



***PRO SPIRIT***

ATHLETICS SINCE 1996

# 2023 / 2024 TEAM TRYOUTS

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# **PRO SPIRIT**

ATHLETICS SINCE 1996

# WELCOME TO PRO SPIRIT

## **2023 / 2024 SEASON INFORMATION**

Pro Spirit has been training CHAMPIONS and proud to be celebrating 28 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

## 2023 – 2024 SEASON INFORMATION

# ALL STAR

### ALL LEVELS ALL AGES

The Pro Spirit All Star team program is an all-inclusive, 12 month commitment (May to April). Athletes are committed to meeting 3 days a week. Our All Star teams are high time and commit level programs with personal and team performance accountability.

**COMPETITIONS:** Athletes attend 6 to 8 competitions throughout the season. Up to 2 competitions will require local travel. Teams compete for the ultimate competition: to be awarded a paid bid to attend the national championship year end events.

**TUITION:** Our All Star program is an annual fee split into 12 equal monthly payments. *The first payment is due in May at the time of team announcement.* The remaining 11 payments are due on the 1<sup>st</sup> of each month Jun. 2023 through Apr. 2024.

- Tuition Installments - \$250 / mth (first due at team announcements in May)
- Competition Fees - \$250 / mth Jul. 2023 through Dec. 2023 (auto drafted on the 15<sup>th</sup> of each month).

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDE IN TUITION
12 Monthly Team Practices 4 to 5 hours / wk	USASF Annual Membership Fee, paid directly to USASF
1 Hour Level Up Tumbling classes	Annual Tryout Fee \$75 due (\$100 private tryout)
Music/Choreography fee and any extra added practices	Uniforms (see front office for pricing)
6 to 8 Competitions (varied locations with possible travel)	Competition Bows, Make-Up, Shoes, Banquets, and Post Qualifiers
Free Open Gyms (excludes specialty open gyms) and discounted additional tumbling classes	Nationals team athlete gifts (Up to \$75), Summit and/or All Star World expenses.
	Practice Wear



## LEVELS 1 TO 3 ALL AGES

Pro Spirit ELEVATE ELITE program is an all-inclusive, 12 month commitment (May to April). Athletes are committed to meeting 2 days a week. Our Competitive Elite Prep team athletes will have cheer experience and preparing for an All Star program.

- Experienced athlete and Skill Requirement. (Please review level requirements in this packet)
- Medium - High financial and high time commitment
- Perfect for athletes preparing for the all-star team experience.
- 12 month program commitment
- Two 2 hr weekly team practices (please note one weekly practice likely to be on Sunday)
- 1 hour level up class

**COMPETITIONS:** Athletes attend 6 to 7 competitions throughout the season. Competitions are held at local venues with up to 2 local travel events. The ultimate goal is to receive a paid bid to US Finals.

**TUITION:** Our Elevate Elite program is an annual fee split into 12 equal monthly payments. *The first payment is due in May at the time of team announcement.* The remaining 11 payments are due on the 1<sup>st</sup> of each month Jun. 2023 through Apr. 2024.

- Tuition Installments - \$270 / mth and is inclusive of competitions fees.

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDED IN TUITION
12 Monthly Team Practices 3 Hours/Wk	USASF Annual Membership Fee paid directly to USASF
1 Hour Level Up Tumbling Class	Personal Package (\$165) – Includes Competition Bows, Make-Up, and Nationals T-Shirt.
Music/Choreography Fee, Spirit Fee and any Extra Added Practices	Banquets and Post Qualifier Competitions
6 to 7 Competitions (varied locations with up to 2 possible local travel)	Nationals Team Athlete Gifts
Free Open Gyms (excludes specialty open gyms). Discounted additional tumbling classes	Tryout Fee (\$75)
Practice Wear. Uniform Rental – tops and skirts must be returned at the end of the season.	





# PRO SPIRIT

## 2023 – 2024 SEASON INFORMATION

# ELEVATE

### LEVELS 1 TO 3 ALL AGES

Pro Spirit ELEVATE program is an all-inclusive, 12 month commitment (May to April). Athletes are committed to meeting 2 days a week. Our All Star Competitive Prep team is a medium commitment level program.

- Current/Past athletes based on skill Requirement by level (please review level requirements in tryout-packet).
- Medium financial and time commitment.
- Perfect for athletes with cheer experience not yet ready to commit to full blown elite level teams.
- June-May Commitment.
- Two 1.5 hour weekly practices during summer.
- Two 2 hour weekly practices during fall schedule to include 45 min for level up tumbling.
- 1 hour level up class

**COMPETITIONS:** Athletes attend 5 to 6 competitions throughout the season. Competitions are at local venues. The ultimate goal is to receive a paid bid to US Finals. Athletes also perform in 1 program showcase.

**TUITION:** Our Elevate program is an annual fee split into 12 equal monthly payments. *The first payment is due in May at the time of team announcement.* The remaining 11 payments are due on the 1<sup>st</sup> of each month Jun. 2023 through Apr. 2024.

- Tuition Installments - \$250 / mth and is inclusive of competitions fees.

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDED IN TUITION
12 Monthly Team Practices 3 Hours/Wk	USASF Annual Membership Fee paid directly to USASF
1 Hour Level Up Tumbling Class	Personal Package (\$165) – Includes Competition Bows, Make-Up, and Nationals T-Shirt.
Music/Choreography Fee, Spirit Fee and any Extra Added Practices	Banquets and Post Qualifier Competitions
5 to 6 Local Competitions	Nationals Team Athlete Gifts
Free Open Gyms (excludes specialty open gyms). Discounted additional tumbling classes	Tryout Fee (\$75)
Practice Wear. Uniform Rental – tops and skirts must be returned at the end of the season.	



## ALL LEVELS ALL AGES

The HYPE program gives athletes and families a glimpse into competitive cheer with less time and money. This a low commitment program. HYPE is the perfect introduction to the sport of All Star cheer and is a great way to get a taste of competitive All-Star experience!

- No Skill Requirement
- Learning based, introduction to competing
- Low-medium financial and time commitment
- June-May Commitment
- Two 1.5 hrs weekly practices

**COMPETITIONS:** Athletes attend 3 – 4 competitions throughout the season. Competitions are held at local venues, therefore no travel is required. Athletes also perform in 1 program showcase.

**TUITION:** Our Hype program is an annual fee split into 12 equal monthly payments. *The first payment is due in May at the time of team announcement.* The remaining 11 payments are due on the 1<sup>st</sup> of each month Jun. 2023 through Apr. 2024.

- Tuition Installments - \$220 / mth and is inclusive of competition fees.

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDED IN TUITION
12 Monthly Team Practices 2 Hours/Wk	USASF Annual Membership Fee, paid directly to USASF
1 Hour Level Up Tumbling Class and any extra practices added	Personal Package (\$165) – Includes Competition Bows, Make-Up, Nationals T-Shirt
Practice Wear, Uniform Rental – must be returned at the end of the season.	Banquets and Post Qualifier Competitions
4 Competitions - NO Travel	Annual Tryout Fee \$75 due (\$100 private tryout)
Free Open Gyms (excludes Specialty open gyms)	
Discounted Tumbling Classes	



# PRO SPIRIT

## 2023 – 2024 SEASON INFORMATION

# EXHIBITION

### INTRO LEVELS ALL AGES

The Exhibition program is a non-competitive Show Team. The Show Team is designed to offer a team experience for young beginners that express interest in competitive cheer. The Show Team is a 12 month total program in 2 parts: May through Aug. class program, Sept. through Apr. team program.

- No Skill Requirement
- *Learning* based & non-competitive
- Minimum financial and time commitment
- May - April commitment
- One 1.0 hour class May through Aug.
- One 1.5 weekly team practice Sept. through Apr.

**COMPETITIONS:** Athletes will exhibition in 2-3 local competitions.

**TUITION:** Our Introductory/Exhibition program is a 2 part annual program of both classes and team practices. *The first payment is due in May at the time of team announcement.* The remaining 11 payments are due on the 1<sup>st</sup> of each month Jun. 2023 through Apr. 2024. Athletes also perform in 1 program showcase.

- Class Program - \$80 / mth May 2023 through Aug. 2023
- Tuition Installments - \$175 / mth Sept. 2023 through Apr. 2024 and is inclusive of competition fees.

#### INCLUDED IN TUITION & COMP. FEES

4 Months – weekly 1 hour Class Sessions  
(May to Sept.)

8 Months – weekly 1.5 hour Team Practices  
(Sept. to Apr.)

1 Practice T-shirt

2 – 3 EXHIBITIONS - NO Travel

Discounted Extra Tumbling Classes

Uniform Rental - Tops and skirts must  
be returned at the end of the season

#### NOT INCLUDED IN TUITION

USASF Annual Membership Fee, paid  
directly to USASF

Personal Package (\$165) – Includes  
Competition Bows, Make-Up,  
Nationals T- Shirt

Banquet and Post Qualifier  
Competitions

Annual Tryout Fee \$75 due  
(\$100 private tryout)



**AGES 6 & UP**

The PS Lucky Starz are a part of the everyday happenings in our gym. These athletes are loved and accepted; like every other student that walks into Pro Spirit. These kids and families add balance and perspective to the culture that is PRO SPIRIT.

**COMPETITION:** Pro Spirit Lucky Starz teams in the past have attended NCA All-star National Championship and were awarded a SUPERIOR ranking as well as honored with the coveted NCA JACKETS and the NCA trophy.

**TUITION:** Our Lucky Starz program is an annual fee split into 10 equal monthly payments due on the 1<sup>st</sup> of each month Jul. 2023 through Apr. 2024.

- Tuition Installments - \$55 / mth Jul. 2023 through Apr. 2024
- Competition Fees - \$25 / mth Sept. 2023 through Jan. 2024 (auto drafted on the 15<sup>th</sup> of each month).

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDED IN TUITION
10 Monthly Team Practices (July to April)	Competition Uniforms
1 Team Practice / Wk	Competition Bows
3 to 5 EXHIBITIONS	Competition Make-Up
1 National Championship	Practice Wear (\$85) – with the option to purchase additional All Star Practice Wear
USASF Annual Membership Fee	Competition Travel Costs
All competition fees are waived	



**PRO SPIRIT****2023 – 2024 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: Elevator One Leg: Below Shoulder Level & Various Level 1 Transitions
2	Single Backhandsprings, Walkover Backhandspring 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 these teams is a large puzzle and we reserve the right to void specific skill requirements to fill necessary positions.**



# PRO SPIRIT

## 2023 – 2024 SEASON INFORMATION

# TRYOUT SCHEDULE

## SIGN UP FOR A TRYOUT SESSION

1

Our tryout sessions are 30 minute increments and are available various times in May on 5/13, 5/15, 5/16, 5/17. Athletes who would like to tryout for a flyer position will also attend a tryout session. (scheduled separately) Please select a tryout time based on athlete age on 5/13 and 5/16.

**TO Private evaluations are available. Please email us [info@pro-spirit.com](mailto:info@pro-spirit.com) for details and cost. Go to [www.pro-spirit.com/events](http://www.pro-spirit.com/events) to schedule a tryout session.**

2

## PRO SPIRIT INFORMATION SESSIONS

We know that the 2023/2024 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 April 27<sup>th</sup> from 6:00 – 7:00 pm and April 30<sup>th</sup> from 1:00 – 2:00 am and from 1:30 – 2:30 pm.

3

## SKILLS PREP WORKSHOP (optional) – Tues. 4/25 & Thurs. 4/27

**Want to be extra prepared? New to the program and want to learn more?** Pro Spirit is offering Tryout Prep Workshops. Each session is \$20 for pre-registration and \$25 at the door. Register online at <https://www.pro-spirit.com/signupfortryouts>  
**FROM 5:30 PM TO 7:00 PM**

4

## TRYOUT CLINICS - INCLUDED IN TRYOUT COSTS

In preparation (and included as part of the May 11<sup>th</sup>, 12<sup>th</sup> and 14<sup>th</sup> tryouts) athletes are strongly encouraged to attend at least one of the two clinics below to learn and review the tryout routine. Tryout routines will be emailed by May 5<sup>th</sup>. Clinics are grouped by age: see the schedule below.

Age Range	Tuesday 5/9	Wednesday 5/10	Thursday 5/11
6 Yrs and Under	5:00 pm – 6:00 pm	5:00 pm – 6:00 pm	5:00 pm – 6:00 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 – 9:00 pm	7:00 pm – 9:00 pm	7:00 pm – 9:00 pm