

CHAMPIONS IN LIFE!



"You earn your trophies at practice. You pick them up at competitions!"

2019 -2020

Competitive All-Stars Information

Meet us on the mat April 13th!



TRYOUT PACKAGE 2019 – 2020 SEASON

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OUR AWESOME FACILITY

Thank you for your interest in trying out for our **ATB Athletics Cheer All-Stars** competition teams. Before you make the decision to join our competitive program, we ask that you carefully read the orientation package that is posted on our website and sign all the required forms.

Competitive cheerleading is a sport that requires a great deal of commitment in time and finances, and we want you to be fully aware of this before you make the important decision to join a **team** sport. Competitive cheerleading can also be one of the most rewarding sports that teach all kinds of lessons both inside and outside of the gym.

At **ATB Athletics Cheer** we believe that every child who wishes to participate in our competitive cheerleading program should be allowed to do so, even if they have never had any previous cheer experience. One of our top priorities is to take new students and train them to become champion athletes.

For the months of May, June, and July practices will consist mainly of skills, tumbling, conditioning and flexibility work. If we have 80% of a level returning, we will continue to practice as a team and add qualified athletes to that team. The coaches will meet extensively to assemble final team rosters for the upcoming season. Practices for athletes begin April 15th, immediately following tryouts. Practices in May will be based on age groups only. Beginning in June, teams will be selected. Note: **Not only skills, but attitude, sportsmanship, work ethic, attendance, and commitment by the athlete and the parents are a must for teams to be successful.**

ATB Athletics Cheer reserves the right to combine, change or adjust any of our team rosters at any time during the course of the season in order to enhance the competitiveness and cohesiveness that is required of all-star squads. Athletes whose skills digress at any point in the season may be moved from their present team to another team which is more appropriate for their skill level.

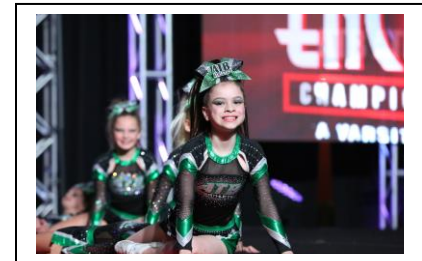
TRYOUT SCHEDULE

Please arrive 15 minutes prior to your scheduled time slot!

Please wear comfortable cheer shorts (of appropriate length) and a fitted t-shirt tucked in. Gym shoes and socks are required, and hair must be pulled back. No jewelry please. Tryouts will be in a practice format and athletes will need to be at the gym for the full time allotted for tryouts and fitting that will be following practice.

Saturday, April 13, 2019

9:00 am – 11:00 am	4-8 yrs. Tryouts
11:00 am – 1:00 pm	4-8 yrs. Practice Outfit Fitting
9:00 am – 11:30 am	9-11 yrs. Tryouts
11:30 am – 1:30 pm	9-11 yrs. Practice Outfit Fitting
1:00 pm – 3:30 pm	12-14 yrs. Tryouts
3:30 pm – 5:00 pm	12-14 yrs. Practice Outfit Fitting
4:00 pm – 6:30 pm	15-18 yrs. Tryouts
6:30 pm – 8:00 pm	15-18 yrs. Practice Outfit Fitting



The following **MUST** be submitted at the time of tryouts:

Forms

- ALL required forms (see Tryouts Checklist).
- Copy of athlete's birth certificate (new members only).
- Photo of the athlete (new members only)

Financial Responsibility

- Non-refundable annual registration fee of \$65
- Practice Outfits: \$120.00 for Tiny's
- Practice Outfits: \$170.00 for Levels 1-5



For renewing members, all past due accounts **MUST** be made current in order to try out.

The following are the new required age divisions for all-star cheerleading for Levels 1-3. Levels 4 and 5 are slightly different, as well as all-star prep divisions. The ages are as of August 31, 2019.

Tiny Novice – 3-6 years

Tiny – 5-6 years

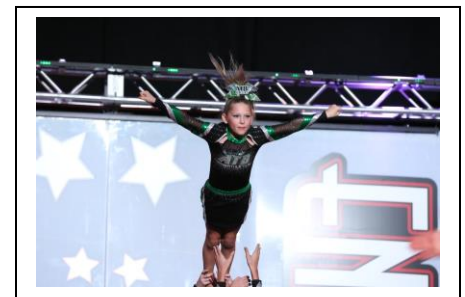
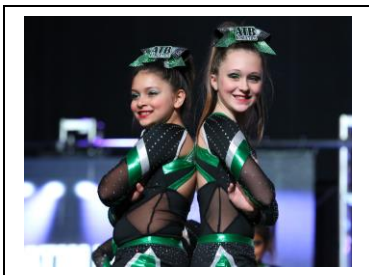
Mini – 5-8 years

Youth – 5-11 years

Junior – 5-14 years

Senior – 11-18 years

Within those age divisions are the following 1 through 5 skill level divisions and their criteria according to the cheer industry.



Level 1-3 Requirements:

LEVEL	TUMBLING	JUMPS	FLYER REQUIREMENTS
Level 1	<ul style="list-style-type: none"> - Forward/Backward Rolls - Front/Back Walkovers - Cartwheels/One Arm Cartwheels - Round-offs 	<ul style="list-style-type: none"> - Double Toe Touch - Single Pike - Single Right and Left Hurdler 	<ul style="list-style-type: none"> - Flexibility
Level 2	<ul style="list-style-type: none"> - Standing Back Handspring (2 count pause to second Back Handspring) - Running Round-off 2 Back Handsprings - Running Front Walkover, Round-off, Back Handspring - Toe Touch (Stop), Back Handspring (Stop), Back Handspring 	<ul style="list-style-type: none"> - Double Toe Touch - Pike (Prep) Toe Touch (Prep) Pike - Double Right and Left Hurdler <p><i>Must show sharp arm placement, pointed toes, and height</i></p>	<ul style="list-style-type: none"> - Prep Level Liberty Variations - Full Extension - Flexibility
Level 3	<ul style="list-style-type: none"> - Standing Back Handspring Series - Round-off Back Handspring Series to Tuck - Punch Front, Roll, Round-off, Back Handspring, Back Tuck - Specialty Pass to Tuck 	<ul style="list-style-type: none"> - Triple Toe Touch - Double Pike - Double Right and Left Hurdler - Double Toe Touch, 2 Back Handsprings <p><i>Must show sharp arm placement, pointed toes, timing, endurance, and increased height</i></p>	<ul style="list-style-type: none"> - Extended Liberty Variations - Extended 2 Leg Full Down - Flexibility



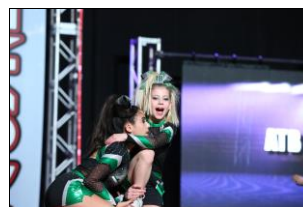
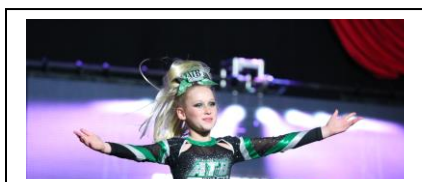
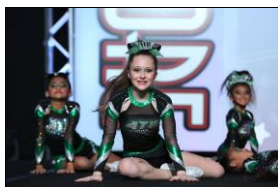
Level 4 Requirements:

STANDING TUMBLING	RUNNING TUMBLING	JUMPS	FLYER REQUIREMENTS
<ul style="list-style-type: none"> - Back Handspring, Back Tuck - Three Standing Back Tucks - Two Back Handsprings, Back Tuck or Layout - Two Back Handsprings, Whip, Two Back Handsprings, Back Tuck or Layout 	<ul style="list-style-type: none"> - Round-off, Back Handspring, Layout - Three Step Punch Front, Step-out, Round-off, Back Handspring, Back Tuck or Layout - Round-off, Back Handspring, Whip, Two Back Handsprings, Layout - Punch Front, Step-out, Round-off, Back Handspring, Whip, Two Back Handsprings, Layout - Specialty Pass With a Layout 	<ul style="list-style-type: none"> - Triple Toe Touch, Back Handspring, Back Tuck or Layout - Right Hurdler, Left Hurdler, Back Handspring, Back Tuck or Layout - Toe Touch into Back Handspring, Back Handspring, Back Tuck or Layout - Hurdler, Toe Touch, Pike, Back Handspring, Back Tuck or Layout <p><i>Must show sharp arm placement, pointed toes, timing, endurance, and increased height from Level 3</i></p>	<ul style="list-style-type: none"> - Extended Liberty Variations with Full Down - Execute Double Downs - Confident - Flexibility

In addition to the above, Level 4 Dance Skills must display advanced motion technique exemplified by tight/correct placement, the ability to perform ½ beats, synchronization with teammates, execute intricate moves and level changes, able to perform at a fast pace with high energy and controlled motions, display advanced footwork, and visuals (facials).

Level 4 is the first of the Advanced levels for all-star cheerleading. The cheerleaders at this level have significant experience in all-star and/or high school cheer. The athletes have invested a lot of time practicing and have had advanced tumbling training as well.

The routines performed at Level 4 are more complex and require hours of training, conditioning, and practice. This level requires even greater commitment and focus. You will find more co-ed teams at this level than levels 1 through 3, because of the additional strength added to teams by male athletes, giving teams more flexibility in performing complex stunting.



Level 5 Requirements:

STANDING TUMBLING	RUNNING TUMBLING	JUMPS	FLYER REQUIREMENTS
<ul style="list-style-type: none"> -Two or Three Back Handsprings into a Full Twist or Double - Back Handspring, Full Twist/Double - Two Back Handsprings, Full Twist/Double - Two Back Handsprings, Whip, Two Back Handsprings, Full Twist/Double - Standing Full Twist/Double 	<ul style="list-style-type: none"> - Round-off, Back Handspring, Full Twist or Double - Round-off, Back Handspring, Whip, Two Back Handsprings, Full Twist or Double - Punch Front, Step-out, Round-off, Two Back Handsprings, Full Twist/Double - Round-off, Back Handspring, Arabian, Step-out, Round-off, Back Handspring, Full Twist/Double - Specialty Pass through to a Full Twist/Double 	<ul style="list-style-type: none"> - Triple Toe Touch, Full Twist/Double - Right Hurdler (Whip), Left Hurdler, Full Twist/Double - Three Consecutive Jumps into a Full Twist/Double - Hurdler (Whip), Toe Touch (Whip), Pike, Full Twist/Double - Left Hurdler, Toe Touch, Right Hurdler, Double Toe Touch, Full Twist/Double <p><i>Must show sharp arm placement, pointed toes, timing, endurance, and increased height from Level 4</i></p>	<ul style="list-style-type: none"> - Extended Liberty Variations with Double Downs - Elite Basket (Kick Double Fulls) - Confident Flexibility

Level 5 is an advanced level for all-star cheerleading and requires all the aforementioned skills and commitment of Level 4 with increased precision and energy.

