

USA

ALL STAR

Team Packet

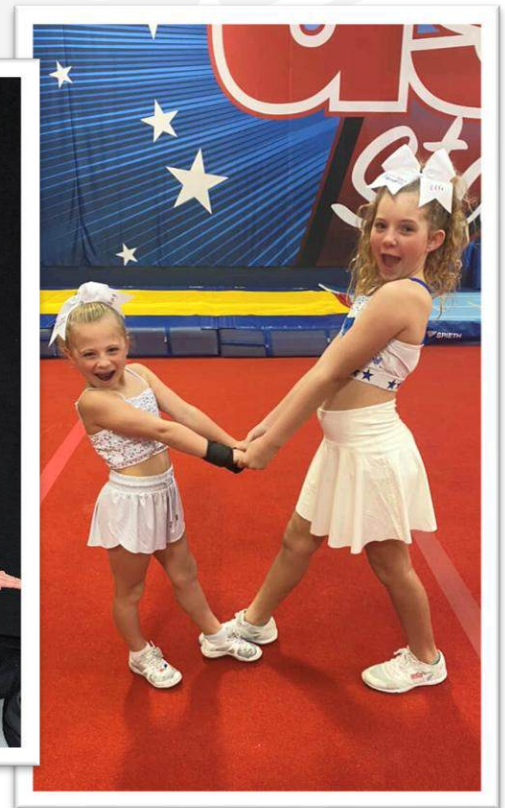
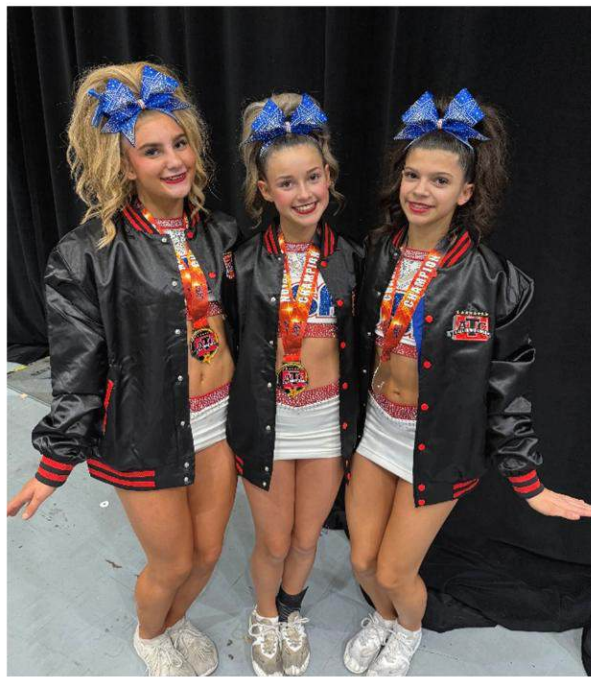


WELCOME TO USA STARZ CHEER

The **USA CHEER Program** puts athletes in a position to excel while instilling work ethic, accountability and community. USA is one of the largest gyms in Arizona with 3 facilities and over 175 staff in total. USA offers cheer teams for every age from Tiny Novice to an International Worlds Team. We have cheer programs ranging from All Star Elite Teams, All Star Prep Teams, Cheer Rec Performance Teams, and Cheer Rec Classes at our Gilbert and Queen Creek locations. This past season we had over 450 participants in our Cheer Rec Program and over 800 athletes in our tumbling classes.

Our Elite Teams are composed of athlete's level 1 through level 6. We have athletes ages 5 to over 18 years old on teams. Divisions vary each season, and teams are formed based on the talent we see at tryouts. We accept male and female athletes across all levels.

Our motto is: Friends, Teammates, Family...for Life



TRYOUTS

3 STEP TRYOUT REGISTRATION PROCESS:

Step One: Fill out the INTEREST FORM for your athlete on the website www.usagymaz.com.

Step Two: Create an account in iclass through our website at www.usagymaz.com > teams>starz-cheer. Sign up for the tryout clinics in QC or Gilbert location in iclass. You can do team placements at either location. The fee is \$30 for returning athletes and \$45 for new athletes. * If you need assistance creating an account, call the front office at 480.926.1480.

Step Three: Download the Team Placement Packet from the website. **Fill out pages 12-15.** Bring the completed forms to the office before tryout clinics.

CLINICS:

Queen Creek: May 11 and 12 Gilbert: May 13 and 14

Levels 1-2: 5:00 – 7:00

Levels 3 – 6 7:00 – 9:00

WHAT HAPPENS AT THE CLINICS:

The coaches will assist athletes to identify their best tumbling passes by level for tryouts and teach the tryout dance. Athletes should wear all black with hair in a high ponytail.

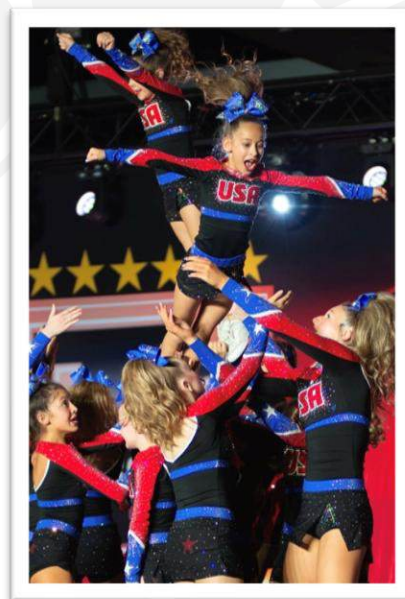
TRYOUTS:

Saturday, May 16th at both locations

WHAT TO EXPECT AT TRYOUTS:

There will be a signup sheet at clinics for a specific tryout time.

1. Check in at the sign in table and receive a name tag
2. Warm up with a coach
3. Athletes will go two at a time
4. Showcase the jump sequence
5. Show running and standing tumbling per level to counts
6. Dance evaluation
7. Athletes receive a tryout T-Shirt



TEAM ANNOUNCEMENTS:

An email will go out by Tuesday, May 19 with the team assignments for each athlete. **Private placements** are possible upon request. A \$60 fee will be required at the time of the private placement. Private placements can be arranged by emailing cheerinfo@usagymaz.com.

2026 – 2027 DATES

IMPORTANT DATES:

MAY 19:	TEAM PLACEMENT ANNOUNCEMENT
MAY 20 OR 21:	FIRST DAY OF PRACTICE
JUNE 1:	NON-REFUNDABLE DEPOSIT OF \$500 DUE
JULY 9–11:	STUNT CAMP
JULY 23-30:	ROUTINE CHOREOGRAPHY ELITE TRAVEL AND LIMITED TRAVEL TEAMS
AUGUST 1:	PREP TEAM PLACEMENTS
OCT 17-18:	INTERNATIONAL WORLDS TEAM CHOREOGRAPHY
NOV 21:	SHOWCASE

** You will receive confirmation of your team's choreography days in your team placement email.

GYM CLOSURES:

MAY 25-29:	MEMORIAL DAY BREAK
JUNE 29-JULY 4:	JULY 4 BREAK
OCT 5 – 9:	FALL BREAK
OCT 31:	HALLOWEEN
NOV 25-27:	THANKSGIVING BREAK
DEC 21-JAN 1:	HOLIDAY BREAK

The 2026-2027 Competition Schedule will go out in June.

ALL SEASONAL FEES paid and the initial \$500 deposit are **non-refundable**. If a team member does not complete the season after joining the team, these fees will **not be refunded**.

Additional Questions? Contact us at cheerinfo@usagymaz.com.

ALL STAR CHEER PROGRAMS

ELITE LIMITED TRAVEL TEAMS

These Elite Teams are a 12-month cheer team program. These teams are competitive at levels 1, 2 and 3. They will travel to 2-3 out of state competitions a season. They will have extra practices in the fall and before competitions. They will accept bids to Regional Summit and possibly Youth Summit.

ELITE (AND WORLDS) TRAVEL TEAMS

The Elite Teams are a 12-month cheer program. They will travel to 3-5 out of state competitions each season. These are the highest levels of teams and designed for athletes that are fully committed to the demands of being on the team. These teams will have extra practices in the fall and before competitions. These teams will accept bids to the Summit and Worlds in Florida. Attendance at end-of-year competitions is required.

PREP NON-TRAVEL TEAMS

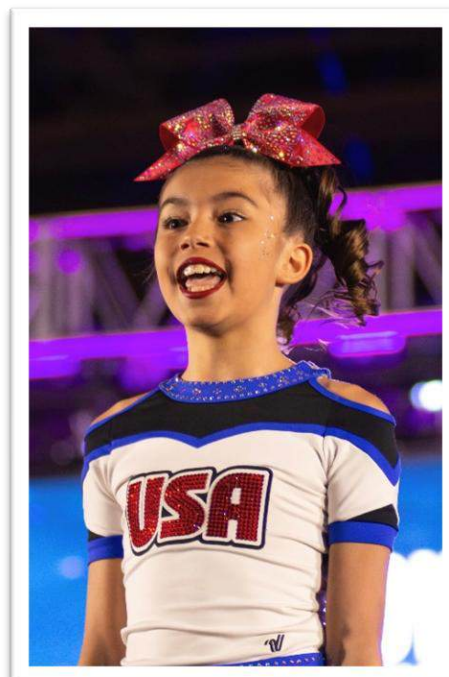
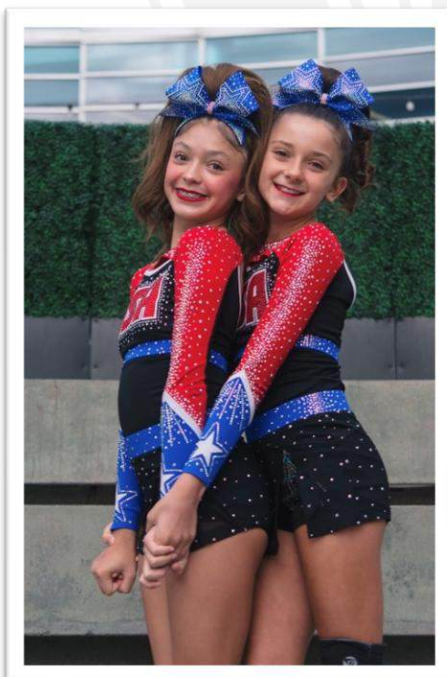
The Prep Teams are a 9-month cheer team program. These teams are competitive at levels 1 and 2. These teams are structured to teach for skill and technique, while gaining confidence in a team-based setting.

Team Placements are August 1.

NOVICE NON-TRAVEL TEAMS

The Novice Teams are a 9-month cheer team program. These teams are the perfect introduction to team for a beginner athlete. Teams are judged by the execution of the skills in their routine.

Team Placements are August 1.



ELITE LIMITED TRAVEL TEAMS

TINY, MINI AND YOUTH TEAMS BIRTH YEARS: 2013 -2020

PRACTICE: 3X A WEEK / WEEKEND PRACTICES IN THE FALL

TRAVEL: 2 – 3 COMPETITIONS, WITH 2 – 4 IN STATE COMPETITIONS

PROGRAM FEES:

Non-Refundable Deposit: \$500 Due on June 1

Tuition: \$240 monthly for 12 months (June through May)

Season Fees: \$350 X 8 months (July through Feb)

Total Cost for the Season: \$5,720 New Athletes

Total Cost for the Season: \$5,570 Returning Athletes (less the team jacket and pants)

PROGRAM FEES INCLUDE:

Two sets of practice clothes

Competition Uniform

Choreography Camp

Music Fees

Shoes and Bow

Competition Fees

Coaches Fees

Team Jacket and Pants

NOT INCLUDED IN PROGRAM FEES:

Gym Annual Membership Fees

USASF Fee

Travel costs to competition

End of Season Banquet

End of Season Invitational Events



ELITE TRAVEL AND WORLDS TEAMS

JUNIOR, SENIOR AND INTERNATIONAL TEAMS BIRTH YEARS: JUNE 1, 2006 – 2019

PRACTICE: 3X A WEEK / WEEKEND PRACTICES IN THE FALL

TRAVEL: 3 - 5 COMPETITIONS, WITH 2 – 3 IN STATE COMPETITIONS

PROGRAM FEES:

Non-Refundable Deposit: \$500 Due on June 1

Tuition: \$240 monthly for 12 months (June through May)

Season Fees: \$350 X 8 months (July through Feb)

Total Cost for the Season: \$5,720 New Athletes

Total Cost for the Season: \$5,570 Returning Athletes (less the team jacket and pants)

PROGRAM FEES INCLUDE:

Two sets of practice clothes

Competition Uniform

Choreography Camp

Music Fees

Shoes and Bow

Competition Fees

Coaches Fees

Team Jacket and Pants

NOT INCLUDED IN PROGRAM FEES:

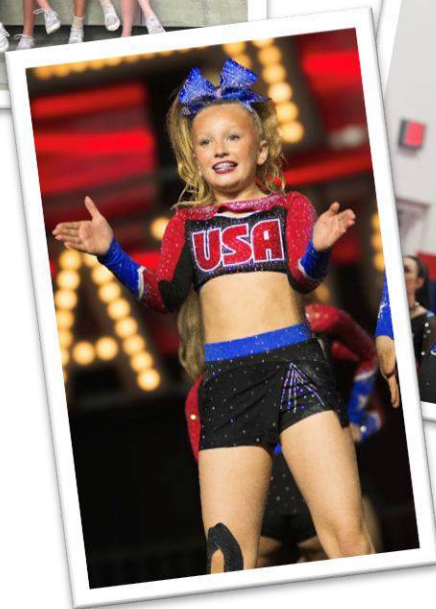
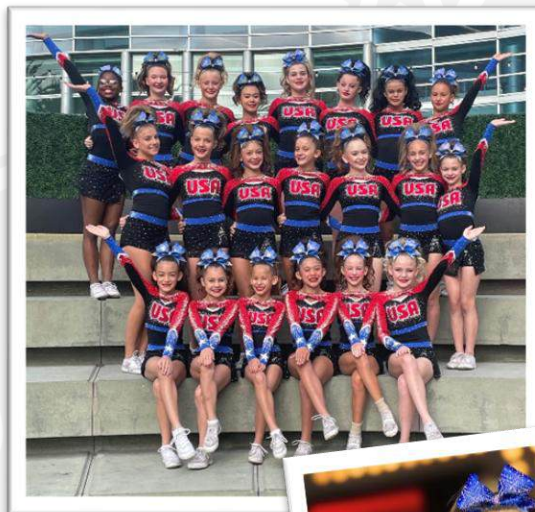
Gym Annual Membership Fee

USASF Fees

Travel costs to competition

End of Season Banquet

End of Season Invitational Events



NON TRAVEL PREP TEAMS

TINY, MINI, YOUTH AND JUNIOR TEAMS BIRTH YEARS: 2010 – 2020

PRACTICE 2X WEEK

NO TRAVEL – 4 IN STATE COMPETITIONS

TRYOUTS will be held Saturday, August 1.

PROGRAM FEES:

Tuition: \$180 monthly for 9 months (August through April)

Season Fees: \$250 X 6 months (Sept through Feb)

Total Cost for the Season: \$3,325 - All Athletes

PROGRAM FEES INCLUDE:

One set of practice clothes

Competition Uniform

Choreography Camp

Music Fees

Shoes and Bow

Competition Fees

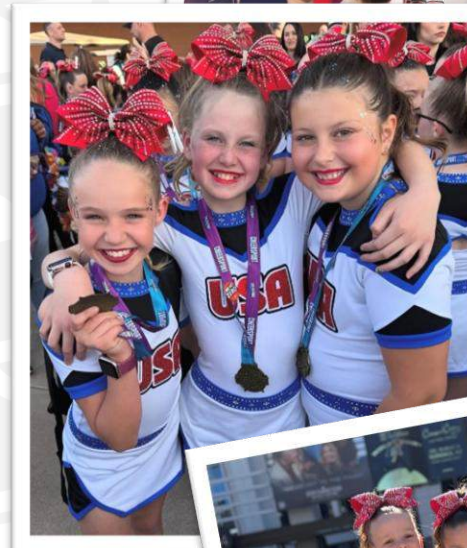
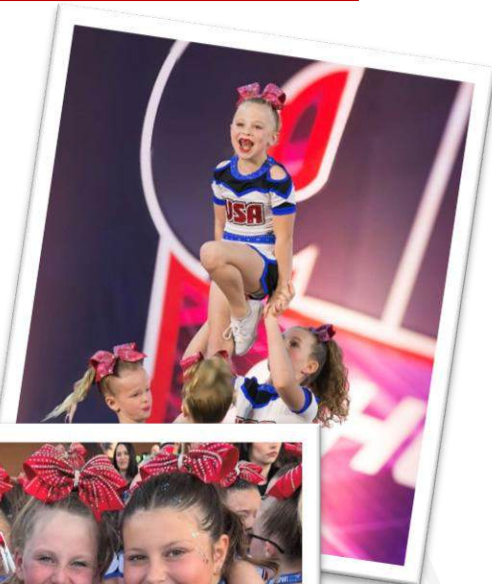
Coaches Fees

NOT INCLUDED IN PROGRAM FEES:

Gym Annual Membership Fee

USASF Fees

End of Season Banquet



NOVICE TEAMS

Tiny, Mini, and Youth Teams Birth Years: 2010 - 2020

Practice 2X Week

No Travel – 4 in state competitions

TRYOUTS will be held Saturday, August 1.

PROGRAM FEES:

Tuition: \$180 monthly for 9 months (August through April)

Season Fees: \$250 X 6 months (Sept through Feb)

Total Cost for the Season: \$3,325 - All Athletes



PROGRAM FEES INCLUDE:

One set practice clothes

Competition Uniform

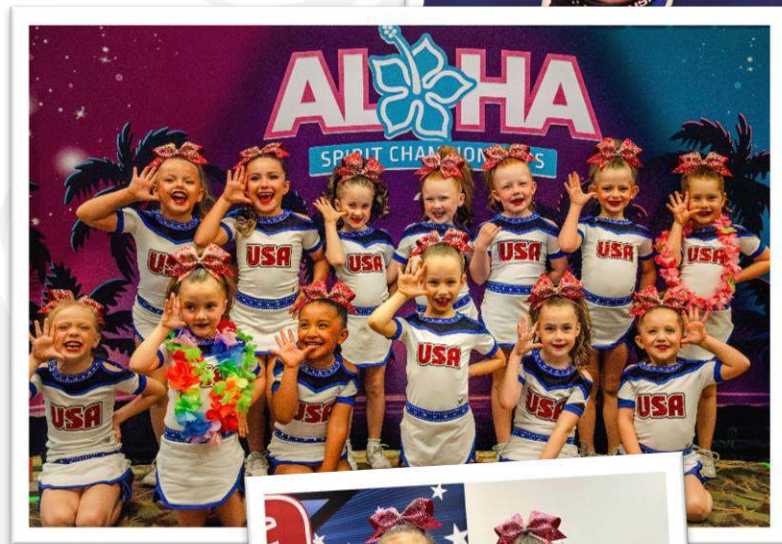
Choreography Camp

Music Fees

Shoes and Bow

Competition Fees

Coaches Fees



NOT INCLUDED IN PROGRAM FEES:

Gym Annual Membership Fee

USASF Fees

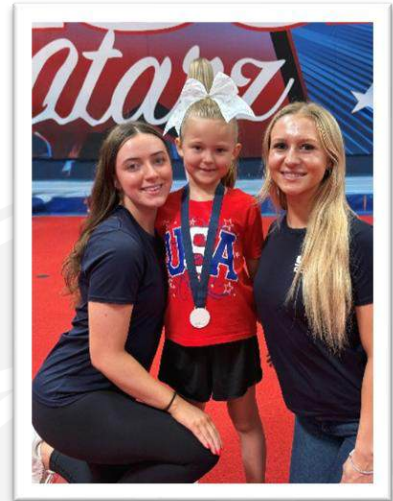
End of Season Banquet



CHEER REC PROGRAM

CHEER REC CLASSES: USA offers monthly Junior and Senior Cheer Rec classes at both our Gilbert and our Queen Creek locations.

CHEER REC PERFORMANCE TEAMS: USA offers seven-week program teaching athletes a routine that includes stunts, jumps, tumbling and a dance. The teams perform a showcase for family and friends at the end of the seven-week program.



OUR COACHES



GYM INFORMATION:

TUMBLING CLASSES: USA offers a full range of tumbling classes. All Cheer Team athletes receive 50% off tuition for all tumbling classes. USA offers a total of 82 tumbling classes between the Gilbert and Queen Creek locations.

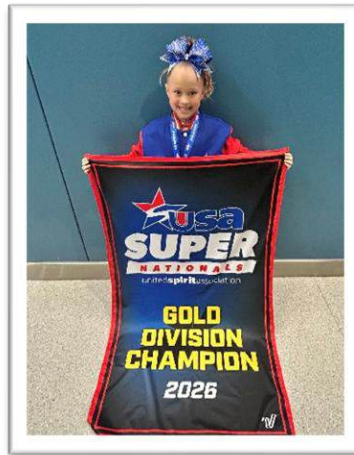
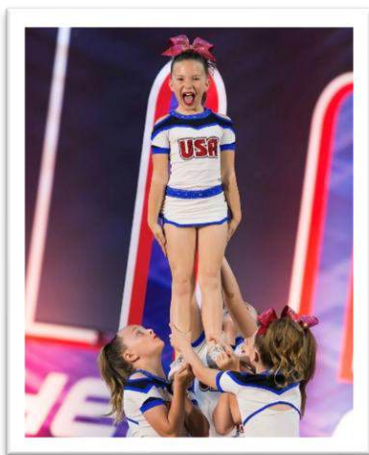
Young Tumblers Levels 1 and 2: Ages 5 – 9

Tumbling Classes Levels 1, 2, 3/4, and 5/6

USA Cheer Team athletes also receive 50% off dance classes and flyer technique/stretch classes. Siblings of Cheer Team athletes receive 20% off tuition for classes in any program. Once an athlete becomes a member of the gym, you are eligible to attend open gyms, camps and other special events hosted by USA.

REFERRALS: The best advertising USA Cheer has is referrals from our current parents and athletes. We offer a generous referral program! Each team member referral receives one month of FREE tuition.

COMMITMENT: Cheer Team is a commitment for the athlete and the athlete's family. USA has an attendance policy that is strictly followed. Athletes are allowed 7 absences starting in September through April, including school graded events. Athletes must attend all practices, including choreography or extra practices. Junior, Senior and International Teams that earn Bids to Summit or Worlds are expected to attend. A drop fee of \$350 will be charged if an athlete quits during the season and does not attend these events.



1530 S. Gilbert Rd.
Gilbert, AZ 85296
(480) 926-1480



24648 S. Ellsworth Rd
Queen Creek, AZ 85142
(480) 783-2546

USA

YOUTH FITNESS CENTER Membership Form

Student #1 Name:	Birthdate:	Circle: M F	Program/Level	Day/Time
Student #2 Name:	Birthdate:	Circle: M F	Program/Level	Day/Time
Student #3 Name:	Birthdate:	Circle: M F	Program/Level	Day/Time

CONTACT INFORMATION

Father: _____ Home () _____ - _____ Work () _____ - _____ Cell () _____ - _____
 Mother: _____ Home () _____ - _____ Work () _____ - _____ Cell () _____ - _____
 Address: _____ City: _____ State: _____ Zip _____
 Email Address: _____ @ _____ (Required)

HOW DID YOU HEAR ABOUT US?

- Active Mom's Magazine
 Birthday Party
 Drive-by
 Exhibition
 Facebook
 Kid's & Sports Magazine
 School
 USA Website

-OR- Referred By: _____

EMERGENCY INFORMATION

In the event of an emergency and a parent/guardian cannot be reached, please call:

Name: _____	Phone: () _____ - _____
Doctor's Name: _____	Phone: () _____ - _____
Insurance Company: _____	Phone: () _____ - _____

PERMISSION TO TREAT

I give permission to medical professionals to administer emergency treatment to my child should an accident occur in my absence.

PARENT/GUARDIAN SIGNATURE

DATE

MEDICAL BRIEF

Check ALL applicable conditions and explain.

If you have more than one child enrolled, please specify which child has the condition on the line provided.

<input type="checkbox"/> Allergies (General) _____	<input type="checkbox"/> Respiratory Problems _____
<input type="checkbox"/> Allergy to Bee Sting _____	<input type="checkbox"/> Asthma _____
<input type="checkbox"/> Allergy to Any Food _____	<input type="checkbox"/> Sinus Trouble _____
<input type="checkbox"/> Allergy to Latex _____	<input type="checkbox"/> Vomiting _____
<input type="checkbox"/> Allergy to Medication _____	<input type="checkbox"/> Headache _____
<input type="checkbox"/> Hay Fever _____	<input type="checkbox"/> Diabetes (Type I or II?) _____

Please Explain: _____

Is Your Child on any special medication(s)? YES NO

Describe _____

Other Medical Conditions or previous injuries? _____

Athlete Questionnaire/Application

USA Starz 2026 - 2027 Season

Name: _____

Age (Current) _____ Birthdate: ____/____/____

Parent(s) Name: _____ Parent Email: _____

Phone number: _____ Parent Cell Phone: _____

Height: _____

Previous cheer experience: _____

Last gym / team name and level in which athlete completed: _____

Position on last team _____

Tumbling. Please check the boxes below if can demonstrate skill on the floor *without a spot*.

- | | | |
|---|---|---|
| <input type="checkbox"/> Back Walkover | <input type="checkbox"/> Running Back Handspring | <input type="checkbox"/> Standing Back Handspring |
| <input type="checkbox"/> Running Back Tuck | <input type="checkbox"/> Standing Tuck | <input type="checkbox"/> Running Layout |
| <input type="checkbox"/> Jump to Tuck | <input type="checkbox"/> Running Full | <input type="checkbox"/> Standing Multiple BHS |
| <input type="checkbox"/> Running Double Full | <input type="checkbox"/> Standing Two BHS to tuck | <input type="checkbox"/> Standing BHS to Layout |
| <input type="checkbox"/> Standing Two BHS to Full | <input type="checkbox"/> Standing Full | |

List your hardest Combo pass:

List any Specialty Skills:

If we need your position on another team, are you willing to cross over? _____

Practice Location Preference:

*We do our best, but can not guarantee a location

GILBERT

QUEEN CREEK

EITHER LOCATION

USA STARZ Parent / Athlete Waiver

This form must be completed to attend Team Placements.

I (athlete name) _____ agree to follow all USA Starz and USA Youth Fitness Center rules and guidelines. I understand the level of commitment asked and understand the attendance rules and requirements. I will respect my coaches and fellow athletes at all times. I understand that cheerleading is a team sport and my actions affect the entire team. I will adhere to the USASF rules and requirements and as a USASF athlete member, agree to the membership requirements for the USA Starz. I understand that if I choose to leave/quit at all during the season, the director and owner must release me by signing the USASF member release form before I can attend another gym/team. I understand the gym may not release me during the season to attend another gym.

I fully understand that all fees paid to the gym for my participation in the sport are non-refundable. I fully understand that fees for choreography, camp, uniform, practice clothes and competition fees will not be refunded even if I leave the team before I have participated in the activity or competed for the team. I fully understand that the uniform is the property of the gym and team members only. If I choose to leave the team before I have received the uniform it cannot be given to me if I am no longer a team member. I understand if I quit the team before the final competition a fee of \$350 will be charged.

I also understand that the fees will be collected at the time of tuition in the month identified. I give my permission for the fees to be collected on the form of payment I have provided to the gym to secure membership on the team.

Athlete Signature: _____

Date: _____

Parent Signature: _____

I (parent name) _____ agree to follow all rules and guidelines for the 2026-2027 season. I will also follow the rules placed through USASF and USA Youth Fitness Center. I understand the level of commitment this sport requires and support my athlete. I agree to the fiscal responsibilities placed by USA Youth Fitness Center. I understand that all fees paid are non-refundable. My role as a parent is to support my athlete as well as the USA Starz coaching staff.

Parent Signature: _____

Date: _____



USA STARZ REFFERAL PROGRAM 2026-2027:

USA Starz All Star and Prep

USA is pleased to present the following referral program to all of our current USA Starz team members in the 2026-2027 program! We sincerely appreciate knowing that you believe in our program enough to refer it to someone else.

As our way of thanking you for your referral to USA Starz, we are offering the following incentive:

1 MONTH OF FREE TUITION FOR EACH QUALIFYING REFERRAL!

The following guidelines apply:

Qualifying Referral: A participant is considered to have joined the team as a referral the first month after they have paid a full month's tuition to the program.

Both the referring team member and the new team member must sign the referral form the first week the team member joins the program. (within 7 days of registering)

The participant cannot be a sibling of the current team member. There is no limit to the number of referrals a current team member can receive.

USA STARZ Referral:

Referred by Name: _____ (the team member name of the person that recommended USA Starz Cheer)

New Member's Name: _____ **Date New Member Joined:** _____

Signatures:

(Referred by Signature and Date)

(New Member Signature / Date)

TUMBLING REQUIREMENTS

	Novice 1	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Standing (2 passes)	<ul style="list-style-type: none"> • Backbend Kick Over • Standing Backbend • Front Limber/Back Limber • Handstand Forward Roll • Back Walkover (BWO) 	<ul style="list-style-type: none"> • Back Walkover Series • Back Walkover Switch Leg • Back Extension Roll • Back Extension Roll-BWO/BWO Series • Valdez 	<ul style="list-style-type: none"> • BWO - BHS Step Out - BWO • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS/BHS Step Out • Back Extension Roll - BHS/BHS Step Out 	<ul style="list-style-type: none"> • BHS Series - Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series • BHS Step out - BWO - BHS Series • BWO - BHS - Jump - BHS/BHS Series 	<ul style="list-style-type: none"> • Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BHS/BHS Step out - Tuck 	<ul style="list-style-type: none"> • BHS - Whip - Tuck • BHS Layout • Jump - BHS/BHS Series - Layout • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip - Layout • BHS - Whip - Layout 	<ul style="list-style-type: none"> • BHS Series - Full • BHS - Full • Jump - BHS - Full • Standing Full • BHS Series - Double Full • Jump - BHS Series - Double Full • Specialty - Double Full
Running	<ul style="list-style-type: none"> • Cartwheel (CW) • Round Off (RO) • Front Walkover (FWO)/Front Walkover Series • Cartwheel - BWO 	<ul style="list-style-type: none"> • Cartwheel - BWO Series • FWO - Cartwheel/Round Off • FWO - CW - BWO/Series • FWO - CW - BWO Switch Leg 	<ul style="list-style-type: none"> • Series Front Handsprings • Bounder/Flyspring • RO - BHS Series • FWO - RO - BHS/BHS Series • CW - BHS Step Out - BWO - BHS/BHS Series • RO - BHS Step Out - BWO - BHS Series 	<ul style="list-style-type: none"> • FWO - Aerial • Bounder/Flyspring - Aerial • RO - BHS - Tuck • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck • Bounder/ Flyspring - RO - BHS - Tuck • Handspring (FHS) Punch Front 	<ul style="list-style-type: none"> • RO - BHS - Layout • Punch Front step out - RO - BHS - Layout • Round off - Whip - BHS - Back Tuck/ Layout • Front Handspring - Punch Front - RO - BHS - Tuck • Round off - BHS - Whip - BHS - to Layout 	<ul style="list-style-type: none"> • Front Full • RO - BHS - Full • Specialty - through to Full 	<ul style="list-style-type: none"> • Arabian - to Full • Handspring - PF - to Full • RO - BHS - Full - to Full • RO - to 1.5 Step Out - to Full • Round off - Double Full • Round off - BHS - Double Full • Specialty - through to Double Full

