

CALIFORNIA FLYERS ALL STARS 2010 - 2011



NOW FORMING TEAMS

As we celebrate our 12th SEASON, our commitment to team excellence continues to elevate. This program is not just about Cheerleading; it is about life! We are about commitment, desire, dedication, goals, winning attitudes, and good sportsmanship. There is no "I" in TEAM!

Our highly trained staff is ready to commit to a season of fun, memories and great skill development! We ask that you consider our commitment level and pledge to match our enthusiasm and dedication!

CLINIC EVALUATIONS

The purpose of the **clinic evaluation** is to introduce some of the skills, styles, and moves that the students will be working this year, and for coaches to determine the placement of teams/levels. This provides you with an overview of the practices ahead. It is imperative that the participants have a deep desire to learn and work toward mastering each level of skill development, and be **OPEN TO ALL POSITIONS ON A CHEER TEAM** (flyer or base, etc.). We believe that practice makes progress, and the proper progressions pave the road to success! We will not cut anyone with the desire to learn, and we can make champions out of those that follow the rules, set goals, and strive to achieve them.

- * Must be able to **complete** required skills listed for evaluations in good form & without spotter.
- * Spotters will not be provided at evaluations.
- * Please wear appropriate workout attire, and tennis shoes (no jewelry allowed for team evaluations or practices).
- * If you cannot attend the listed times provided, you may schedule a private tryout for an additional fee before the final clinic evaluation time. See the front desk for more details.

Monday, May 3, 2010

4:00-6:00 pm

No Tumbling Required (Level 1) – All Ages
Standing Back-handspring (Level 2) – Ages 8 and under

Monday, May 3, 2010

6:30-8:30 pm

Triple Toe Touch Back-handspring Back tucks (Level 4)
Or Triple Toe Touch Back Tucks (Level 5)
-All Ages

Wednesday, May 5, 2010

5:00-7:00 pm

Standing Back-handspring (Level 2) - Ages 9+
Or Triple Toe Touch Back-handspring series (Level 3)-All Ages

*Spring training begins May 10

*Welcome Party for all California Flyers members: Sunday, May 23, 3-5:00 pm at Gymcheer USA

20724 Centre Pointe Parkway #3, Santa Clarita, CA 91350 (661) 299-6849

Website: www.californiaflyers.org Email: info@californiaflyers.org

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DUE BEFORE EVALUATION PARTICIPATION:

- Parent card
- *\$30.00 or bring Three (3) Friends and get in for FREE
- Signed release/waiver form

***Full Season REWARD** (Starlets, Starfighters, Kamikazes, X-treme):

- Bring ONE (1) FRIEND and get in FREE (cannot be a full season member from 2009-2010)

ALL-STAR CHEER DIVISIONS

SYSTEM BASED UPON THE UNITED STATES ALL STAR FEDERATION (USASF)

We will be competing in **Levels 1-5**, and therefore have requirements for each of our teams. We require that each member meet the minimum requirements that the division specifies. In the event that a student excels to a higher level (consistently in all areas of cheer) they may have an opportunity to move to a different team, or cross compete on 2 teams. On the reverse, if someone does not continue to meet the requirements of the team level, they may be placed as an alternate or put on a different team at any time until they can consistently hold their skills at the competing team level.

*The following is only a partial list of skills.

Level 1: Rolls, handstands, cartwheels, round-offs, jumps, prep levels stunts.

Level 2: Up to round off back handspring series, standing back handsprings, front handsprings etc., double/triple jumps, extended stunts and straight cradles.

Level 3: Round-off tucks, to round off back handspring tucks, front flips, etc., triple jumps into handspring series, extended one legged skills with twisting cradles.

Level 4: Layouts, multi tricks into one pass, front flip step outs, standing tucks, triple combination jumps with *at least* horizontal execution into standing back handspring tucks, twisting from all stunts (including basket tosses), and elite level skills, such as flipping and twisting stunt transitions.

Level 5: Elite level skills, such as fulls, multi twisting tricks in one pass, arabians, combination jumps with above horizontal execution into standing tucks and front tucks, double downs from all stunts (including basket tosses), and elite level skills, such as flips in stunts, double fulls etc.

** Levels can be combined to form teams. The work ethic and execution of the majority of team skills, will determine competing levels.*

** Every team is paired with the most dedicated, committed, and qualified coaches. Every team is the pride of the Company. The level of excellence is not pre-determined by the staff. It is up to the individuals on the team to make the most of every practice and train hard to improve the quality of the routine.*

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