



PRO SPIRIT

ATHLETICS SINCE 1996

2025/ 2026 TEAM TRYOUTS

129 Aero Country Rd. McKinney, TX. 75051

Info@pro-spirit.com | (972) 346-9010 | (469) 406-6246 (text)



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WELCOME TO PRO SPIRIT

2025 / 2026 SEASON INFORMATION

Pro Spirit has been training CHAMPIONS and proud to be celebrating 30 years! Our history is rich in honors and awards; acknowledged as being one of the BEST all-star programs in the nation. Pro Spirit takes pride in training the whole athlete: mind, body and soul. Our mission is to develop happy athletes that will grow up to be strong, healthy, positive and happy adults.

Creating the Pro Spirits' culture includes athletes, coaches and parents. Parental support is a key ingredient to the success of your child, their team and the entire Pro Spirit Program. By partnering with parents, Pro Spirit has created a very successful and competitive program. We are READY to meet you and are excited to begin the Pro Spirit journey with your athlete.



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PRO SPIRIT

2025 – 2026 SEASON INFORMATION

PROGRAM	TUITION	INCLUDED	NOT INCLUDE
ALL STAR CLICK HERE FOR ADDITIONAL DETAILS	(12) Tuition Installments \$260 (1 st of each month) (6) Competition/Music/ Choreography Fees \$260 (15 th Jul. – Dec)	<ul style="list-style-type: none"> • Practices 4 to 5 hours wk • 1 Hour Team Tumbling • 6 to 7 Competitions 	<ul style="list-style-type: none"> • Uniforms, Competition Bows, Make-Up, Shoes • Banquets, and Post Qualifiers • Nationals team athlete gifts (Up to \$75), • Summit and travel expenses. • Practice Wear
ELEVATE ELITE CLICK HERE FOR ADDITIONAL DETAILS	(12) Tuition Installments \$295 (1 st of each month)	<ul style="list-style-type: none"> • Practices 4 Hours/Wk • 1 Hour Team Tumbling • Music/Choreography • 6 Competitions with travel • Uniform Rental 	<ul style="list-style-type: none"> • Personal Package (\$180) • Competition Shoes • Banquet and Post Qualifier Competitions • Nationals Team Gifts • Uniform Cleaning \$35
ELEVATE CLICK HERE FOR ADDITIONAL DETAILS	(12) Tuition Installments \$265 (1 st of each month)	<ul style="list-style-type: none"> • Practices 3 Hours/Wk • Music/Choreography • 5 Local Competitions • Uniform Rental 	<ul style="list-style-type: none"> • Personal Package (\$165) • Banquets and Post Qualifier Competitions • Nationals Team Gifts • Uniform Cleaning \$35 • Competition Shoes
HYPE CLICK HERE FOR ADDITIONAL DETAILS	(12) Tuition Installments \$225 (1 st of each month)	<ul style="list-style-type: none"> • Practices 3 Hours/Wk • Music/Choreography • Uniform Rental 	<ul style="list-style-type: none"> • Personal Package (\$165) • Banquets and Post Qualifier Competitions • Competition Shoes • Uniform Cleaning \$35
EXHIBITION CLICK HERE FOR ADDITIONAL DETAILS	(12) Tuition Installments \$155 (1 st of each month)	<ul style="list-style-type: none"> • 1 hour Team Practices • Music/Choreography • 2 – 4 EXHIBITIONS - NO Travel • Uniform Rental 	<ul style="list-style-type: none"> • Personal Package (\$145) • Banquet and Post Qualifier Competitions • Uniform Cleaning \$35
LUCKY STARZ CLICK HERE FOR ADDITIONAL DETAILS	(9) Tuition Installments \$60 (1 st of each month) (5) Music / Choreography Fees \$25 (15 th Sept. – Jan.)	<ul style="list-style-type: none"> • 1 Team Practice / Wk • 4 to 6 EXHIBITIONS • 1 National Championship – TRAVEL REQUIRED 	<ul style="list-style-type: none"> • Competition Uniforms • Competition Bows & Make-Up • Practice Wear (\$85) • Competition Travel Costs

All Competitive Team Programs include free open gyms (excludes specialty events) and discounted additional tumbling classes. All programs (excluding exhibition) are also required to register with USASF. Tryout fee not included.



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2025 – 2026 SEASON INFORMATION

LEVELS & SKILLS GRID

LEVEL	STANDING TUMBLING	RUNNING TUMBLING	STUNTING
1	Forward/Backward Rolls, Front/Back Walkovers, Walkover Combinations	Cartwheels, Roundoffs, Front Back Walkover Combinations	Two Leg: Extensions One Leg: Below Shoulder Level & Various Level 1 Transitions
2	Single Back Handsprings, Walkover Back Handspring Combinations	Series Back handsprings, Front Back Walkover Combinations	Two Leg: Extensions One Leg: Prep Level & Various Level 2 Transitions
3	Series Back handsprings, Jump Back handspring Combinations	Back/Front Tucks (no tumbling is allowed after flip), Front Walkover Through to Back Tuck	Two Leg: Single Twist from Extensions One Leg: Straight Cradle from Extended & Various Level 3 Transitions
4	Standing Tuck, Standing Back handspring(s), to Tuck/Layout, Alternate Pass to Tuck/Layout	Layout, Front Tuck, Connected to Tumbling, Combination Passes Ending in Layout	Two Leg: Double Twist from Extension One Leg: Single Twist from Extended & Various Level 4 Transitions
5	Jumps to Tuck, Handspring to Twisting Skills	Full and Double Twists, Specialty Passes	Double Twists from Extended One Leg Stunts, Elite Transitions & Various Level 5 Transitions
6	Toe Back, Two to Full, One to Full, Toe to Full, Standing Full	Full, Specialty through to Full, Double	Full up to extended on leg stunt, Double down from one leg stunt, Full twisting tick tick to extended one leg stunt, Tick Tick body position to position high to high

Please note Pro Spirit will always do what is necessary to put the strongest teams on the competition floor. Building teams includes complex considerations and we reserve the right to void specific skill requirements to fill necessary positions.



TRYOUT SCHEDULE

SIGN UP FOR A TRYOUT SESSION

1

Our tryout sessions are 30 minute increments and are available various times in May on 5/1, 5/2, 5/3, 5/14, 5/15, 5/17. Athletes who would like to tryout for a flyer position will also attend a tryout session (scheduled separately) Sat. May 17th from 9:00 – 10:30 am.

Private evaluations are available. Please email us info@pro-spirit.com for details and cost. Go to <https://www.pro-spirit.com/signup> to schedule a tryout session.

PRO SPIRIT INFORMATION SESSIONS

2

We know that the 2025/2026 cheer season will be an exciting, fun and rewarding year. We also acknowledge that there might be additional questions during this time. Come and meet the owners and tour our gym at our Q&A sessions on Tuesday, April 22nd from 7:00 – 8:00 pm and/or on Tuesday, May 6th from 7:00 pm – 8:00 pm.

SKILLS PREP WORKSHOP (optional) – Apr. 29th & 30th , May 13th

3

Want to be extra prepared? New to the program and want to learn more? Pro Spirit is offering Tryout Prep Workshops. Each session is \$30 for pre-registration and \$35 at the door. Register online at <https://www.pro-spirit.com/signup>
FROM 5:30 PM TO 7:00 PM EACH DAY

TRYOUT CLINICS - INCLUDED IN TRYOUT COSTS

4

In preparation (and included as part of 2025/2026 tryouts) athletes are strongly encouraged to attend at least one (or all 3) clinics below to learn and review the tryout routine. Video tryout routines will be emailed 1 week prior to tryouts to registered tryout athletes. Clinics are grouped by age: see the schedule below.

Age Range	Tuesday 4/29	Wednesday 4/30	Tuesday 5/13
6 Yrs and Under	5:30 pm – 6:30 pm	5:30 pm – 6:30 pm	5:30 pm – 6:30 pm
7 - 11 Yrs	5:00 pm – 7:00 pm	5:00 pm – 7:00 pm	5:00 pm – 7:00 pm
12 Yrs and Over	7:00 pm – 8:30 pm	7:00 pm – 8:30 pm	7:00 pm – 8:30 pm