 *RECREATIONAL AND ALL STAR CHEERLEADING*

*2017- 2018 Try-Out Packet* May 19th – May 21st, 2017

Thank you for your interest in the 2017 – 2018 Raleigh Elite Diamonds Recreation and All Star Cheerleading program.

As a member of a Raleigh Elite Diamonds’ team, your children will become part of a group that strives to provide an affordable competitive outlet for males and females in the sport of cheerleading. Our main focus is to teach our athletes the value of setting goals, hard work, and dedication, while allowing them to develop skills and build confidence in a fun, safe environment.

This packet is designed to give you an idea of the requirements, financial obligations and involvement needed to be a member of a Raleigh Elite Diamonds’ competitive cheer team. This information should allow you to make an educated decision about the commitment level required to be part of this program.

We look forward to having you and your child join our cheer family!

Best Regards,

Keisa M. Hudson & Kristie Jones-Davis

Owners Gym Directors

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**WHO:** We offer teams for both males and females between the ages of 5 – 18. Every child makes a team! We use the USASF age requirements along with the athlete’s previous experience to gage which group they will be working with for the upcoming season.

**USASF 2017 – 2018 Age Bracket**

**Age is determined based on the athlete’s age on 8/31/2017**

Most athletes will be placed first within their true age group and then based on their skill level. **\*RED will not have 5 teams. The plan is to have 2 – 3 teams based on age, skill and number of athletes.**

|  |  |
| --- | --- |
| Tiny | 5 - 6 years |
| Mini | 5 - 8 years |
| Youth | 6 - 11 years |
| Junior | 8 - 14 years |
| Senior | 11 - 18 years |

**WHAT:** Athletes will be evaluated based on multiple criteria:

|  |  |
| --- | --- |
| Stunting | Tumbling (Standing & Running) |
| Jumps | Dance (learned at material day) |
| Showmanship | Confidence |
| Coach-ability | Technique |

**HOW:** Register in person at our facility anytime.

* **Registration Fees:** $65 per athlete or $110 per family
* **Early Incentive Fee: First 10 Athletes to Register**

$50 per athlete or $80 per family

* **Late Registration Fee: After May 18th**

$75 per athlete or $130 per family

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**WHEN:** Material days and tryout sessions will be divided by age.

Age is determined by the athlete’s age on August 31st, 2017

**MATERIAL DAYS:**

Age 9 & Under

Dance Material Day Friday, 5/19/17 6:00pm - 7:15pm

Tumble/Stunt Material Day Saturday, 5/20/17 10:00am - 12:00pm

Ages 10 - 18

Dance Material Day Friday, 5/19/17 7:30pm - 8:45pm

Tumble/Stunt Material Day Saturday, 5/20/17 1:00pm - 3:00pm

**TRYOUT DAY:**

Age 9 & Under Sunday, 5/21/17 2:30pm – 4:30pm

Ages 10 – 18 Sunday, 5/21/17 5:00pm - 7:00pm

**\*Contact the gym @919-306-4536 or** [**raleighelitediamonds@gmail.com**](mailto:raleighelitediamonds@gmail.com) **if you cannot make these tryout dates.**

**TEAM REVEAL:**

Monday, 5/22/17 at 6:00PM

The teams reveal is tentative and subject to change. Athletes may be moved to a lower team mid-season if they aren’t performing to our standards. Prior to moving an athlete, the parent will be brought in for a meeting.

**MANDATORY PARENT MEETING & FORMS**

Team placements will be posted Monday, May 22nd after 8pm and our mandatory parent meetings will be held on Tuesday, May 23rd for returning athletes (6:00pm) and new athletes (7:00pm). All team mandatory forms and deposit must be turned in no later than May 23rd. We will be fielding teams in as many divisions as possible. Team size and level will be determined after Athlete Evaluations but is subject to change throughout the course of the season.

**PRACTICES**

Practices will begin June 4th, 2017

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Level Guidelines:

**PERFECTION before PROGRESSION**

(RO = Round off BHS = Back Handspring BWO = Back Walkover FWO = Front Walkover)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Level** | **Standing** | **Running** | **Stunting** | **Baskets** |
| Beginner  Level 1 | Forward & Backward Roll, Backbend Kick Over, Cartwheel, Handstands | Cartwheel / Round Off | Stunting on Knees, Belly Button Level, Cradles from 2 Feet | N/A |
| Advanced  Level 1 | FWO & BWO  Switch Kick BWO  Backwards Roll,  BHS with low technique | Cartwheel BWO | Transition work into below prep level height stunts | N/A |
| Beginner  Level 2 | Front & Back Handspring | RO BHS | Extension, Inverted to Below Prep Level Transitions, Barrel Rolls | Straight Ride |
| Advanced  Level 2 | BWO BHS, BHS Step Out RO BHS or Series, Straight jump connected to BHS  Switch Leg BWO BHS | RO BHS Series, FWO Through to Series, BHS Step Out Through to Series, RO Tuck, RO BHS Tuck with low technique | Half-up Extensions, Inverted to Prep Level Transitions, Assisted Tick Tocks at Prep Level, ¼ Turn Dismounts | Straight Ride with exceptional technique |
| Beginner  Level 3 | Standing 2 or 3 BHS, Jumps immediately connected to BHS | RO Tuck, RO BHS Tuck, Punch Front | Full Up Transitions to 2 feet, Release to Prep Level, Flipping Transitions, Ext. 360 | 360 Basket, Body Position Baskets with low average technique |
| Advanced  Level 3 | Jumps immediately connected to series BHS, BHS Step Out RO BHS Tuck, Aerials | Combination through to RO BHS Tuck (Punch Front pause, FWO, BHS Step Out) | Full up to one leg at prep level, Spinning Flip Transitions, Assisted Tick Tocks and switch Ups to Extended, Extreme body control when standing on one leg. | Body Position Baskets with exceptional flexibility and technique. Ball-X |

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**OFFICE USE ONLY**

Balance paid in full? \_\_\_\_\_\_\_\_

**DUE MAY 23rd**

Copy of Birth Certificate \_\_\_\_\_\_

Copy of Insurance Card \_\_\_\_\_\_\_

Signed Contract \_\_\_\_\_\_\_

**(Please attach a photo.)**

**Athlete Name Athlete Number**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age as of August 31, 2017 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DOB: \_\_\_\_\_ / \_\_\_\_\_\_ / \_\_\_\_\_\_ Grade 2017 – 2018: \_\_\_\_\_**

**School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Have you cheered before? \_\_\_\_\_\_\_ If so where? \_\_\_\_\_\_\_\_\_\_\_**

**What level is your stunting? 1 2 3 4**

**What level is your tumbling? 1 2 3 4**

**Are interested in being a crossover on another team? \_\_\_\_\_\_\_\_**

**A crossover is an athlete that competes on more than one team. This would require additional practice times, tuition costs, and crossover entry fees at competitions. Crossover fees are typically less than original entry fees, and will be paid additionally.**

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**Have you and your parent read the entire season packet? \_\_\_\_\_\_\_**

**Do you understand the billing & Attendance policy? \_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Check ALL Tumbling skills you can throw on the FLOOR & WITHOUT a Spot** | | |
| **Standing** | **Standing Tumbling** | **Running** |
| **\_\_ Cartwheel or Round off**  **\_\_ Backbend Kick Over**  **\_\_ Back Walkover**  **\_\_ Front Walkover**  **\_\_ Back Handspring (BHS)**  **\_\_ Back Handspring Series**  **\_\_ Standing Tuck** | **\_\_ Multiple Back Walkovers**  **\_\_ Multiple Front Walkovers**  **\_\_ Multiple Back Handsprings**  **\_\_ Back Walkover to BHS**  **\_\_ Two BHS to Tuck**  **\_\_ Two BHS to Layout**  **\_\_ Standing Tuck** | **\_\_ Round off(RO)**  **\_\_ FWO RO BWO**  **\_\_ RO BHS**  **\_\_ RO BHS Series**  **\_\_RO BHS to Tuck**  **\_\_ RO BHS to Layout**  **\_\_ RO BHS Full** |
| **List any specialty skills:** | | |
| **Which position do you have experience as? FLYER BASE BACKSPOT**  **What is your stunting experience? Check ALL of the stunts below that you can do.** | | |
| **\_\_ Half**  **\_\_ Cradle**  **\_\_ One legged Stunt Below Half**  **\_\_ Extension**  **\_\_ One Legged Stunt at Half**  **\_\_ Straight up Extension**  **\_\_ Cradles from Extended Level**  **\_\_ Twist up Extensions** | **\_\_ Basket Tosses**  **\_\_ Barrel Rolls**  **\_\_ Tic Tocks at Half Level**  **\_\_ Extended One Legged Stunt**  **\_\_ Full up to One Leg at Prep**  **\_\_ Spinning flip Transitions**  **\_\_ 360 Cradle**  **\_\_ Basket Tosses with Tricks**  **\_\_ 1 ½ to Prep** | **\_\_ 720 Dismounts and Baskets**  **\_\_ Tic Tocks at Extensions**  **\_\_ Switch Ups**  **\_\_ Full Up to Extension**  **\_\_ Advanced Baskets (Kick Full, 720, etc.)** |

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In the space below, please list any known or tentative dates that your child may be unavailable to practice or compete during the season. This includes any vacation dates; school cheerleading, ball game schedules, band performances, dance performances, etc.

Include weekend dates so that we may find out any competition conflicts or weekends that would require you to miss potential weekend camps/practices. Occasionally we will add weekend practices/camps to help better prepare for competition.

Competition dates will be published in August.

**\*Please update us as events are added or deleted from your child’s schedule.**