



Tryout Packet

2019-2020 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 8/31/19, you are still eligible for 2019/20 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 8-18. Athletes ages 3-7 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 Virtual Parent Meeting 7:00 4/19! Find the facebook group: Facebook.com/WEtryouts OR Attend an All Star Parent Meeting 7:00 5/17!**
 - *EVERY athlete must have at least one parent in attendance to be placed on a team!
 - **Step 5 – Attend Clinics 4/15 – 5/23!**
 - **Step 6 – Attend Cheer Tryouts May 28-29, 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

- Week of June 3 – First week of 2019-20 Season!



Tryout Packet

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 Elite Tumbling 3:00 – 4:00 Level 3, 4, 5, Clinic 4:00 – 6:00	15 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	16	17 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3, 4, 5 Clinic 7:00 – 9:00	18 Level 2 Clinic 6:00 – 8:00	19	20
21 CLOSED for Easter Sunday	22 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	23	24 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3, 4, 5 Clinic 7:00 – 9:00	25 Level 2 Clinic 6:00 – 8:00	26 Open Gym 6:30 – 8:30	27
28 Elite Tumbling 3:00 – 4:00 Level 3, 4, 5, Clinic 4:00 – 6:00	29 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	30				

- Level Clinics are for athletes ages 8 – 18. All Levels will be mixed ages, and evaluated by the individual athlete's skill level.
- Coaches will help returning athletes determine their level placement for clinics.
- Athletes should attend the level of skills 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 clinics to begin working 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.
- Athletes ages 8 and UNDER would attend the Tiny or Mini Team Clinics on Monday/Wednesday.
- Regular Tumbling classes and open gyms will take place during this time.



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MAY

			1 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3, 4, 5 Clinic 7:00 – 9:00	2 Level 2 Clinic 6:00 – 8:00	3	4
5	6 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	7	8 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3, 4, 5 Clinic 7:00 – 9:00	9 Level 2 Clinic 6:00 – 8:00	10 FREE Dance Clinic 4:00 – 5:30 (ages 11 and Under) 5:30– 7:00	11
12 CLOSED – Mother’s Day	13 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	14 Dance Clinic #1 7:00– 8:30	15 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3, 4, 5 Clinic 7:00 – 9:00	16 Level 2 Clinic 6:00 – 8:00	17 New Season Parent Meeting 6:00 New Families 7:30 Returning Families	18
19 Level 4 Clinic 2:00- 4:00 Level 3 Clinic 4:00 – 6:00 Level 5 Clinic 4:00 – 6:00	20 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 2 Clinic 6:00 – 8:00	21 Dance Clinic #2 7:00– 8:30 Level 4 Clinic 5:00 – 7:00 Level 5 Clinic 7:00 – 9:00	22 Tiny Clinic (age 3-5) 5:00-5:45 Mini Clinic (ages 6-8) 5:45 – 7:00 Level 1 Clinic 5:00 – 7:00 Level 3 Clinic 7:00 – 9:00	23 Level 2 Clinic 6:00 – 8:00	24	25
26 GYM CLOSED	27 GYM CLOSED – MEMORIAL DAY	28 Cheer Tryouts Cheer Tryouts (ages 11 and Under) 5:30– 7:30 (ages 12 and Up) 7:00– 9:00	29 Dance Tryouts 5:00 – 7:00 Cheer Tryout Makeups 7:00 – 8:00	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
1	<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
2	<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
3	<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
4	<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
5	<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 2019-20: (age as of 8/31/19)

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

Program	Divisions Available	Practice Times	Levels, Routine basics & Travel
Novice Teams	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. All competitions are one day only.
Select Teams	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 Portland, and Tacoma. Compete One day Nationals
Elite Teams	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 Portland and two plane trips to Las Vegas. Two day Nationals.
Dance Teams	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 8/31/19:** _____ **TRYOUT #** _____
Birthday: _____ **Home Phone:** _____ **Athlete Cell:** _____
E-Mail Address: _____ **School:** _____ **GRADE:** _____

Tryout Check List

- Gym Waiver *FOR ALL NEW 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

- Novice 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 1st 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?



Tryout Packet

EVALUATION FORM

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

Level	Standing Tumbling	Running Tumbling	Specialty Tumbling	Stunting
1	<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
2	<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
3	<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
4	<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
5	<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: _____