



2024-2025
**ALL-STAR
TRYOUT PACKET**

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FOR MORE INFORMATION VISIT WWW.CHEERATHLETICS.COM/ROCKWALL



INTRO

You Belong Here

Celebrating over 30 seasons in the All Star industry, CA Rockwall is part of the Cheer Athletics, LLC. CA Brands is happy to have the longstanding traditions and training of Cheer Athletics in the thriving community of Rockwall, Texas. Cheer Athletics is widely noted as the most successful and competitive program of its type. CA Rockwall helps build healthy, happy and confident athletes. The life lessons are many; including sportsmanship, teamwork, time management, goal setting and striving to win! All Star cheer is an inclusive sport where every athlete can grow and find value.

Cheer Athletics Rockwall completed its inaugural season in 2023-2024. The 2024-2025 season will prove to be another opportunity for growth and success! We are honored that your athlete and family have decided to ROCK the Claw! Today, more than ever, athletes need a place to belong, a reason to persevere and feel empowered. Athletes can set and achieve goals at CA Rockwall! Our staff is committed to continuing the best of the best traditions that Cheer Athletics Rockwall is founded upon. Athletes will learn the CA way, they will be challenged to maximize their potential and will be celebrated in success.

This tryout packet includes important information to help you better understand the tryout process and the expectations of CA Rockwall athletes. Please review it carefully and note: important dates, the tryout process explanation, time commitment, and costs that are associated with being on a team at CA Rockwall.

Important Note for 2024 Tryouts

Cheer Athletics is thrilled to offer multiple locations. Each location is committed to providing the best of the best experience for your athlete and family. Athletes must select their preferred location prior to trying out. This eliminates disruption to the team selection process. If an athlete decides to tryout at a different CA location after team placement, the athletes should decline their original placement. The tryout process, including all fees, does not transfer between locations.





PLACEMENTS & PRACTICE

Tryout Process

The tryout process consists of standing tumbling, running tumbling, and a mini routine. The mini routine is a skill based routine set to music which incorporates two standing tumbling passes, a running tumbling pass, and jumps. There is no choreography to learn and athletes are prompted by the music before their incorporation begins. Athletes are given multiple opportunities to demonstrate their skill mastery over the two days. We offer multiple tryout sessions for your convenience. There is also an option to register for a private tryout.

Athletes wanting to be considered for a flyer position must attend one of our flyer tryouts (athletes born 2019-2021 do not need to attend). During the flyer tryout process athletes will be evaluated on their mastery of body positions, body control, and stunts. The level of the skill set evaluated in the air will match their current level skill set for tumbling. Participating in a flyer tryout does not guarantee a flying position on a team.

Team Placements

After the final session of tryouts, staff will assemble team rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Tumbling skills, jumps, stunting proficiency, experience, etc. will be equal consideration for athlete's final team placement. Staff will place athletes on All-Star Novice, All-Star Prep, or All-Star Elite teams based on the factors listed. After rosters are set, parents/guardians are contacted to let them know of their team placement.

Practices

Practice days and times vary depending on the program. Practice times should be consistent once set, and will only be changed under special circumstances. All teams will have choreography days during the summer. Additional practices may be scheduled during important times of the season. These practices are typically scheduled well in advance and all athletes are expected to attend.

Attendance

Attendance and full participation are what makes our teams strong and successful. We understand families may have planned vacations, school events, etc. Athletes are allowed to miss a limited number of practices per season. Athletes requesting to miss a practice will need to submit an absence request form.





PROGRAMS

All-Star Novice/Show

little to no experience



Practice Schedule

2 Hour Practice - 1 Weeknight (Novice) - June - May,
1.5 Hour practice - 1 Weeknight (Show) - June - May



Travel Level

Local competitions only - no overnight hotels needed



Financial Commitment

\$200/month (Show), \$219/month (Novice) June - May



All-Star Prep

All-Star Novice experience



Practice Schedule

1.5 Hour Practice - 2 Weeknights - June - May
Additional practices MAY be added



Travel Level

Local competitions & 1 travel within 4 hour driving distance - lodging required



Financial Commitment

\$279/month June - April



All-Star Elite

All-Star Prep or Elite experience



Practice Schedule

2 Hour Practice - 2 Weeknights - June - August 10,
1 Weeknight & 1 Sunday - August 11 - May
Additional practices WILL be added



Travel Level

Travel & lodging required



Financial Commitment

\$319/month (Tiny/Mini), \$369/month (Youth), \$389 (Junior/Senior) May - April





TRYOUT DATES

Regular Tryouts

Please [register](#) for only one session. Athletes born 2019-2021 need to attend day 1 of a session only.

Session 1

Saturday, May 18th & Sunday, May 19th

12:30 pm - 2:00 pm 2012 - 2021

2:30 pm - 4:00 pm 2011 and before

Session 2

Thursday, May 23rd & Friday May 24th

5:30 pm - 7:00 pm 2012 - 2021

7:30 pm - 9:00 pm 2011 and before

Flyer Tryouts

Please [register](#) for only one session. Athletes born 2019-2021 do not need to attend a flyer tryout session.

Session 1

Sunday, May 19th

11:30 am - 12:30 pm 2012 - 2018

4:00 pm - 5:00 pm 2011 and before

Session 2

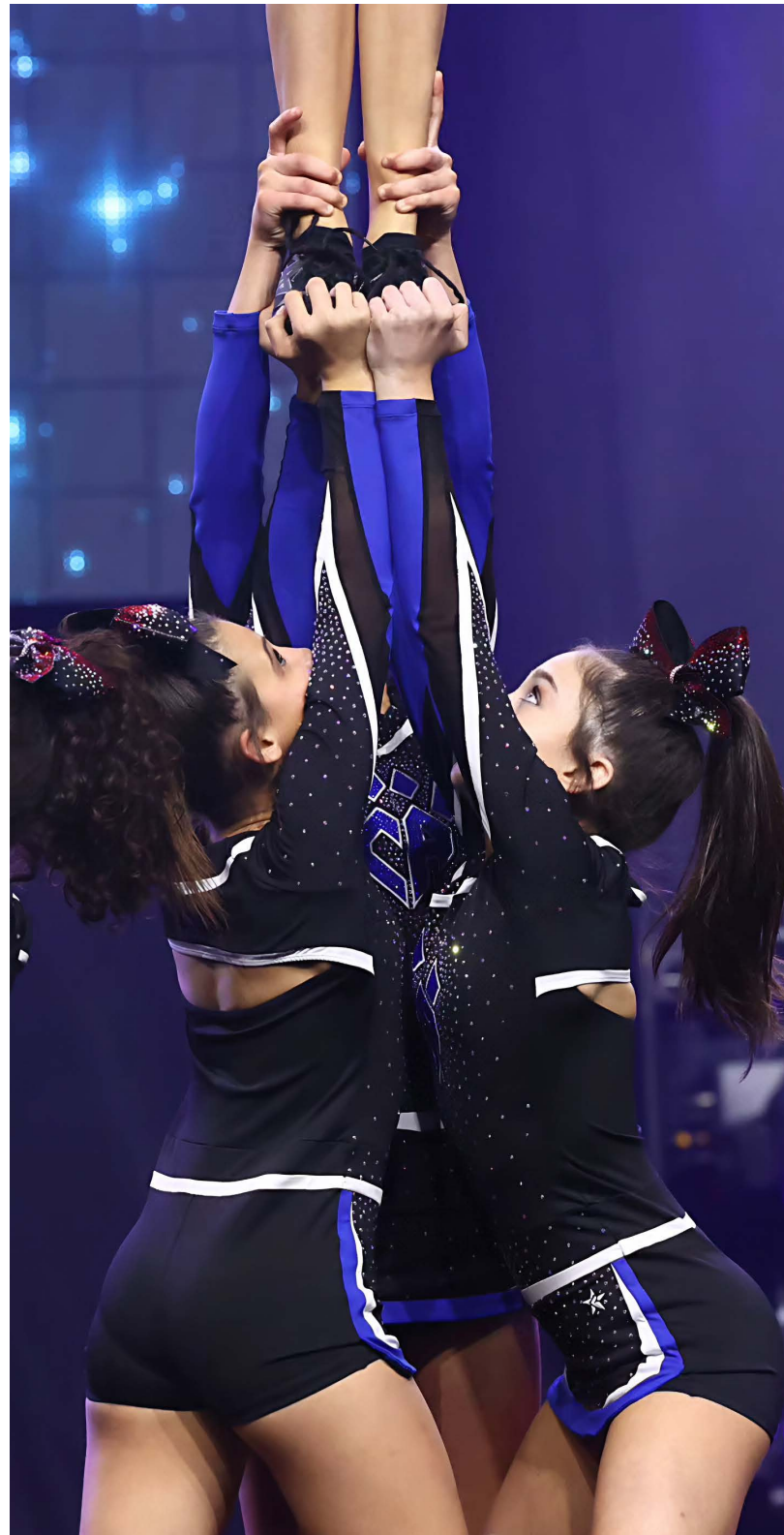
Wednesday, May 22nd

5:30 pm - 6:30 pm 2012 - 2018

6:30 pm - 7:30 pm 2011 and before



Scan to **REGISTER**





COST

Competitive cheer, while not as costly as some youth activities, can still be expensive. Before considering CA or any program, please consider the financial commitment involved. Cheer athletics has the finest staff and most up to date facilities in our sport. Although others may advertise lower rates, CA's overall value per dollar is highly competitive.

Monthly tuition covers training and most other expenses for each athlete, including, but not limited to: monthly training, Levels Camp, choreography, Blue Debut and all competition registration fees (does not include end of the year events - ex. Regional Summit, The Summit, Worlds, etc). Tuition rates do not fluctuate from month to month. Tuition does not change based on the number or length of practices in a particular month. Monthly tuition varies by location.

We offer a monthly tuition rate that covers most of the expenses for the year. During the 2024-2025 season, there will be 12 monthly charges June 2024 through May 2025. The first month's tuition will be charged on or around Tuesday, June 1. For the remaining months, tuition is processed on the first of each month. (Ex. July tuition is due on July 1, etc.)

The majority of athletes attending tryouts will be placed on a team. If CA is unable to place an athlete on a team, 100% of the tryout fee will be credited back. If an athlete declines their team placement prior to Monday, June 3, 2024 the initial months tuition will be credited back.

Tuition

Show: \$200	Elite (Tiny/Mini): \$319
Novice: \$219	Elite (Youth): \$369
Prep: \$279	Elite (Junior/Senior): \$389
	Elite (Worlds): \$389

Tryout Fees

- Tryout Fee (Register by April 30):** \$75
- All Athletes (May 1 - May 15):** \$100
- All Athletes (after May 15):** \$125
- Flyer Tryout (must also register for regular):** \$75
- Private Tryout / Video Tryout:** \$175
- Private Flyer Tryout:** \$150
- Private Tryout w/Flyer Tryout:** \$275

Additional Costs - All Teams (estimates)

- **Annual Registration Fee:** \$49/Athlete
- **Hair Accessory:** \$20+ (Varies by team)
- **Black Cheer Shoes:** \$110
- **USASF Membership:** \$49 (Due to USASF)
- **Program T-Shirt:** \$25
- **Extra Competitions**
If an extra competition is added and exceeds the budgeted amount included in the monthly tuition rate, an extra fee may be incurred. Likely less than \$150.
- **End of Season Events (All-Star Elite only)**
Teams earning bids to the end-of-season competitions (Regional Summit, The Summit, Worlds, etc.) will incur an additional registration fee and transportation fee.
- **Background Checks**
Adult Athletes (those who are 18 years and older, or will turn 18 before June 1, 2025) will incur a fee for a Background Check, payable directly to the NCSI Safe Organization.

All Star Novice/Show Team

- **Team Practice Wear:** \$80 (new design)
- **Uniform:** \$250
- **Music Fee (paid by Sept 1):** \$50/Athlete

All Star Prep

- **Team Practice Wear:** \$175
(1 new set plus 1 returning set - 2 total)
- **Uniform:** \$250
- **Music Fee (paid by Sept 1):** \$50/Athlete

All Star Elite

- **Team Practice Wear:** \$250
(1 new set plus 2 returning sets - 3 total)
- **Uniform:** \$365+
(Varies by team - due at time of ordering in July)
- **Warm Up Jacket:** \$175
- **Music Fee (paid by Sept 1):** \$100/Athlete
- **Coaches Travel Fee:** \$100



MINI ROUTINE

Skills demonstrated should be mastered with flawless or near flawless technique.

	STANDING Choose TWO Passes	RUNNING Choose ONE Pass
NOVICE	<ul style="list-style-type: none"> • Forward Roll • Fall to Bridge / Bridge Up 	<ul style="list-style-type: none"> • Cartwheel
PREP LEVEL 1	<ul style="list-style-type: none"> • Back Walkover • Front Walkover 	<ul style="list-style-type: none"> • Cartwheel - Back Walkover
PREP LEVEL 2	<ul style="list-style-type: none"> • Back Walkover • Back Handspring 	<ul style="list-style-type: none"> • Roundoff - Back Handspring
ELITE LEVEL 1	<ul style="list-style-type: none"> • Back Walkover Switch Leg • Two Back Walkovers 	<ul style="list-style-type: none"> • Cartwheel Two Back Walkovers • Front Walkover Cartwheel Back Walkover
ELITE LEVEL 2	<ul style="list-style-type: none"> • Back Handspring Step Out Back Walkover Back Handspring • Back Walkover Back Handspring Step Out Back Walkover 	<ul style="list-style-type: none"> • Flyspring/Bounder • Roundoff Two Backhandsprings • Front Walkover Round Off Back Handspring
ELITE LEVEL 3	<ul style="list-style-type: none"> • Three Back Handsprings series • Back Handspring Step Out Two Back Handsprings 	<ul style="list-style-type: none"> • Round Off Back Handspring Tuck • Front Walkover Round Off Tuck • Front Handspring Punch Front
ELITE LEVEL 4	<ul style="list-style-type: none"> • Back Handspring Tuck • Two Back Handsprings - Tuck 	<ul style="list-style-type: none"> • Round Off Back Handspring Layout • Round Off Whip Tuck • Round Off Whip to Layout
ELITE LEVEL 5	<ul style="list-style-type: none"> • Back Handspring Layout • Two Backhandsprings Layout 	<ul style="list-style-type: none"> • Round Off Back Handspring Full • Whip to Full • Punch Front Step Out to Full
ELITE LEVEL 6/7	<ul style="list-style-type: none"> • Backhandspring series Full or Double • Standing Full • Backhandspring Full 	<ul style="list-style-type: none"> • Round Off Back Handspring Full or Double Full • Arabian to Full • Punch Front Step Out to Double Full



CLOSING & IMPORTANT DATES

Calendar is subject to change with minimal notice.

Memorial Day

No practices/Gym Closed - Friday, May 24 through May 27

First Team Practices

Week of Sunday, June 2

CAP Meeting

Week of Sunday, June 2 (at the start of each session)

Levels Camp

Monday, June 24 - Thursday, June 27
Approximately 9:00 am - 4:00 pm

Independence Day

No practices Friday, June 28 - Sunday, July 7
Gym Closed Wednesday July 3 - Sunday, July 7
All teams return to regular practice schedule on Monday, July 8

Fall Practice Schedule Begins

Sunday, August 11

Labor Day

No Practices/Gym Closed - Friday, August 30 - Monday, September 2

Fall Break

No practices/Gym closed Sunday, October 13

CAP Meeting

Sunday, October 20 (at the start of each session)

Halloween

No practices/Gym closed Thursday, October 31

Blue Debut

TBD

Thanksgiving

No practices Sunday, November 24 - Saturday, November 30
ALL teams return to regular practice schedule on Sunday, December 1. *Gym closed - Wednesday, November 27 through Saturday November 30*

Winter Break

No practices Friday, December 20 - Saturday, January 4
ALL teams return to regular practice schedule on Sunday, January 5. **Please do not plan travel until your team's competition schedule is confirmed.**
Gym remains open for Special Events

Spring Break

No practices Sunday, March 16 - Saturday, March 22
ALL teams return to regular practice schedule on Sunday, March 23. *Gym remains open for classes, Open Gym, private lessons, and Special Events*

Easter

No Practices/Gym Closed - Sunday, April 20

Regional Summit

TBD

Youth Summit

Thursday, April 24 - Friday, April 25

Worlds

Friday, April 25 - Monday, April 28

The Summit

Thursday, May 1 - Monday, May 5

Last Practice for the 2024-25 Season

Thursday, May 8





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