

SEASON 5



**LIMITLESS
ALLSTARS**

INFORMATION PACK



July 9th 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 2022-23 season on Saturday July 9th 2022. 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. All directors 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 5th season. We welcome athletes of all abilities. It is highly unlikely you will not be placed on a team.



f LimitlessAllstars

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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 jump 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 July 9th

Athlete placement will be based on forming teams that can be the most successful in the 2022-23 season.

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.

Tryouts will be £5 on the day cash or card. You can book your tryout place on our website www.limitlessallstars.com

Age's are determined by what age you are on August 31st 2022 NOT how old you are on the day of tryouts. If you fall into an age that can crossover into two time slots and are interested in competing on more than one team we ask that you stay for both sessions but everyone must attend the lowest age bracket they fall into. For example a 7 year old who can compete in the Mini and Youth division would stay from 11:45 - 1:15pm. This is at no additional charge.

<p>Tiny & Mini Ages 5 - 8 10am - 11:30am</p>	<p>Youth & Junior Ages 7 - 14 11:45am - 1:15pm</p>	<p>Senior Ages 11+ 1:30pm - 3:30pm</p>	<p>Open Born 2008 or earlier 3:45pm - 6:15pm</p>
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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.

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 and Date of Birth
- Any Previous Cheerleading experience including what stunt position & Level
- Jumps: Pike Jump, Double Toe touch, Herkie/hurdler
- All standing and running tumbling skills.
- Flyers show all body positions (heel stretch, scale, scorpion, bow n' arrow)





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.

We aim to offer most athletes a place on 2 teams as we strongly believe they will progress correctly in the sport when training 3 times per week. i.e 2 team practices and a tumble class.

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.

Ages for the expected teams this season are (Age as of the 31st of August 2022):

Stardust Tiny Prep Level 1 Ages 5-6	Sprites Mini Prep Level 1 Ages 5-8	Flares Youth Level 1 Ages 6-11	Shockwaves Junior Level 2 Ages 7-14	Astros Senior Prep Level 2.1 Ages 11+
Neptune Junior Level 3 Ages 7-14	Sky Senior Coed Level 3 Ages 11+	Atmosphere International Open Coed Level 4 Born 2008 or earlier	Masters Masters Level 1 Ages 17+	





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	Preschool Ages 3 - 5	Beg Tumble (age 9+)	Beg Group Stunt	Flares	Stardust	Beginner tumble (ages 5)	Solos and Duets
Time	4 - 4:45pm	4:30 - 5:30pm	4 - 4:45pm	4:30 - 6:30pm	5-6:30pm	10 - 11am	9 - 10am *biweekly
Class	Beginner Parkour	Intermediate Tumble	Sprites	Intermediate Group Stunt	Advanced Group Stunt	Recreational Cheer	Atmosphere IOC4
Time	5 - 6pm	5:30 - 7pm	4:45 - 6:15pm	5:15 - 6 :15pm	5:30 - 6:30pm	11 - 12pm	11 - 5pm *biweekly
Class	Sky Senior Coed 3	Astro Senior prep 2.1	Shockwaves	Neptune	Advanced Tumble		Open Gym
Time	6 - 8:30pm	7 - 9pm	6:15 - 8:15pm	6:30 - 8:30pm	6:30 - 8:30pm		5 - 6:30pm
Class			Masters				Advanced Parkour
Time			8:15 - 9:30pm				6:30 - 7:30pm

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

Intermediate Class - Those working back handsprings and productive round offs

Advanced Class - Those with series flicks that are working tucks and higher skills

You MUST attend the tumble class each week. 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

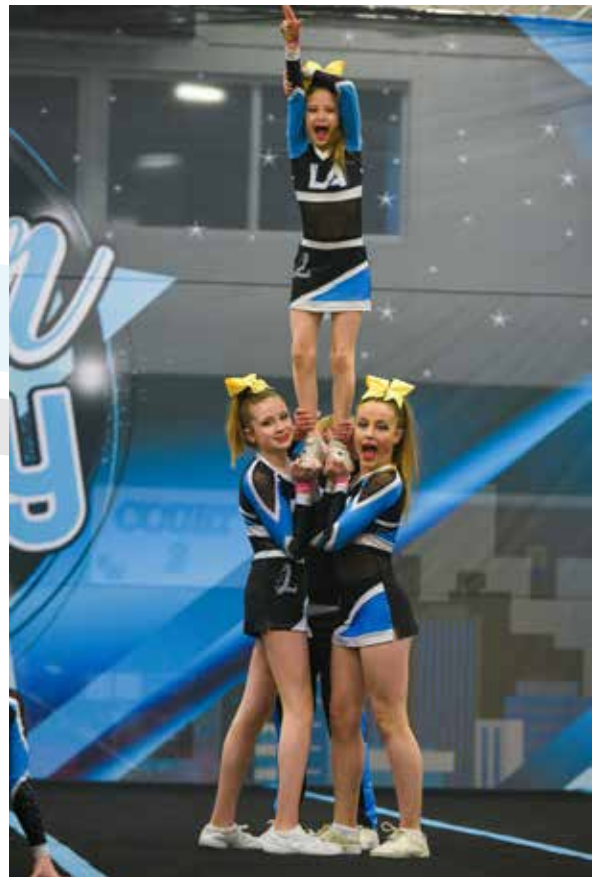
While competitive cheerleading is not the least expensive sport in the market it demands a high level of knowledge and professional equipment in order to be run safely and correctly. We offer a monthly tuition price that covers most of the costs for the year. After factoring in the low coach to athlete 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 2022 - June 2023. This evens out to 4 weeks of training per month throughout the year. Any extra training sessions leading up to competitions are at no additional cost.

Gym Closure Dates

We understand that this sport requires a higher commitment than some others and therefore are happy to announce our full year of dates the gym will be closed. This ensures that families can more easily book holidays during school breaks that team practices will not train on.

Christmas Break: Closed Dec. 24th - Jan. 1st
Easter Break: Closed April 3rd - April 15th

All other Bank Holidays and School Breaks we will continue to run teams. Please be aware this is especially important during the October Half term as this break will be when our Choreography Days take place. We are however understanding of absences during the summer holidays as we know many families do go away during this time.





Team Costs for 2023

Fees and deadlines:

Tryout Fee: £5. Payable on the day

Joining Fee: £35. Payed within 1 week of accepting your place on a team. This includes a season tshirt, choreography fee and music fee.

Monthly Fee: Varies, see below. Paid on 1st of each month via automated subscription.

Comp Fees: Varies, see below. Paid by 1st October 2022

Uniform Fees: Varies, see below. Paid by 1st November 2022

Team	Monthly Fee	Comp Fees*	Uniform Fee	Training Hours
Stardust / Sprites	£40	£155	£70 Rent £120 Own	1.5 hours + Tumble
Flares	£50	£155	£70 Rent £120 Own	2 hours + Tumble
Shockwaves	£50	£155	£70 Rent £120 Own	2 hours + Tumble
Astros	£50	£155	£70 Rent £120 Own	2 hours + Tumble
Neptune	£50	£155	£70 Rent £120 Own	2 hours + Tumble
Sky	£50	£155	£120 Rent £200 Own	2.5 hours + Tumble
Atmosphere	£60	£135	£120 Rent £200 Own	12 hours Monthly + Tumble
Masters	£30	£30	N/A	1.25 hours
Cross Over Fee	£15 - £20 pending on teams	See Below		

Cross over Fees for comps:

£230 for 2 teams. (£255 for atmosphere)

All team pricing (excluding masters) includes a mandatory tumble class once a week.



Solo's, Duets and Group stunts

In addition to the regular teams we are now offering out group stunts, solo's and duets at an additional cost of £15 per month.

A group stunt consists of 4-5 people performing non stop stunts for 90 seconds. Solos and Duets consist of a 75 second routine performing dance, tumbles, jumps and stretches.

Solo's and duets will train once every 2 weeks on Sunday mornings 10-11am

There are 3 group stunt slots available which will train each week:

Beginner Group - Wednesday 4 - 4:45pm
Intermediate Group - Thursday 5:15 - 6:15pm
Advanced Group - Friday 5:30 - 6:30pm

Competition dates are to be confirmed but they will take part during competitions athletes are already at. Prices for each comp to be confirmed but will be around £15





The SUMMIT

We are extremely excited to be taking Atmosphere our International Open Coed level 4 Team to The SUMMIT in Orlando Florida!!!

If you are interested in joining this team please read below in it's entirety!

This team is open to New member for the 22/23 Season who are ready to push themselves and make the Climb to The Summit!

Athletes must be born in 2008 or before. We are looking for those athletes with hard working attitudes, a high level of commitment, and who bring a positive energy!

Previous cheerleading experience is not required as a tumbler, but Level 4 skills are a must! These include: Standing Tuck, Standing Series to Tuck, and Running Layout up to elite passes such as Front walkover, Whip, or Punch front Step out through to Layout. For those without these level 4 skills but with a willingness and ability to learn a conditional offer of a team placement may be given.

Flyers should have at least level 2 experience and all stretches with a willingness to work outside of training hours to continue to improve their flexibility.

Bases should have at least level 2 experience and are willing to work hard at strength and conditioning outside of normal training times.

Dates:

The Summit will take place the 27th - 29th of April 2023. The team will spend a total of a week in Florida. Final dates TBC. We will be using Cheer Travel UK to book our trip and all payments will be finalized through them after tryouts. A non refundable £100 deposit will be due August 1st 2022.

The cost of the trip will be between £1200 - £1500 per person. This includes the Flight, Villa, and rental vans in Florida. The Summit entry price, any additional training and facilities in Florida, and extra Team Training kit is not included in this price. Summit Entry fee is about \$400. Fundraising will be promoted as a way of covering some of the additional costs, but ultimately it is your responsibility to pay for your place on this trip.

A commitment to the full schedule is a must. This is a team that trains hard and has high expectations. We expect our Summit athletes to be leaders in the gym and role models to the rest of the program.



List of Important Dates!

Please be aware you are responsible for getting yourself / your child to competitions.

Competitions for Stardust, Sprites, Flares, Shockwaves, Astros, Neptune & Sky:

- 4-5th Feb** - Legacy Stand Strong - Newcastle
- 25th Feb** - ICC Eastern Championships - Peterborough
- 25-26th March** - Cheer City Allstar Championship - Nottingham
- May TBC** - Future Cheer Superhero Spirit Challenge - Glasgow

The final comp of the season will either be
End of June (TBC) with Cheer City in Nottingham OR
Mid June (TBC) ICC Battle of Champions if we have won a bid in Peterborough.

Competitions for Atmosphere:

- 4-5th Feb** - Legacy Stand Strong - Newcastle
- 27-29th April** - The Summit - Florida
- May TBC** - Future Cheer Amsterdam - Amsterdam
- May TBC** - Future Cheer Superhero Spirit Challenge - Glasgow
- 17-18 June** - Jamfest Europe - Liverpool

Competition for Masters Team

- 25-26th March** - Cheer City Allstar Championship - Nottingham

Choreography Dates

Monday Oct 24th	Tuesday Oct. 25th	Wednesday Oct. 26th	Thursday Oct. 27th	Friday Oct. 28th	Sunday October 30th
Flares 9-12pm	Flares 9:30-12:30pm	Shockwaves 9-12pm	Sky 9:30 - 12:30pm	Neptune 9-12pm	Sprites 9-11:30pm
Astro 1-4pm	Shockwaves 1:30-4:30pm	Astro 1-4pm	Neptune 1:30-4:30pm	Sky 1-4pm	Atmosphere 12-5pm
				Stardust 4-6:30pm	



Atmosphere Full Schedule

- 14th August - Training
- 21st August - Training
- 28th August - Training
- 3rd September - Training * saturday
- 18th September - Training
- 2nd October - Training
- 16nd October - Training
- 30th October - Choreo - 12-5**
- 13th November - Training
- 27th November - Training
- 11th December- Training
- 8th January - Training
- 22nd January - Training
- 4-5th February - COMP Legacy Stand Strong - Newcastle**
- 19th February - Training
- 5th March- Training
- 19th March- Training
- 2nd April - Training
- 16th April - Training
- 23rd - 30th April - SUMMIT
- 7th May - Training
- TBC MAY - COMP Future Cheer Amsterdam - Amsterdam**
- TBC MAY - COMP Future Cheer Superhero Spirit Challenge - Glasgow**
- 4th June - Training
- 17-18 June - COMP Jamfest Europe - Liverpool**
- 2nd July - Training





Practice Times/Attendance/Policy Agreement

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. More than one unexcused absence may result in losing your place on the team. A loss of money from competition fees, uniform cost, and monthly fees will result.

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.

The Red Zone: Anytime leading up to 2 training sessions before a competition and 3 training sessions 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 absenses

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

Examples of unexcused absenses

- Birthday
- Holiday
- Not arranging for a lift in time for practice
- Death of a pet
- Other extra curricular activities

