

M.O.T. All-Stars

Evaluations & Team Placements

May-June 2019

- **Evaluations: May 20th – May 25th**
 - Athletes will be given a Leveling Placement Card at Evaluations.
- **Leveling Practice Week: May 28th – May 30th**
 - Athletes may be asked to attend more than 1 leveling night. Color Practice assignments will be emailed on the evening of May 31st.
- **Color Practice Week: June 3rd – June 6th**
 - Athletes may be asked to attend more than 1 set of Color practices.
- **Team Placements: Emails will be sent on June 8th**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25
6p-8p Full Year *Ages 11 & Under 7p-9p Full Year *Ages 12 & Up	6p-8p Full Year *Ages 11 & Under 7p-9p Full Year *Ages 12 & Up	5p-6p Tiny Cheer *Ages 4-6 5:30p-7p Limited Travel *Ages 7 & Up			Make-Up Skills Assessment 10a-Noon ALL TEAMS/ALL AGES
27	28	29	30	31	1
<i>GYM CLOSED</i>	Leveling Class: Level 1 6p-8:30p	Leveling Class: Level 2 6p-8:30p	Leveling Class: Level 3+ 6p-8:30p	<i>COLOR PRACTICE EMAILS SENT **Parent Meeting via FB live on parent page**</i>	Make-Up Skills Assessment 10a-Noon ALL TEAMS/ALL AGES
3	4	5	6	7	8
COLOR PRACTICE WEEK *days/times will be emailed on May 31 st *					<i>TEAM PLACEMENT EMAILS SENT</i>

2019/2020 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 allstar 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

FULL YEAR ALL-STAR CHEERLEADING (LIMITED TRAVEL)

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

CHEERABILITIES

More information to follow!

TINY NOVICE 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* – 2019/2020

May

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

\$25 for Returning Athletes (due at tryouts)

June

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

Commitment Fee** (due June 15th) (amount varies depending on team)

July

Tuition (due July 15th by 9 p.m.)

Apparel & USASF Fees (1 of 4) (amount varies depending on team and PG package chosen) (due July 15th)

August

Tuition (due August 15th by 9 p.m.)

Apparel & USASF Fees (2 of 4) (amount varies depending on team and PG package chosen) (due August 15th)

September

Tuition (due September 15th by 9 p.m.)

Apparel & USASF Fees (3 of 4) (amount varies depending on team and PG package chosen) (due September 15th)

October

Tuition (due October 15th by 9 p.m.)

Apparel & USASF Fees (4 of 4) (amount varies depending on team and PG package chosen) (due October 15th)

November - April***

Tuition (due by 9 p.m. on the 15th of each month)

* All fees are non-refundable.

** Commitment fee varies between \$50.00 and \$250.00 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 \$400.00 depending on team placement.

***** Practice Gear fee varies between \$195.00 and \$295.00 depending on package chosen.

***** 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 2019/2020

May 20 th – 22 nd	Skills Assessment
May 25 th	Make-Up Skills Assessment
May 26 th – 27 th	Gym Closed (Memorial Day weekend)
May 28 th – 30 th	Leveling Practices
May 31 st	Parent Meeting (will be FB live in our Parent Group) and Team Handbook Distributed via Email
June 1 st	Make-Up Skills Assessment
June 3 rd – 6 th	Color Practice Week
June 8 th	Teams Announced
June 10 th – 13 th	Team Practices Start
June 15 th	Commitment Fee, 1 st Tuition Payment, Team Handbook and Membership Agreement Contract Due
June 17 th – 20 th	Stunt Clinics (MANDATORY)
June 17 th – 28 th	Fittings for Practice Gear and Shoes
June 30 th - July 5 th	Gym Closed
July 29 th – August 16 th	Choreography Weeks (MANDATORY) (schedule will be released with team placements)
August	Competition Schedule Released
August 19 th – 23 rd	Gym Closed
August 30 th – September 3 rd	Gym Closed (Labor Day Weekend)
September 4 th	Mandatory Practices Begin (practices extended by 10 minutes)
September 8 th	Team Tumbling, Flyer Classes and Sunday Practices Begins
October 31 st	Gym Closed (Halloween)
November 24 th – December 1 st	Gym Closed (Thanksgiving)
December 23 rd – 27 th	Gym Closed (Christmas)
December 28 th , 29 th & 30 th	Practices (schedule will be released with the competition schedule)
December 31 st & January 1 st	Gym Closed
January 2 nd	Practices Resume

** 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 and skirt in the summer.

Below you will find the cost of the full competition uniform. With the exception of returning athletes from our full year elite, full year limited travel and half year prep teams, the total competition uniform fee along with the practice gear and USASF fees will be due in 4 monthly installments (July, August, September and October). Fittings will take place in the summer.

NEW ATHLETE UNIFORM PRICING		RETURNING ATHLETE UNIFORM PRICING	
Full Year Elite	\$400.00	Full Year Elite	\$75.00
Full Year Limited Travel, Half Year Prep	\$220.00	Full Year Limited Travel, Half Year Prep	\$62.00
Tiny Novice	\$220.00	Tiny Novice	\$220.00
Half Year Exhibition	\$150.00	Half Year Exhibition	\$50.00

M.O.T. All-Stars practice gear is required to be purchased by all athletes. Your athlete will be sized for Practice Gear and shoes during the last 2 weeks of June. Practice Gear cost will vary between \$195.00 - \$295.00 depending on what package is chosen. The practice gear cost is being lumped together with the competition uniform and USASF fees and will be due in 4 monthly installments (July, August, September and October). Practice Gear should be in your hands no later than the end of July. 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.

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

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND REGISTRATION FORM – 2019/2020 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 31st. Multi-family discount will be offered on the commitment fee (2nd athlete = 25% discount, 3rd athlete = 50% discount, 4th athlete = no fee). This fee is due June 15th.

Full Year Elite (Youth, Junior & Senior)	\$250.00
Full Year Limited Travel/Full Year Mini	\$200.00
Tiny Novice	\$150.00
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.

2019-2020 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 8/31/19): _____

Grade Entering 2019-2020: _____ School: _____

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

- FULL YEAR ELITE
- FULL YEAR EXHIBITION
- HALF YEAR PREP
- ISASF ALL-STAR (INTERNATIONAL)
- FUNDAMENTALS
- FULL YEAR (LIMITED TRAVEL)
- TINY NOVICE
- HALF YEAR EXHIBITION
- CHEERABILITIES
- 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 2018-2019 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 – 2019/2020 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 2020) (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 2019/2020 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 – 2019/2020 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

LEVEL 1

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

LEVEL 2

Beginner	Standing Back Handspring	Roundoff Back Handspring				
Intermediate	Front Handspring	Roundoff Series Back Handsprings	T-jump Back Handspring			
Level Appropriate	Back Walkover Back Handspring	Front Walkover Roundoff Series Back Handsprings				

LEVEL 3

Beginner	Standing Series Back Handspring	Roundoff Tuck	Jump Back Handspring			
Intermediate	Roundoff Back Handspring Tuck	Triple Jump to Back Handspring	Punch Front			
Level Appropriate	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

Beginner	Standing Tuck	Roundoff Handspring Layout				
Intermediate	Jump Back Handspring Tuck	Front Walkover Roundoff Handspring Layout				
Level Appropriate	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

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

LEVEL 5

Intermediate	Roundoff Whip Back Handspring Full	Triple Jump Tuck	Standing Back Handspring Full	Standing Series Handsprings to Full		
Level Appropriate	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	
Elite Level Appropriate	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

from varsityallstar.com

LEVEL 1

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

LEVEL 2

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

LEVEL 3

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

STUNTING ASSESSMENT

from varsityallstar.com

LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT LIB TO LIB TIC TOC (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL ¾ TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED STUNT 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT DOUBLE DOWN FROM PREP LEVEL DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT 	<ul style="list-style-type: none"> COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> BODY POSITION TO BODY POSITION TIC TOC (HIGH TO LOW) BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

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

LEVEL 5

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