



Premier CHEER

Step 1: Tumble & Choreo Evals May 17

10:00AM- 11:30AM : Flyer Clinic - any athlete that wishes to be considered as a flyer for Season 5 must attend this clinic

12:00PM- 1:30PM : Returning Tiny Novice & Beginners

Level 1 Tumbling
Ages 5- 8 2:00PM- 3:30PM
Ages 9+ 4:00 PM- 5:30 PM

5:45PM- 7:45PM: Level 2+ Tumbling

Step 2: Group Evaluations May 18

9:30am- 11:00am
Novice

11:30am- 1:30pm
Prep

2:00pm- 4:00pm
Elite

IMPORTANT DATES

TEAM REVEAL
May 23rd

M
PARENT ZOOM MEETINGS
May 28th

EARLY TEAM COMMITMENTS DUE
MAY 30th

SEASON 5



How do Season 5 Evaluations Work?

This year's evaluation process will be a 2 step process.

Step 1 Choreo & Tumbling:

Athletes will be taught a dance, and will also be evaluated on the difficulty and execution of their **STANDING TUMBLING, RUNNING TUMBLING** and **JUMPS**. Athletes should showcase the **MOST** difficult skills they can **SAFELY** perform **WITHOUT** assistance.

Step 2 Group Evaluations:

Athletes must attend the time slots that correspond with the level of commitment they can do for the full season. Please review the **NOVICE, PREP** and **ELITE** descriptions attached. Please note, if you attend the **ELITE** session, this does not mean you will be taken on an elite team. Also, returning athletes past attendance and efforts will be taken into consideration.

Please register your athlete accordingly through our parent portal on the website. You will need to register in step 1 & step 2 session.

All athletes receive a welcome gift!

Tumbling Skills

Level Guide

LEVEL 1 SKILLS

Basic Level 1 Tumbling Skills

- Back Walkover
- Front Walkover
- Cartwheel
- Round Off

Advanced Level 1 Tumbling Skills

- Connect Multiple Skills
- Cartwheel Back Walkover
- Front Walkover Cartwheel Back Walkover
- Valdez

Required Level 1 Tumbling Technique

- All of these skills must be performed with straight legs and pointed toes
- Feet must be together on landings

Level 1 Jumps

- Jumps such as Toe Touch, Hurdler and Pike with correct arm placement and pointed toes.

LEVEL 2 SKILLS

Basic Level 2 Tumbling Skills

- Standing Three Back Handsprings
- Round Off Back Handspring Back Tuck
- Toe Touch Back Handspring
- Skills must be performed consistently during moderate to high endurance training and to counts

Advanced Level 2 Tumbling Skills

- Sequence of Three Jumps to Multiple Back Handsprings
- Front Walkover Round Off Back Handspring to a Tuck
- Punch Front Round Off Back Handspring to a Tuck
- Back Handspring Toe Touch Back Handspring
- Aerial
- Round off multiple handsprings to tuck

Required Level 2 Tumbling Technique

- Skills must be performed with straight legs and pointed toes
- Feet must land together

LEVEL 3 SKILLS

Basic Level 3 Tumbling Skills

- Standing Back Handspring
- Back Walkover Back Handspring
- Back handspring step out
- Round Off Back Handspring
- Front Walkover Round Off Back Handspring

Advanced Level 3 Tumbling Skills

- Round Off Three Back Handspring Series
- Back Handspring Step Out to a Front or Back Walkover
- Connecting Basic Skills in Multiple Variations
- Front Walkover Round Off Series of Back Handsprings
- Skills must be performed consistently during moderate endurance training and to counts

Required Level 3 Tumbling Technique

- Skills should be performed with legs together and straight
- Landings from skills should be with feet together
- Toes must be pointed during the entire skill

Level 3 Jumps

- Jump series with correct arm placement, pointed toes and feet together at the bottom





Premier Program Options

Novice

Low Commitment | Local Travel

1 X a Week (with a second day tumbling class option in our NOVICE + program)

2 Competitions

All-Star Novice welcomes athletes with zero or with some cheer experience. Novice continues to grow the love for All-Star cheering while focusing on strengthening skill technique. This program is centered around exposing cheerleaders to competition programs but in an evaluation-only setting (scored by rating not ranking). This professional program is a bridge to more competitive programs when the athlete is ready to move forward. Working independently and learning how to work in a team dynamic are important areas of focus.

Novice Advanced

NEW!

Moderate Commitment | Local Travel

2X a Week (with a third day tumbling option in our NOVICE + program)

3 Competitions

All-Star Novice welcomes athletes with some cheer experience. Novice continues to grow the love for All-Star cheering while focusing on strengthening skill technique. This program is centered around exposing cheerleaders to competition programs but in an evaluation-only setting (scored by rating not ranking). This professional program is a bridge to more competitive programs when the athlete is ready to move forward. Working independently and learning how to work in a team dynamic are important areas of focus.

Prep

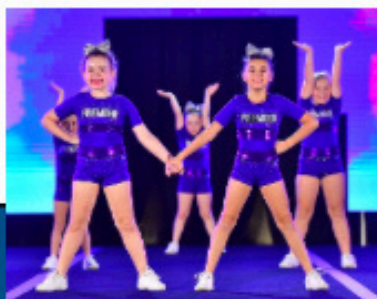
Moderate Commitment | In-State Travel

2 X a Week (with a third day tumbling class option in our PREP + program)

4 Competitions

* BID AND AFTER SEASON EVENT ELIGIBLE*

All-Star Prep is perfect for the athlete that is ready to move on to the next level of competitive cheer. Athletes may have some previous cheer experience through recreation programs, previous all-star programs, or school cheerleading. All-Star Prep teams will be competing at one-day events and continue to learn All-Star cheerleading skills and progression that is centered around safety and developing strong technical skills.



Elite

High Commitment | Travel

3 X a week, Occasional Weekend Practices
5-7 Competitions *BID AND END OF SEASON EVENTS *

Summer Training Required

STRICT ATTENDANCE POLICY

All-Star Elite is the highest level of competitive cheer. All-Star Elite athletes have strong foundational tumbling and cheerleading skills and are dedicated to the sport. These athletes want to take their "cheer passion" to the next level and compete at prestigious competitions

PREP & ELITE *END OF SEASON EVENTS ARE MANDATORY FOR SEASON 5 IF EARNED

What if my athlete cannot attend clinics and/or evaluations?

If your athlete must miss a clinic or evaluation date due to a prior commitment that cannot be rescheduled, please contact us to schedule a private evaluation

Private evaluations will be offered May 19th-22nd.

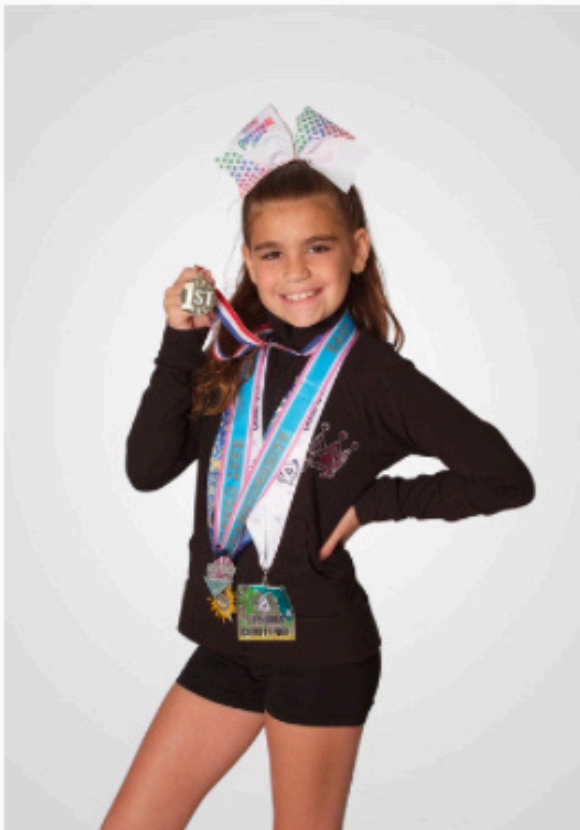
Private and late evaluations: \$65

Elite team selection closes May 30th.

Late evaluations open June 15- August 15

TEAM PLACEMENTS EXPLAINED

Premier Cheer follows the Open Series Score Sheet. When placing an athlete on a team, we assess **not just tumbling skills** but also stunts, jumps, motions and overall performance as essential components for success in a certain division or level. When evaluating athletes we take into account both their physical abilities and mental resilience. ***Moreover, we also consider the dedication of athletes and their families to practices and team activities.***



AGE
SKILL
COMMITMENT

IMPORTANT

Dates

**APRIL 1- FULL SEASON PACKET RELEASE AND EARLY
EVALUATION OPENS**

APRIL 1-15 EARLY EVAL RATES : \$50

AFTER 4/15: \$60

**SEASON 5 SPECIAL FOR ANY ATHLETES THAT HAVE BEEN
WITH PREMIER SINCE SEASON 1: \$45**

MAY 17-18 EVALUATIONS

MAY 23RD- TEAM REVEAL

MAY 28- PARENT ZOOM MEETINGS

**MAY 30TH-EARLY COMMITMENT DEADLINE
COMMIT EARLY TO WIN A FREE UNIFORM**

\$50 BY 5/30

\$75 AFTER 5/30

JUNE 2ND- 1ST WEEK OF SUMMER CAMP/ CLASSES

JUNE 10- ELITE TEAM PRACTICES BEGIN

AUGUST 12- PREP & NOVICE SEASON START