

SEASON 4



**LIMITLESS
ALLSTARS**

INFORMATION PACK



June 26th Team Placement Day

Limitless Allstars is an Allstar Cheerleading program based in Teesside. We will be holding tryouts for teams that will compete in the 2021-22 season on Saturday June 26th 2021. Our program builds athletes from all ages and abilities and provides a supportive, exciting, and inclusive atmosphere. Our staff are extremely knowledgeable and passionate about our sport. Both co-owners have competed Internationally on Co-ed Level 5 & 6 teams including the Cheerleading Worlds in Florida. We have some of the best coaching staff and facilities in the area. The head coaches hold USASF (United States Allstar Federation) and BGU (Building from the Ground Up) Coaching Qualifications and have over a decade of experience each. Our dedicated Junior coaches are all competitive cheerleaders and hold BGU qualifications as well. Our facilities are second to none with a full size competitive sprung floor, fast track, and trampolines. You will not find a team of staff more experienced in coaching Allstar Cheerleading in the Teesside Area and we are excited for you to join us as we enter into our 4th season. We welcome athletes of all abilities. It is highly unlikely you will not be placed on a team.



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WHAT IS ALLSTAR CHEERLEADING?

Cheerleading did traditionally start on the sidelines of American footballs games and that aspect is still a part of the sport in the U.S., but Allstar Cheerleading is now a sport in its own right and is becoming more and more popular all over the world.

All Star cheerleading is a competitive sport that involves boys and girls performing a 2 minute and 30 second routine (some novice divisions are shorter) composed of tumbling, stunting, pyramids, dance, and cheer segments. The routine is performed and scored against other competitive teams at various local, regional, national, and worldwide competitions.

When we refer to tumbling, we mean gymnastic type skills like cartwheels and back handsprings. Stunting refers to a group of two or more individuals that elevate another cheerleader in the air.

Still confused? Youtube is a great source to see what it's all about! Search for allstar cheerleading and it will all start to make sense!





Team Placement

Allstar Cheerleading is made up of 7 Levels including co-ed(males & females) and all girl divisions. Athlete placement will be based on forming teams that can be the most successful in the 2021-22 season.

Tryouts will take place June 26th from 2:30 - 6:00pm

You can book your FREE tryout on our website www.limitlessallstars.com
Tryout times will be divided by age (Age before the 31st of August 2021):

2:30 - 4:00 pm Ages 5 - 9 years old

4:00 - 6:00pm Ages 10 +

**Ages 3 - 4 year old DO NOT need to come to team placement day, but DO need to sign up with the above link to hold your place on our Tiny aged team.*

Athletes will be asked to perform jumps, tumbling and stunts during their tryout. No experience is required and coaches will be there to help guide the athletes in what is expected.

Tryouts can be seen as a low stress training session where athletes are asked to perform skills they are already confident in and show their ability to listen and take direction well.

Stunting: You may be asked to try any of the following positions: Back spot, Base, Front Spot, or Flyer. Stunt groups will be arranged by the coaches and groups will be asked to try different skills. **STUNTS ARE A GROUP EFFORT.** No individual should worry too much if their stunt does not work well during the tryout. We are looking for your willingness to listen, take direction well, and put forth your best effort.

If you want to try out as a flyer the coaches may fly you in a stunt that they base so you can show your skills as a flyer. This does not guarantee you will be a flyer on the team for the season. Athletes should note they may start the year in one position and be asked to try other positions throughout the season. This is a team sport and the most successful individual in each position will be chosen based on the best decision for the entire team.

Video Tryouts

We encourage all athletes to attend our tryout date, but in the event you are unable to attend we will be accepting video tryouts.

Please note you will still need to book your place on the sign up link for tryouts and choose the option 'video tryout'

Below is the list of elements you need to include in your video:

Name

Birthday

Previous Cheerleading experience including what stunt position & Level

Pike Jump

Double Toe touch

All standing and running tumbling skills (please see level appropriate skills list at the bottom of the pack)

Flyers show all body positions (heel stretch, scale, scorpion, bow n' arrow)





Placement/Practice Times/Attendance

Cheerleading is a team sport that involves multiple athletes in each stunt and throughout the choreography. Your attendance is essential and determines the success of the entire team, not just the individual. A commitment to the team is a commitment for the full season. Absences may be excused or unexcused. Three or more unexcused absences within 2 months may result in losing your place on the team. A loss of money from competition fees, uniform cost, and monthly fees may result.

The Red Zone: Anytime leading up to 2 weeks before a competition and 3 weeks before a Bid Giving competition where an unexcused absence takes place may result in the athlete's immediate removal from the team.

Examples of excused absences

- Injury (May be asked to still attend & condition or stand in for skills)
- Sickness and diarrhea
- Death in the family

Examples of unexcused absences

- Birthday
- Holiday
- Not arranging for a lift in time for practice
- Death of a pet

Parents and athletes will be asked to sign a parent/athlete agreement in accordance with the above and further attendance, financial, and moral/behaviour code policies when team placements are made.

Parents/adult athletes will receive an email by Limitless Allstars to let them know which team their child is placed on. It is highly unlikely that an athlete will not be placed on a team.

Staff will build teams by level and the cheerleading age grid depending on the skill level of the athletes trying out to form the most successful teams for the season.

Age as of the 31st of August 2021:

Ages for the expected teams this season are:

- Stardust: 3-6 years Tiny prep level 1
- Sprites: 5-8 years Mini prep level 1
- Flares: 5-11 years Youth Level 1
- Shockwaves: 5-14 years junior 2
- Sky Ages: 10+ Senior Coed Level 3
- Atmosphere Born Year 2008 or earlier Open Coed Level 4



Practice times can be seen below and weekly attendance is mandatory. The timetable is subject to change after tryouts, but if this happens you will have notice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class	Sky Senior 3	Beginner Tumble	Stardust Tiny prep 1	Sprites Mini prep 1	Advanced Tumble	Beginner Tumble	Atmosphere Open Coed 4
Time	6-8:30pm	5:30-6:30pm	5-6pm	5-6pm	6-7:30pm	10-11am	Fornightly 2:30-6pm
Class		Advanced Tumble	Flares Youth 1	Shockwaves Junior 2			
Time		6:30-8:00pm	6-8pm	6-8pm			

Tumble Classes

Each team member will be required to attend their weekly training session as well as a separate tumble class based on the individuals tumble ability.

Beginner Class - Those without a back walkover and front walkover

Advanced Class - Those with forward & backwalkovers working towards all other levels

You **MUST** attend one tumble class per week. It does not have to be the same class/day each week, but it must be the correct level. The tuition for tumble class is included in the tuition for the team. It is essential to attend a tumble class for the correct ability of the athlete regardless of what level team they are on so that the athlete progresses properly through the cheerleading levels.





Tuition

While competitive cheerleading is not the least expensive sport in the market it demands a high level of knowledge and professional equipment in order to be run safely and correctly. We offer a monthly tuition price that covers most of the costs for the year. After factoring in the low coach to athlete ratio we keep, the level of experience of the coaches, the fantastic equipment we train on, and the extra fundraisers & added costs not included in tuition at other gyms we believe we offer the best value per pound.

The monthly cost remains the same from July 2021 - June 2022. This evens out to 3-5 weeks of training per month throughout the year. Any extra training sessions leading up to competitions are at no additional cost.





Team Costs for 2022

Monthly Fees:

Team	Monthly Fee	Choreo Fee	Comp Fees*	Uniform Fee	Training Hours
Stardust / Sprites	£30	£35	£110	£90 Rent £120 Own	1 hour + Tumble
Flares	£45	£35	£110	£90 Rent £120 Own	2 hours + Tumble
Shockwaves	£45	£35	£110	£90 Rent £120 Own	2 hours + Tumble
Sky	£45	£35	£90	£120 Rent £200 Own	2 hours + Tumble
Atmosphere	£45	£35	£150	£120 Rent £200 Own	7 hours Monthly + Tumble
Cross Over Fee	£15	£15	See Below		

* Subject to change as not all EP's have release pricing.

Cross over Fees for comps:

Stardust, Sprites, Flares and Shockwaves: £189 for 2 teams
 Atmosphere & Sky: £230

All team pricing includes a mandatory tumble class once a week.





List of Important Dates!

Competitions for Stardust, Sprites, Flares, Shockwaves and Sky:

22nd - 23rd January - ICC Northern Championships - Manchester

5th - 6th March - FC Circus Spectacular - Sheffield

10th April* - Cheer City Allstar Championship - Nottingham

Additional Competition for Stardust, Sprites, Flares, Shockwaves

25th June - ICE Championships - Stoke on Trent *

Competitions for Atmosphere

14th - 15th May - FC Amsterdam - Amsterdam

21st - 22nd May - FC Super Hero Challenge - Glasgow

19th June - Jamfest Europe - Liverpool

1st - 3rd July - FC Internationals - Bournemouth

Date/Time	Sat 3rd Oct.	Sat 16th Oct.
9am - 12pm		Sprites
1pm - 6pm	Sky	Atmosphere

Date/Time	Wed 27th Oct.	Thurs 28th Oct.	Fri 29th Oct.
9am - 12pm		Shockwaves	Stardust
1pm - 4pm	Flares	Flares	Shockwaves



Atmosphere Full Schedule

- 11th July 2021 - Training
- 15th August 2021 - Training
- 29th August 2021 - Training
- 5th September 2021 - Training
- 19th September 2021 - Training
- 3rd October 2021 - Training
- 16th October 2021 - Choreo 1pm - 6pm
- 17th October 2021 - Training
- 31st October 2021 - Training
- 14th November 2021 - Training
- 28th November 2021 - Training
- 12th December 2021 - Training
- 2nd January 2022 - Training
- 9th January 2022 - Training
- 30th January 2022 - Training
- 6th February 2022 - Training
- 20th February 2022 - Training
- 6th March 2022 - Training
- 20th March 2022 - Training
- 3rd April 2022 - Training
- 17th April 2022 - Training
- 24th April 2022 - Training
- 1st May 2022 - Training
- 14th - 15th May 2022 - COMPETITION - FC AMSTERDAM
- 21st- 22nd May 2022 - COMPETITION - FC SUPER HERO SPIRIT CHALLENGE - GLASGOW
- 29th May 2022 - Training
- 12th June 2022 - Training
- 19th June 2022 - COMPETITION - JAMFEST EUROPE - LIVERPOOL
- 26th June 2022 - Training
- 1st-3rd July 2022 - COMPETITION - FC INTERNATIONALS BOURNEMOUTH

