



**EXTREME SPIRIT ALLSTARZ
TRYOUT INFORMATION
2023-2024**

**Extreme Spirit
ALLSTARZ**





EXTREME SPIRIT ALLSTARZ

BUILDING CHAMPIONS ON AND OFF THE MAT

INTRO

YOU BELONG HERE

We are incredibly excited to release our information/tryout packet for the upcoming 2023-24 season. We are honored that you want to be a part of our 12th season! We have carefully put together this information packet so that you are prepared for the future!

Extreme Spirit Allstarz is known as the most successful competitive cheer & tumbling program in the area. For 11 years, ESA has helped build healthy, strong & confident athletes. Athletes learn about sportsmanship, working together towards a goal, and striving to be the best they can possibly be. The teamwork skills that athletes gain from our program is a valuable lifelong lesson. We do not just teach 'cheerleading and dance.



EXTREME SPIRIT ALLSTARZ

encourages athletes to be the best version of themselves. Athletes learn the "ESA Way" of competitive cheerleading, but they will also be given lifelong skills that will help throughout their lives. The progress that our athletes make in a positive and productive environment can be amazing. A pat on the back, a high five, and positive reinforcement can go a long way.

THE WORLD NEEDS MORE CHEER

Today, more than ever, athletes need a place to belong, a reason to persevere and feel empowered. ESA athletes, their parents and families are invited to become a part of the "CLAW CITY" tradition. We are united for our athletes, to challenge their limits and beat expectations.



CHEER TEAM INFORMATION

TEAM PLACEMENTS

EVERYONE MAKES A TEAM

During tryouts, athletes show skills they have mastered and demonstrate a potential to learn new skills. Athletes are given multiple opportunities to show skills. After tryouts, the staff will assemble team rosters for the upcoming season. There are many things that are considered when placing athletes and forming teams. Individual skills, experience and what will potentially form the most competitive and successful team. We will reveal our team rosters at "Purple Premier".

There may be athletes on any given team that tumble at different levels than the rest of their team. We try to match up the athletes by level as best as we can, but please remember that stunting, pyramids, jumps, dance, and motions are a huge factor as well. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others. Creating a team is like a giant puzzle we need to make sure we all fit together perfectly. Every athlete is placed on the team where they will be the most successful.



PRACTICES / ATTENDANCE

All teams will have a set Summer Schedule, Fall Schedule & Spring Schedule.

Summer practices are flexible with planned vacations. Please understand that team placements may be affected if your child is missing an abundance of practice days throughout our summer training.

Choreography Camp is MANDATORY. We do expect our athletes and families to make necessary adjustments to accommodate these dates.

COMPETITIVE CHEERLEADING REQUIREMENTS

SKILLS BY LEVEL

We must have a certain number of tumblers that have **MASTERED** the listed skills at a minimum to add "non-tumblers" to our teams! If your athlete does not have these skills, please do not "expect" your athlete to be placed on a certain team.

Level 1 Novice: Forward Roll, Backward Roll, Push up to a bridge, Handstand, Cartwheel.

Level 1 Prep: BWO, Cartwheel Back Walkover & Front Walkover

Level 1 Elite:

Standing Tumbling: Back Walkover Switch Leg, BWO Series

Running Tumbling: Cartwheel BWO Series, Front Walkover Cartwheel BWO/Series/Switch Leg

Level 2 & 4.2:

Standing Tumbling: Back Handspring Step-out BWO Back Handspring & Back Walkover Switch Leg BHS

Running Tumbling: Front Walkover RO Back Handspring/Series

Level 3:

Standing Tumbling: 3 BWOs & BHS Toe Touch BHS

Running Tumbling: FWO roundoff Tuck/BHS Tuck

Level 4:

Standing Tumbling: BHS/BHS Step Out Tuck & Toe Touch BHS Tuck

Running Tumbling: Punch Front step out through to layout & Roundoff Whip Tuck

Level 5:

Standing Tumbling: BHS Layout & 2 BHS to Layout

Running Tumbling: RO Whip Full & PF step out RO - Whip - Full

Level 6:

Standing Tumbling: RO BHS Double Full

Running Tumbling: Standing Full



2023-2024 POTENTIAL AGES (NOT FINAL)

Your athletes eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

Age groups are as follows:

- Tiny Novice- Born in 2016-2020
- Tiny Teams - Born in 2016-2018
- Mini Teams- Born in 2014-2017
- Youth Teams-Born in 2011-2016
- Junior Teams- Born in 2008-2015
- Senior Teams- Born in 2004-2011

- International Junior (U16) - Born in 2007-2012
- International Senior (U18) - Born in 2005-2010

2023-2024

CHEERLEADING PROGRAMS



TINY NOVICE CHEER

| 2016-2020 |



45 Min Class  1 Day per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$50

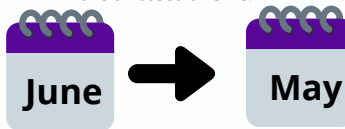
Uniform:

\$225 (same as '22-23 season)

NON TRAVEL CHEER TEAM

Ages 6 + yrs

Teams will compete in a either the novice or prep division based on skills.



1 Hour Class  1 Day per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$60

Uniform:

\$225 (same as '22-23 season)

TRAVEL CHEER TEAM

Ages 6 + yrs

Teams will compete in a division chose by our staff. This decision is based on the skills the team has.



3-4 Hours / week  2 Days per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$120 - 2 tumbling classes included.

Uniform:

\$300-600
(same as '22-23 season)

Travel Required



INFO@ESACHEER.COM



WWW.ESACHEER.COM

COMPETITIVE HIP-HOP DANCE TEAMS

2023-2024 POTENTIAL AGE GROUPS (NOT FINAL)

Your eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

Age groups are as follows:

- Tiny Novice- Born in 2016-2020
- Tiny Teams - Born in 2016-2019
- Mini Teams- Born in 2013-2018
- Youth Teams- Born in 2010-2015
- Junior Teams- Born in 2007-2013

*SENIOR ELITE HIPHOP TEAM: 2004-2011



PLACING ATHLETES ON A TEAM

The first and most important part of placing athletes on a hiphop is their birth year. We know that most athletes will fall under more than one age group and from there we place each athlete on teams based on their ability to perform, dance technique, tumbling skill & much more!

SENIOR | ELITE HIPHOP

THIS TEAM IS BY TRYOUT ONLY. We are super excited to offer this prestigious team this season and the seasons to come for all of our dancers to "look forward" too! This team will compete for BIDS an end season event.

This team will be filled with athletes who are hand selected by our staff after TRYOUTS! Everyone will not make this team, however, we will fill and create other teams for your athlete to be apart of while they work towards their goal of making our ELITE HIPHOP TEAM!

2023-2024

COMPETITIVE HIPHOP PROGRAMS



TINY HIP HOP

Ages 3-6 yrs



30 Min Class  1 Day per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$50
\$30 - Crossover from cheer

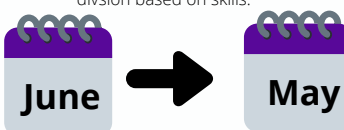
Uniform:

\$100 or less

MINI / YOUTH / JR HIP HOP

Ages 6-18 yrs

Teams will compete in a either the novice or prep division based on skills.



45 Min Class  1 Day per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$60
\$30 - Crossover from cheer

Uniform:

\$125 or less

ELITE HIPHOP

|2004-2011|

Teams will compete in a division chose by our staff. This decision is based on the skills the team has.



60 Min Class  1 Days per Week

Registration:

\$75 / athlete
\$100 / family

Monthly Tuition:

\$80
\$50 - Crossover from cheer

Uniform:

\$200 or less



INFO@ESACHEER.COM



WWW.ESACHEER.COM