



PRO SPIRIT

ATHLETICS SINCE 1996

2024 / 2025 TEAM TRYOUTS

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ATHLETICS SINCE 1996

WELCOME TO PRO SPIRIT

2024 / 2025 SEASON INFORMATION

Pro Spirit has been training CHAMPIONS and proud to be celebrating 29 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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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 and 1 program showcase throughout the season. Up to 2 competitions will require local travel. Teams compete for the ultimate competition: to be awarded a 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 1st of each month Jun. 2024 through Apr. 2025.

- Tuition Installments - \$255 / mth (first due at team announcements in May)
- Competition Fees - \$250 / mth Jul. 2024 through Dec. 2024 (auto drafted on the 15th of each month).

INCLUDED IN TUITION & COMP. FEES

12 Monthly Team Practices 4 to 5 hours / wk

1 Hour Level Up Tumbling classes (Level up tumbling may be used as extra practice time during competition season)

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

NOT INCLUDE IN TUITION

USASF Annual Membership Fee, paid directly to USASF

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

Uniforms (see front office for pricing)

Competition Bows, Make-Up, Shoes, Banquets, and Post Qualifiers

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 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 and 1 program showcase throughout the season. Competitions are held at local venues with up to 2 local travel events. The ultimate goal is to attend 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 1st of each month Jun. 2024 through Apr. 2025.

- Tuition Installments - \$275 / mth and is inclusive of competitions fees.

INCLUDED IN TUITION & COMP. FEES

12 Monthly Team Practices 4 Hours/Wk

1 Hour Level Up Tumbling Class

(Level up tumbling may be used as extra practice time during competition season)

Music/Choreography Fee, Spirit Fee and any Extra Added Practices

6 to 7 Competitions (varied locations with up to 2 possible local travel)

Free Open Gyms (excludes specialty open gyms). Discounted additional tumbling classes

Practice Wear. 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 (dependent on producer)

Personal Package (\$180) – Includes Competition Bows, Make-Up, and Nationals T-Shirt.

Banquets and Post Qualifier Competitions

Nationals Team Athlete Gifts

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



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 Elevate 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.
- 12 month program commitment.
- Two 2 hour weekly practices to include 30 - 45 min for level up tumbling.

COMPETITIONS: Athletes attend 5 to 6 competitions and 1 program showcase throughout the season. Competitions are at local venues. The ultimate goal is to attend US Finals.

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 1st of each month Jun. 2024 through Apr. 2025.

- Tuition Installments - \$255 / mth and is inclusive of competitions fees.

INCLUDED IN TUITION & COMP. FEES

NOT INCLUDED IN TUITION

12 Monthly Team Practices 3 Hours/Wk

Music/Choreography Fee, Spirit Fee and any Extra Added Practices

5 to 6 Local Competitions

Free Open Gyms (excludes specialty open gyms). Discounted additional tumbling classes

Practice Wear. Uniform Rental – tops and skirts must be returned at the end of the season.

USASF Annual Membership Fee paid directly to USASF

Personal Package (\$180) – Includes Competition Bows, Make-Up, and Nationals T-Shirt.

Banquets and Post Qualifier Competitions

Nationals Team Athlete Gifts

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



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
- 12 month program commitment
- Two 1.5 hrs weekly practices to include level up tumbling

COMPETITIONS

Athletes attend 3 – 4 competitions and 1 program showcase throughout the season. Competitions are held at local venues, therefore no travel is required.

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 1st of each month Jun. 2023 through Apr. 2024.

- Tuition Installments - \$225 / mth and is inclusive of competition fees.

INCLUDED IN TUITION & COMP. FEES	NOT INCLUDED IN TUITION
<p>12 Monthly Team Practices 3 Hours/Wk Any extra practices added</p> <p>Practice Wear, Uniform Rental – must be returned at the end of the season.</p> <p>4 Competitions - NO Travel</p> <p>Free Open Gyms (excludes Specialty open gyms)</p> <p>Discounted Tumbling Classes</p>	<p>USASF Annual Membership Fee, paid directly to USASF</p> <p>Personal Package (\$165) – Includes Competition Bows, Make-Up, Nationals T-Shirt</p> <p>Banquets and Post Qualifier Competitions</p> <p>Annual Tryout Fee \$75 due (\$100 private tryout) includes registration fee</p>



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 hour class May through Aug.
- One 1 weekly team practice Sept. through Apr.

COMPETITIONS: Athletes will exhibition in 2-3 local competitions and 1 program showcase throughout the season.

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 1st 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 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

- Personal Package (\$165) – Includes Competition Bows, Make-Up, Nationals T- Shirt
- Banquet and Post Qualifier Competitions
- Annual Tryout Fee \$75 due (\$100 private tryout) includes registration fee



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. Athletes will also perform in 1 program showcase.

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

- Tuition Installments - \$60 / mth Jul. 2023 through Apr. 2024
- Competition Fees - \$25 / mth Sept. 2023 through Jan. 2024 (auto drafted on the 15th of each month).

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



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 5/7, 5/8, 5/9, 5/11. Athletes who would like to tryout for a flyer position will also attend a tryout session (scheduled separately) Sat. May 11th 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 2024/2025 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 30th from 7:00 – 8:00 pm on Saturday, May 4th from 9:30 am – 10:30 am.

SKILLS PREP WORKSHOP (optional) – Mon. 4/29 & Thurs. 5/2

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 \$25 for pre-registration and \$30 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 the 2024 / 2025 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 by May 1st to registered tryout athletes. Clinics are grouped by age: see the schedule below.

Age Range	Wednesday 5/1	Thursday 5/2	Saturday 5/4
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