

ALL STAR CHEERLEADERS NZ



TRYOUT INFORMATION PACK 2011

INTRODUCTION

We are delighted that you and your daughter/son are trying out for one of our elite cheerleading teams. We would like to thank you for choosing our All Star family. We are passionate about all our athletes success and our aim is for each of them to be the very best they can be. We focus not only on individual technical skills but also what we call 'spirit' which is team work, leadership, dedication, commitment, discipline, endurance and most importantly self belief. We love what we do and we realize the importance of teaching our athletes if they love and believe in what they do, they will be successful not only in cheerleading but also in any endeavour they take on.

THE ALL STAR MISSION

All Star is more than a cheerleading program, for the last 8 years our company has been dedicated to making a life-long positive impact on all of our athletes. We are very proud of the success we have had with our elite programme. In the past 2 years we have had successive wins both here in New Zealand and Internationally. Recently our biggest tour ever of nine elite teams took on the best in the USA at a number of top national and world competitions with huge success! Spirit won our first grand championship on US soil at the American Showcase Championships in Anaheim, California beating 75 other top US teams. Ponyz also took out their division at this competition continuing their unbeaten run in the junior level two division both in New Zealand and overseas! At the 2011 USASF/IASF Cheerleading Worlds Viperz finished 3rd in the Nations Cup Competition and 3rd at the ICU Cheerleading Worlds. SmartMail Team New Zealand also finished a fantastic 4th in the world at the ICU World Cheerleading Championships. With achievements like this, we know we are doing it right! Our teams have been featured on Guinness World Records, NZ's Got Talent, Telethon, Campbell Live and a host of morning shows. Our teams also perform at some of the country's biggest events such as the ANZ Netball Championships and Coca Cola Christmas in the Park. This kind of recognition and achievement is shared with no other program in NZ.

We truly are "world famous" and recognized as the best cheerleading program in the country. With so many achievements, one might believe that our program is driven on the need to win, win big and win at all costs. We know that our team members are ultimately successful even if they lose a competition. The All Star coaching philosophy is centered around our athlete's personal growth through the entire competitive experience. We ask ourselves:

"What will our athletes have gained from our program 10 years into their future?"

We hope the answer is confidence, discipline, determination, work ethics, high moral standards and the ability to overcome any obstacle. We are passionate about achieving this goal and whole heartedly committed to making it a reality. It's not just cheerleading, it's learning to be a leader in life.

WHY ALL STAR

- * **Best Coaches** – To train the best athletes we know we have to have the best coaches, which is why we bring in the best cheer & tumble coaches from America, to work along side our incredible NZ coaches. We not only have an elite cheerleading programme but we have an elite coaching programme as well. We invest in up-skilling all our coaches by attending the best American Cheerleading Conferences and having regular coach training sessions.

- * **Gym Taught Tumble** – We are very proud of the successes we have had with our tumble programme – we have taught over 50 of our elite cheerleaders to back tuck, over 100 to do back handsprings. We are also extremely proud of our elite cheerleaders that have learned full twisting layouts over 20 & still counting PLUS our 6 DOUBLES & still counting! We don't need to fill our team with ex-gymnasts like other gyms do. We believe in realising the potential and talent of every cheerleader that joins one of our teams.

* **Great Reputation** – All Star bought American cheerleading to NZ. We have been around the longest and we are of course the biggest. We have worked incredibly hard to build the All Star brand. All Star stands for professionalism, great sportsmanship, and is dedicated to providing a positive, safe and family atmosphere where all our cheerleaders can thrive and reach their potential. All Star's reputation is known throughout the world – we were of course the first international team to ever attend Worlds and have since been 3 more times. We have relationships & associations with the top companies and organisations in America and across the World - which is why All Star is the only company allowed to give bids to Worlds and why we have the exclusive right to select Team NZ the team that competes in the ICU and one day hopefully the Olympics.

All Star and its coaches are completely passionate and committed to cheerleading, our teams & the All Star brand – which is why you can trust us to deliver on all our promises!

Please read the following information carefully so that you are fully aware of the dedication, commitment and financial obligations of all cheerleaders once they make a team.

COMMITMENT

All scheduled practices, events and competitions are mandatory. A huge amount of commitment is required from those wishing to be a part of any elite team. Cheerleading is a team sport and if one team member is away formations, pyramids, stunts and various parts of the routine can not be practiced and this effects the entire team. Therefore it is important that you make cheerleading one of your highest priorities if you commit to taking a place on one of our elite teams.

We understand that different things may come up from time to time that will conflict with our schedule. We understand during school holidays that vacations and family outings are important. However, we ask that you try to work these around our scheduled breaks. Where this is not possible please advise your head coach in writing at least 1 month in advance (if possible) to allow coaches to make alterations to the schedule or the necessary adjustments. However, excessive absences will not be tolerated and may result in dismissal from the team.

The practice schedule 3 months prior to travel and any month before a competition may become more frequent. Absences during these times will not be tolerated and **WILL** result in removal from the routine.

During training all cheerleaders are expected to be self motivated and committed for the duration of the practice this includes Cheernastics classes. Experience from previous trips has taught us that having the right team attitude towards team members, coaches and practices is paramount to having a successful team. Therefore, any attitude issues or failure to perform may result in cheerleaders being asked to leave the team. We are asking for a huge commitment from cheerleaders and parents – this is not something to be taken lightly so please think very carefully about whether you can give this sort of commitment before accepting a position on the team.

TEAM LEVELS & AGE DIVISIONS

TEAM LEVEL	CHEER SKILLS / EXPERIENCE	MINIMUM TUMBLING REQUIREMENTS	TUMBLING REQUIREMENTS (To Max Out Score Sheet)
Level 1	Beginner All Star Level Basic Cheer Skill Knowledge	No Tumbling Skills Required	Forward & Backward Rolls Cartwheels Front & Back Walkovers
Level 2	Previous Cheer Experience Basic Jump & Motion Technique/Knowledge Base Extension & Low Lib	Standing Back Handspring Round off Back Handspring Series	Cartwheel Back Handspring Back Walkover Back Handspring Front Walkover Round Off Back Handspring Series
Level 3	Previous Competitive Cheer Experience Intermediate Jump & Motion Technique/Knowledge Base Extended Lib	Toe Touch Back Handspring series Round Off Back Tuck	Standing Back Handspring Step Out and/or Front Walkover Round Off Back Handspring Back Tuck
Level 4	Previous Competitive Cheer Experience Advanced Jump & Motion Technique/Knowledge Base inversions & full ups	Standing Back Tuck Standing Back Handspring Back Tuck Round off Back Handspring Layout	Standing Back Handspring Series Layout Running Whip Passes and/or Punch Fronts Ending in a Layout
Level 5	Previous Competitive Cheer Experience Elite Jump & Motion Technique/Knowledge Advanced Base Skills	Triple Toe Touch Back Tuck Standing Back Handspring Series Full Running Round Off Back Handspring Full	Standing Full Standing Series Double Full Round Off Back Handspring Double Full Elite Passes Including Whips, Punch Fronts and Arabians Ending in a Full or Double Full

FLYING POSITIONS

Cheerleaders trying out for a “flying” position will be required to show flexibility and body positions on the ground. Body positions required for a “flying” position must include a “heel stretch”, a “bow & arrow”, a “scorpion” and a “scale”. Flyers must master all body positions before being considered for a flying position in the program.

TEAM PLACEMENT

We often are asked “What skill do I need or will my daughter make a certain team?” There is no simple to answer to this as we look at a number of different factors when putting our teams together. If you have the tumble requirements set out above the answer is normally pretty easy – you will make the team that best fits your tumble ability. In other words if you want to be on the level 4 team and you don’t have a standing back tuck then you are unlikely to make that team. Of course, we take into consideration the possibility of attaining that skill. Tumbling is a major factor in placing members on a team, but competition score sheets are made up of several sections that we also consider, such as: jumps, performance ability, cheer skills and stunt technique. It is important for each member to work on all of these areas for the tryout.

There are a few exceptions to this rule. Experience, age, and stunting ability have to be taken into consideration when placing cheerleaders on a squad. Stunting is normally a big factor when we make our decisions – we look at how many team members we have on the team and how many back bases, side bases & flyers we need. For example if it is a team of 12 we will only put 3 flyers on the team, 3 back bases and 3 sets of side bases that are relatively the same size that we know will stunt well together. We do our very best to make sure everyone is placed on a team that they will enjoy. We base our decisions on what is best for the cheerleader and the team.

TEAM NOTIFICATION

Please note that athletes are not guaranteed a spot on any particular team. However, we do aim to place all athletes in the team we think they will reach their fullest potential. If you have any questions regarding team placement please email office@allstarcheerleaders.co.nz .

TRYOUTS – What to Expect

The All Star staff will conduct an individual or group evaluation. The evaluation is very informal, we will ask each Cheerleader to execute the following depending on their individual experience:

- Standing Tumbling
- Running Tumbling
- Jumps
- Motion Sequence
- Fitness

The tryout is an evaluation and is not based on a specific scoring process. We take notes during the private tryout regarding each athlete’s technique in executing the above skills. Each level of our program REQUIRES minimum skills as described on the previous page.