



Tryout Packet 2023-24 All Star Cheer

GENERAL INFORMATION

Thank you for your interest in Washington Extreme! W.E. is thrilled you have chosen us as your all star cheer "HOME" for the coming season.

As you read through this tryout packet, there are MANY things you need to know before you are placed on an All Star Team; but these are the most important ones!

- **Everyone makes a team!** Our no-cut policy makes sure everyone is placed on the team that is the best fit for them and the team.
- **No Experience Necessary!** W.E. train beginning cheerleaders all the time.
- **Have a great attitude!** W.E. don't expect your skills to be perfect, but a good attitude is a MUST.
- **Various program options!** W.E. offer 3 different programs of competitive cheer. They come with various levels of commitment, travel and cost. See pages 2 & 3 for details!

During clinics leading up to tryouts, athletes will learn tryout routine material and they will show skills in the level they desire to be evaluated for. During clinics and evaluations, athletes will work with others of similar age and ability. They will be given multiple chances to demonstrate skills that they have already **mastered**.

Each athlete is viewed equally. The new season puts everyone on an even playing ground. W.E. reserves the right to evaluate all athletes on their previous years of participation. Attendance, attitude, conduct and skills are just some of the areas that will be considered. All full year athletes must attend tryouts to be placed on a team.

Our coaches are confident in the placement of our athletes. The best interest of our athletes comes first! With all teams, we are looking for potential as much as experience. It is beneficial for an athlete to attempt the best skills they can perform **SAFELY and CONFIDENTLY**. Athletes should know their own limitations and not attempt skills beyond their current level of experience. Safety is the number one concern during tryouts. There will be no spotting during evaluations.

NOVICE, PREP & ELITE TEAMS-

W.E. will fill teams with the athletes that will give each team the best possible chance for success in their division. We need an appropriate mix of skills, ages, and body types (top girls/ bases) on each team. This creates teams that are more likely to have a successful competition season. Whatever the situation, we expect cheerleaders and their parents to respect our decisions on team placements.

***WE will not discuss team placement with any athlete or parent until they have attended at least one full week of practice with their team. Teams will be finalized before camp in July.**

Novice:

Our Novice program is a great introduction into All Star cheerleading. This program is a half-season program that runs September through February. Athletes do not need to try out to be placed on a Novice team. Sign ups will open during the week of the first practice. You must register by the first practice in order to participate. Athletes in our Novice program will attend practice one day per week with the option to attend one tumbling class per week (included in tuition cost). They will learn and practice a routine to perform at our Gym Showcases in the fall and at one travel competition in the Tri-Cities in February. During the summer, athletes may attend Pre-Team sessions to learn and work on cheerleading basics such as motions, jumps, tumbling, and stunting.

Prep: Our Prep program is a full season program that competes at one-day competitions locally in the Pacific Northwest. Tryout is required for Prep Team placement. This program is a higher commitment level than our Novice program. Athletes will attend practice two days per week with the option to attend one tumbling class per week (included in tuition cost). Athletes in our prep program are expected to attend additional camp and choreography dates in the summer.

Elite: Our Elite Program is a full season program that competes at two-day competitions both locally and nationally. This is our highest commitment program. Teams practice 2-3 days per week with one tumbling class per week (included in tuition cost). Tryout is required for Elite Team placement. Our elite program has more tumbling requirements than our novice and prep programs. Athletes in our elite program are expected to attend additional camp and choreography dates in the summer.

Team Placements:

Following tryouts, each member will be placed on a “Home” team— this is the team they must agree to join, regardless of whether they are offered a spot on another.

Alternates & Crossovers:

Some athletes will be asked to participate as an **alternate**. Alternates will attend practices for their alternate team, to take advantage of additional training that is potentially outside their current level of mastery. This is to give athletes every opportunity to gain new skills. There is no guarantee that alternate athletes will compete with the team they are an alternate for. It is similar to being a “swing” player on a high school basketball team. Alternate athletes are by invitation only. Alternates may or may not be used to fill holes during practice or competitions due to illness, injury, or absences.

Some athletes may be asked to participate on more than one W.E. team. **Crossover** teams will be within the appropriate age range, and athletes must meet the requirements for that team. Being a crossover is **not mandatory**, but if you commit to it, you must see it through for the entire season. If an athlete accepts a crossover position, they will be charged an additional fee for “hard costs” associated with the second team. They will also be required to attend all team and tumbling practices each week. If you are interested in being a crossover, please indicate on your tryout application.

WE will offer some or all of the following teams for 2023-24

***More details about Team types given at the new season meeting.*

Program	Divisions Available	Practice Commitment & Travel	Levels, Routine basics	How to join this Program
Novice Teams	<i>Tiny (2016-2020) Mini (2014-2017) Youth (2011-2016) Junior (2008-2015) Senior (6/1/04-2012)</i>	2 hours per week <i>One- 45-90 minute practice + 1 tumbling class</i> Season/Travel: <i>September-February Perform at fall Showcase and one travel competition to Tri-Cities</i>	<i>Level 1 – 3 Routines 1:30.</i> <i>Tumbling is not required at this level.</i>	<i>Attend Pre-Team sessions during the summer (June-August.) Sign ups for Novice Teams will be the first week of practice in September.</i>
Prep Teams	<i>Tiny (2016-1018) Mini (2014-2017) Youth (2011-2016) Junior (2008-2015) Senior (6/1/04-2012)</i>	*Tiny Team: 3 Hours/week Mini-Senior: 4 Hours/Week- <i>Two-2 hour practices.</i> Travel: <i>3-4 PNW Events only. Compete one-day Nationals. (typically Friday or Saturday only)</i>	<i>Level 1.1-3.2 Routines 2:00.</i> <i>Stunt and tumbling requirements vary based on team.</i>	<i>Attend clinics and tryouts. All athletes wishing to be placed on a prep team will be assigned. There are NO CUTS for this program.</i>
Elite Teams	<i>Tiny (2016-1018) Mini (2014-2017) Youth(2011-2016) Junior(2008-2015) Senior(6/1/04-2011)</i>	Tiny Team: 4 Hours per week <i>Two- 90 Minute Practices, plus tumbling class required.</i> Mini/Youth Teams: 5 Hours per week <i>Two- 2 hour practices, plus tumbling class required.</i> Junior/Senior Teams: 6 hours per week <i>One 2 hour and one 3 hour practice per week, plus tumbling class required</i> Travel: <i>4-5 PNW Events & two plane trips. Compete Two-day Nationals.</i>	<i>Level 1-5 Routines 2:30</i> <i>Strict stunt and tumbling requirements.</i>	<i>Attend clinics and tryouts. Team placement will be based on each team's individual needs.</i>

Novice:

Worlds Teams	<i>Senior (6/1/04-2010) Open (5/31/06 & before)</i>	6 Hours/Week – <i>Two- 3 hour practices.</i> Travel: <i>4-5 PNW Events & two plane trips. Compete Two-day Nationals. Attend Worlds Championship in Orlando FL in April</i>	Level 6/7 Routines <i>2:00/2:30 Tumbling or Non-Tumbling team options. Strict stunt and tumbling requirements.</i>	<i>Attend clinics and tryouts. Team placement will be based on each team's individual needs.</i>
---------------------	-------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------

HOW TO JOIN W.E. for 2023-24

1. **FILL OUT THE INTEREST FORM!** washingtonextreme.com/new-season

2. **REGISTER FOR TRYOUTS!**

- a. **Register on our website or via the ICP App on your mobile device.** You can find tryout registration under CAMPS. If you are new to using the ICP app, you can find us under washingtonextreme (no spaces) under organization name. We use our registration system for all of our weekly classes. You can log in every Sunday to see classes posted for the following week. <https://app.iclasspro.com/portal/washingtonextreme/camps/1>

3. **ATTEND CLASSES & TRYOUT CLINICS!**

- a. **Tumbling classes** are separated by level. Athletes should attend classes for the level they are working on, NOT mastered. For example; if Susie has all of her level 2 skills, she is considered to have MASTERED level 2. Susie would then attend level 3 class to begin working on level 3 skills. However, it is unlikely that Susie would then make a level 3 team unless she has MASTERED all of her level 3 skills before tryouts.

**If you are interested in our Novice program, you may attend Pre-Team sessions through the summer which will practice one day per week and include one tumbling class per week.*

**Athletes born after 2016 may attend tiny tumbling until novice registration in September.*

- **Tryout Clinics** are for athletes born 2016-6/1/2004. Clinics will be separated by age and they will learn the tryout material and practice the skills for the level they want to be evaluated for. Specific times will be announced in May.
- **Call backs by level will occur after age clinics.** Specific times for levels will be announced in May. Athletes will need to use the “skill level tracker” to determine what level they would like to be evaluated for. Athletes will try out for the level in which they have “mastered” the most skills. *Please see “Desired Tryout Skills and Level Tracker” for more information about tryouts.*

TRYOUT DRESS CODE - Dress for Success! Come performance ready. Athletic clothes. Hair up with a bow of your choice, tennis shoes, black or white socks. Spandex are a must. No jewelry.

IMPORTANT DATES

- May 21-23 Tryouts Clinics by age* Sign up on the parent portal to reserve your spot!
- May 24-26 – Call backs by Level
- May 31st –Team Reveal Party
- Week of June 1 – First week of 2023-24 Season!
- July 6-8– W.E Camp at Deer Lake! (details in handbook)

ADDITIONAL INFORMATION

- Monthly Tuition and costs will be discussed at the parent meeting. First installment is due the first week of June, at your first practice.
- ALL Athletes must have a parent attend a parent meeting prior to tryouts. This will be in person and via zoom.
- **Evaluations are CLOSED to Parents/Spectators.**

DESIRED TRYOUT SKILLS AND LEVEL TRACKER

- These skills are based on USASF Level Rules and Scoring
 - For Tryouts, athletes will learn a routine that includes standing and running tumbling, jumps, and a dance.
 - Athletes being evaluated for **PREP TEAMS** must complete two standing and two running tumbling passes from the level appropriate, advanced, and/or elite sections of the level they wish to be evaluated for (same pass can be completed twice if the athlete has not yet mastered other skills).
 - Athletes being evaluated for **ELITE TEAMS** must complete the two highlighted standing passes for the level they wish to be evaluated for. They will choose two running tumbling passes from the advanced and/or elite sections of the level they wish to be evaluated for (exceptions for level 6).
- *Athletes wanting Elite who are deficient in level 1 Advanced/Elite skills will be given an action plan and deadline to complete skills over the summer months. We feel strongly that Elite Level 1 should be available to beginning athletes as long as we have the right numbers to make successful teams. This will require additional time commitment from athletes completing Advanced/Elite level 1 at tryouts. Additional tumbling classes or private lessons may be required at additional cost.*
- Athletes wanting to be considered for top girl positions must have 3 excellent body positions. Top girl classes and extra stunt training, as well as homework for top girls will be required.
 - Tumbling is a major factor in placing members on a cheer team, but competition score sheets are made up of several sections that we also consider, such as jumps, performance ability, cheer

Novice:

skills, and stunt technique. It is important for each member to work on all of these areas for the evaluation. Cheerleader's skills will be categorized by their abilities and placed Accordingly.

Level 1	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Forward roll/straddle roll <input type="checkbox"/> Push up to backbend <input type="checkbox"/> Backward roll <input type="checkbox"/> Handstand <input type="checkbox"/> Backbend kick over <input type="checkbox"/> Standing backbend <input type="checkbox"/> front/back limber <input type="checkbox"/> Cartwheel	<input type="checkbox"/> Handstand forward roll <input type="checkbox"/> Back extension roll <input type="checkbox"/> Front walkover <input type="checkbox"/> Back walkover <input type="checkbox"/> Back walkover-backward roll-back walkover	<input type="checkbox"/> Back walkover series <input type="checkbox"/> Back walkover switch leg <input type="checkbox"/> Back extension roll- back walkover <input type="checkbox"/> Valdez
Running Tumbling	<input type="checkbox"/> Cartwheel <input type="checkbox"/> Cartwheel-backward roll	<input type="checkbox"/> Round off <input type="checkbox"/> Front walkover/series (multiple) <input type="checkbox"/> Cartwheel- back walkover	<input type="checkbox"/> Cartwheel-back walkover series <input type="checkbox"/> Front walkover-cartwheel or round off <input type="checkbox"/> Front walkover- cartwheel-back walkover
Level 2	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Back handspring <input type="checkbox"/> Back handspring step out	<input type="checkbox"/> Back extension roll-back handspring <input type="checkbox"/> Back walkover-back handspring	<input type="checkbox"/> Back walkover- BHS step out- Back walkover <input type="checkbox"/> Back walkover switch leg-back handspring <input type="checkbox"/> Back handspring step out-back walkover- BHS <input type="checkbox"/> Valdez- Back handspring
Running Tumbling	<input type="checkbox"/> Cartwheel-back handspring/ BHS step out <input type="checkbox"/> Round off-back handspring	<input type="checkbox"/> Round off-back handspring step out/BHS series <input type="checkbox"/> Front handspring <input type="checkbox"/> Front walkover-front handspring	<input type="checkbox"/> Front handspring Series <input type="checkbox"/> Bounder/Flyspring <input type="checkbox"/> Front walkover- Round off-back handspring <input type="checkbox"/> Cartwheel/RO-BHS step out-back walkover-BHS

Level 3	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Back Handspring/BHS step out-BHS/BHS step out <input type="checkbox"/> Jump-BHS <input type="checkbox"/> BHS/BHS Series Jump	<input type="checkbox"/> Back walkover-BHS Series <input type="checkbox"/> BHS-BHS-BHS or more <input type="checkbox"/> Jump-BHS Series	<input type="checkbox"/> BHS-Jump-BHS <input type="checkbox"/> Jump-BHS-Jump-BHS <input type="checkbox"/> BHS step out-BHS Series <input type="checkbox"/> BHS step out- back walkover- BHS series <input type="checkbox"/> Back walkover-BHS- jump-BHS
Running Tumbling	<input type="checkbox"/> Round Off-Tuck <input type="checkbox"/> Side Aerial	<input type="checkbox"/> Punch Front <input type="checkbox"/> Round off-BHS-Tuck <input type="checkbox"/> Round off-BHS Series-Tuck	<input type="checkbox"/> Front walkover- Aerial <input type="checkbox"/> Round off-BHS step out-½ turn-Round off-to-tuck <input type="checkbox"/> Front walkover- round off-to tuck
Level 4	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Back tuck <input type="checkbox"/> Backward roll- tuck	<input type="checkbox"/> BHS Series-tuck <input type="checkbox"/> Onodi <input type="checkbox"/> Back walkover- tuck <input type="checkbox"/> Back extension roll-tuck	<input type="checkbox"/> BHS/BHS step out- tuck <input type="checkbox"/> Jump-BHS/BHS step out-tuck <input type="checkbox"/> Jump-BHS-tuck
Running Tumbling	<input type="checkbox"/> Cartwheel- Tuck <input type="checkbox"/> Front walkover-cartwheel- tuck <input type="checkbox"/> Round off- layout <input type="checkbox"/> Round off- onodi <input type="checkbox"/> Front aerial <input type="checkbox"/> Front aerial- round off-to- tuck	<input type="checkbox"/> Punch front step out-aerial <input type="checkbox"/> Round off-BHS-Layout/ X-out/ Switch leg <input type="checkbox"/> Round off- onodi-to-Whip/Layout <input type="checkbox"/> Punch front step out-Round off-to-tuck <input type="checkbox"/> Front walkover-round off-to- whip/layout <input type="checkbox"/> Aerial-tuck/ layout <input type="checkbox"/> Front walkover-aerial- tuck	<input type="checkbox"/> Front aerial- round off- to-whip- tuck/layout <input type="checkbox"/> Front handspring/punch front-punch front <input type="checkbox"/> Punch Front Step Out-Round Off-to-Layout <input type="checkbox"/> Round Off-to-Whip/Tuck-to-Tuck/Whip/Layout <input type="checkbox"/> Round Off-to-Whip/Tuck-to-Tuck/Whip/Layout <input type="checkbox"/> Round Off-to-Whip/Tuck-to-Tuck/Whip/Layout

Novice:

Level 5	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Jump-Tuck <input type="checkbox"/> BHS Series-Whip <input type="checkbox"/> BHS-Whip	<input type="checkbox"/> Tuck-BHS/BHS Series-Tuck <input type="checkbox"/> BHS-Whip/Tuck-BHS-Tuck <input type="checkbox"/> BHS Series-Whip/Tuck-BHS-tuck <input type="checkbox"/> BHS Series-Layout <input type="checkbox"/> BHS Series-Whip-Tuck	<input type="checkbox"/> BHS-Whip-Tuck <input type="checkbox"/> BHS-Layout <input type="checkbox"/> Jump-BHS/BHS Series-Layout <input type="checkbox"/> Jump-BHS-Whip-Tuck <input type="checkbox"/> BHS/BHS Series-Whip/Tuck-to-Layout
Running Tumbling	<input type="checkbox"/> Round Off-Full <input type="checkbox"/> Round Off-BHS Series-Full	<input type="checkbox"/> Barani <input type="checkbox"/> Round Off-BHS-Full <input type="checkbox"/> Front Walkover-Round Off-to-Full <input type="checkbox"/> Round Off-Arabian <input type="checkbox"/> Side/Front Aerial-to-Full	<input type="checkbox"/> Front Full <input type="checkbox"/> Punch Front Step Out-Round Off-to-Full <input type="checkbox"/> Front Handspring-PF Step Out-Round Off-to-Full <input type="checkbox"/> Round Off-to-Whip-to- Full <input type="checkbox"/> Front Handspring- Front Full <input type="checkbox"/> PF Step Out-Round Off-to-Whip-to- Full <input type="checkbox"/> Front Handspring-PF Step Out-Round Off-to-Whip-to- Full
Level 6	Level appropriate	Advanced	Elite
Standing Tumbling	<input type="checkbox"/> Jump-Tuck	<input type="checkbox"/> BHS Series-Full <input type="checkbox"/> Jump-BHS Series-Full <input type="checkbox"/> BHS-Whip-BHS Series-Full <input type="checkbox"/> BHS Series-Whip-Full <input type="checkbox"/> BHS-Whip-to-Full	<input type="checkbox"/> BHS-Full <input type="checkbox"/> Jump-BHS-Full <input type="checkbox"/> Standing Full <input type="checkbox"/> BHS-Whip-Full <input type="checkbox"/> BHS Series-Double Full
Running Tumbling	<input type="checkbox"/> Cartwheel-Full <input type="checkbox"/> Round Off-Full <input type="checkbox"/> Round Off-BHS/BHS Series-Full <input type="checkbox"/> FWO-to-Full <input type="checkbox"/> Side/Front Aerial/Onodi-to-Full <input type="checkbox"/> Front Full	<input type="checkbox"/> Round Off-Kick Full/Full Step Out <input type="checkbox"/> Punch Front Step Out-to-Full <input type="checkbox"/> Round Off-Whip-Full <input type="checkbox"/> Round Off-to-Whip-to- Full	<input type="checkbox"/> Front Handspring- Front Full <input type="checkbox"/> FHS-PF-RO-to- Full <input type="checkbox"/> RO-Arabian/half step out-RO-to-Full <input type="checkbox"/> RO-BHS-Full-to- Full <input type="checkbox"/> RO-to-1.5 Step Out-to-Full <input type="checkbox"/> RO-Double Full <input type="checkbox"/> FWO/PF/Whip/ Arabian-Double Full