



***PRO SPIRIT***  
**2021 / 2022 TRYOUT PACKET**

129 Aero Country Rd. | McKinney, TX. 75051 | [INFO@PRO.SPIRIT.COM](mailto:INFO@PRO.SPIRIT.COM) | 972.346.9010



WELCOME TO PRO SPIRIT

## WE TRAIN YOUR ATHLETE TO BE A CHAMPION FOR LIFE!

Pro Spirit has been training CHAMPIONS and proud to be celebrating 25 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. Pro Spirits' mission is to develop strong, healthy, positive, 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.

**To REGISTER visit us at [www.pro-spirit.com](http://www.pro-spirit.com) and go to "2020 TRYOUTS"**  
129 Aero Country Rd McKinney, TX. 75071 972.346.9010 [www.pro-spirit.com](http://www.pro-spirit.com)





# ALL STAR

ALL LEVELS ALL AGES

## WHAT WE ARE LOOKING FOR

Our all-star program is reserved for athletes that meet the level requirements with mastered execution. We are looking for the athlete that will go above and beyond to improve personal skills as well as be a team contributor.

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 team requires a high time commitment to the program with personal and team performance accountability.

## COMPETITIONS

Athletes attend 6 to 8 competitions throughout the season. Most competitions are local with some travel. **Teams compete for the ultimate competition, to be awarded a paid bid to attend the national championship: The Summit.**

**\$245 / MTH TUITION**

STARTING MAY 1<sup>ST</sup> AND

**\$250 / MTH COMP FEES**

July 2021 through Dec. 2021

- 12 Monthly Team Practices 4 to 5 Hours/Wk
- 1 Hour Level Up Tumbling Class
- Music/Choreography Fee and any Extra Added Practices
- 6 to 8 Competitions (varied locations with possible travel)
- Free Open Gyms (excludes specialty open gyms) and Discounted Additional Tumbling Classes

*All Star Program tuition is drafted monthly on the 1st of every month from May 2021 (after announcements) to April 2022. Tryout Fee is \$75.*

*Existing Pro Spirit athletes receive a \$25 credit towards May tuition.*

## TUITION DOES NOT INCLUDE

- USASF Annual Membership Fee (\$35)
- Annual Tryout Fee \$75
- Uniforms if applicable (see front office for pricing).
- Competition Bows, Make-Up, Shoes, Banquets, and Post Qualifiers
- NCA Team Athlete Gifts (up to \$75)
- Summit and/or Worlds Expenses
- Practice Wear



# ELEVATE

LEVELS 1 TO 3 ALL AGES

## WHAT WE ARE LOOKING FOR

Elevate is perfect for athletes that are committed to the sport of cheer and the desire to compete. Elevate is not an entry level program so we look for athletes that have a mid-level experience skillset.

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 commit level program.

## COMPETITIONS

Athletes attend 5 to 6 competitions throughout the season. Competitions are mainly held at local venues with possible travel events. **The ultimate goal is to receive a paid bid to US Finals.**

**\$255 / MTH**

## TUITION INCLUDES

- 12 Monthly Team Practices 3 Hours/Wk
- 1 Hour Level Up Tumbling Class
- Music/Choreography Fee, Spirit Fee and any Extra Added Practices
- 5 to 6 Competitions (varied locations with possible travel)
- Free Open Gyms (excludes specialty open gyms)
- Discounted Additional Tumbling Classes
- Practice Wear
- **Uniform Tops Rental – must be returned at the end of the season.**

***Elevate Program tuition is drafted monthly on the 1st of every month from May 2021 (after announcements) to April 2022.***

***Tryout Fee is \$75. Existing Pro Spirit athletes receive a \$25 credit towards May tuition.***

## TUITION DOES NOT INCLUDE

- USASF Annual Membership Fee (\$35)
- Uniform Rental Package (\$165) – Includes Competition Bows, Make-Up, Nationals T-Shirt and Uniform Bottoms.
- Banquets and Post Qualifier Competitions
- NCA Team Athlete Gifts
- Annual Tryout Fee \$75



# HYPE

ALL LEVELS ALL AGES

## WHAT WE ARE LOOKING FOR

We are looking for athletes that can believe in coaching, learn commitment, believe in their peers and gym, and believe that hard work gets results.

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 the All-Star experience!

## COMPETITIONS

Athletes attend 4 competitions throughout the season.

Competitions are held at local venues, therefore no travel is required.

## \$215 / MTH TUITION INCLUDES

- 12 Monthly Team Practices 2 Hours/Wk
- Any Extra Practices Added
- 1 Hour Level Up Tumbling Class
- 2 Practice Wear Outfits
- Competition Uniform Top
- 4 Competitions - NO Travel
- Free Open Gyms (excludes specialty open gyms)
- Discounted Tumbling Classes
- **Uniform Tops Rental – must be returned at the end of the season.**

*Hype Program tuition is drafted monthly on the 1st of every month from May 2021 (after announcements) to April 2022. Tryout Fee is \$75. Existing Pro Spirit athletes receive a \$25 credit towards May tuition.*

## TUITION DOES NOT INCLUDE

- USASF Annual Membership Fee (\$35)
- Uniform Rental Package (\$165) – Includes Competition Bows, Make-Up, Nationals T-Shirt and Uniform Bottoms. Banquets and Post Qualifier Competitions
- Annual Tryout Fee \$75



# TINY EXHIBITION

LEVEL 1 AGES 4 TO 6

## WHAT WE ARE LOOKING FOR

Athletes that are interested in participating in a fun, stress free program. We want athletes that: will listen to coaching, follow instructions, get along with peer athletes , are willing to participate and learn and **WANT TO HAVE FUN WITH FRIENDS !!!**

The Tiny Exhibition program is a non- competitive Show Team. The Show Team is designed to offer a team experience for young beginners that show interest in competitive cheer. The Show Team is a 7- month program for athletes 4-6 years old.

## COMPETITIONS

Athletes will practice once a week and exhibition in 2-3 local competitions.

## \$170 / MTH TUITION INCLUDES

- 8 Monthly Team Practices (Sept. to Apr.)
- 1 Team Practice /Wk
- 1 Practice T-shirt
- 2 – 3 EXHIBITIONS - NO Travel
- Discounted Extra Tumbling Classes
- **Uniform Tops Rental – must be returned at the end of the season.**

*Hype Program tuition is drafted monthly on the 1st of every month from Sept 2021 to April 2022. Tryout Fee is \$75. Existing Pro Spirit athletes receive a \$25 credit towards May tuition.*

## TUITION DOES NOT INCLUDE

- USASF Annual Membership Fee (\$35)
- Uniform Rental Package (\$165) – Includes Competition Bows, Make-Up, Nationals T- Shirt and Uniform Bottoms. Banquets and Post Qualifier Competitions
- Banquets
- \$75 Annual Tryout Fee





# LUCKY STARZ

AGES 6 AND UP

## WHAT WE ARE LOOKING FOR

Our Special Athletes program started in the summer of 2006 and was one of the **FIRST SPECIAL NEEDS ALL-STAR TEAMS IN TEXAS!** From the beginning, we have always believed that all athletes can achieve greatness if given the opportunity and this team is no different. 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.

## COMPETITIONS

The Pro Spirit Lucky Starz team 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.

## \$45 / MTH TUITION INCLUDES

- 10 Monthly Team Practices (July to April)
- 1 Team Practice / Wk
- 3 to 5 EXHIBITIONS
- 1 NCA National Championship
- USASF Annual Membership Fee
- All competition fees are waived

*Program tuition is drafted monthly on the 1st of every month from July 2021 to April 2022. Tryout Fee is \$75. Existing Pro Spirit athletes receive a \$25 credit towards May tuition.*

## TUITION DOES NOT INCLUDE

- Competition Uniforms
- Competition Bows
- Competition Make-Up
- Practice Wear (\$85) – with the option to purchase additional All Star Practice Wear



# LEVELS AND 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 Backhandsprings, Front Back Walkover Combinations	Two Leg: Extensions One Leg: Prep Level & Various Level 2 Transitions
3	Series Backhandsprings, Jump Backhandspring 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 Backhandspring(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





# TRYOUT SCHEDULE

## PRO SPIRIT INFORMATION SESSIONS

1

We know that the 2021/2022 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 session on April 24<sup>th</sup> from 1:00 – 2:00 pm and May 5<sup>th</sup> from 6:00 – 7:00 pm.

*Private evaluations are available. Please email us [info@pro-spirit.com](mailto:info@pro-spirit.com) for details and cost.*

## SKILLS PREP WORKSHOP (optional) – 5/3, 5/5, 5/7, 5/10

2

*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/event-details/skills-prep-workshop>

**FROM 5:30 PM TO 7:00 PM**

## TRYOUT CLINICS

### INCLUDED IN TRYOUT COSTS

3

In preparation (and included as part of the May 15th 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 on Monday, May 10th. Clinics are grouped by age: see the schedule below.

Age Range	Wednesday 5/12	Thursday 5/13
6 Yrs and Under	5:00 pm – 6:00 pm	5:00 pm – 6:00 pm
7, 8, 9 and 10 Yrs	5:00 pm – 7:00 pm	5:00 pm – 7:00 pm
11 Yrs and Older	7:00 pm – 9:00 pm	7:00 pm – 9:00 pm

**TO SCHEDULE TRYOUT GO TO :**

<https://www.pro-spirit.com/event-details/pro-spirit-2021-2022-tryouts>



# TUITION AND FINANCIALS

## ALL STAR

- \$245 per month, 12 months from May 2021 to April 2022 (drafted on the 1st of each month)
- \$250 per month for 6 months from July 2021 to Dec 2021 (drafted on 15th of each month)
- Practice Wear – One Time \$200 total
- Uniform , Warm Up, Backpack, Competition Bows, Make-Up, Shoes and Banquets, Dinners, Post Season Qualifiers, NCA Team Athlete Gifts – (varies on pieces and team, see front office for pricing)

## ELEVATE – Competition Fees and Practice Wear Inclusive in Tuition

- \$255 per month, 12 months from May 2021 to April 2022
- Uniform , Warm Up, Backpack, Competition Bows, Make-Up, Shoes and Banquets, Dinners, Post Season Qualifiers, NCA Team Athlete Gifts – (varies on pieces and team, see front office for pricing)
- Personal Items

## HYPE – Exhibition Fees Inclusive in Tuition

- \$215 per month, 12 months from May 2021 to April 2022
- Uniform , Warm Up, Backpack, Competition Bows, Make-Up, Shoes and Banquets, Dinners, Post Season Qualifiers, NCA Team Athlete Gifts – (varies on pieces and team, see front office for pricing)

## TINY – Exhibition Fees Inclusive in Tuition

- \$80 per month 3 months from May 2021 to July 2021 (strongly suggested)
- \$170 per month, 8 months from September 2021 to April 2022

## LUCKY STARZ

- \$45 per month, 10 months from July 2021 to April 2022
- Uniform , Warm Up, Backpack, Competition Bows, Make-Up, Shoes and Banquets, Dinners, Post Season Qualifiers, NCA Team Athlete Gifts – (varies on pieces and team, see front office for pricing)