

I. SKILLS ASSESSMENT CHECKLIST

Checklist

You MUST complete the following items before attending an assessment and/or tryout:

- ___ Register online for 2021/2022 Full Year All-Star Cheerleading Skill Assessment Registration
- ___ Register for a Tryout Date and Time (for ages 7 and under – skill assessment is May 27th from 6 p.m. – 7:30 p.m.)
- ___ Pay for Skill Assessment (\$25 for returning and \$40 for new athletes). If not paid prior, or at tryout, your card will be charged the day of your tryout.
- ___ Complete Google Form: “M.O.T. All-Stars Skills Assessment/Registration Form - 2021/2022 Season.” Please scan the QR Code to access the form.



- ___ Email a copy of athlete’s most recent physical and medical insurance card to motalstars@live.com with the following subject “PHYSICAL & INSURANCE CARD – ATHLETE’S NAME”
- ___ Athlete is to wear tank or sports bra, shorts and sneakers. Hair must be in ponytail.

Please bring the following item with you to your athletes assessment and/or tryout:

- ___ Recent head shot of athlete

During skill assessments/tryouts your athlete will need to perform a short routine. Please use the QR codes to access the video. Please note that there is a different video for each level so please pick the video that goes with the level your athlete is trying out for.

Level 1



Level 2



Level 3



Level 4 & Up



Tryout routines require them to throw level appropriate passes. Substitutions can be made if needed.

We have also created tutorial videos broken down facing front & back.

Tiny & Mini Divisions



Youth & Up Divisions



II. COMPETITION UNIFORM

Competition uniform includes the following: bodysuit, skirt, makeup, hair bow and shoes. All athletes will be sized for their bodysuit, skirt and shoes in the next few weeks.

The full competition uniform costs will depend on team placement, and if you are a returning or new athlete.

III. PRACTICE GEAR

M.O.T. All-Stars practice gear is required to be purchased by all athletes. Athletes will be required to wear their practice gear on specific practice days. Practice gear includes 2 sets of bra/shorts, bow and cover up tank.

Practice gear costs are \$300; however, if your athlete chooses a tank instead of a bra, an additional fee will be added.

Your athlete will be sized for Practice Gear immediately after their tryout. Please note this could take approximately 10-15 minutes.

The total competition uniform and practice gear fee will be due in 4 monthly installments (July 15th, August 1st, September 1st and October 1st). Cash and check only for merchandise payments. Credit card payments will be accepted; however, a 3% percent surcharge will be added to the cost.

IV. TUITION

The first tuition payment is due no later than June 1, 2021. Our program runs on an 11-month season with payments broken out for convenience to our families. Tuition payments are due on the 1st of the month and will be considered late if not paid by the 15th of the month. A \$25 late fee will be assessed on the 16th of the month if payment is not received. Tuition fees vary by team and are listed in the fee structure attached. We do offer sibling and loyalty discounts on tuition.

V. COMPETITION FEES/SCHEDULE

Competition fees vary by teams and levels. These fees are broken down over 10 months for convenience to our families. Competition schedules are normally released by the end of August. Please note that the competition schedule can change at any time and we do our best to give an ample amount of notice of any changes.

**These competition fees only cover regular season competitions and do not cover year-end events such as, U.S. Finals, Regional or D2 Summit, etc.

VI. COMMITMENT/CROSSOVER 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 July 1st. 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 30th.

There will be a \$100 crossover fee for all crossovers to help with competition music, etc. This is in addition to competition crossover fees. This fee is due July 1st.

VII. USASF FEE \$30.00 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 as a member of the USASF to compete at all sanctioned events.

You must register and pay the fee for your athlete(s). Information on this process will be sent out and must be completed by August 31st in order for your athlete(s) to continue to practice.

VIII. CHOREOGRAPHY

Choreography will take place this summer and is mandatory. Schedule will be released with team placements. We are aiming for August 2nd – 20th. Your athlete's team will be assigned to specific days during this time frame. Depending on age, choreography practices can be between 4 – 8 hours a day. There will also be choreography dates in September.

IX. PRACTICES

Our fall practice schedule will be released with the competition schedule. Please be aware that elite teams will have practices on select Sunday's beginning after Labor Day. Our tiny, mini and youth teams will have team tumbling on select Sunday's beginning after Labor Day. All teams will have some mandatory weekend practices. These dates will be released with the competition schedule. Currently athletes are required to wear a mask in the gym when social distancing can't be maintained; however, due to the ever changing COVID guidelines, this can change throughout the season. If you have any concerns, please reach out to Coach Tabby ASAP.

X. CONTRACTS

Contracts will be emailed out via DocuSign to everyone by June 15th and must be signed by July 1st. If your contract is not signed by this dated, your athlete will not be permitted to practice.

XI. 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.

XII. THE U.S. FINALS/REGIONAL SUMMIT/THE D2 SUMMIT

Any costs associated with attending The U.S. Finals, Regional Summit and The D2 Summit and any other end of year 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. The turn-around time for paying these fees may be short once a bid is received.

M.O.T. ALL-STARS SKILLS ASSESSMENT CHECKLIST AND 2021/2022 SEASON INFORMATION

FULL YEAR PRICING STRUCTURE FOR 2021/2022 SEASON

	SKILLS ASSESSMENT FEE DUE AT SKILL ASSESSMENT	COMMITTEMENT FEE Due July 1st	CROSSOVER FEE Due July 1 st	MONTHLY TUITION (11 months) Due the 1 st of the month (June – April)	COMPETITION FEE (10 months) Due the 15 th of the month (July – April)	PRACTICE GEAR FEE 4 installments (August, September, October & November)	UNIFORM FEE 4 installments (August, September, October & November)	USASF FEE (PAID DIRECTLY TO USASF)
Tiny Novice	\$25/40	\$150	N/A	\$100	\$45	\$300	\$348	\$30
Limited Travel	\$25/40	\$200	N/A	\$125	\$65	\$300	\$348	\$30
Tiny & Mini Prep/Elite	\$25/40	\$200	N/A	\$125	\$65	\$300	\$445	\$30
Youth Elite	\$25/40	\$250	\$100	\$145	\$100	\$300	\$555	\$30
Junior & Senior Elite	\$25/40	\$250	\$100	\$150	\$100	\$300	\$620 (Junior) \$590 (Senior)	\$30
Level 5 Team	\$25/40	\$300	\$100	\$150	\$100	\$300	\$675	\$30



M.O.T. All-Stars Calendar for 2021/2022

May 22 nd , 24 th & 25 th	Skill Assessments for Ages 8 and Up
May 26 th	Skill Assessment Make-Ups for Ages 8 and Up
May 27 th (6 p.m. – 7:30 p.m.)	Skill Assessments for Ages 7 & Under
May 31 st	Gym Closed (Memorial Day)
June 1 st	First Month Tuition Due
June 1 st – 3 rd and 8 th – 10 th	Color Practices
June 11 th	Preliminary Team Placements
June 15 th	Contacts Emailed Out to Families
June 14 th – 18 th	Gym Closed
July 1 st	July Tuition, 1 st Competition Fee, Commitment Fee, Crossover Fee and Signed Contracts Due
July 2 nd	Final Team Placements Summer Practice Schedule Released Choreography Dates Released
July 4 th – 10 th	Gym Closed
July 15 th	1 st Merchandise Fee Due
August 1 st	August Tuition and 2 nd Merchandise Fee Due
August 2 nd – 20 th	Choreography Weeks (MANDATORY or FIND A FILLER) (schedule will be released with team placements)
August 20 th	Competition Schedule & Fall Practice Schedule Released
August 31 st	USASF Membership Renewal Must be Completed by Today
September 1 st	September Tuition and 3 rd Merchandise Fee Due
September 6 th	Gym Closed (Labor Day)

September 7 th	Mandatory Practices Begin
September 11 th – 12 th	Mandatory Choreography Practice
September 25 th – 26 th	Mandatory Choreography Practice
October 1 st	4 th and Final Merchandise Fee Due
October 9 th – 10 th	Mandatory Practice Weekend
October 31 st	Gym Closed (Halloween)
November 21 st – 28 th	Gym Closed (Thanksgiving)
December 27 th – 30 th	Practices
January 2 nd	Gym Closed