

Thank you for your interest in Pixies Cheer.

Here is the Athlete Evaluation Pack for Season 2023-2024!

Please read all information carefully

Your team selection and season pack will be with you by Friday 28th July
If you have any questions regarding this information, please get in touch.

Pixies Cheer Evaluation Dates

For the evaluation process, all athletes must attend both the stunt AND the tumble evaluations for their own age group. There is a flat fee of £15 to tryout for all new athletes. This covers the cost of the evaluations themselves and all admin involved, plus open access to our skills week.

Places can be booked online at <https://pixies.class4kids.co.uk/term/152>

Please fill in and return the tryout form located at the end of this pack, prior to, or on your first tryout day.

Skills Week

Skills week will be held the week prior to Evaluations and is a chance for new athletes to come along and learn some of the basics involved, meet the coaches and some of our current athletes. It is also a chance for current athletes to 'up' their skills, try new stunt positions, learn tumble progressions and work on execution of their current skills.

Skills weeks is open access to all athletes attending tryouts, this means you may attend as many of the sessions you like.

Skills Week Timetable

| | | |
|-------------------|---------------------|-----------|
| Level 1 Tumble | Monday 17th July | 6.00-7.30 |
| Level 4+ Stunting | Monday 17th July | 7.30-9.30 |
| Ages 3-5 Cheer | Tuesday 18th July | 4.00-5.00 |
| Level 2 Tumble | Tuesday 18th July | 5.00-6.30 |
| Level 1 Stunting | Tuesday 18th July | 6.30-8.00 |
| Level 2 Tumble | Wednesday 19th July | 4.00-5.30 |
| Level 3+ Tumble | Wednesday 19th July | 5.30-7.30 |
| Level 2 Stunting | Wednesday 19th July | 7.30-9.30 |
| Level 1 Tumble | Thursday 20th July | 4.00-5.00 |
| Level 1 Stunting | Thursday 20th July | 5.00-6.00 |
| Level 2 Stunting | Thursday 20th July | 6.00-7.30 |
| Level 3 Stunting | Thursday 20th July | 7.30-9.30 |

What do these levels mean?

-See the next page for details

Level Overview

At Pixies Cheer, we follow the levels set by SportCheer England and IASF.

Below is a rough idea of the skills needed for each level.

When being evaluated for a team, the things we look at are.... has the athlete "mastered" the level. Are they at the high end of that level, therefore being able to fully participate in every aspect of a routine?

Yes, there will be exceptions, such as an exceptional stunter, a superb jumper or an amazing flyer that is needed for an elite stunt but those are rare cases.

A lot of level 1 all-star athletes are working back handsprings, but they have mastered the level one skills (as per our tumble booklets) they have beautiful back walkovers, front walkovers, they could be the first pass or the last pass. They can now concentrate on perfecting their jumps but can be 100% a successful part of a level 1, 2 1/2 minute routine!

A level 2 athlete is working tucks... as they have mastered their standing back handspring and round off back handspring. They are fully a part of the routine and even have their moments to shine.

A level 3 athlete may have consistent layouts but has mastered not just the round off back handspring tuck, but beautiful standing series back handspring, a punch front and an aerial.

And so on....

There will be always be exceptions to this, but again, those are rare occurrences.

As coaches we have to look at the bigger picture. Yes, we want to challenge the athlete but we also want to consider what that challenge is and how it will impact them. Trust the process.

| Level | Stunts | Tumbles |
|-------|--|---|
| 1 | Single leg below shoulder height 2 foot at shoulder height 2 foot extended height with a brace Single leg at Shoulder height with a brace | Forwards and Backwards Rolls Cartwheels Forwards and Backwards Walkovers Valdez |
| 2 | 2 foot extended height 1/2 twists up Single leg at shoulder height Extended single leg with a brace Straight ride Basket Toss | Standing back handspring Round off back handspring Round off back handspring series Front handspring Combinations of the above skills |
| 3 | Extended single leg Full twist ups Released skills Full twists down from 2 legs One skill Baskets | Front Tuck Round off tuck Round off back handspring tuck Series standing back handspring Combinations of the above skills |
| 4 | 1 1/2 Twists to shoulder level Released twisting skills Inversions Double twist down from 2 legs Full twist down from single leg 2 Skill Basket | Round off layout Round off back handspring layout Front somersault step out Standing back tuck Standing back handspring tuck Whip skills Combinations of the above skills |
| 5 | 1 1/2 Twists to extended level Released twisting and inverted skills Extended release skills Double twist down from 1 leg 3 Skill Basket | Full twisting layouts Jumps tucks Standing back handspring to layout Arabian Combinations of the above skills |
| 6 | Double twists up Released twisting and inverted skills Extended released skills Kick double twists from single leg 4 Skill baskets | Double twisting skills Standing back handspring twisting skill Combinations of the above skills |

If none of the above makes sense, DO NOT WORRY! All will become clear as you/your child progress through the levels.

Athlete Evaluations

The evaluation process takes place in a relaxed atmosphere where we will assess all aspects of cheer.

You have nothing to worry about, even if you've never cheered before as we love to train athletes from the ground up!

We will start with the very basics and work through the difficulty levels so it is suitable for all abilities.

Please arrive 10-15 minutes before start time to ensure you are ready to go. Shorts and t-shirt/sports bra should be worn with inside trainers.

Athletes will be evaluated on

- Tumbling difficulty
- Tumbling execution
- Athleticism
- Dance ability and performance
- Ability to accept and apply instruction
 - Stunting positions
 - Stretches for flyers
 - Jump Technique
- Overall attitude/sportsmanship
- Last seasons attendance (where applicable)

A short dance will be taught on the first tryout day, and then assessed on the second

Any athlete wanting a flyer position **MUST** attend the flyer evaluations

We also have a parents meeting on Monday, for all new and current parents who have any questions regarding the evaluation process or the upcoming season.

| | | |
|-----------------------------|---------------------|-----------|
| Parents Meeting | Monday 24th July | 6.00-7.00 |
| Age 12 + Stunt Evaluations | Monday 24th July | 7.30-9.30 |
| Age 3-7 Stunt Evaluations | Tuesday 25th July | 4.00-5.00 |
| Age 8-11 Stunt Evaluations | Tuesday 25th July | 5.00-7.00 |
| Age 3-7 Tumble Evaluations | Wednesday 26th July | 4.00-5.00 |
| Age 8-11 Tumble Evaluations | Wednesday 26th July | 5.00-6.30 |
| Flyer Evaluations | Wednesday 26th July | 6.30-7.30 |
| Age 12+ Tumble Evaluations | Wednesday 26th July | 7.30-9.30 |

**If you are at the top age of your bracket you may attend the age group up for stunting as long as you still attend your age group.

Our team reveal evening will take place in the gym on Thursday 27th July at 6pm where we will announce your selected teams for the next season. This is a fun way of everyone finding out their teams together, a chance for you to meet your team mates, coaches and parents.

If you cannot attend team reveal you will be emailed your team selection by Friday 28th July.

New season training starts Monday 31st July, with the first monthly fees due on the 1st August.

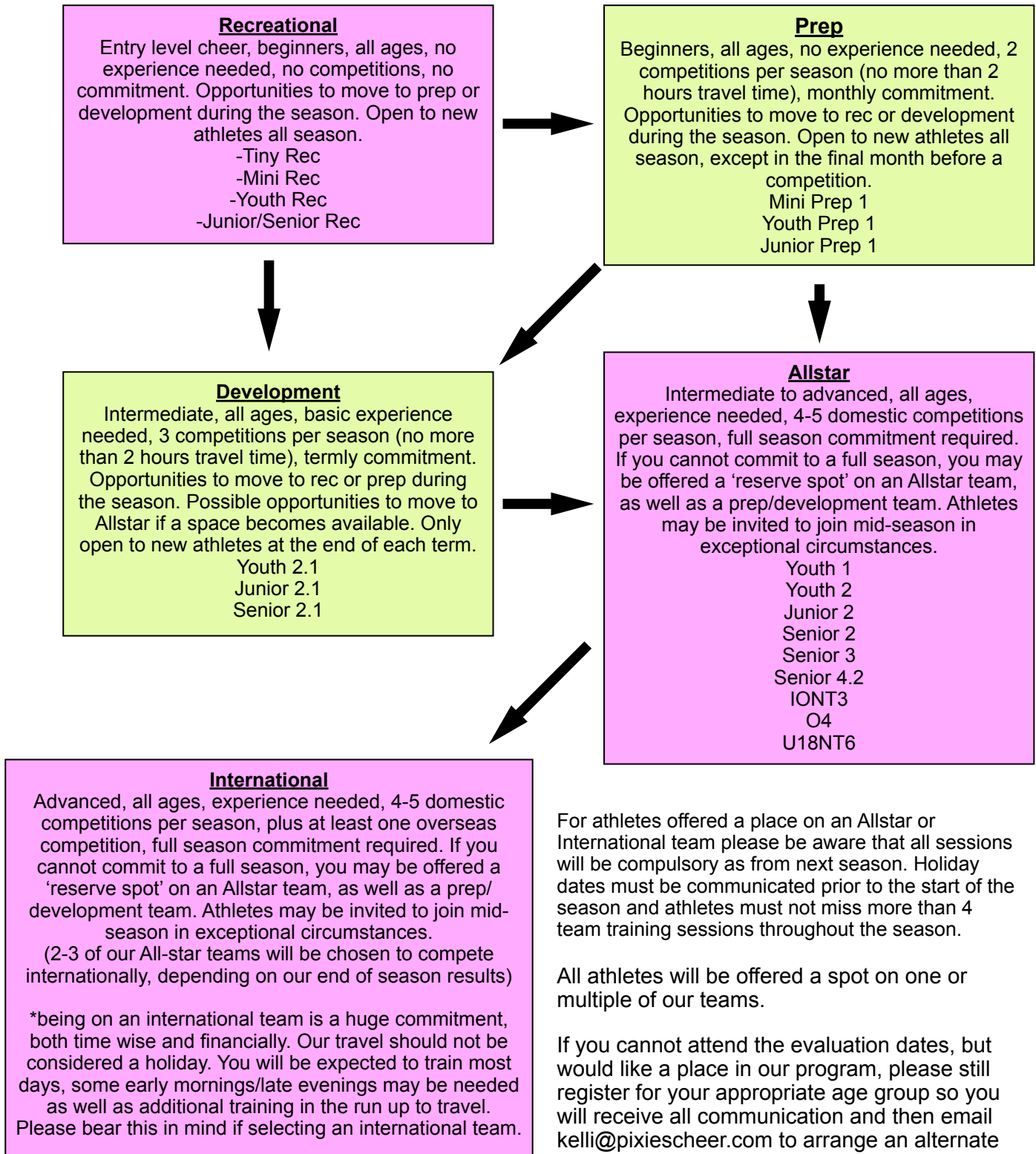
Any issues with team selection/timing issues must be communicated at the team reveal evening. Coaches will be available on site all evening to discuss and resolve such issues.

Teams

Our teams for the next season, along with the timetable will be confirmed after tryouts depending on the skill level of the athletes and where we think the teams will have the best chance of success, whilst ensuring we are still a fully inclusive team.

Having said that, our projected teams and athlete pathway for the new season is as follows;

Beginners



For athletes offered a place on an Allstar or International team please be aware that all sessions will be compulsory as from next season. Holiday dates must be communicated prior to the start of the season and athletes must not miss more than 4 team training sessions throughout the season.

All athletes will be offered a spot on one or multiple of our teams.

If you cannot attend the evaluation dates, but would like a place in our program, please still register for your appropriate age group so you will receive all communication and then email kelli@pixiescheer.com to arrange an alternate date.

Pixies Cheer Fees

We have an online payment system in place, which all athletes must register for as all Monthly fees will be taken via this system. Failure to set this up will result in you/your child not being able to attend.

If you have any problems setting up your online payment system, please come in and speak to us so we can talk you through it.

All fees are currently under review and will be confirmed after tryouts. This will depend on the hours of training the teams have and which competitions we attend. Here is an idea of our approximate fees.

| | Membership | Training | Competitions | Uniform | Music | Choreography |
|---------------|---|--|--|------------------|-------|--------------|
| Recreational | £15 Insurance | £32-£36 Per month | N/A | N/A | N/A | N/A |
| Prep | £15 Insurance | £32-£48 Per month | £30-£50 per event. | Approx £80 *TBC* | £40 | N/A |
| Development | £15 Insurance | £46-£54 Per month | £30-£50 per event. | Approx £80 *TBC* | £40 | N/A |
| Allstar | £105 Insurance, Sports bra and shorts, team vest (compulsory practice wear) | £46-£90 Per month | Approx £200 for the year, split into instalment | £230 Due Oct 1st | TBC | TBC |
| International | £105 Insurance, Sports bra and shorts, team vest (compulsory practice wear) Plus £200 deposit per athlete and accompanying spectator to enable us to start the process of organising the trip | £56-£90 Per month We are looking at having our international teams training twice a week, if this is the case, monthly fees will reflect this. | Approx £200+ for the year, split into instalment | £230 Due Oct 1st | TBC | TBC |

Training fees will be reduced for all athletes on multiple teams

International Travel

The age group and levels for these teams have not yet been confirmed, however we are currently looking at a number of options, including NCA (Dallas, Texas in March), Allstar Worlds (Orlando, Florida in April), USASF Worlds (Orlando, Florida in April), FC Barcelona (Barcelona, Spain in June)

If selected to be on an international travel team the prices are likely to be around £1600 pp total for US travel or £700 pp total for European Travel.

All members are expected to pay their fees on time.

Payments made over 7 days late will incur an extra cost of 20% and will be automatically added to the monthly subscription.

Failure to comply with this will result in not being able to train and/or compete.

All fees are non-refundable.

If anyone has any further questions about tryouts and how the process will work please get in touch!

Tryout Form

Please complete and return this form on the first tryout session you attend.

Name: _____ DOB: _____

Preferred position - Base/Back/Flyer/Any

Current Stunting Level - 1 2 3 4+

Current Tumbling Level - 1 2 3 4+

Team Level Preference - 1 2 3 4+

Level of commitment Teams - Rec/Prep/Development/All Star/International/Any/Mix

Number of teams you would prefer - 1 2 3

Would you prefer to be placed with friends/siblings if it meant competing at a lower level? yes/no

What is your ultimate cheerleading goal? _____

Pixies Cheer Training Kit Order Form

Pixies training kit is compulsory for Allstar and International teams and is included in the membership fee. Athletes on our recreational, prep and development teams training kit is not compulsory and can be found and ordered via our app or by this form.

T-shirt - Choice of colours
Pink - £18
Green - £18
Black (Allstar/International only) - £20

Size: _____

Pixies Crop and Shorts
£45 Crop top/£27 Shorts (included in membership fees for all-star/international)

Size: _____/_____

Pixies Team Vest
£18 (one included in membership fees for all-star/international, crossover athletes will require additional)

Size: _____

Pixies Hoodie
£35

Size: _____

Pixies Joggers
£30

Size: _____

Pixies Leggings
£30

Size: _____