



# Welcome to Season 20!

Thank you for your interest in the Cheer Force One All Star Program! All Stars is a great experience full of life lessons to be learned, friendships to be made, and so much more. We are excited to be entering our 20th season and look forward to having you join us!

For those returning, welcome back! For those who are new to All Stars, we know it can be a bit overwhelming. This packet is designed to outline the program including general information about All Stars, overall commitment, and tentative cost. Here are the steps you need to take to join us for the 2025-2026 All Star season!

**Review the All Star Packet and ask any questions you may have.**

**Schedule Tryout in the Parent Portal for Saturday, May 17th.**

**Turn in your completed packet by Tryouts and get ready for Season 20!**

## OPTIONAL PARENT MEETING

For the 2025-2026 season, parents have the *option* to attend an in-person Parent Meeting to learn more about All Stars. This is a great opportunity to ask questions, get more information, and meet friends!  
**THURSDAY, MAY 8 @ 6:15PM**

ALL STAR DIRECTOR  
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**www.CHEER FORCE ONE.com**

# WHAT IS ALL STARS

All Stars is competitive cheerleading. Cheer Force One forms teams based on age and skill level to compete against other programs locally, regionally, and even nationally. At team practices, All Stars work on building skills over the Summer to get ready for choreography in late July. Once choreography is completed, the team continues to work on mastery of the routine to compete in the Spring.

Being part of a team and working together provides an opportunity to learn many life lessons and make new friends! The program is tiered with multiple entry points so there is a spot for everyone!

## Full Season Program (currently registering):

- **ELITE TEAMS:** These teams have the highest expectations when competing. Because these teams are most competitive, placement is selective.
- **PREP TEAMS:** These teams have fewer expectations when competing and allow for members of a multitude of experience levels.
- **TINY NOVICE:** This team is specific to the youngest members. There are limitations for this age group based on national standards.

## Half Season Program (“Rising Stars”, registration opens in August):

- These teams are formed based on age and provide an opportunity for members looking to get a taste of the All Star experience without the full season time and financial commitment.
- For the 2025-2026 season, Rising Stars will be open to birth years 2013-2022.

# TEAM PLACEMENT

Teams are formed after All Star Tryouts in May. Most All Stars fit into more than one age division (Tiny, Mini, Youth, Junior, Senior).

<b>BIRTH YEAR</b>	<b>AGE DIVISION</b>
2018-(age 4)	→ Tiny Novice
2018-2020	→ Tiny
2016-2019	→ Mini
2013-2018	→ Youth
2010-2017	→ Junior
6/1/2006-2013	→ Senior

There are multiple age grids in All Star depending on the events a program attends. The information listed is a guide and not a guarantee of placement. If you have any questions, please reach out to the All Star Director.

# ALL STAR TRYOUTS

Each All Star is evaluated at Tryouts for tumbling and jump ability. Skills are evaluated based on competition-readiness. Although skill level is a large part of team placement, it is not the only factor. Team placement is based on creating competitive teams across the program.

New for the 2025-2026 season, the Tryout experience will include a fitness component. The purpose is to evaluate an All Star's overall athleticism. Physical ability plays a key role in stunting, tumbling development, and the overall success of a competitive All Star team.

## LEVEL 1 TRYOUTS

- Jumps: Toe Touch, Pike, Hurdler (Right and Left)
- Standing Tumbling: Back Walkover-Back Walkover
- Running Tumbling: Front Walkover-Cartwheel-Back Walkover

## LEVEL 2 TRYOUTS

- Jumps: Double Toe Touch, Pike, Hurdler (Right and Left)
- Standing Tumbling: Back Walkover-Back Handspring Step Out
- Running Tumbling: Front Walkover-Round Off-Back Handspring Step Out

## LEVEL 3 TRYOUTS

- Jumps: Double Toe Touch, Pike, Hurdler (Right and Left)
- Jump-Tumble Combination: Toe Touch-Back Handspring
- Standing Tumbling: Back Walkover-Back Handspring-Back Handspring Step Out
- Running Tumbling: Front Walkover-Round Off-Back Handspring-Back Tuck

## LEVEL 4 TRYOUTS

- Jumps: Double Toe Touch, Pike, Hurdler (Right and Left)
- Jump-Combination: Toe Touch-Back Handspring-Back Tuck
- Standing Tumbling: Back Tuck, Back Handspring-Back Handspring-Back Tuck
- Running Tumbling: Round Off-Back Handspring-Layout

## LEVEL 5+ TRYOUTS

- Jumps: Double Toe Touch, Pike, Hurdler (Right and Left)
- Jump-Tumble Combination: Toe Touch-Back Tuck
- Standing Tumbling: Back Handspring-Layout
- Running Tumbling: Round Off-Back Handspring-Full

**Don't have any of the listed skills?** That's ok! We have teams for you!

**Want to get Tryout-ready?** Check out the All Star Skill Development Classes!

**Have other skills?** Attendees will have the opportunity to show us what they got!

## PRACTICES

Each All Star has two mandatory weekly practices. Team practice length and frequency varies based on team. Practices start after Memorial Day.

**ELITE/PREP TEAMS:** 2x weekly practices (2 hours each)

**TINY NOVICE:** 2x weekly practices (1 hour each)

**EVERY PRACTICE IS MANDATORY. There are not “excused” or “unexcused” absences from practice. Any absence for a school function or other required event should be communicated to the All Star Director at least 2 weeks prior to the absence. Any last-minute illness should be communicated with the All Star Director immediately.**

Specific practice days/times will be released with Team Placement information after Tryouts. If you have specific scheduling issues, these should be included in your registration packet and relayed to the All Star Director prior to Tryouts.

## COMPETITIONS

The Competition Schedule is released early each season to help families better prepare for the months to come. Although we do not expect changes to the schedule once released, unforeseen circumstances may lead to a change in event (i.e an Event Producer changes a date, cancels the event, etc.). Changes to the competition schedule are handled on a case-by-case basis.

**Every competition is required.** Unlike other sports, there is not a bench to pull in an extra teammate for a performance. Routines are choreographed to the strengths of each particular team of individuals. Any missing team member can have a detrimental effect on the success of the team as a whole. This sometimes means making travel arrangements with a teammate’s family to make sure the participant is at competition even when the family can not be there, performing under the weather, or a multitude of other unforeseen circumstances. In any situation, we do our best to find solutions to the problems that arise. In all cases, parents are expected to be part of the solution. Learning to “roll with it” is one of the great lessons All Stars can teach.

# PRICING

## Registration Fees

To be considered for the All Star program, students must be members in good standing. The Tryout fee is non-refundable (\$95). This fee is applied to your Parent Portal account once your Tryout appointment is booked. Payment is processed to the primary payment method on file.

## Monthly Fees

The All Star Tuition is a monthly fee similar to tuition for a recreational class. The monthly fee covers participation in the All Star program, team practices, and required team events (clinics, competitions, etc.). Monthly fees are billed June-April (11 months). All Stars receive a discounted rate on recreational classes. The discounted rate is based on the Tumble Academy additional class rate.

### 2025-2026 ALL STAR PRICING

**ELITE TEAMS** (Mini/Youth/Junior/Senior): \$265

**PREP TEAMS** (Tiny/Mini/Youth/Junior): \$245

**TINY NOVICE TEAMS** (Tiny): \$155

## Uniform Fees

The 2025-2026 full-season is a *NEW* uniform year! We are excited to celebrate our 20th season with a whole new look!

The uniform requirements include the Competition Uniform (top/bottom) and Competition Bow (Female athletes only). The full uniform package cost is \$425 for female athletes and \$295 for male athletes. White cheer shoes and no-show Socks are required by every All Star but are not included in the Uniform Package.

FEMALE ALL STARS: \$225 Non-Refundable Deposit (July 1) + \$200 Balance (August 1)

MALE ALL STARS: \$150 Non-Refundable Deposit (July 1) + \$145 Balance (August 1)

## Additional End of Season Fees

Elite Teams may earn bids to select end of season events. Any registration and associated fees for these events are not included in monthly fees and will be assessed in March/April 2026. Additional fundraising is available in the Spring to help offset these costs.

**All fees are subject to late fees if unpaid by the 10th of the each month.**

## IMPORTANT DATES

### May

May 17 - All Star Tryouts  
May 28/29 - First Practices

### June

June 30-July 6 - CLOSED, Summer Break

### July

June 30-July 6 - CLOSED, Summer Break

July 24-27 - Choreography, Times TBA  
\*Days vary by team\*

### August

August 11 - Mandatory Practices Start  
August 17 - Stunt Camp, Times TBA

### September

September 1 - CLOSED, Labor Day

### October

October 31 - CLOSED, Halloween

### November

November 24-28 - CLOSED, Thanksgiving

### December/January

December 22-January 2 - CLOSED, Holiday Break

### February

February 16-17 - CLOSED, Mardi Gras

\*Note: We do not close for Spring Breaks

## ADDITIONAL INFORMATION

### SPONSOR DEADLINE - NOVEMBER 1, 2025

Each season, Cheer Force One hosts various fundraisers and sponsor opportunities for families to help raise funds to offset the cost of All Star cheer. The sponsor program is a helpful tool for many of our families. After team placement, the sponsorship packet is sent to all All Star families. You can reach out to businesses, family, and friends to see if anyone is interested in sponsoring your child. A portion of the higher sponsorship levels is withheld to help cover sponsor recognition; however, a large majority goes directly to your account.

### BAND APP

Cheer Force One will primarily communicate by email and team-specific groups in the Band App. Information on how to join your team's group will be distributed with your team placement information after Tryouts. In the meantime, you can go ahead and download the Band App so you are ready to go!