



2014-2015 Season

Thank you for your interest in All Star Prep! In this handout, we will introduce you to our program; the commitment and skills required and the estimated costs for season. We are THE largest cheer program in the Valley and the largest youth training facilities overall in Arizona.

Our Philosophy

Through the skills taught in our facility, team members will develop a positive self-image through guidance and motivation from our coaches. We are committed to providing a fun and rewarding atmosphere at all times. Our competitive rec program is designed to focus on the achievement of the both the individual athlete's goals and the team's collective goals. Our program's focus is on building trust and confidence in their teammates while encouraging the personal best from every member of the team. Coaches at USA recognize the importance of the team members being confident both on and off the competition floor.

We have developed our cheer program to build strength, flexibility and the technical skills to be successful in the sport. Our cheer coaches are former/current Starz cheerleaders with years of experience. USA has been coaching competitive sports in the East Valley for over 30 years!

We believe that a team that works well together will compete well together. While competing and winning are a fun aspect of this sport, we also know that through team bonding, priceless life-long friendships and memories are made. This is what makes our program unique; we are a family who support one another, the teams and the coaches. Our foundation for the entire gym is: BELIEVE, ACHIEVE and SUCCEED.

All Star VS Prep

USA offers both all star cheer and prep, both at the competitive level. They are similar in overall aspect, but there are a few differences that need to be outlined. Our all star program travels in and out of state during season several times. They attend about 8-10 competitions all together. The time commitment needed at that level is more as well as the fees. All star prep offers the same type of ideals to individuals but at a more cost effective manner. Prep competes 3-4

times a season, in state. Our routines are 2 minutes vs 2.5 minutes. The same USASF general rules and guidelines are followed. This program is a great feeder program to our Starz program and also allows athletes to have more free time.

Prep Team Placements and Tryouts
Parent Info Meeting: Monday, September 22nd @7:00pm
Tryouts: Saturday, September 27th
Ages 6-10 2:00-4:00pm Ages 11-18 4:00-6:00pm
Practice starts October 6th at our Queen Creek location

USA follows all USASF guidelines and rules for all teams. Each level has requirements that are carefully considered in all decisions. USA places levels that are best fit for the team strengths and places individuals where we think would be in the athletes best interest as well as the team. Formations and positions on teams are also part of the score sheets and well thought out by our coaching staff. All our competitions are held in the Phoenix area.

Practice

Teams will have assigned practice times at the gym and additional practices as needed. Extra classes are not required, but encouraged as an element of being on a competitive team. Additional practice may be called prior to competitions if necessary. Team members are **REQUIRED** to be at practice on time and in appropriate attire. Hair should be up in ponytail secure with a bow. Wearing inappropriate practice clothes may create safety issues and will not be permitted. Attendance is key when involved in any team sport. If one athlete is missing, a stunt group is left to stand all practice, formations are off and pyramid- that requires each athlete- is unable to be practiced. We encourage all athletes to not miss unless for a school graded event. Please take all vacations during summer or when the gym is closed.

Financial

An estimate of the fees for the 2014-2015 season are attached. We have also outlined a preliminary competition schedule. While every effort is made to work with parents, being on a competitive team does involve a financial commitment. It is imperative that fees be paid on time to keep the athlete in good standing to participate. All fees are to be paid directly to the gym. The fees include, but may not be limited to; monthly gym tuition, uniforms, registration fees and event fees.

Tumbling Skills Required for Team Level Placement:

Level 1:

Required: No specific tumbling required

Skills that we compete: front and back walkovers, forward rolls, cartwheels, round offs and combo level 1 passes.

Level 2:

Required: Round off to a back handspring with light spot

Standing back handspring

Skills that we compete: Standing front and back handsprings, back walkover back handsprings, round off back handsprings and level 2 combo passes.

Level 3:

Required: Standing back handspring

Running round off back handspring

Running round off back handspring back tuck

Toe touch to two back handsprings

Skills we compete: Standing handspring, jump combinations, running round off back handspring back tucks, level 3 combo running and standing passes.

Estimated Costs and Gym Fees for the 2014-2015 Season

USA offers family/multiple class discounts:

20% discount off of the second child/class tuition

30% discount off the third child/class tuition

Registration Fee: Annual registration for USA Youth Fitness Center is \$35 per child. USA offers several benefits for being a member including reduced gym activity fees, open gym access, monthly coupons via email and a free USA T-shirt.

Annual USASF Registration Fee: \$30

Each athlete is required to be registered with our governing board to compete at events as well as be covered under event producer catastrophic insurance. A copy of the athletes birth certificate is also required at tryouts. We upload and

shred the copy to the USASF website to prove athletes age and follow the USASF competition requirements.

Monthly Tuition: Tuition for All Star Prep teams at USA is \$100 a month. This pays for four 1 hour classes a month.

Tumbling Classes: USA offers beginning, intermediate and advanced tumbling classes specifically designed for cheer team members. Team members receive a 50% discount on all tumbling classes.

iFly Classes: USA offers classes designed for flyers. This class focus is on body, core control and air awareness. We learn to master our body positions on the floor in a dance room and teach good technique and tips for airtime. We believe in safety first and this class is required for all USA All Starz flyers to attend.

Uniform Fees: 100% due when ordered

Full Uniform/Bow/Shoes: \$200

Uniform Top: \$65

Uniform Bottom: \$40

Shoes: \$75

Bow: \$20

Jacket and Pants: \$180 USA Sweats (optional- NOT required)

Competition Fees: \$230 estimated cost for instate competitions

Total Estimated Cost: \$495 (tuition not included) for the 2014-2015 calendar year

PRELIMINARY

2014-2015 USA All Star Prep Competition Schedule

January 24, 2015 Grand Canyon Championship Mesa Convention Center

March 8, 2015 USA-Arizona Open Jobing.com Arena

April 18/March 21 2015 PX Grand Championships Jobing.com Arena

Athletes are required to attend. All Competitions are required

Competition Fees: Estimated \$230 Competition Fees.

Contact Info:

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