2<sup>nd</sup> athlete = 25% discount, 3<sup>rd</sup> athlete = 50% discount, 4<sup>th</sup> athlete = no fee). \*This fee must be paid before your athlete will be placed on a team.

Full Year Elite (Youth, Junior & Senior)	\$250.00
Full Year Prep/Full Year Mini	\$200.00
Tiny Novice	\$150.00
Full Year and Half Year Exhibition	\$50.00
Half Year Prep	\$50.00

**USASF Fee \$35.00 Per Athlete**

The US All Star Federation (USASF) was founded in 2003 with the core principle of making All Star a safer sport by establishing fair and consistent rules and competition standards. The organization credentials coaches, certifies safety judges, sanctions events and maintains and adjusts (as needed) safety guidelines, all with the goal of providing the safest possible environment for cheer and dance athletes to train and compete. All athletes must be registered and a member of the USASF to compete at all sanctioned events. This fee will be submitted to M.O.T. All-Stars and M.O.T. All-Stars will register your athlete on your behalf. This fee is due annually.

2018-2019 Season

M.O.T. All-Stars Skills Assessment/Registration Form

Staple headshot here over logo

TO BE TURNED IN THE DAY OF SKILLS ASSESSMENT



**Contact Information**

Athlete's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (as of 8/31/18): \_\_\_\_\_

Grade Entering 2018-2019: \_\_\_\_\_ School: \_\_\_\_\_

What cheer program are you interested in? Please Circle One:

FULL YEAR ELITE

FULL YEAR PREP

FULL YEAR EXHIBITION

TINY NOVICE

HALF YEAR PREP

HALF YEAR EXHIBITION

ISASF ALL-STAR (INTERNATIONAL)

CHEERABILITIES

FUNDAMENTALS

PARENT TEAM

**Athlete Information**

Email: \_\_\_\_\_

Athlete Cell #: \_\_\_\_\_

**Parent Information**

Mother's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_ Home #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_ Home #: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Medical Information**

Medical Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Please list any allergies that your child has. \_\_\_\_\_

Please list any and all pre-existing medical condition, allergies, previous sport injuries and health concerns

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

In my absence, and only if necessary, I give M.O.T. All-Star Cheerleading and Tumbling staff and coaches permission to administer the following medication to my child: *Tylenol Advil/Motrin Benadryl Tums/Pepto Bismol*

Date of Last Physical \_\_\_\_\_ Turning in update Physical today?    (YES)    (NO)

**Tryout Information**

How did you hear about our program? \_\_\_\_\_ If someone referred you, please list their name \_\_\_\_\_

List any other immediate family members that are trying out today. \_\_\_\_\_

How many years of cheerleading/gymnastic experience do you have? \_\_\_\_\_

Did you cheer in the 2017-2018 Season? If so, where? \_\_\_\_\_

Please circle the level that the athlete is interested in cheering for & why (i.e. tumbling skills, etc. – please review to our tumble chart)? Level 1 Level 2 Level 3 Level 4 Level 5

Please circle the position you have the **MOST** experience doing. *Flyer Side Base Back Base*



M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2018/2019 SEASON

How does your child feel they will benefit their team? (circle all that apply)

*Leadership      Work Ethic      Stunting      Tumbling      Jumping      Performance      Dancing*

Is your child interested in being a crossover? Cross-over fees will apply. (YES) (NO) If so, what levels are you interested in? \_\_\_\_\_

What extra-curricular activities will be a higher priority for you than your all-star team? (For what would you potentially request an excused absence?) (i.e., chorus, band, school sports?) \_\_\_\_\_

Are you interested in becoming a Team Parent? (YES) (NO)

Interested in being on our Fundraising Board? (YES) (NO)

Interested in a training class for your child to develop higher level during the season? (YES) (NO)

**What dates/weeks will you be missing this season (from now until May 2019) (if any) for school cheer, camp, family vacation, or other commitments that you cannot reschedule?** \_\_\_\_\_

**\*When scheduling vacations/trips, etc., please take into consideration the 2018/2019 calendar of events and mandatory clinics, etc.**

<u>Departure</u>	<u>Return</u>	<u>Is this trip local?</u>
<u>1.</u>		
<u>2.</u>		
<u>3.</u>		
<u>4.</u>		

I hereby give the aforementioned athlete my permission to participate in tryout activities at M.O.T. Cheerleading and Tumbling.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

*Please sign here to verify that all information listed above is correct. It is the responsibility of the above listed parent to contact M.O.T. All-Stars Inc. with any changes to this information. Team placement will be at the sole discretion of the coaching staff – our ultimate goal is to create balanced teams with strengths in all areas of cheerleading.*

**M.O.T. ALL-STARS, INC**  
**AGREEMENT, RELEASE AND ASSUMPTION OF RISK**

In consideration of the services of M.O.T. All-Stars, Inc., its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf, I hereby agree to release, discharge, and hold harmless M.O.T. All-Stars, Inc. on behalf of myself, my minor children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or [CHILD'S NAME] \_\_\_\_\_ (hereinafter referred to as the "Minor") engage in while on the premises or under the auspices of M.O.T. All-Stars, Inc. pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to the Minor, to me, to property, or to third parties. The following describes some, but not all, of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. When traveling to and from shows, competitions and exhibitions raise the possibilities of any manner of transportation accidents. In any event, if you and/or the Minor are injured, medical assistance may be required which you must pay for yourself.
2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with M.O.T. All-Stars, Inc. related activities, regardless of the age of the Minor and/or whether or not the Minor is presumed to be able to assume those risks, including but not limited to performance of stunts and use of trampolines. My participation and that of the Minor is purely voluntary. No one has forced or coerced the Minor or me to participate. I elect for the Minor and/or myself to participate in such activities in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify M.O.T. All-Stars, Inc. from any and all liability claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with the Minor's and/or my participation in M.O.T. All-Stars, Inc. related activities.
4. Should M.O.T. All-Stars, Inc. be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse it for such fees and costs.
5. In the event that I and/or the Minor file a lawsuit against M.O.T. All-Stars, Inc., such suit shall be brought in the State of Delaware, and the substantive and procedural laws in that jurisdiction shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect. This agreement shall be deemed to have been jointly drafted by the parties for all purposes involving its construction and enforcement.
6. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of the Minor in this activity, I and/or the Minor may be found by court of law to have waived the right to maintain a lawsuit against M.O.T. All-Stars, Inc. on the basis of any claim from which I have released M.O.T. All-Stars, Inc. either personally and/or as the parent, natural guardian and/or legal guardian of the Minor by signing this Agreement.
7. I hereby give M.O.T. All-Stars, Inc. and its affiliates the unrestricted right and permission to copyright and re-use, publish, and republish photographic portraits and pictures of the Minor and/or myself of pictures in which the Minor and/or myself may be included, in whole or in part, separately or in conjunction with other photographs, in any medium now or hereafter known, and for any purpose whatsoever, including but not limited to illustration, art, promotion, or advertising.

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2018/2019 SEASON

8. In case of an emergency, I grant permission to M.O.T. All-Stars, Inc. and its personnel, to have authority, at my expense, in the event I cannot be reached, to utilize the most convenient volunteer rescue squad vehicle or ambulance to transport the Minor and/or myself to the hospital and if necessary, I authorize medical treatment. I verify that the Minor and/or myself have passed a medical examination within the last twelve months and are capable of participating in cheerleading, gymnastics, dance and related activities.

9. All monies paid to M.O.T. All-Stars, Inc. in any capacity are NON-REFUNDABLE, NON-TRANSFERRABLE, and UNASSIGNABLE regardless of reason. I agree that any attempt by M.O.T. All-Stars, Inc. to collect monies not paid by myself resulting in a collection agency, attorney, or court involvement, I will be responsible for the payment of all collection fees, court costs and attorneys' fees incurred by M.O.T. All-Stars, Inc. and/or myself. I understand that late fees and/or penalties may be applied to all past due payments and/or returned checks.

10. I acknowledge that M.O.T. All-Stars, Inc. has the right to either suspend or dismiss any participant/customer for any offence, by participant or family member, which we deem detrimental to the entire M.O.T. All-Stars, Inc. organization.

I have had sufficient opportunity to read this entire document. I have been given the opportunity to consult an attorney for any reason regarding this document or in the event I did not understand any provision of this document. By signing below, I have read the document and understand it and I agree to be bound by its terms.

Parent/Guardian Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION**

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by M.O.T. All-Stars, Inc. to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold M.O.T. All-Stars, Inc. from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Agreements/Policies: Code of Conduct, Technique, Stay to Play Policy and U.S. Finals/The Summit Acknowledgement**

● **Parent MUST initial each section and sign at the bottom.**

● I have shared this information with my athlete and they are aware of these Policies and Agreements.

● Code of Conduct for Athletes and Parents

I recognize that parents are the most important role models for their children and athletics help achieve a sense of teamwork, self-worth, and sportsmanship. I encourage my child to play by the rules and respect the rights of others. I understand that it is important to enforce the rules of the M.O.T. All-Stars, Inc., respect the sport of cheerleading, and not criticize the judges' decisions during or after a competition. In addition, Athletes of the M.O.T. All-Stars, Inc. are expected to follow the rules of the program and remain in good standing with their fellow teammates and coaches.

● Technique Policy

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move onto the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. A tumbling portfolio will be kept on each athlete on what skills they will be allowed to work on in classes, privates, and team practices. An athlete must be signed off in several level appropriate skills in order to move forward in tumbling. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the M.O.T. All-Stars, Inc.'s staff.

● Stay to Play Policy Many competitions have implemented a Stay to Play Policy which requires ALL performers, coaches and spectators to make ALL room reservations through the housing company designated by the competition producer. Teams and/or individuals that don't abide by this policy will be ineligible to participate.

● The U.S. Finals/The Summit I understand that costs associated with attending The U.S. Finals, The Summit and any other awarded event not on our competition schedule are NOT included in the All-Star Fees. Parents are responsible for any additional costs to attend these competitions including covering expenses for coaches. I understand that the turn-around time for paying these fees may be short once a bid is received.

● I understand that I will forfeit ANY monies paid, if I choose to leave a team, decline an alternative position, or am asked to leave the program.

● I understand that if my athlete quits during or after choreography I will be assessed a \$500 Inconvenience Fee.

Your signature below indicates your acknowledgement of and agreement to these policies:

\_\_\_\_\_  
Parent's Signature & Date

\_\_\_\_\_  
Parent's Printed Name

# TUMBLING ASSESSMENT 2018-2019

## LEVEL 1

<b>Beginner</b>	Handstand	Forward Roll	Backward Roll	Cartwheel	Roundoff	Backbend Kick Over
<b>Intermediate</b>	Back Walkover	Front Walkover	Handstand Forward Roll	Back Extension Roll		
<b>Level Appropriate</b>	Front Walkover Cartwheel Back Walkover	Standing Series Back Walkover				

## LEVEL 2

<b>Beginner</b>	Standing Back Handspring	Roundoff Back Handspring				
<b>Intermediate</b>	Front Handspring	Roundoff Series Back Handsprings	T-jump Back Handspring			
<b>Level Appropriate</b>	Back Walkover Back Handspring	Front Walkover Roundoff Series Back Handsprings				

## LEVEL 3

<b>Beginner</b>	Standing Series Back Handspring	Roundoff Tuck	Jump Back Handspring			
<b>Intermediate</b>	Roundoff Back Handspring Tuck	Triple Jump to Back Handspring	Punch Front			
<b>Level Appropriate</b>	Front Walkover Roundoff Back Handspring Tuck	Triple Jump to Series Back Handsprings	Punch Front Power Hurdle Roundoff Handspring Tuck	Roundoff Handspring Step Out Roundoff Handspring Tuck	Jump Handspring Step Out Roundoff Handspring Tuck	

## LEVEL 4

<b>Beginner</b>	Standing Tuck	Roundoff Handspring Layout				
<b>Intermediate</b>	Jump Back Handspring Tuck	Front Walkover Roundoff Handspring Layout				
<b>Level Appropriate</b>	Triple Jump to Back Handspring Tuck	Standing Tuck REBOUND Series Handspring Tuck (connected)	Standing Handspring Tuck REBOUND Series Handspring Tuck (connected)	Front Tuck Step Out Roundoff Handspring Layout	Roundoff Whip Handspring Layout	Front Handspring Punch Front Step Out Roundoff Handspring Layout

## LEVEL 5 RESTRICTED

<b>Beginner</b>	Toe Touch Tuck	Roundoff Handspring Full Twisting Layout	Front Walkover Roundoff Handspring Full			
<b>Level Appropriate</b>	Roundoff Whip Back Handspring Full	Front Tuck Step Out Roundoff Handspring Full	Triple Jump Tuck	<b>Standing Series Back Handspring Layout</b>	<b>Standing Tuck Series Handspring Layout (connected)</b>	Triple Jump to Back Handspring Layout

## LEVEL 5

<b>Intermediate</b>	Roundoff Whip Back Handspring Full	Triple Jump Tuck	Standing Back Handspring Full	Standing Series Handsprings to Full		
<b>Level Appropriate</b>	Front Tuck Step Out Roundoff Handspring Full	Roundoff Arabian Roundoff Handspring Full	Toe Touch Standing Handspring Full	Double Full Twisting Layout	Standing Series Handsprings to Double	
<b>Elite Level Appropriate</b>	Roundoff Handspring Whip Full	Standing Full/ Jump Standing Full	Standing Series Handsprings Whip Full/ Double	Front Tuck Step Out Roundoff Handspring Double	Roundoff Arabian Roundoff Handspring Double	
	Roundoff 1.5 twist thru to Double	Full Whip Double (standing/ running)				

**Disclaimer:** This is not a comprehensive list. Any combination of skills above and beyond the listed skills WILL still be considered as a part of the athlete's tryout.

**Legend:** Scale is based on OK / AVG / GREAT

GREAT The athlete performed a skill that is considered proficient (80% mastery)

AVG The athlete performed the skill with average technique (1 obvious problem or 2 minor adjustments need to be addressed)

OK The athlete attempted the skill with below average technique (3 or 4 obvious problems with the skill)

# STUNTING ASSESSMENT

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## LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• ¼ DOWN TO GROUND LEVEL</li> <li>• ¼ TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• STEP DOWN</li> <li>• STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>• BACK STAND</li> <li>• PREP LEVEL SHOW &amp; GO</li> <li>• STRADDLE SIT</li> <li>• FLAT BACK</li> <li>• EXTENDED STRADDLE SIT</li> <li>• BELOW PREP LEVEL 1 LEG STUNT</li> <li>• EXTENDED FLAT BACK</li> <li>• PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>• PREP LEVEL TO PRONE</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• 1 LEG STUNT BELOW PREP LEVEL</li> <li>• SHOULDER SIT</li> <li>• CHAIR</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
	<ul style="list-style-type: none"> <li>• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li>• PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>

## LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB PREP LEVEL</li> <li>• TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENSION</li> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>• PRONE</li> <li>• PREP LEVEL 1 LEG STUNT</li> <li>• EXTENSION</li> <li>• BARREL ROLL</li> <li>• LEAP FROG VARIATIONS</li> <li>• ½ TWIST TO PRONE</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• WALK IN PREP LEVEL PRESS EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>• ½ TWISTING INVERSION TO EXTENDED STUNT</li> <li>• ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL LIB</li> <li>• BELOW PREP LEVEL TO BELOW PREP LEVEL TIC TOC (LIB TO LIB)</li> <li>• BELOW PREP LEVEL TO PREP LEVEL TIC TOC (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP BELOW PREP LEVEL</li> <li>• FULL UP PREP LEVEL STUNT</li> <li>• ½ UP TO EXTENDED 1 LEG STUNT</li> <li>• FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• FULL DOWN FROM PREP</li> <li>• ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>• FULL DOWN FROM EXTENSION</li> <li>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>• EXTENDED 1 LEG STUNT</li> <li>• SUSPENDED FRONT FLIP</li> <li>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FLIP</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• TOSS HANDS</li> <li>• SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>• TOSS HANDS PAUSE PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• LIB TO EXTENDED BODY POSITION TIC TOC</li> <li>• BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• ½ UP TO EXTENDED 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li>• ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>

# STUNTING ASSESSMENT

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## LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>LIB TO LIB TIC TOC (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¼ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED STUNT</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO LIB TIC TOCS (HIGH TO HIGH)</li> <li>LIB TO LIB TIC TOCS (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>LIB TO BODY POSITIONS TICK TOC (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ½ UP EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>SWITCH UP FULL TURN</li> <li>½ BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1 ½ UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> </ul>

## LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO LIB TIC TOCS (HIGH TO HIGH)</li> <li>LIB TO LIB TIC TOCS (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>LIB TO BODY POSITION TIC TOC (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM MPREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¾ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>FRONT HANDSPRING ½ UP TO EXTENDED STUNT</li> </ul>