

## I. SKILLS ASSESSMENT CHECKLIST

**During skill assessments/tryouts your athlete will need to perform a short routine. Athletes will learn the routine on Thursday, May 19<sup>th</sup>. 11 and under from 6 p.m. – 7:30 p.m. 12 and up from 7:30 p.m. – 9 p.m.**

### Checklist

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

- Register online for 2022/2023 Full Year All-Star Cheerleading Skill Assessment Registration  
**During skill assessments/tryouts your athlete will need to perform a short routine. Athletes will learn the routine on Thursday, May 19<sup>th</sup>. 11 and under from 6 p.m. – 7:30 p.m. 12 and up from 7:30 p.m. – 9 p.m.**
- Register for a Tryout Date and Time
- Pay for Skill Assessment (\$25 for returning and \$40 for new athletes). This must be paid prior to your tryout.
- Complete Google Form: “M.O.T. All-Stars Skills Assessment/Registration Form - 2022/2023 Season” using this link:  
<https://forms.gle/jAmoUCBy9nmj5oXu9>
- Email a copy of athlete’s most recent physical and medical insurance card to [motallstars@live.com](mailto:motallstars@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

## 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 all season. 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 15<sup>th</sup>, August 15<sup>th</sup>, September 15<sup>th</sup> and October 15<sup>th</sup>). 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, 2022. The June tuition payment will be \$131.25 for our tiny and mini athletes and \$150 for our youth, junior and senior athletes. Please note that tuition for the remainder of the season will be based off your team placement, and will be different than the first's months tuition. Our program runs on an 11-month season with payments broken out for convenience to our families. Tuition payments are due on the 1<sup>st</sup> of the month and will be considered late if not paid by the 15<sup>th</sup> of the month. A \$25 late fee will be assessed on the 16<sup>th</sup> 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 broken down into 2 installments due July 1<sup>st</sup> and August 1<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 is due July 1<sup>st</sup>.

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 1<sup>st</sup>.

**\*\*NEW THIS YEAR – We will be hiring an outside choreographer for our D2 Summit eligible teams; therefore, the commitment fee has increased for the junior and senior elite teams.\*\***

#### **VII. USASF FEE \$49.00 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 31<sup>st</sup> in order for your athlete(s) to continue to practice.

#### **VIII. CHOREOGRAPHY**

Choreography will take place this summer and is mandatory. Schedule for our non-Summit eligible teams will be released with team placements. Summit eligible teams will be released once we have confirmed dates with the choreographer. **We are aiming for August.** 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

## **X. CONTRACTS**

Contracts will be emailed out via DocuSign to everyone by June 15<sup>th</sup> and must be signed by July 1<sup>st</sup>. 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.

Team placements are based on multiple factors starting with age and tumbling ability but also include: ability to pick-up choreography, stunt position, maturity, attitude, work ethic, etc.

## **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 2022/2023 SEASON INFORMATION

**FULL YEAR PRICING STRUCTURE FOR 2022/2023 SEASON**

	SKILLS ASSESSMENT FEE DUE BEFORE TRYOUT	COMMITTEMENT FEE 8 installments (July 1 <sup>st</sup> and August 1 <sup>st</sup> )	CROSSOVER FEE Due July 1 <sup>st</sup>	MONTHLY TUITION (11 months) Due the 1 <sup>st</sup> of the month (June – April)	COMPETITION FEE (10 months) Due the 1 <sup>st</sup> 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	\$105	\$47.25	\$300	\$348	\$49
Limited Travel	\$25/40	\$200	N/A	\$131.25	\$68.25	\$300	\$348	\$49
Tiny & Mini Prep/Elite	\$25/40	\$200	N/A	\$131.25	\$68.25	\$300	\$445	\$49
Youth Elite	\$25/40	\$250	\$100	\$152.25	\$105	\$300	\$555	\$49
Junior & Senior Elite	\$25/40	\$500	\$100	\$157.50	\$105	\$300	\$620 (Junior) \$675 (Senior)	\$49
Level 5 Team	\$25/40	\$500	\$100	\$157.50	\$105	\$300	\$675	\$49



# M.O.T. All-Stars

## 2022-2023 Varsity Scoring Tumbling Rubric



**CW= Cartwheel      RO= Round off      BWO- Back Walkover**  
**FWO= Front Walkover      PF= Punch Front**

Level 1	Standing	Running
<b>Beginner</b>	Forward Roll ~ Straddle Roll ~ Pushup to Backbend ~ Backward Roll	Cartwheel
<b>Advanced</b>	Handstand ~ Cartwheel ~ Handstand Forward Roll ~ Backbend Kick over ~ Standing Backbend ~ Front/Back Limber	Front Walkover ~ Round off
<b>Elite</b>	Front Walkover ~ Back Walkover ~ 1 Arm Front/Back Walkover ~ Back Extension Roll ~ Back Walkover Switch Leg ~ Valdez	Cartwheel Back Walkover ~ Front Walkover Cartwheel/Round off ~ Front Walkover Cartwheel Back Walkover ~ FWO Cartwheel BWO Switch Leg

Level 2	Standing	Running
<b>Beginner</b>	Back Handspring ~ BHS Step Out	Cartwheel Back Handspring ~ Round off Back Handspring
<b>Advanced</b>	Back Extension Roll BHS ~ BWO BHS ~ BWO BHS Step Out	Round Off Back Handspring Step out ~ RO BHS Series ~ Front Handspring
<b>Elite</b>	BWO BHS Step out BWO ~ BWO Switch Leg BHS ~ BHS Step out BWO BHS ~ Valdez BHS ~ Valdez BHS Step Out	Series Front Handsprings ~ Bounder/Flyspring ~ FWO RO BHS/ BHS Series ~ RO BHS Step out BWO BHS Series

Level 3	Standing	Running
<b>Beginner</b>	BHS Series ~ Jump BHS	Punch Front ~ Round off Tuck
<b>Advanced</b>	BWO BHS Series ~ Jump BHS Series ~ BHS Jump BHS	Aerial ~ Round off BHS Tuck ~ Round off BHS Series Tuck
<b>Elite</b>	BHS series Jump BHS Series ~ Jump BHS Jump BHS ~ BHS Step out/BHS Series ~ BHS Step out BWO BHS Series ~ BWO BHS Jump BHS/BHS Series	FWO Aerial ~ RO BHS Step out ½ turn RO BHS Tuck ~ FWO RO BHS Tuck ~ FWO RO BHS Series Tuck ~ Bounder/Flyspring RO BHS Tuck

Level 4	Standing	Running
<b>Beginner</b>	Back Tuck	Cartwheel Back Tuck ~ Round off Layout ~ RO BHS Layout/Step out/ X-out/ Switch leg
<b>Advanced</b>	BHS Series Back Tuck ~ BHS Back Tuck	RO Onodi ~ RO Onodi through to tuck ~ PF step out RO BHS Tuck ~ FWO RO BHS Layout ~ Aerial Back Tuck~ Front Handspring Punch Front
<b>Elite</b>	Jump BHS Series Back Tuck ~ Jump BHS Back Tuck ~ BWO Tuck ~ Onodi	PF Step out RO BHS Layout ~ Round off Whip Tuck or BHS Tuck ~ Front Handspring PF RO BHS Tuck ~ RO BHS Whip Layout ~PF Step out RO BHS Whip Layout ~ Front Handspring PF Step Out RO BHS Layout ~ Front Handspring PF Sep out RO BHS Whip Layout

Level 5	Standing	Running
<b>Beginner</b>	Jump Back Tuck ~ BHS Series Whip ~ BHS Whip	RO Full ~ RO BHS Series Full ~ RO BHS Full
<b>Advanced</b>	BHS Tuck BHS Tuck ~ BHS Whip BHS Tuck ~ BHS Series Whip BHS Tuck ~ Jump BHS Series Whip BHS Tuck ~ BHS Series Layout ~ BHS Layout ~ Jump BHS Series Layout ~ BHS Series Whip Tuck	FWO RO BHS Series Full ~ FWO RO BHS Full ~ Round off Arabian
<b>Elite</b>	Jump BHS Whip Tuck or BHS Tuck ~ BHS Whip BHS Series ~Layout/ Layout Step out/ X-out ~ BHS Whip BHS Layout ~ BHS Series Whip Layout ~ BHS Whip Layout ~ Jump BHS Series Whip Layout ~ Jump BHS Whip Layout	Front Full ~ PF Step out RO BHS Full ~ Front Handspring PF Step out RO BHS Full ~ RO Whip BHS Series Full ~ RO Whip BHS Full~ Front Handspring Front Full ~ PF Step out RO Whip BHS Full ~ Front Handspring PF Step out RO Whip BHS Full