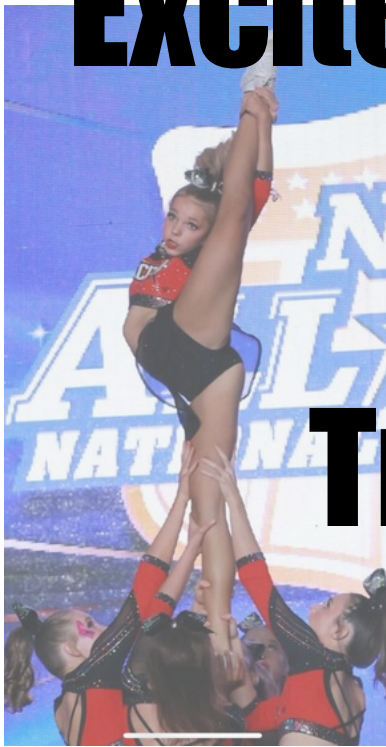
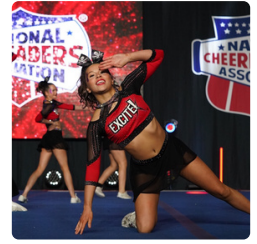
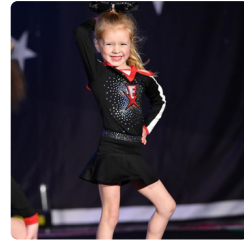


Excite! Gym and Cheer

2024-2025

Tryout Packet!





EVALUATIONS DATES

May 1st and 2nd- New Athlete Mandatory Evaluations 6pm-7:30pm

This is mandatory for New members, 23-24 half season members 23-24 Novice members that did NOT do the tryout training class Coaches will evaluate athletes to determine their classification for the 24-25 season. This has a flat rate of \$20 whether you attend one or both days. Must be enrolled.

MAY 6TH-May 16th- MANDATORY TRYOUT CLINICS

The day(s) and times your athlete will attend will be included in your classification day email. Monday & Wednesday: All Star.

Tuesday & Thursday: Novice, Prep and Premier Prep.

Week 1: Tryout Material and Tumble evaluations * Week 2: Stunt group evaluations

MAY 18TH- OFFICIAL TRYOUT DAY!

This is mandatory for all athletes wanting to be placed on team for the 24-25 season. Athletes will need to wear any red/black or white t-shirt (Excite! Shirt preferred), black shorts, white tennis shoes (cheer shoes if you have), hair in high pony tail with a bow and light make up.

Novice- arrive at 12pm

Prep- arrive at 12:30pm

Premier Prep- arrive at 1:15pm

All Star- arrive at 2:00pm

OPEN GYMS

This is a opportunity to come in extra to work on skills and tryout material.

May 4th and May 12th: 2:00pm-3:00pm

IMPORTANT DATES

May 1st – Mandatory Handbook Meeting

For all NEW parents from 6:30pm–7:00pm

May 2nd – Tryout form due

Tryout form is available at the front desk.
Deadline to turn in all athletes' information
is 4pm this day.

May 3rd – Classification Day/Decline Day

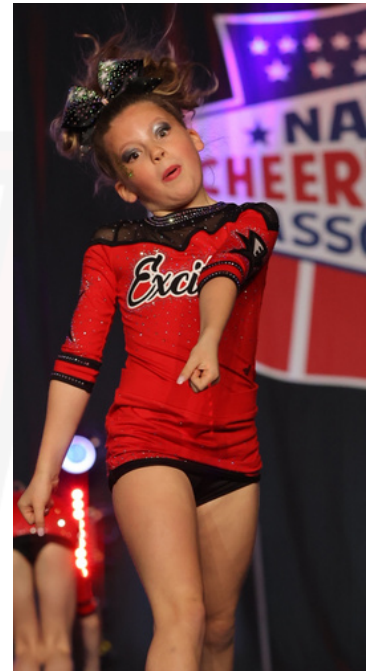
Classification emails will be sent by 2pm

Last day to decline tryouts by 5pm

May 6th– Billing Date

Amount will be in the handbook released May 1st.

Your try-out fee will be included in your full
month May drafting on May 6th.



TEAM ANNOUNCEMENTS

Excite! Email Day– Sunday May 19th

Team announcements will be sent via email
through the parent portal by 6pm. Please
make sure you have subscribed to receive
email communication from Excite!

SEASON BEGINS

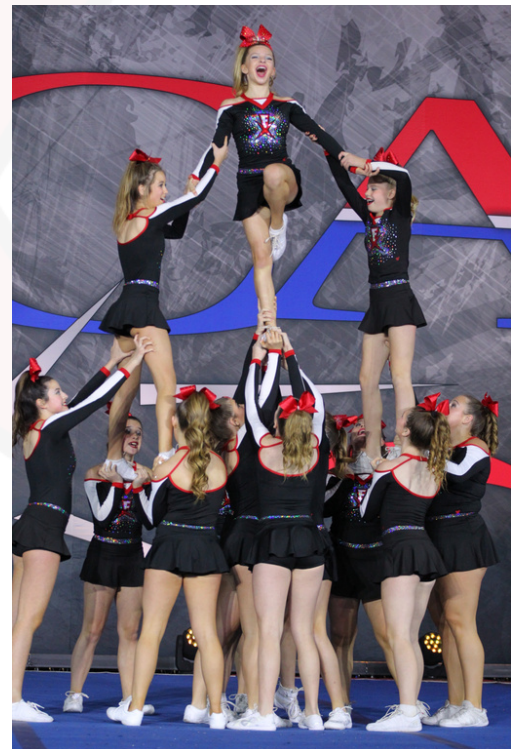
May 20th

Team practices will start!

We will also have team meet & greets this week.

Those days and times will be in your

Excite! Team Email!



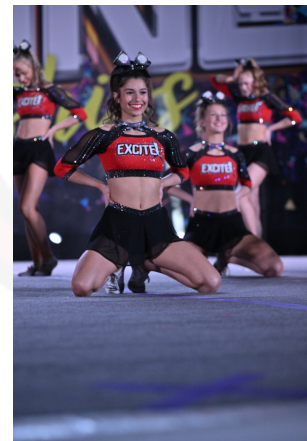
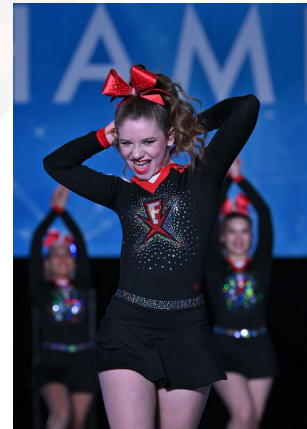
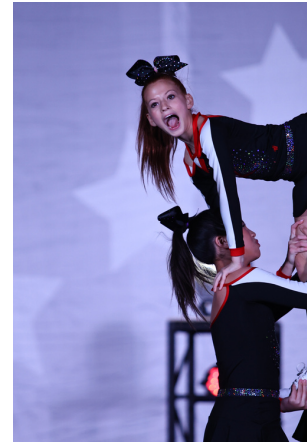
CLASSIFICATIONS

Novice: This is a great place to start for any athlete. This will help get them ready to be able to learn all of the basics of cheer. The biggest skill they learn is how to do a full routine with music. These teams perform all sections of a normal cheer routine (stunts, jumps, tumbling, dance, etc.) and will be scored/ranked by judges, however they do not compete against other teams. This team is all about having FUN!!! And Bonus, they learn all the necessary cheerleading skills to be on a competitive team some day! These teams will only practice 1 day a week, age range of teams will depend on interest but our governing body allows athletes ages 3-18 to participate in this classification.

Prep: This is great for your athlete that has started to really love cheer and wants to compete and advance their skills to the perfection level in all skills needed for premier prep! These teams will practice 2 days a week. Athletes will learn a full routine, will be judged, and will compete against other teams. This is a great step before starting All Star cheer and/or is a great fit for years to come! It helps athletes to master the basics, decide if they want to further their cheer career and they get to perform and compete around the metroplex! Age range of teams will depend on interest, but our governing body allows athletes ages 5-18 to participate in this classification.

Premier Prep: This is a great next step for your athlete that has been in prep for several seasons and is wanting to take the next step without having to commit to all that is All Star. It is the perfect in between of Prep and All Star in all aspects. This classification is one that Excite has developed. These teams will still compete as a Prep team and in Prep divisions at events but is a way to give the full experience of competition without the hours of All Star. Premier Prep athletes must have the skills to be considered for an All Star team. These teams will attend at least one National Competition (hosted locally) and other competitions in the metroplex. Age range will depend on interest, but our governing body allows athletes ages 5 to 18 to participate in this classification.

All Star: This is the main event! This is where your athlete really gets to shine and compete against top gyms from around the country! All Star is very similar to a select sport in that the time commitment increases, as well as the skills learned and the competition. At our gym, All Star also gets a lot of benefits such as attending a summer camp, travel trips and fun gifts/games during the year! If you absolutely love cheer and want to see how great you can get at it, then all-star is perfect for you! These teams will practice 5-7 hours a week which will include 30 minutes extra time to be used as needed for specific areas needing focus; tumble, jumps, conditioning and will be spread across 3 different days. This classification can have athletes from 7-18 years of age.



TUMBLING REQUIREMENTS

In order to be considered for a particular cheer level (your tumble class level is not equivalent to your Level Cheer class), you must be able to confidently complete 3 of the skills listed below without a spot and with proper technique.

NOVICE:

No skills or prior cheer knowledge required. Athletes will be able to perform skills from Forward Rolls - Back & Front Walkovers

PREP:

Preferred skills

Forward Roll	Round Off
Backward Roll	Backbend Kickover
Cartwheel	Back/Front Walkover

PREMIER PREP:

Depending on team division, athletes can perform skills from Level 1 or 2 listed below



TUMBLING REQUIREMENTS: ALL STAR

In order to be considered for a particular cheer level (your tumble class level is not equivalent to your Level Cheer class), you must be able to confidently complete 3 of the skills listed below without a spot and with proper technique.

LEVEL 1:	Valdez Back Walkover Series Back Walkover Switch Leg	Round Off Front Walkover Cartwheel Back Walkover Cartwheel Back Walkover Series
LEVEL 2:	Back Walkover Back Handspring (connected) Back Handspring Step Out, Back Walkover Back Handspring Round Off Back Handspring Series Front Walkover Round Off Back Handspring Flyspring/ Front Handspring	
LEVEL 3:	Toe Touch Back Handspring Series (connected) Round Off Back Handspring Back Tuck Front Walkover Round Off Back Handspring Back Tuck Standing Back Handspring Series Aerial or Punch Front Front Handspring Front Tuck	
LEVEL 4:	Standing Tuck Standing Back Handspring(s) Tuck Round Off Back Handspring Layout Punch Front Step Out Round Off Back Handspring Layout Round Off Whip Back Handspring to Layout Round Off Whip Tuck/Layout	
LEVEL 5:	Toe Touch Standing Tuck(connected) Round Off Back Handspring Full Standing Handspring(s) Into A Layout Specialty Tumbling Into A Full	

2024-2025 AGE GRID

The year your athlete was born is what determines their "cheer age" for the season.
Age grid is subject to change.

NOVICE/PREP

Tiny Novice: 2017-2021
Mini Novice/Prep: 2015-2019
Youth Novice/ Prep: 2012-2019
Junior Novice/Prep: 2008-2018
Senior Novice/Prep: 6/1/2005-2014

ALL STAR

Tiny All Star: 2017-2019
Mini All Star: 2015-2018
Youth All Star: 2012-2017
Junior All Star: 2009-2016
Senior All Star: 6/1/2005-2012

CONTACT INFO

For questions about tryouts, email Cheer@excitegym.com