

2025 - 2026 SEASON



www.stingrayallstarsny.com

The mission of The Stingray Allstars is to provide an environment of excellence. The Stingray Allstars way puts the athlete in a position to excel while instilling hard work, accountability, competition and community. We aim to inspire athletes, coaches and all that enter our doors to be fully committed to excellence.





Welcome!

To all our current and new families, welcome to The Stingray Allstars NY. We appreciate your continued loyalty and support. For those new to us this season, we feel fortunate that you have chosen our gym for the 2025 – 2026 season. Welcome to our family!

We have a team for every athlete from beginner to level 6. We would love to help your child find a safe, fun, progressive environment in which they can thrive as an individual as well as a team member. We have been doing this for many years - consistently, honestly and with a staff that cares about your child's well-being above all else.

Parents and Cheerleaders:

With the season fast approaching, the staff of The Stingray Allstars NY would like to take a moment to tell you about our program and the many benefits we offer our athletes and parents at each of our locations in New York State.

Our conveniently located facilities house all the equipment and floor space needed to develop the absolute best athletes in the region. We are the premier training facility for The Stingray Allstars NY, as well as numerous local and regional High School and Collegiate Cheerleading teams. Our goal is and always will be to provide a safe, fun and competitive environment for athletes at all levels to excel in the sports of Tumbling and Cheerleading.

With that said, we also believe that it is important to offer parents a great deal of services. After all, more often than not, you are footing the bill and providing the "taxi" services needed for your child's participation. We recognize that value is not only about cost; but also about service and what you as a customer, get for your hard-earned dollars.

At The Stingray Allstars NY, we have a large staff that works behind the scenes to ensure that you get exactly what you expect and more. Here are just a few of the benefits we offer:

- 1) All-inclusive pricing.
- 2) Sibling discount on tuition fees for all-stars participants.
- 3) Affordable Elite, Prep and Novice teams for every level and age athlete, with the opportunity to cross if desired.
- 4) Individual fundraising that goes directly towards your fees.
- 5) Various tumbling classes, clinics, open gyms and stunt and tumble camps throughout the year.
- 6) A healthy family atmosphere in which your child can grow and participate.

Essentially, we take the guess work and surprises out of the equation so you can relax and enjoy your child's experience with them. Coaches at The Stingray Allstars NY are USASF members and background checked. We could go on and on about our certified staff, the value that we offer, the nationally recognized teams within our program and much more, but we would much rather show you and your child.

Lastly, let us reiterate here, that while we understand that All Star Cheerleading is a financial and time consuming sport, we are committed to giving our athletes and parents the very best experience possible for their time and financial obligation. Rest assured, we have checked out our competition and while we know our program has the best talent New York has to offer, we also know that it is by far the greatest value. See our travel information for more details.

Please refer to The Stingray Allstars NY Website at www.stingrayallstarsny.com for information regarding our Code of Conduct:

- ✓ Policies and Expectation ✓ Commitment Levels
- ✓ Class Schedules ✓ And much more.

Please take time to read all information provided on the website carefully. All Star Cheerleading can be one of the most enjoyable and rewarding experiences of your child's life. If you have any questions, please email is at info@stingrayallstarsny.com or call 585-244-2496

Good sportsmanship, polite manners and a kind disposition are mandatory at all competitions and practices. Stingray Allstars NY prides itself on setting a high standard of behavior. Please help us to continue in the endeavor.



Team Placement

Cheer athletes will demonstrate their skill in jumps, tumbling, and stunting. Team placement will be based on age and overall abilities across all skill sets. In some cases, an athlete may not have the required minimum tumbling skills to make a certain level team but possess other skills that would be beneficial to a certain team. Team rosters will be comprised of members whose talents provide the best chances for success at competition. You must set up your parent portal account and submit any outstanding paperwork and/or fees before your child can begin practices or classes.

Choreography

It is mandatory that all athletes are at Choreography. Choreography can be multiple days/times in the year. We have choreographers on staff. Some choreography will be done during practice times. Other times we may require athletes to come in additional days for choreography.

Crossover Policy

Athletes are first and foremost a rostered member of their primary team. Athletes must attend all practices of both their primary and secondary team. Athletes are still expected to attend their tumble class. It is at the discretion of coaches/staff to discontinue having an athlete crossover at any time.

Referral Program

For each qualifying full season referral, you will receive a single discount up to \$50.00 off of one month's tuition. The more referrals you bring, the more opportunities you have to save money. Complete referral information is available under the all-star tab at www.stingrayallstarsny.com.

Absence Request Form

An absence request form must be turned in for EVERY missed practice or request to arrive late or leave early. Use one form for each absence and turn them in to your coach no later than 2 weeks before an absence. Forms can be found on the Stingray Allstars NY website. All forms turned in must be approved by a coach. When an athlete is missing a coach may need to move spots around in their routine in order

to practice. Attendance is required unless you have a graded school activity. Other sports or activities are not excused absences.

Please note: athletes that miss practice within 2 weeks leading up to a competition may not be able to compete at the event

Sponsorship Fundraiser:

Sponsorships are a gym wide fundraiser. This fundraiser allows athletes to go out into the community and collect sponsors towards their gym fees and travel expenses. Depending on the level of sponsor, they will be placed on a banner for the 2025 - 2026 season.

Creating a Family Profile and Registering for Classes in JackRabbit

JackRabbit is an online system in which teams, classes and family information is stored. In order to receive emails, gym information and register for classes, all athletes must be registered on JackRabbit. Please log onto www.stingrayallstarsny.com and click on the calendar link and register by clicking on the Annual Registration class and following the prompts. When registering for a class, you may do so by clicking on the class and following the prompts indicated. In order to unenroll from a class or switch to another class, please email your gym location with your change. Please be sure to enter your child's t shirt size under the size tab. If at any time your child's size changes, please be sure to update this tab as it is used for apparel purchase.

Apparel

There will be a mandatory practice wear package for all athletes. Sizers will be available at the gym. All Stingray logos, team logos and branding is protected and cannot be duplicated. All Stingray apparel must be purchased from the gym or Full Out Sports to include team sponsored items, parent apparel, etc.

Team Expectations

- ✓ Novice – 1 Hr. 2x per week
- ✓ Prep – 1.5 Hr. 2x per week
- ✓ Elite & Worlds NT – 2 Hr. 2x Per week
- ✓ Worlds – 2 Hr. 3x Per week
- ✓ 1 Tumbling Class (included for elite teams)



2025 - 2026 Information

Registration Fees

\$200

MONTHLY Payment – per month - 11 Months of Payments

Tiny Novice Team	\$150	Prep Team	\$255	Elite Tiny/Mini	\$325	Elite Youth	\$355
Elite Junior/Senior	\$375	Worlds Division	\$395	HS Graduate	\$250*		

All athletes, regardless of when they join, are required to pay all 11 payments for the season. This includes all the items listed below.

*No additional discount given to this rate

This MONTHLY Payment includes Choreography, Music, Bow, Competition Fees, and Tumbling Class for Elite teams

- 2nd Child – Reduced pending level (Novice - \$20, Prep -\$45, Elite -\$75, Worlds -\$85 per month)
*More than 2 send email to info@stingrayallstars.com
- Crossover Fees \$150 per Month
- Crossovers and discounted sibling fees will be charged on the 15th of every month.

COSTS Not Included: (estimates)

- Practice Wear \$160 (will be available on the pro shop website after placements)
- Worlds Practice Wear \$230 (will be available on the pro shop website after placements)
- Uniform –Novice \$200, Prep \$350, Elite Tiny-Senior \$485, Worlds \$585
 - (Uniforms purchased through proshop BY JULY 1st.)
- Warm Up - \$265 Mandatory for Elite and Worlds teams
 - (Warm ups purchased through the proshop BY JULY 1st.)
- Sneakers
- USASF Membership Fee \$49 (due to USASF price determined by USASF) BY August 1st
 - Adult Athletes will incur a fee for Background Check and Safesport.
- Possibility of extra competition fees if cost exceeds the anticipated amount. *this is for crossover fees also.
- Hotels and Travel costs – the gym will let you know what days to be at a competition and if there is a specific link you have to book hotels through.
- End-of-season bid events (Summit, Worlds, etc.) for teams that qualify.
 - National Summit team fees for practice wear and admin/coaches' fees \$395 will be due the 15th after bid is received.
 - Worlds team fees for practice wear and admin/coaches' fees \$495 will be due the 15th after bid is received.
 - Regional Summit, US Finals or any additional competition not on the original competition list. Price TBA

Important Dates

**Week of May 27th or sooner –
Teams Announced (emailed)**

1st practices - Week of June 2nd

CLOSED July 1st – 6th

CLOSED September 1st

Fall Schedule begins September 2nd

CLOSED November 26th - 28th

CLOSED December 24th - December 26th

There are Classes/Practices December 27th

CLOSED December 29th – January 2nd

Classes Resume January 3rd

Choreography: Varies by team and we will get the dates out ASAP

Vacations should not be planned during competition season (Dec-April)
unless over a scheduled gym break

- Dates are subject to change



Financial Commitment: *(this will be electronically signed with registering)*

- All monthly fees will be charged in accordance with the guidelines below.
 - Credit Card or debit card is Mandatory.
 - Credit Card to be charged on the 1st of each month for monthly fees.
 - Credit Card to be charged on the 15th or each month for any additional fees, including crossovers & sibling fees.
 - Fees may be paid via any payment method prior to the above dates by coming into the office during normal business hours.
 - As of the 15th, any remaining unpaid balance will be charged to the credit card on file.
 - Any changes to your credit card must be emailed to Info@stingrayallstarsny.com
 - Athletes that have bills 30 days late may be asked to sit out of practice until they are up to date.
- Fundraising will be applied when the funds are available and go directly to the account to reduce overall balance.
- The parent/guardian of any athlete that is leaving the program must send a written email to Info@stingrayallstarsny.com that they will no longer be a part of The Stingray Allstars NY.
- At that time, an additional fee will be charged for a break in contract.

If you leave in months July – \$125, August and September \$250, October – April \$500.

- No refunds or transfers of any kind will be given for athletes that quit or are removed from the program, however, all fees incurred/invoiced up to and including the aforementioned will be due and charged to the card on file immediately. Competition fees are included in this nonrefundable clause, as they are paid well in advance of competition season and are nonrefundable by the competition organizations.
- If a uniform, warm up and/or practice wear was purchased and not yet received by the athlete, a credit of 30% of the uniform, warm up and/or practice wear fee will be given, however the uniform, warm up and/or practice wear will not be given to the athlete.
- If there is a financial problem, please talk to the Office Manager immediately. Your coach will not be able to advise you on these matters.
- All accounts must be in good standing to try out for the 2025 – 2026 season. Accounts will have to remain up to date in order to continue to participate in practices and competitions.
- All accounts must be in good standing before athletes can receive uniforms, warm ups, practice wear, etc.
- Customer shall indemnify and hold harmless The Stingray Allstars NY and its directors, officers, employees, agents, affiliates, subcontractors and customers from and against all allegations, claims, actions, suits, demands, damages, liabilities, obligations, losses, settlements, judgments, costs and expenses (including without limitation attorneys' fees and costs) which arise out of, relate to or result from any act or omission of The Stingray Allstars NY. Insurance for any and all injuries shall be at the cost of the customer and not Stingray Allstars NY.
- The Stingray Allstars NY will attempt in good faith to resolve any dispute or claim arising out of or in relation to this Agreement through negotiations between a director of The Stingray Allstars NY and the customer with authority to settle the relevant dispute. If the dispute cannot be settled amicably within fourteen (14) days from the date on which The Stingray Allstars NY has served written notice on the customer of the dispute i.e., remaining balance due, then the account will be turned over to an attorney for collection purposes.

Attorneys' Fees and Collection Costs. To the extent not prohibited by applicable law, the customer shall pay to The Stingray Allstars NY on demand any and all expenses, including, but not limited to, collection costs, all attorneys' fees and expenses, and all other expenses which may be expended by The Stingray Allstars NY to obtain or enforce payment of Obligations either as against Company or any guarantor or surety of Company or in the prosecution or defense of any action or concerning any matter growing out of or connected with this Agreement, the Collateral, or any of Holders rights therein or thereto, including, without limiting the generality of the foregoing, any counsel fees or expenses (including search fees) incurred or paid by The Stingray Allstars NY in connection with the administration, supervision, protection or realization on any security held by Stingray Allstars NY for the debt secured hereby, whether such security was granted by the customer or by any other person primarily or secondarily liable (with or without recourse) with respect to such debt; and all costs and expenses incurred by The Stingray Allstars NY in connection with the defense, settlement or satisfaction of any action, claim or demand asserted against The Stingray Allstars NY in connection therewith, which amounts shall be considered advances to protect The Stingray Allstars NY security, and shall be secured hereby. All such costs and expenses shall be deemed Additional Expenses.



Things to Know

- 🦋 If you have any questions or concerns that need immediate attention please use the following chain of communication:
 - 1. Team Manager 2. Coach 3. Office Manager 4. Owner
- 🦋 Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- 🦋 The Stingray Allstars will not help to facilitate the housing of any athletes.
- 🦋 If your athlete is moved to alternate status their tuition rate will be adjusted. Alternate athletes are expected to attend all practices. Depending on when alternate status is established, the gym may have to charge your account competition fees for your athlete to attend events.
- 🦋 Crossover Policy: if you are asked to be a crossover athlete you will be responsible for the crossover fees in addition to your regular tuition.
- 🦋 It is your responsibility to wear the appropriate practice wear to every practice and competition attire to events. - Social Media posts that are a poor representation of the The Stingray Allstars may result in suspension or removal from the team.
- 🦋 Personal items such as cell phones, school bags, or gym bags must be stored in the locker room. We are not responsible for lost or stolen items.
- 🦋 You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
- 🦋 Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- 🦋 Athletes need to be able to physically and mentally perform all aspects of competitive cheerleading. This may require additional privates, classes, conditioning and/or practices.
- 🦋 NO GOSSIP about other athletes, teams, coaches and staff.
- 🦋 The Stingray Allstars is not a babysitting service. No child should be dropped off at the gym unsupervised or without an active enrollment in a class, private, or practice.
- 🦋 Practices may be changed or added at any time during the season.
- 🦋 Anyone threatening to quit or to pull their child from a team will be dismissed from the program immediately.
- 🦋 Only athletes and coaches are allowed in the gym.
- 🦋 No one is allowed to yell onto the floor or try to make contact through the parent viewing area window.
- 🦋 It is the parent's responsibility to know what is going on with your team. Check your emails and the team Band regularly. Band and email are all potential means of communication.
- 🦋 Please make sure that both parents are fully aware of the time commitment to The Stingray Allstars. It is unfair to the team and especially your child for practices/competitions to be used as a bargaining tool. The Stingray Allstars will make no exceptions to schedules due to co-parenting conflicts.
- 🦋 Punishing your child by missing practice or a competition is not acceptable.
- 🦋 Homework is not an acceptable excuse for missing practice.
- 🦋 Parents, relatives, friends and athletes are not allowed to speak with competition officials for any reason.
- 🦋 Parents are not allowed to represent The Stingray Allstars under any circumstances concerning accommodations, competitions or any other situation.
- 🦋 There will be no arguing or questioning coaching decisions at competitions.
- 🦋 Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and your Allstar director.
- 🦋 The Stingray Allstars maintain the right to refuse services at any time.
- 🦋 The Owner may change, add or subtract any rule at any time.



The Stingray Allstars NY Tumbling Guidelines

Level	5 Plus Jump station	Test out- Perfected - To counts
Intro	<ol style="list-style-type: none"> Shapes Forward and backward rolls Bridge / Back bend Cartwheel – lunge to lunge Lunge handstand 	<ul style="list-style-type: none"> Forward roll Backward roll Handstand Cartwheel Both sides Standing backbend V- up
1	<ol style="list-style-type: none"> Power hurdle / 2 step Round off Front walk over / Back walkover Front limber Arm smack / sit and throw Handstand snap down / Back handspring 	<ul style="list-style-type: none"> Back walk both sides Switch kick Front walk over Back hand spring Handstand forward Back extension roll Power hurdle Front walkover Power hurdle round off Good form toe touch (no height required)
2	<ol style="list-style-type: none"> Speed in Back hand spring Power hurdle / 2 step Round off back hand spring Back hand spring step out Pencil jump back hand spring Blocking / setting 	<ul style="list-style-type: none"> 3 back hand spring Power hurdle / step - round off 2 back hand spring Back hand spring step out Toe touch back hand spring Close to level toe touch Front walk over round off back handspring
3	<ol style="list-style-type: none"> 2 back hand spring tuck Jump multiple back hand spring Punch front / punch front step out Intro to standing tuck Spotted ISO round off back hand spring tuck 	<ul style="list-style-type: none"> Standing tuck Level toe touch 2 back hand spring tuck Punch front thru to tuck ISO round off back hand spring tuck
4	<ol style="list-style-type: none"> Hollow body rolls Whips / Kill the bounce Twisting drills / concepts Pencil jump to tuck 2 back hand spring layout 	<ul style="list-style-type: none"> Round off whip back hand spring tuck Toe back Round off back hand spring with tuck 2 back hand spring layout ½ twist on track
5	<ol style="list-style-type: none"> Jump to tuck Step, step 2 back hand spring full Back hand spring layout Theories of doubles Advanced specialty to full 	<ul style="list-style-type: none"> Level jumps to tuck Back hand spring layout Advanced spec to full (SLPT) 2 back hand spring full Step, step 2 back hand spring full Round off back hand spring Whip (punch) tuck
6	<ol style="list-style-type: none"> Standing Full Arabians Doubles Specialty to double Step, step 3 back hand spring double 	



Placement Dates & Times

Please make sure athlete is registered in Jackrabbit prior to attending placements.

Athletes born 2020-2022 will not need to attend placements.

ROCHESTER Saturday May 17 th	
Birth Year	Time
2006 & Prior	10:00 AM
2007	10:30 AM
2008	11:00 AM
2009	11:30 AM
2010	12:00 PM
2011	12:30 PM
2012	1:00 PM
2013	1:30 PM
2014	2:00 PM
2015	2:30 PM
2016	3:00 PM
2017	3:15 PM
2018	3:30 PM
2019	3:45 PM

BUFFALO Saturday May 17 th	
Birth Year	Time
2006 & Prior	10:00 AM
2007	10:30 AM
2008	11:00 AM
2009	11:30 AM
2010	12:00 PM
2011	12:30 PM
2012	1:00 PM
2013	1:30 PM
2014	2:00 PM
2015	2:30 PM
2016	3:00 PM
2017	3:15 PM
2018	3:30 PM
2019	3:45 PM

Rochester & Buffalo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	Senior Age 6:30 – 8:00 PM 6/1/06 – 2013 Open Age 8:00 – 9:00 PM 5/31/08 & Prior	Junior Age 6:30 – 8:00 PM 2010 - 2017	Youth Age 6:00 – 7:00 PM 2013-2018 Mini Age 7:00 – 8:00 PM 2016-2019			

*Please Come to each day that your birth year falls

TRYOUT FORM

Name: _____ Parent Name: _____

Date of Birth: _____ Age: _____ Parent Cell #: _____

School & Grade 25-26: _____ Parent Email: _____

Do you cheer for school? YES NO If Yes, Where?: _____

Are you willing to cross? YES NO

Circle Position(s) you are trying out for: FLYER SIDE BASE MAIN BASE BACKSPOT ANY POSITION

Are you willing to accept other positions? YES NO

Circle levels of your GOAL team:

L1 L2 L3 L4.2 L4 L5 L6

Are you willing to accept placement on other levels? YES NO

If YES, please circle what level(s) you will accept.

L1 L2 L3 L4.2 L4 L5 L6

NOTE, IF WE ARE UNABLE TO PLACE YOU AT THIS LEVEL, YOU WILL NOT BE PLACED ON A TEAM. PARENT INITIAL: _____

List ALL reasons why you WOULD NOT ACCEPT a TEAM PLACEMENT: _____

Is there anything we should know while considering team placement? _____

List your last 3 years of cheer experience by year, level & program and skills:

2024-2025 SEASON

PROGRAM: _____

TEAM: _____ LEVEL: _____

STUNTS PERFORMED:

TUMBLING PERFORMED:

2023-2024 SEASON

PROGRAM: _____

TEAM: _____ LEVEL: _____

STUNTS PERFORMED:

TUMBLING PERFORMED:

2022-2023 SEASON

PROGRAM: _____

TEAM: _____ LEVEL: _____

STUNTS PERFORMED:

TUMBLING PERFORMED:

STAFF USE ONLY

Registered

Paid