



24-25 CHEER HANDBOOK

Tryout Packet

Impact is committed to providing your child with the best training possible. We believe emphasis on correct form, proper technique, and precise execution will result in the best competitive experience for your athlete. Welcome to our All Star Cheerleading program. We look forward to taking this journey together.



COMPETITIVE TEAMS AT IMPACT

1

NOVICE/SHOW

- Intro to competitive cheer
- Practices 4 hrs/week
- Runs August-April
- Attends 3-4 Competitions

2

PREP

- For athletes with some experience
- practices 4 hrs/week
- Additional tumbling class/week
- Runs June-April
- Attends 6 Competitions

3

ELITE

- Experience required
- Practices 6 hrs/week (Team Tumble included)
- Runs June-April
- Attends 6 Competitions

HOW THE TEAMS ARE FORMED

Athletes will be placed on teams based on their age and skill abilities in all aspects, such as tumbling, jumping, motion technique, stunting and choreography.

We carefully evaluate each athlete to make a team that would be most successful for their season.

SKILL REQUIREMENTS

NOVIC/SHOW

No skills required but it is encouraged to have a forward and backwards roll.

Level 1

Tumbling - Cartwheel, round off rebound, Back walkover X 3, (front walkover strongly preferred.)
Jumps - Each athlete will demonstrate three different jumps.

Level 2

Tumbling - Standing back handspring, round off series, BHS B/W BHS and specialty pass to round off back handspring strongly preferred.
Jumps - Each athlete will demonstrate technical mastery of three different kinds of jumps and double whip jump combinations to standing BHS.

Level 3

Tumbling - Round off back handspring back tuck, standing three back handsprings, front tuck/ariel, and specialty pass to a back tuck.
Jumps - Each athlete will demonstrate mastery of three different kinds of jumps. jump combo to standing two back handsprings, whip jump combo

TRYOUT INFORMATION

Dates:	Clinic	Cost
Wednesday, April 24 @ 5-6pm	Meet & Greet Clinic	FREE
Friday, April 26 @ 5-6pm	Meet & Greet Clinic	FREE
May, 14- 16th @ 6- 7:30pm	Tryout Clinic	\$30

Final Team Schedules will be released after tryouts. Team practices will start the week of June 2nd.



Parent Meeting

Option # 1
04/24/24
@6-7pm

Parent Meeting

Option # 2
04/26/24
@6-7pm

(817) 899-
6681

Neither
Work? Call
for a 1/1
today!

MEET & GREET CLINICS (NOT MANDATORY)

will be designated to be able to work with our 2024-2025 coaches on tumbling, motion work, jumps and choreography to prepare for tryout clinics.

TRYOUT CLINICS (MANDATORY)

Athletes will be required to attend the tryout clinic to learn the choreography, jumps, and tumbling that will be done at tryouts.

