



# United Starz Academy/Cheer Time USA

2008/2009

## Cheerleading Team Descriptions

*(Subject to change based on enrollment.)*

**Cut off date for ages: May 31<sup>st</sup>**

1. **Twinkle Starz:** The ages for this team are 3 ½ to 5 year olds. This team is a beginner level for younger participants and first year students who are five years old. The coaching staff will work on teaching basic motions, counting music, basic stunts, formations, and introduce pyramids. Beginning level tumbling such as somersaults and cart wheels will be incorporated into the routine. This team will perform at local competitions in the Exhibition category.
2. **Tiny L1:** The ages for this team are 5 – 6 ½ years. This team is a beginner level for first and second year students that are currently working on motion technique, team synchronization, proper jump execution, remembering different formations, and beginning level stunts/pyramids. Beginning level tumbling such as somersault combination into cart wheels, round-off, and bridges are skills most team members can perform. Team members cannot perform standing back handsprings. This team will compete at local competitions. This team will NOT compete at any out-of-town competitions.
3. **Mini L1 Team:** The ages for a Mini team are ages 6 - 8 ½ years (typically 1<sup>st</sup> - 3<sup>rd</sup> grade). This team will practice once a week for 2 hours on cheerleading skills. Skill development for tumbling will not be incorporated into the practice time. This team is a beginner level that will be working on enhancing motion technique, team synchronization, dance coordination, correct jump execution/landing technique, and beginner to intermediate level stunts. This team will attend all local competitions, perform at some local exhibitions, and may possibly attend one out-of-town competition. This team will NOT attend any national level competitions.
4. **Youth L1 Team:** The ages for the Youth L1 team are 8 ½ - 11 ½ years (4<sup>th</sup> – 6<sup>th</sup> grade). This team will practice once a week for two hours on cheerleading. Skill development for tumbling will not be incorporated into the practice time. An additional tumbling class during the regular season is highly suggested. This team is a beginner to intermediate level that will be working on enhancing motion technique, team synchronization, dance coordination, correct jump execution/ landing technique, and beginner to intermediate level stunts. This team will attend all local competitions, perform at some local exhibitions, and may possibly attend one out-of-town competition. This team will NOT attend any national level competitions.
5. **Youth L3 Team:** The ages are 8 ½ - 11 ½ years (4<sup>th</sup> - 6<sup>th</sup> grade). Individuals must have previous cheerleading and tumbling skills. This team will practice twice a week for 2 hours on cheerleading and tumbling skills. Some tumbling skills will be incorporated into practice time. This team is an intermediate to advanced level team that is working on motion technique, team synchronization, dance coordination, correct jump execution/ landing technique, and intermediate to advanced level stunts. The team is currently able to do express extensions with a pop cradle (twisting cradles), basket tosses, elevator/extension reloads, and pyramid transitions. Team members should be able to do a standing back handspring. This team will attend ALL competitions and perform at some local exhibitions. This team will participate in nation-level competitions traveling up to 5-6 hours away. This team will be required to attend a private skills and choreography camp that will be held at our facility during the month of July.
6. **Junior L4 Team:** The ages for the Junior L4 team is 11 ½ - 14 ½ years (6<sup>th</sup> - 9<sup>th</sup> grade). This team will practice twice a week for 2 hours on cheerleading skills and tumbling skills. Tumbling skills will be incorporated into the practice time. This team is an advanced level team that is currently working on correct motions including placement and execution. Rhythm and timing is emphasized and working together as one large unit. This team is able to perform advanced to elite level stunts. For example, double twisting cradles from an extension, free standing one-legged stunts with full downs, a variety of reloading stunts, and advanced level basket tosses. An above average consecutive toe touch is expected and the coaching staff will be furthering these skills. Team members MUST be able to do a standing back handspring, jump combination into standing tumbling, running tumbling with a back tuck (NEW skill requirement), and close to a standing back tuck. Flyers MUST have a heel stretch/bow & arrow, scorpion/scale, and a double down to be considered for this team. This team will attend ALL competitions and perform at some local exhibitions. This team will participate in nation-level competitions traveling up to 5- 6 hours away. This team may travel to the NASCC in Orlando, Florida in March of 2009. This team will be required to attend a private choreography camp held outside of our facility.

7. **Senior Open Team:** The ages are 12 – 18 years. This team will practice twice a week for 2 hours on cheerleading skills. Tumbling skills are needed and will be incorporated into practice time. This is a beginner to intermediate level team that is currently working on correct motions including placement and execution. Rhythm and timing is emphasized and working together as one large unit. Jumps are worked on including overall height and form. This team is able to perform beginner to intermediate level stunts. For example, pop cradles from an extension, press up liberty with a brace support, rotating and reloading stunts, straight ride basket tosses, and single legged stunts at the prep level. Standing back handsprings are encouraged, but not mandatory. This team will compete at all local competitions and perform at some local exhibitions. This team may participate in some nation-level competitions traveling up to 3-4 hours away. This team will be required to attend a choreography camp that will be held at our facility this summer.
8. **Senior L4 Team:** The ages for this team are 12 - 18 years (8<sup>th</sup> – 12<sup>th</sup> grade). This team will practice twice a week for 2 hours and 30 minutes on cheerleading and tumbling skills. Tumbling skills will be incorporated into the practice time. This is an elite level team that will be perfecting motion techniques, consecutive toe touches (2-4), and team synchronization. An above average consecutive toe touch into a standing back hand spring/back tuck is required. Team members should have good flexibility. Standing back tucks for all team members will be required by July 1, 2008 for choreography camp. This team currently performs scorpions/arabesques/heel stretches (double downs), multiple reloads in a group setting, and many variations of basket tosses. Flyers MUST have a heel stretch/bow & arrow, scorpion/scale, and a double down to be considered for this team. This team will participate in all competitions, special performances, and national-level competitions traveling up to 5-6 hours away. This team may travel to the NASCC in Orlando, Florida in March of 2009. This team will also be required to attend a mandatory camp that will require out of town accommodations for team members only.
9. **Special Starz:** This team consists of intellectually challenged girls and boys who are physically functional. Some physical disability in addition to intellectual disability is allowed with a physician's approval and release. By intellectual disability, the same definition used by the World Health Organization and adopted by the Special Olympics, will apply. This team will compete against other special needs teams from around the country if they are present at the local competitions. Otherwise, during this current season they will perform in the exhibition category.