



# Tryout Packet

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## 2018-19 All Star Cheer & Dance

### GENERAL INFORMATION

Thank you for your interest in Washington Extreme! W.E. is looking forward to the best season of All Star to ever hit Spokane! W.E. is thrilled you have chosen us as your cheer & dance "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 & the team!
- **No Experience Necessary!**  
We train beginning cheerleaders all the time!
- **Have a great attitude!**  
We don't expect your skills to be perfect, but a good attitude is a MUST!
- **Work hard, and have fun!**  
Being a part of an all star team is a BLAST!

During the pre-tryout evaluation, athletes will check off their skills to determine the LEVEL GROUP clinics they will attend. During clinics, athletes will show and perfect the skills they have mastered, while working drills leading up to new skills. We make the tryout/ placement process as low-stress as possible! During clinics and evaluations, athletes work with other athletes in their ability. They will be given multiple chances to demonstrate skills that they have already **mastered**. We want athletes to be relaxed, so the process feels much like a regular practice.

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 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. Much of tryouts is based on potential, so it is beneficial for an athlete to attempt the best skills they can perform **SAFELY**. 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, SELECT & ELITE TEAMS** - We offer three different programs of competitive cheer. They come with various levels of commitment, travel, and costs. Please see page 5 for details about these specific programs.

WE will fill teams with the athletes that will give each team the best possible chance for success in their division. This means that we are not necessarily looking for the best tumblers or jumpers for any particular team. We need an appropriate mix of skills, ages, and even 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.

**TRYOUT DRESS CODE** - **Dress for Success! Come performance ready. Hair up in a high pony, or half up half down with bow of your choice, tennis shoes, white socks. Spandex are a must. No jewelry.**

**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. If you are 18, and turn 19 AFTER 8/31/18, you are still eligible for 2018/19 All Star Season.



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**CROSSOVERS & ALTERNATES-** Some athletes will be asked to participate on more than one WE team. Crossover teams will be within the appropriate age range, and athletes must meet the requirements. Crossover team members do pay additional competition. 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.

Some athletes will be asked to participate as an alternate. Alternates will attend practice once per week 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.

## ADDITIONAL INFORMATION

- Monthly Tuition and costs will be discussed at the parent meeting. First installment due the first week of June, at your first practice.
- Clinics by LEVEL are for athletes ages 7-18. Athletes ages 3-6 attend age-appropriate clinics.
- ALL Athletes must have a parent attend a parent meeting prior to tryouts.
- **Evaluations are CLOSED to Parents/Spectators**
- **Clinic Fees**
  - \$150 for 6 weeks of clinics (Includes tryout fee!)
  - \$50 for Pre School Cheer attending Tiny Team Clinics
  - \$50 for returning WE Athletes
  - Athletes interested in Novice (Half Year Teams) do NOT need to attend May tryouts or pay a tryout fee. They will be officially placed on teams in September.
    - Athletes may participate in the 12 week cheer FUNdamentals program from June – September.

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- **Step 1 – Get Evaluated to determine your level!**
  - **Step 2 – Complete this packet and pay your tryout fee!**
  - **Step 3 – Attend the FREE Clinic with your group time on 4/23 – 4/24!**
  - **Step 4 - Attend an All Star Parent Meeting 7:00 4/13 or 5/28!**
    - \*EVERY athlete must have at least one parent in attendance to be placed on a team!
  - **Step 5 – Attend Clinics 4/25 – 5/17!**
  - **Step 6 – Attend Cheer Tryouts May 21-23, Dance May 29!**
    - \* You will be given a specific time frame
  - **Step 7 – Welcome All Stars! Team Reveal Party 5/30! 6:00-8:00.**

## IMPORTANT DATES

- **Saturday May 12 – Junior Lilac Parade, All Athletes Welcome to attend!**
- Week of June 4 – First week of 2018-19 Season!



# Tryout Packet

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED Easter Sunday	2 Spring BREAK!	3 Spring BREAK!	4 Spring BREAK!	5 Spring BREAK!	6 Spring BREAK!	7 Spring BREAK!
8	9 Regular Team Practices	10 Regular Team Practices	11 Regular Team Practices	12 Regular Team Practices	13 New Season Parent Meeting 7:00 *Come get your questions answered!	14
15	16	17	18	19 <b>SPRING SHOW</b>	20	21
22 TUMBLING BY LEVEL  Level 3 Clinic 4:00 – 6:00 Level 4/5 Clinic 4:00 – 6:00	23 <b>FREE CLINICS!</b> Tiny Clinic (age 3-6) 5:00-6:00 Level 1 5:00 – 7:00 Level 2 6:30-8:30	24 <b>FREE CLINICS!</b> Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	25 Tiny & Pre Team Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30 FREE Dance Clinic 4:00 – 5:30 (ages 11 and Under) 5:30– 7:00	26 Open Gym 6:30 – 8:30	27	28
29 TUMBLING BY LEVEL  Level 3 Clinic 4:00 – 6:00 Level 4/5 Clinic 4:00 – 6:00	30 Tiny Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30					



# Tryout Packet

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	2 Tiny & Pre Team Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30	3 Open Gym 6:30 – 8:30	4	5
6 TUMBLING BY LEVEL  Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	7 Tiny Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30	8 Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	9 Tiny Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30	10  PARADE PRACTICE  FREE Dance Clinic 4:00 – 5:30 (ages 11 and Under) 5:30– 7:00	11	12 Junior Lilac Parade
13 CLOSED – Mother’s Day	14 Tiny Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30	15 Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	16 Tiny Clinic (age 3-6) 5:00-6:00  Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:30-8:30	17 Dance Clinic #1 6:00 – 7:30 (ages 11 and Under) 7:00– 8:30 Level 3 Clinic 5:00 – 7:00 Level 4/5 Clinic 6:30-8:30	18 New Season Parent Meeting 6:00 New Families 7:30 Returning Families	19
20 Open Gym	21 Cheer Tryouts (ages 11 and Under) 5:30– 7:30	22 Cheer Tryouts (ages 11 and Under) 5:30– 7:30 (ages 12 and Up) 7:00– 9:00	23 Cheer Tryouts (ages 12 and Up) 5:30– 7:30	24 Dance Clinic #2 6:00 – 7:30 (ages 11 and Under) 7:00– 8:30	25	26 GYM CLOSED
27 GYM CLOSED	28 GYM CLOSED – MEMORIAL DAY	29 Dance Tryouts 5:00 – 7:00	30 Team REVEAL PARTY!  Teams announced!	31		



## All Star Skill Level Tracker

### Desired Tryout Skills and Level Definitions

- These skills are based on USASF Level Rules
- Athletes wanting to be considered for top girl positions must have 3 excellent body positions.
- 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 skills, and stunt technique. It is important for each member to work on all of these areas for the evaluation. Cheerleader/Dancer's skills will be categorized by their abilities and placed accordingly.

Level	Standing Tumbling	Running Tumbling	Specialty Tumbling	Stunting
<b>1</b>	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward roll to Mad Cat <input type="checkbox"/> Handstand <input type="checkbox"/> Handstand forward roll <input type="checkbox"/> Cartwheel <input type="checkbox"/> Round Off <input type="checkbox"/> Front Walkover <input type="checkbox"/> Back Walkover *BWO Switch leg	<input type="checkbox"/> Cartwheel + Back walkover <input type="checkbox"/> FWO + Cartwheel + <input type="checkbox"/> Roundoff Toe Touch	<input type="checkbox"/> Handstand Forward roll, FWO, Cartwheel BWO	<input type="checkbox"/> 2 leg stunt at Prep Level <input type="checkbox"/> 1 Leg Stunt at Prep Level <input type="checkbox"/> ¼ twisting transitions <input type="checkbox"/> Cradle
<b>2</b>	<input type="checkbox"/> Back handspring (BHS) <input type="checkbox"/> BHS + BWO + BHS *Back Extension roll BHS	<input type="checkbox"/> Round off + BHS Series <input type="checkbox"/> FWO + Round off + BHS <input type="checkbox"/> Front Handspring	<input type="checkbox"/> FWO Roundoff BHS BHS	<input type="checkbox"/> 1 leg stunt at Prep level <input type="checkbox"/> 2 leg stunt at Extended Level <input type="checkbox"/> ½ up extension <input type="checkbox"/> ½ up to 1 leg at prep <input type="checkbox"/> Straight ride basket toss
<b>3</b>	<input type="checkbox"/> Standing 3 BHS <input type="checkbox"/> Multiple Jump + Multiple BHS *Aerial	<input type="checkbox"/> Punch Front <input type="checkbox"/> Round Off + Tuck <input type="checkbox"/> Round Off + BHS + Tuck	<input type="checkbox"/> FWO Roundoff BHS Tuck	<input type="checkbox"/> 1 Leg Extended Stunts <input type="checkbox"/> ½ up to extended 1 leg <input type="checkbox"/> Full Down from Prep <input type="checkbox"/> Full Up to Prep <input type="checkbox"/> Full Twist Basket
<b>4</b>	<input type="checkbox"/> Standing Back Tuck <input type="checkbox"/> BHS +Back Tuck <input type="checkbox"/> BHS BHS Layout <input type="checkbox"/> Jumps to BHS Tuck <input type="checkbox"/> Front Aerial	<input type="checkbox"/> Round off + BHS + Layout <input type="checkbox"/> Whip to Layout <input type="checkbox"/> FHS + Front Tuck <input type="checkbox"/> FHD to Layout <input type="checkbox"/> RO Whip Lay	<input type="checkbox"/> Punch Front Step out RO whip BHS Layout	<input type="checkbox"/> Full up to extension <input type="checkbox"/> Switch up to extension <input type="checkbox"/> Double Down from Extension <input type="checkbox"/> 1 and ½ up to prep <input type="checkbox"/> Full Down from body position <input type="checkbox"/> Twisting switch up to prep <input type="checkbox"/> Kick Full Basket <input type="checkbox"/> Double Full Basket
<b>5</b>	<input type="checkbox"/> BHS + Full <input type="checkbox"/> Standing Full/Double <input type="checkbox"/> Jumps to tuck/full <input type="checkbox"/> Jumps to hand full	<input type="checkbox"/> Whip to Full/Double Full <input type="checkbox"/> Arabian pass <input type="checkbox"/> RO Whip Full	<input type="checkbox"/> Punch Front Step out RO BHS Full	<input type="checkbox"/> Double down from body position <input type="checkbox"/> Twisting Switch up to EXT <input type="checkbox"/> Double up <input type="checkbox"/> Kick double full basket



# Tryout Packet

**WE will offer some or all of the following teams for 2018-19:** (age as of 8/31/18)

*\*\*More details about Team types given at new season meeting*

<b>Program</b>	<b>Divisions Available</b>	<b>Practice Times</b>	<b>Levels, Routine basics &amp; Travel</b>
<b>Novice Teams</b>	Tiny (Ages 3-6) Mini (Ages 5-8) Youth (Ages 5-11) Junior (Ages 5-14) Senior (Ages 10-17)	3 hours per week – Team Placement in September  Athletes on local teams who wish to train in the summer will take part in Training once per week for two hours. Teams will not be determined until September.	Level 1 – 3,  Routines 1:30.  Tumbling is not required at this level.  Travel to Tacoma in March. All competitions are one day only.
<b>Select Teams</b>	Tiny (Ages 5-6) Mini (Ages 5-8) Youth (Ages 5-11) Junior (Ages 5-14) Senior (Ages 10-17)	4 Hours/Week – Team Placement in May. Registration Closes August 1. Placement after May tryouts is based on availability and team needs.	Level 1.1-3.2,  Routines 2:00.  Mastery of level 2 tumbling required for level 3.2.  Travel to Bellevue, Tacoma, and Portland. Some two day Nationals
<b>Elite Teams</b>	Mini (Ages 5-8) Youth (Ages 7-11) Junior (Ages 9-14) Senior (Ages 11-17)	5 Hours/Week – Team Placement in May. Registration Closes August 1. Placement after May tryouts is based on availability and team needs.	Level 1-5  Routines 2:30  Mastery of tumbling required at the level competing. 4 -5 Travel to Tacoma, Portland and one plane trip to Las Vegas. Two day Nationals.
<b>Dance Teams</b>	Youth (Ages 5-11) Junior (Ages 9-14) Senior (Ages 11-17)	3 hours per week – Team Placement in May	Styles TBD



# Tryout Packet Application

*This form is due before tryouts*

**Athlete's Name:** \_\_\_\_\_ **Age as of 8/31/18:** \_\_\_\_\_ **TRYOUT #** \_\_\_\_\_  
**Birthday:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_ **Athlete Cell:** \_\_\_\_\_  
**E-Mail Address:** \_\_\_\_\_ **School:** \_\_\_\_\_ **GRADE:** \_\_\_\_\_

### Tryout Check List

- Gym Waiver \*NEW FOR ALL ATHLETES
- Tryout Fee
- Copy of Birth Certificate
- Tryout Application
- Signed Placement Packet with Parent/Guardian Financial Agreements

### IMPORTANT! Check which program you are interested in

- Prep Teams*
- Select Teams*
- Elite Teams*
- Dance Teams*

- New to all star cheer or dance?                      Yes                      No                      # of Years \_\_\_\_\_
  - If NO, List the last division you competed in \_\_\_\_\_
- List any prior dance, gymnastics, recreational or high school cheer experience:

Would you like to be considered for crossover and compete on 2 teams if needed?      Yes                      No

Are you interested in being an alternate for a higher level team?                      Yes                      No

\*If you are chosen as a crossover, COACHES will determine which team is the 1<sup>st</sup> priority team per athlete

- Any scheduling or carpooling issues we need to be aware of?
- Please list any pre-planned family vacations:
- Are you participating in High School Cheerleading or Gymnastics?



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## EVALUATION FORM

This portion to be filled out by staff at time of evaluation

Level	Standing Tumbling	Running Tumbling	Specialty Tumbling	Stunting
<b>1</b>	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward roll to Mad Cat <input type="checkbox"/> Handstand <input type="checkbox"/> Handstand forward roll <input type="checkbox"/> Cartwheel <input type="checkbox"/> Round Off <input type="checkbox"/> Front Walkover <input type="checkbox"/> Back Walkover *BWO Switch leg	<input type="checkbox"/> Cartwheel + Back walkover <input type="checkbox"/> FWO + Cartwheel + <input type="checkbox"/> Roundoff Toe Touch	<input type="checkbox"/> Handstand Forward roll, FWO, Cartwheel BWO	<input type="checkbox"/> 2 leg stunt at Prep Level <input type="checkbox"/> 1 Leg Stunt at Prep Level <input type="checkbox"/> ¼ twisting transitions <input type="checkbox"/> Cradle
<b>2</b>	<input type="checkbox"/> Back handspring (BHS) <input type="checkbox"/> BHS + BWO + BHS *Back Extension roll BHS	<input type="checkbox"/> Round off + BHS Series <input type="checkbox"/> FWO + Round off + BHS <input type="checkbox"/> Front Handspring	<input type="checkbox"/> FWO Roundoff BHS BHS	<input type="checkbox"/> 1 leg stunt at Prep level <input type="checkbox"/> 2 leg stunt at Extended Level <input type="checkbox"/> ½ up extension <input type="checkbox"/> ½ up to 1 leg at prep <input type="checkbox"/> Straight ride basket toss
<b>3</b>	<input type="checkbox"/> Standing 3 BHS <input type="checkbox"/> Multiple Jump + Multiple BHS *Aerial	<input type="checkbox"/> Punch Front <input type="checkbox"/> Round Off + Tuck <input type="checkbox"/> Round Off + BHS + Tuck	<input type="checkbox"/> FWO Roundoff BHS Tuck	<input type="checkbox"/> 1 Leg Extended Stunts <input type="checkbox"/> ½ up to extended 1 leg <input type="checkbox"/> Full Down from Prep <input type="checkbox"/> Full Up to Prep <input type="checkbox"/> Full Twist Basket
<b>4</b>	<input type="checkbox"/> Standing Back Tuck <input type="checkbox"/> BHS +Back Tuck <input type="checkbox"/> BHS BHS Layout <input type="checkbox"/> Jumps to BHS Tuck <input type="checkbox"/> Front Aerial	<input type="checkbox"/> Round off + BHS + Layout <input type="checkbox"/> Whip to Layout <input type="checkbox"/> FHS + Front Tuck <input type="checkbox"/> FHD to Layout <input type="checkbox"/> RO Whip Lay	<input type="checkbox"/> Punch Front Step out RO whip BHS Layout	<input type="checkbox"/> Full up to extension <input type="checkbox"/> Switch up to extension <input type="checkbox"/> Double Down from Extension <input type="checkbox"/> 1 and ½ up to prep <input type="checkbox"/> Full Down from body position <input type="checkbox"/> Twisting switch up to prep <input type="checkbox"/> Kick Full Basket <input type="checkbox"/> Double Full Basket
<b>5</b>	<input type="checkbox"/> BHS + Full <input type="checkbox"/> Standing Full/Double <input type="checkbox"/> Jumps to tuck/full <input type="checkbox"/> Jumps to hand full	<input type="checkbox"/> Whip to Full/Double Full <input type="checkbox"/> Arabian pass <input type="checkbox"/> RO Whip Full	<input type="checkbox"/> Punch Front Step out RO BHS Full	<input type="checkbox"/> Double down from body position <input type="checkbox"/> Twisting Switch up to EXT <input type="checkbox"/> Double up <input type="checkbox"/> Kick double full basket

Splits: Right \_\_\_\_\_ Middle \_\_\_\_\_ Left \_\_\_\_\_

Overall Performance: \_\_\_\_\_ (Scale of 1-10)

Triple Jump: \_\_\_\_\_

Knowledge of Dance: \_\_\_\_\_ (Scale of 1-10)

Jump to Tumble Combo: \_\_\_\_\_

Running Pass Executed: \_\_\_\_\_

Standing Pass: \_\_\_\_\_