



2023-2024
TRYOUT PACKET



Allstar cheerleading is a unisex sport in which a team performs a routine comprised of tumbling, stunting, pyramids and dance. The routine is performed on a 42×54 spring floor at local and national competitions.

What the Program Entails:

The full year all-star program fields teams of athletes ages 2-18 and ranging in levels 1-6. The season begins in May and lasts through late April. Teams are formed in order to be most competitive within a division. We form teams based off of stunts, jumps and tumbling skills.

- **Athlete Safety/Parent Roles:** The safety of all athletes is our top priority. All of our staff have up to date background check, concussion training and are USASF credentialed/cleared to train athletes. We are partnered with The Sports Compliance Company. They provide an independent hotline for athletes, families, and staff to confidentially report ethics or misconduct concerns. The hotline number is available 24/7/365 to all our members at 1-800-594-5930. They handle the intake and external investigation of concerns related to athlete safety. We all must work together as coaches and parents to see that our athletes are able to train in a safe, positive environment.
- **Time commitment:** Most teams will practice two days a week. Youngest Tiny teams will practice 1 day per week. You can expect extra practices to take place for choreography and around competition season. Attendance is incredibly important to a team's success. Athletes will be allowed to miss a limited number of practices throughout the season. Missing practice could affect an athlete's position on the team.
- **Absences:** Athletes are permitted a total of 3 absences (for any reason) between June 1 and September 1. Athletes are permitted an additional 3 absences (for any reason) from September 1 to May 1. Athletes planning to miss practice for any reason will need to email. Absences@southjerseystormallstars.com in advance. ***Please note: athletes that miss practice within one week leading up to a competition may not be able to compete at the event and their place in the routine and on the team will be in question.***
- **Competition Schedule/Travel:** The competition schedule will be released in August, 2023. Teams will attend a variety of local and out of state competitions. All athletes are expected to attend every competition. Travel cost is not included in tuition and each family is responsible for getting their athlete to and from competitions. Many of the events we attend are considered “stay to play” which require athletes to book through the sanctioned hotels. Links to those hotels will be sent out in the months leading up to the event. Athletes that do not comply with the stay to play policy may result in team disqualification.
- **End of Season Events:** All Elite teams will work to earn a bid to an end of season event. End of Season Event costs are **NOT** included in the tuition and if your team earns a bid, additional fees will apply depending on the type of bid earned.
- **Apparel:** There will be a mandatory practice wear package for all athletes. All items can be purchased in the Storm Apparel Shop. A tryout shirt is included with your Tryout Fee. All Storm logos, team logos and branding is protected and cannot be duplicated.



Things to Know

- If you have any questions or concerns that need immediate attention, please email the Allstar Directors at info@southjseresystemallstars.com.
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- If your athlete is moved to alternate status due to injury or other reasons, their tuition rate will be adjusted. Alternate athletes are expected to attend all practices. Depending on when alternate status is established, the gym may have to charge your account competition fees for your athlete to attend events.
- Crossover Policy: if you are asked to be a crossover athlete you will be responsible for the crossover fees in addition to your regular tuition.
- It is your responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- Social Media posts that are a poor representation of SJS may result in suspension or removal from the team.
- Creation of Social Media pages with team names or any representation of SJS teams is prohibited.
- Personal items such as cell phones, school bags, or gym bags must be stored on the shelving adjacent to your practice floor. NO items are to be left in the gym hallways or near the doors. We are not responsible for lost or stolen items.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST. Please feel free to talk to your coach about anything remember to do it at the appropriate time. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Athletes need to be able to physically and mentally perform all aspects of competitive cheerleading. This may require additional privates, classes, conditioning and/or practices.
- NO GOSSIP about other athletes, teams, coaches and staff.
- SJS is not a babysitting service. No child should be dropped off at the gym unsupervised or without an active enrollment in a class, private, or practice.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from a team will be dismissed from the program immediately.
- Practices may be closed to parents at any time.
- Only athletes and coaches are allowed in the gym space.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window.
- It is the parent's responsibility to know what is going on with your team. Check your emails and the team BAND regularly.
- Band and email are all potential means of communication.
- Please make sure that both parents are fully aware of the time commitment to SJS. It is unfair to the team and especially your child for practices/competitions to be used as a bargaining tool. We will make no exceptions to schedules due to co-parenting conflicts.
- Punishing your child by missing practice or a competition is not acceptable.
- Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends and athletes are not allowed to speak with competition officials for any reason. Parents are not allowed to represent SJS under any circumstances concerning accommodations, competitions or any other situation.
- There will be no arguing or questioning coaching decisions at competitions.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and your All-Star director.
- No jewelry may be worn during practices.
- SJS maintains the right to refuse services at any time.
- There will be no refunds given to any athlete who quits or is dismissed from a team.
- If an athlete quits a team, they will be responsible for a restructuring fee of \$500 (Elite and Prep) or \$250 (Tiny).
- The Allstar Directors may change, add or subtract any rule at any time.



TINY TRYOUTS

Below is information on what to expect for our tryout process, along with information for the start of the new season. The cost for the Tiny Tryout Process is \$85.

Registration Paperwork:

Register for Tryouts by visiting our website at www.southjerseystormallstars.com. If you are new to our gym, you will be prompted to create a JackRabbit account where you can enroll in the session and make payment. Once complete, you will be sent an email with specific instructions to complete an online Registration for through Cognito Forms. This form is separate from your Jack Rabbit account. Athletes must have these forms completed prior to Meet & Greet and Initial Evaluation Day.

Meet & Greet: Wednesday, May 10 4:30-5:30pm:

Athletes and families are encouraged to stop by the gym during this time to pick up their tryout shirt, meet new athletes and staff, confirm their registration, and ask any additional questions.

Tiny Tryout Evaluations: May 15-May 25:

Tiny athletes will attend the tryout sessions according to birth year. Athletes will attend both sessions and are asked to wear the tryout shirt, black shorts, sneakers with hair in a ponytail. Parents are encouraged to stay for the duration of the session.

- 2016 May 15 & May 22 4:00-5:00pm
- 2017 May 16 & May 23 4:00-5:00pm
- 2018 & 2019 May 17 & May 24 4:00-5:00pm
- 2020 May 18 & May 25 4:00-5:00pm

Team Reveals: Tuesday May 30:

Live team reveals will be held at Rastelli Kids Complex. Parents are encouraged to set up a "tailgate" in the parking lot during the designated time below. This will be a fun event to kick off the season.

- Tiny: 4:30-6:00pm

New Team Practice Schedule:

New team practices begin the week of June 5. Team practice information will be distributed at Team Reveals.

Practice Wear Apparel:

Practice wear will be available for purchase in the SJS Apparel Store located to the left of the front desk following team reveals. Athletes must purchase practice wear by June 15th. Store staff can assist in practice wear needs based on the athlete's team.

Parent Meetings:

Parent meetings will be held at the first practice of the season. Time and date details will be included in your team reveal packet!



Elite & Prep Tryouts

Below is information on what to expect for our tryout process, along with information for the start of the new season. The cost for the Elite & Prep Tryout process is \$125.

Registration Paperwork:

Register for Tryouts by visiting our website at www.southjerseystormallstars.com. If you are new to our gym, you will be prompted to create a JackRabbit account where you can enroll in the session and make payment. Once complete, you will be sent an email with specific instructions to complete an online Registration for through Cognito Forms. This form is separate from your Jack Rabbit account. Athletes must have these forms completed prior to Meet & Greet and Initial Evaluation Day.

Meet & Greet: Wednesday, May 10 5:30-8:30pm:

Athletes and families are encouraged to stop by the gym during this time to pick up their tryout shirt, meet new athletes and staff, confirm their registration, and ask any additional questions.

Initial Tryout Evaluations: Saturday, May 13:

Initial evaluations will focus on tumbling skills. Athlete should attend the Level they competed in the 2022 Season. Athlete may attend anytime within the scheduled session, giving themselves approximately 25-30 minutes to go through the stations as outlined below. This initial evaluation round will be open to parent viewing. *Previous Non-Tumble athletes should attend the level at which they are comfortable TUMBLING. Invites to Non-Tumble Level 6 training will be distributed after tumbling tryouts on this day.

- Station 1: Check In
- Station 2: Stretch
- Station 3: Warm Up with assistant staff
- Station 4: Perform tumbling skills for evaluation
 - LEVEL 1 9:00-10:30am
 - LEVEL 2 10:00-11:30am
 - LEVEL 3 11:30-1:00pm
 - LEVEL 4 & 5 1:30-3:00pm
 - LEVEL 6 3:00-4:30pm

Tryout Workouts: May 15-May 25:

After initial evaluations (May 13) athletes will continue to be evaluated in tryout workout groups May 15 – May 25. Families will receive placement emails by Sunday, May 14th confirming the workout group their athlete should attend. Athletes should wear their tryout shirt, black shorts, and hair in a high ponytail.

- Level 1- Mondays & Wednesdays, 5:00-6:30pm
- Level 2- Mondays & Wednesdays, 6:30-8:00pm
- Level 3- Tuesdays & Thursdays, 5:00-6:30pm
- Level 4- Tuesdays & Thursdays, 6:30-8:00pm
- Level 5- Tuesdays & Thursdays, 8:00-9:30pm
- Level 6- Mondays & Wednesdays, 8:00-9:30pm
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Team Reveals: Tuesday May 30:

Live team reveals will be held at Rastelli Kids Complex. Parents are encouraged to set up a “tailgate” in the parking lot during the designated times below. This will be a fun event to kick off the season.

- Level 1-3: 6:00-7:30pm
- Level 3-6: 7:30pm-9:00pm

New Team Practice Schedule:

New team practices begin May 31/June 1. Team practice information will be distributed at Team Reveals.

Practice Wear Apparel:

Practice wear will be available for purchase in the SJS Apparel Store located to the left of the front desk following team reveals. Athletes must purchase practice wear by June 15th. Store staff can assist in practice wear needs based on the athlete’s team.

Parent Meetings:

Parent meetings will be held at the first practice of the season. Time and date details will be included in your team reveal packet!



SJS All Star Tiny Program 2023-2024

The SJS Tiny Program consists of a series of teams that are built by age for athletes to be introduced to all-star cheerleading. As athletes progress through the program, proper progression is a main focus. In addition to age, teams are formed based on skill, maturity and ability to follow direction! All teams have an 11-month season with practice and competitions throughout that time. Athletes born between 2016-2020 are eligible for this program for the 2023-2024 Season.

Tiny Exhibition

- Birth Year: 2019, 2020
- 1 hour of practice per week
- 3-4 local competitions

Fees:

Registration:	\$225
Tuition (recurring x11):	\$200
Competition Fees:	\$300*

Tiny Novice 1-Day

- Birth Year: 2018, 2019
- 1 hour of practice per week, multiple days offered
- 3-4 local competitions

Fees:

Registration:	\$225
Tuition (recurring x11):	\$225
Competition Fees:	\$450*

Tiny Novice 2-Day

- Birth Year: 2017, 2018, 2019
- 2 practices per week, 1 hour each practice
- 3-4 local competitions

Fees:

Registration:	\$225
Tuition (recurring x11):	\$250
Competition Fees:	\$450*

Tiny Prep

- Birth Year: 2016, 2017, 2018
- 2 practices per week, 1.5 hours each practice
- 4-5 local competitions, 1 overnight competition

Fees:

Registration:	\$225
Tuition (recurring x11):	\$280
Climate Camp:	\$199
Competition Fees:	\$600*

Tiny Elite

- Birth Year: 2016, 2017
- 2 practices per week, 3.5 hours total
- 4-5 local competitions, 2 overnight competitions

Fees:

Registration:	\$250
Tuition (recurring x11):	\$300
Climate Camp:	\$199
Competition Fees:	\$775*

All fees are 1-time payments unless stated as recurring. *Competition Fees are subject to change based on the final competition schedule. In addition to the gym fees above, 1-time apparel fees will also be due throughout the season for uniform items.

Apparel Fees:

Uniform & Hair Accessory:

Ex-	\$260
N-1-	\$260
N-2-	\$260
Prep-	Approximately \$575
Elite-	Approximately \$575

Practice Wear:

Ex-	\$119
N-1-	\$119
N-2-	\$224
Prep-	\$224
Elite-	\$224

Sneakers:

Approximately \$125

Gift:

Exhibition through Prep-	\$50
Elite-	\$75

Lipstick:

\$15

Recurring tuition payments are due on the 1st of each month. All other fee due dates will be specified on the payment schedule in the 2023-2024 Parent Handbook.



All Star Elite Program 2023-2024

The SJS Full Year Elite Program consists of competitive teams Levels 1 through 6. Athletes are split by age and skill to form teams for the 11-month season. All teams will practice 2 days per week throughout the entire season. During the summer months practices will be on 2 weekdays. In September, one weekday practice will remain and the second practice will be moved to a weekend. Teams are also required to attend Climate Camp, a team camp at our facility.

Mini & Youth

- Birth Year: 2011-2015
- 2 practices per week, 4 hours total
- 6-8 competitions, 2 travel competitions
- 1 open tumble per week

Fees:

Registration:	\$250
Tuition (recurring x11):	\$320
Climate Camp:	\$398
Competition Fees:	\$1050*

Junior & Senior

- Birth Year: 2004-2015
- 2 practices per week, 5 hours total
- 6-8 competitions, 2 travel competitions
- 1 open tumble per week

Fees:

Registration:	\$250
Tuition (recurring x11):	\$340
Climate Camp:	\$398
Competition Fees:	\$1050*

Worlds Teams

- Birth Year: 2004-2010
- 2 practices per week, 5 hours total (Summer)
- 2 practices per week, 6 hours total (School Year)
- 6-8 competitions, 3 travel competitions

Fees:

Registration:	\$250
Tuition (recurring x11):	\$360
Climate Camp:	\$398
Competition Fees:	\$1250*

Non-Tumble Worlds Teams

- Birth Year: 2004-2010
- 2 practices per week, 5 hours total
- 6-8 competitions, 3 travel competitions

Fees:

Registration:	\$250
Tuition (recurring x11):	\$340
Climate Camp:	\$398
Competition Fees:	\$1250*

All fees above are 1-time payments unless stated as recurring. *Competition Fees are subject to change based on the final competition schedule. In addition to the gym fees above, one time apparel fees will also be due throughout the season for uniform items.

Apparel Fees

Uniform & Hair Accessory:

Mini & Youth	Approximately \$575
Junior & Senior	Approximately \$575
Worlds	Approximately \$775
Practice Wear:	\$224
Sneakers:	Approximately \$125
Gift:	\$75
Lipstick:	\$15

Recurring tuition payments are due on the 1st of each Month. All other fees due dates will be specified on the payment schedule in the 2023-2023 Parent Handbook



SJS All Star Prep Program 2023-2024

The SJS All Star Prep Program consists of competitive teams for beginner to intermediate athletes. Athletes are split by age and skill to form teams for the 11-month season. All teams will practice 2 days per week throughout the entire season. During the summer months practices will be on 2 weekdays. In September, one weekday practice will remain and the second practice will be moved to a weekend. Teams are also required to attend Climate Camp, a team camp at our facility. Levels offered in the All Star Prep divisions will range from Level 1.1 to Level 2.2.

Mini, Youth, Junior, & Senior Prep

- Birth Year: 2004-2015
- 2 practices per week, 3.5 hours total
- 5-6 local competitions, 1 overnight competition

Fees:

Registration:	\$225
Tuition (recurring x11):	\$300
Climate Camp:	\$398
Competition Fees:	\$700*

All fees are 1-time payments unless stated as recurring. *Competition Fees are subject to change based on the final competition schedule. In addition to the gym fees above, 1-time apparel fees will also be due throughout the season for uniform items.

Apparel Fees:

Uniform & Hair Accessory:	\$575
Practice Wear:	\$224
Sneakers:	Approximately \$125
Gift:	\$50
Lipstick:	\$15

Recurring tuition payments are due on the 1st of each month. All other fee due dates will be specified on the payment schedule in the 2023-2024 Parent Handbook.



Additional Expenses

- USASF Fee- \$49.99. Due by September 1 through USASF Member Portal
- Flyer Camp- All flyers will be required to attend a 3-day flyer camp in the summer.
- Flyer Stunt Classes- Flyers Level 4 through 6 will be required to attend Flyer Stunt Class weekly.
- Extra Tumble- Some athletes may be required to take an extra tumbling class if their coaches see fit.
- Gym Fundraiser- All athletes will be required to participate in one gym fundraiser per year.

Payment Schedule

All teams will follow the payment schedule below. Competition fees are split into 3 equal payments. Installment #3 may be adjusted based on the final competition schedule. All crossover fees will be paid with the competition fee installments.

Due Date	ITEM
1st Practice	Registration & Climate Camp
June 15, 2023	Monthly Fee
July 1, 2023	Monthly Fee & Practice Wear
August 1, 2023	Monthly Fee
August 15, 2023	Uniform
September 1, 2023	Monthly Fee
September 15, 2023	Comp Fee Installment #1
October 1, 2023	Monthly Fee
October 15, 2023	Comp Fee Installment #2
November 1, 2023	Monthly Fee
November 15, 2023	Comp Fee Installment #3
December 1, 2023	Monthly Fee
December 15, 2023	Gift & Lipstick
January 1, 2024	Monthly Fee
February 1, 2024	Monthly Fee
March 1, 2024	Monthly Fee
April 1, 2024	Monthly Fee



SOUTH JERSEY STORM

IMPORTANT DATES

Below are many important dates for the upcoming season. Please do your best to plan Summer Vacations around our choreography weeks. If possible, we ask that you schedule summer vacations during the scheduled gym breaks. Athletes will be permitted a **TOTAL** of 3 absences (for any reason) between June 1st and September 1st. All dates are subject to change:

May 13	Team Placements Begin
May 30	Team Reveals
May 31/June 1	Team Practices Begin
June 26-28	Climate Camp Part 1 (Elite & Prep)
July 3-4	Gym Break, no practices
July 18-20	Tiny Climate Camp
July 27-August 4	Summit & Worlds Choreography
July 27-August 4	Flyer Camp- Date TBD
August 5-13	Gym Break, no practices
August 21-24	Tiny/Mini/Youth Choreography
September 4	Labor Day, no practices
September 8-10	Climate Camp Part 2 (Elite & Prep)
October 31	Halloween, no practices
November 22-26	Gym Break, no practices
December 24-January 1	Gym Break, no practices (Worlds teams will practice 1-2x)

SJS TUMBLING SKILLS CHECKLIST

Please see the chart below for specific tumbling skills by level. Although tumbling is only ¼ of all star cheerleading, we urge our athletes to maintain a realistic outlook on their skill set. At tryouts, athletes will show their current skills and then be presented with the option of showing the next level skill set as outlined below:

LEVEL	STANDING TUMBLING	RUNNING TUMBLING
1	<ul style="list-style-type: none"> • BWO Series x 3 • Switch leg BWO • BWO 	<ul style="list-style-type: none"> • CW – BWO x 2 • FWO – CW – BWO • Round off
2	<ul style="list-style-type: none"> • BWO – BHS step out – BWO • BHS step out – BWO – BHS • BWO – BHS 	<ul style="list-style-type: none"> • FWO – RO – BHS x 2 • CW – BHS – BWO – BHS • RO – BHS step out
3	<ul style="list-style-type: none"> • BHS Series x3 • BHS step out – BHS x 2 • BWO – BHS x 2 	<ul style="list-style-type: none"> • FWO – ariel • RO – BHS step out ½ turn – RO tuck • Punch Front
4	<ul style="list-style-type: none"> • BHS step out – Tuck • Jump BHS/BHS series – tuck • BWO – tuck 	<ul style="list-style-type: none"> • Whip/ PF to Layout • Tuck thru to tuck • RO – BHS Layout
5	<ul style="list-style-type: none"> • BHS – Layout • Toe BHS x2 Layout • BHS x2 – Layout 	<ul style="list-style-type: none"> • Whip to full • Punch to full • RO BHS full
6	<ul style="list-style-type: none"> • Standing full/ BHS full • BHS series to full/Double 	<ul style="list-style-type: none"> • Specialty to full/double • Double full