



# Tryout Packet

## 2022-23 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 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, PREP & ELITE TEAMS** - We offer three different programs of competitive cheer. They come with various levels of commitment, travel, and costs. Please see page 3 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 with bow of your choice, tennis shoes, black or 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.



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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.

## FILL OUT THE INTEREST FORM!

- **New Members:** <https://forms.gle/bMdhfLf3nTAqKgYYA>
- **Returning Athletes:** <https://forms.gle/QZ2wB7WPEzoPfn4n6>

## REGISTER FOR TRYOUTS!

- **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 our weekly classes. You can log in every Sunday to see classes posted for the following week.

## ATTEND THE CLINIC THAT’S RIGHT FOR YOU!

- **Level Clinics** are for athletes ages 8 – 18. All Levels will be mixed ages and evaluated by the 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.

## 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. This will be via zoom.**
- **Evaluations are CLOSED to Parents/Spectators**

## IMPORTANT DATES

- May 24-25 Cheer Tryouts \* Sign up on the parent portal to reserve your spot!
- May 31 – Team Reveal Party 6:00 – 7:30
- Week of June 1 – First week of 2022-23 Season!

**WE will offer some or all of the following teams for 2022-23**



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More details about Team types given at new season meeting

Program	Divisions Available	Practice Time Commitment	Levels, Routine basics & Travel	How to join this Program
<b>Novice Teams</b>	Tiny (2015-1019) Mini (2013-2016) Youth (2010-2016) Junior (2006-2015) Senior (6/1/03-2011)	3 hours per week – Session 1 June-November Session 2 December - May	Level 1 – 3,  Routines 1:30.  Tumbling is not required at this level. All competitions are one day only.	Start anytime! Novice teams practice every Thursday all year. No tryouts necessary.
<b>Prep Teams</b>	Tiny (2015-1017) Mini (2013-2016) Youth (2010-2016) Junior (2006-2015) Senior (6/1/03-2012)	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	Attend Level Clinics for your skill level and tryouts. All athletes wishing to be placed on a prep team will be assigned. There are NO CUTS for this program.
<b>Elite Teams</b>	Tiny (2015-1017) Mini (2013-2016) Youth (2010-2014) Junior (2006-2014) Senior (6/1/03-2010)	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.	Attend Level Clinics for your skill level and tryouts. Team placement will be based on each teams individual needs.
<b>Worlds Teams</b>	Senior (6/1/03-2009) Open (2008 or before)	5 Hours/Week – Team Placement in May.	Level 6	



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## MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Gym 4:30-6:00	2	3	4	5 Open Gym 7:30-9:00	6	7 Tryout Prep Day Camp \$35
8 CLOSED FOR MOTHERS DAY	9 Open Gym 7:30- 9:00	10 PARENT MEETING VIA ZOOM – Link will be sent the week prior to those registered for tryouts.	11	12 Open Gym 7:30-9:00	13	14 ALL GYM SHOWCASE 2021/22 teams – University High School
15 Clinic for kids 2015-2018 10:00-11:00  L2 12:00-2:00 L3/4 2:00-4:00 L5/6 4:00-6:00	16 L1 4:30-6:30 L2 6:30-8:30	17 Clinic for kids 2015-2018  L3/4 5:00-7:00 L5/6 7:00-9:00	18 GYM CLOSED – 2021/22 Teams Banquet	19 Open Gym 7:30-9:00	20	21
22 Clinic for kids 2015-2018 10:00-11:00  L2 12:00-2:00 L3/4 2:00-4:00 L5/6 4:00-6:00  L6 NT Evaluations 4:00-6:00	23 L1 4:30-6:30 L2 6:30-8:30	24 Cheer Evaluations by birth year *Select & Elite Athletes Only  5:00 2015-2017 6:00 2013-2014 7:00 2010-2012	25 Cheer Evaluations by birth year *Select & Elite Athletes Only  6:00 2006-2009 7:30 2003-2005	26 Novice Cheer Sign Up 5:00-6:00  Cheer Tryout Makeups by appointment 6:00 – 7:00  Open Gym 7:00-9:00	27	28 GYM CLOSED
29 GYM CLOSED	30 GYM CLOSED – MEMORIAL DAY	31 Team REVEAL PARTY! 6:00-7:30 Teams announced!				

**In addition to this schedule, coaches offer private lessons (available to book online).**

All Star Skill Level Tracker



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## Desired Tryout Skills and Level

- 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"/> Arabian pass <input type="checkbox"/> RO Whip Full <input type="checkbox"/>	<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"/>
6	<input type="checkbox"/> BHS Series to full <input type="checkbox"/> BHS Whip to full	<input type="checkbox"/> Whip to Full/Double Full <input type="checkbox"/> Cartwheel full <input type="checkbox"/> Front full <input type="checkbox"/> Aerial through to full	<input type="checkbox"/> Combination passes whip to Full <input type="checkbox"/> Front Handspring Front Full	<input type="checkbox"/> Double up <input type="checkbox"/> Kick double full basket