

TRYOUTS MAY 5-10

2025-2026

*Become the Idol
you are meant
to be!*



CHEER IDOL ATHLETICS EVALUATION PACKET

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Contact Information | cheeridolathletics@gmail.com
240.424.6800 | cheeridolathletics.com

53 Liberty Road Suite B111 | Sykesville, MD 21784





EVALUATIONS

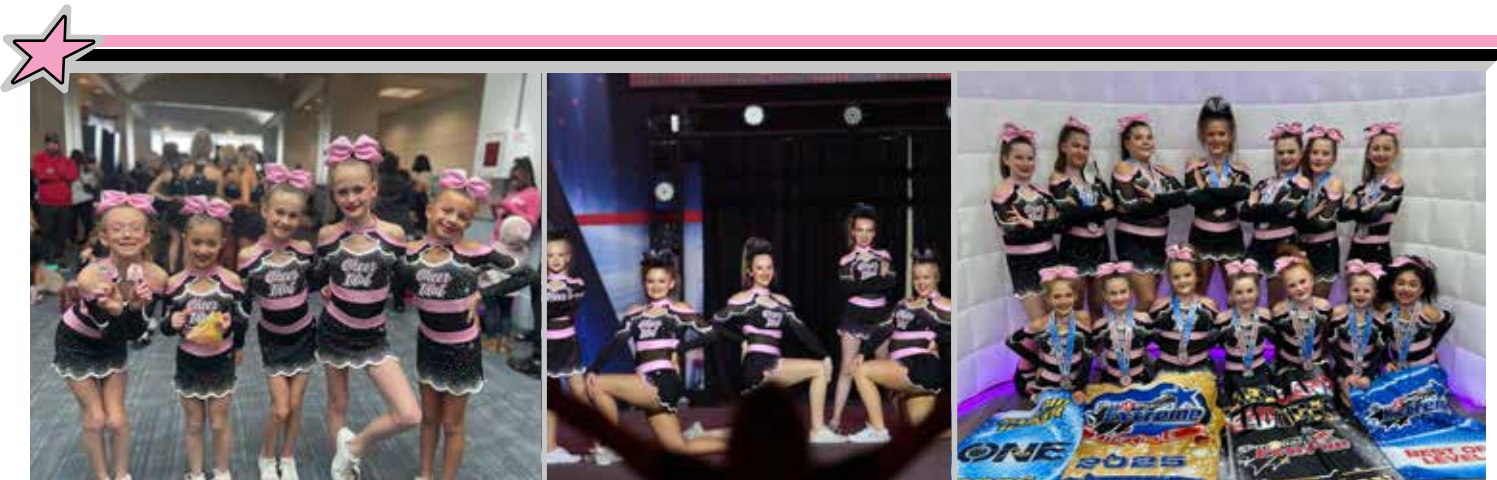
WELCOME TO CHEER IDOL ATHLETICS!

At Cheer Idol Athletics (CIA), the mission is to develop competitive teams across all levels. The focus is on creating technically skilled athletes who achieve success through effort. Our training is designed to build both mental and physical strength, aiming to shape individuals into resilient and accomplished athletes throughout their time with the program.

All-star cheerleading is more than a sport; it fosters character and confidence. We emphasize teamwork, perseverance, commitment, and hard work to empower our athletes, ensuring success on and off the mat.

Our coaches have expertise and knowledge in various areas. Our program offers competitive teams, classes, camp/clinics, and private lessons catering to all skill levels and goals.

Please review the information below regarding our program. We appreciate your consideration of CIA and look forward to seeing you at Season 2 Tryouts!





EVALUATIONS

HOW TO REGISTER FOR EVALUATIONS

1. Go to www.cheeridolathletics.com. Athletes MUST be registered to be evaluated.
2. Click on Parent Portal.
3. Create an account and add your athlete(s).
4. Review the Evaluation Packet and CIA Handbook.
5. Print, complete and hand in the 2025-2026 Registration Form, along with a wallet sized photo of your athlete(s) and their \$60 (cash) evaluation fee.

EVALUATION DATES & TIMES

MONDAY MAY 5, 2025

Tiny Registration, birth years 2019-2022 | Times 5:30-8:00

Flyer Evaluations, birth years 6/1/2006-2018 | Times 7:45-9:00

TUESDAY MAY 6, 2025

Mini Registration, birth years 2016-2018 | Times 5:30-8:30

WEDNESDAY MAY 7, 2025

Youth Registration, birth years 2013-2015 | Times 5:30-8:30

THURSDAY MAY 8, 2025

Junior and Senior Registration, birth years 6/1/2006-2012 | Times 5:30-9:00

FRIDAY MAY 9, 2025

Make-up date if an athlete misses their set evaluation date and time

SATURDAY, MAY 10, 2025

Stunt Call Backs

INDIVIDUAL ATHLETE TIMES WILL BE ANNOUNCED FRIDAY, MAY 9, 2025



TEAM PLACEMENT ANNOUNCEMENTS

will be held in person at
the gym on Wednesday
May 21, 2025.

TIMES TBD.



GYM CALENDAR

2025-2026

****THESE DATES ARE SUBJECT TO CHANGE****

GYM CLOSURES

- ★ **May 11th - 18th** | Gym Break
- ★ **May 23rd - 26th** | Memorial Day Weekend
- ★ **July 3rd - 6th** | Fourth of July Weekend
- ★ **Aug 29th - Sept 1st** | Labor Day Weekend
- ★ **Oct 31st** | Halloween
- ★ **Nov 27th - 29th** | Thanksgiving Break
- ★ **Dec 22nd - Dec 27th** | Christmas Break
- ★ **Dec 30th - Jan 1st** | New Years

IMPORTANT DATES

JUNE 2ND

First day of team practices

DATE OF SHOWCASE TBD

CHOREOGRAPHY

Each team's choreography dates and times will be released once assigned choreographer is confirmed. **Choreography is MANDATORY.**

An athlete's role on the team may be affected if they are not present for ALL choreography dates and times.

COMPETITION SCHEDULE

Will be released in July/August. We may also schedule extra practices the week of competition. **These are MANDATORY.**



DIVISION BREAKDOWN

2025-2026

NOVICE CHEER (NON-TRAVEL)

The All-Star Novice Cheer Program is offered to introduce families to All-Star cheerleading.

- ★ **Birth Years: 2013-2022 (tiny, mini and youth teams)**
- ★ **Practices: 1-2 days a week**
- ★ **Competitions: Schedule will be released in July/August**
- ★ **Tuition will be based off current year rate sheet (provided separately).
Tuition will be billed monthly to your account.**

Possible additional fees:

- Evaluation Registration Fee
- Uniform and Bow
- Practice Wear
- Choreography
- Music
- USASF Registration Fee
- Competition Entry Fees for Spectators
- Competition Fees
- Post Season Events



*Do not aspire to be
the best on the team.
Aspire to be the best
for the team.*



DIVISION BREAKDOWN

2025-2026

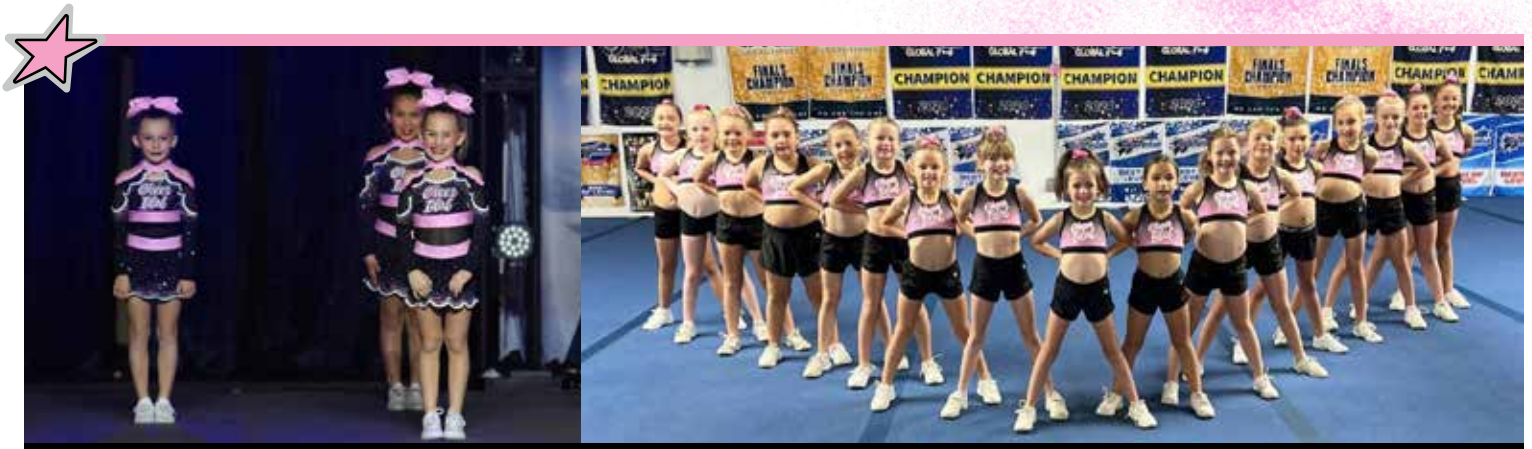
ALL STAR PREP CHEER

The All-Star Prep Cheer Program is offered for athletes who are ready to experience a competitive environment but with less travel commitment.

- ★ **Birth Years: 6/1/06-2020 (tiny, mini, youth, junior and senior teams)**
- ★ **Practices: 2 days a week**
- ★ **Competitions: Schedule will be released in July/August**
- ★ **Tuition will be based off current year rate sheet (provided seperately).
Tuition will be billed monthly to your account.**

Possible additional fees:

- Evaluation Registration Fee
- Practice Wear
- Uniform & Bow
- Choreography
- Music
- USASF Registration Fee
- Competition Entry Fees for Spectators
- Competiton Fees
- Post Season Events





DIVISION BREAKDOWN

2025-2026

ALL STAR ELITE CHEER

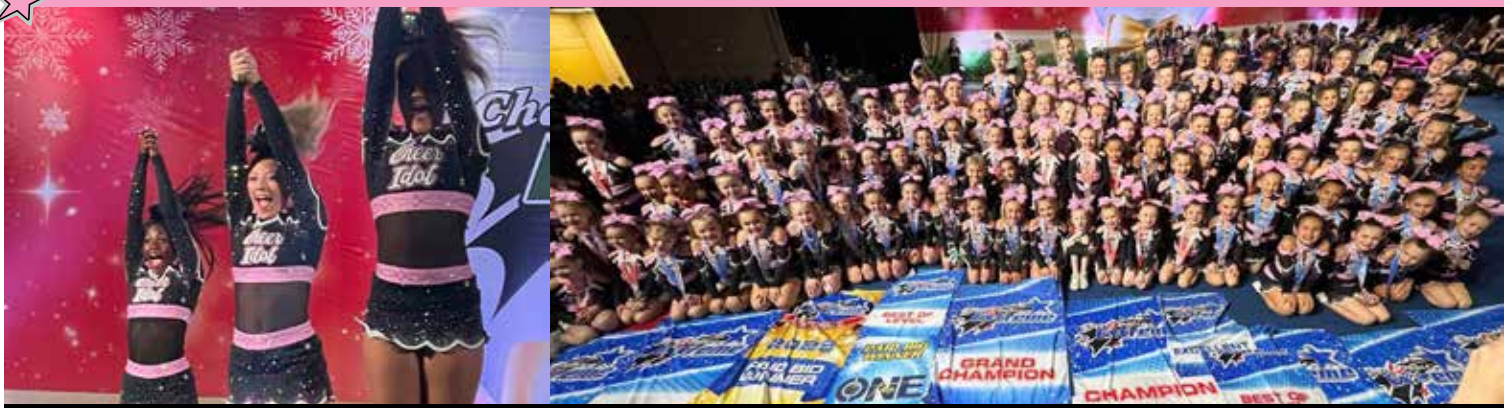
The All-Star Elite Cheer Program is offered for athletes and families who are ready for a full commitment. These teams travel and will accept bids to Regional Summit (location TBD), Youth Summit and The Summit in Florida.

- ★ **Birth Years:** 6/1/06-2020 (tiny, mini, youth, junior and senior teams)
- ★ **Practices:** 2-3 days a week
- ★ **Competitions:** Schedule will be released in July/August
- ★ **Tuition will be based off current year rate sheet** (provided separately).
Tuition will be billed monthly to your account.

Possible additional fees:

- Evaluation Registration Fee
- Practice Wear
- Uniform & Bow
- Choreography
- Music
- USASF Registration Fee
- Competition Entry Fees for Spectators
- Competition Fees
- Post Season Events

*The coach can make you
practice, the crowd can
cheer you on, but only the
desire for success can
make you a champion.*





USASF AGE GRID

2025-2026

We are frequently asked about the teams for the upcoming season. We cannot provide an answer until evaluations are complete. Teams are formed based on the athletes who attend evaluations, and which teams will be the most competitive for the upcoming season. We adhere to appropriate team leveling and progression, and we will place each athlete accurately according to their age and skill level.

NOVICE	
TINY (LEVEL 1 W/RESTRICTIONS)	2018-2022
MINI (LEVEL 1/2 W/RESTRICTIONS)	2016-2019
YOUTH (LEVEL 1-3 W/RESTRICTIONS)	2013-2018
JUNIOR (LEVEL 1-3 W/RESTRICTIONS)	2010-2017
SENIOR (LEVEL 1-3 W/RESTRICTIONS)	6/1/06-2014
PREP/ELITE	
TINY (LEVEL 1)	2018-2022
MINI (LEVEL 1/2)	2016-2019
YOUTH (LEVEL 1-5)	2013-2018
JUNIOR (LEVEL 1-6)	2010-2017
SENIOR (LEVEL 1-6)	6/1/06-2014

SUBJECT TO CHANGE

- Every CIA team will be prepared for success this season.
- Mastering a Cheer Level takes 2-3 years. Celebrate your child's team and level achievements.
- Children will likely be placed on a team corresponding to their age group:
Tiny for Tiny age, Mini for Mini age, etc.
- If your child remains on the same team or level as last year, they will still have a new and different experience.
- Avoid comparing your child to others. Each child is unique with their own skills.

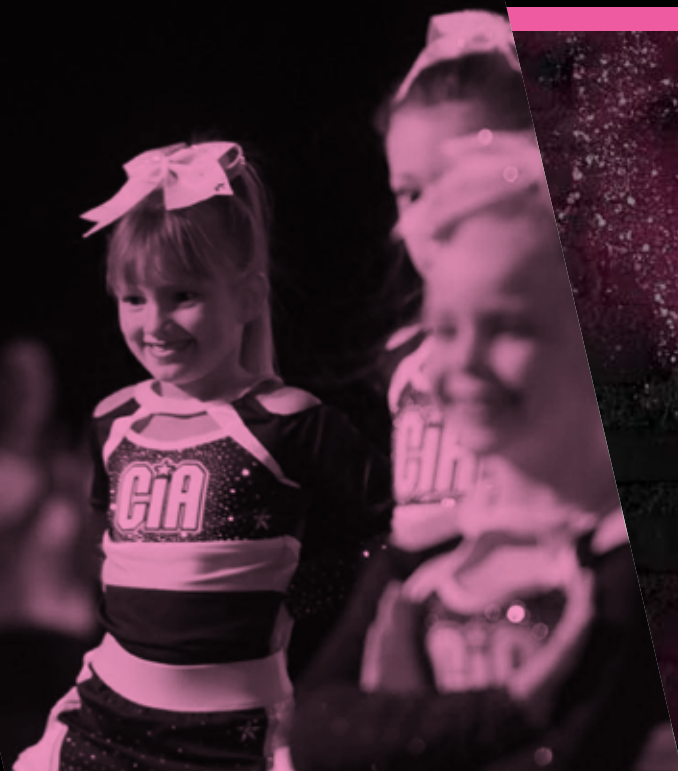


REQUIRED SKILLS

Cheer Idol Athletics reserves the right to add an athlete to a team who does not meet the minimum tumbling requirements. This allows for athletes to fill necessary stunting positions.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
STANDARD	<ul style="list-style-type: none"> Forward roll Backward roll Backbend kickover Cartwheel 	<ul style="list-style-type: none"> Back Handspring (BHS) Round Off (RO)-BHS 	<ul style="list-style-type: none"> BHS-BHS RO-Tuck Ariel 	<ul style="list-style-type: none"> Cartwheel-Tuck RO-Layout Front Ariel FHS-PF 	<ul style="list-style-type: none"> BHS-Tuck-Tuck RO-Full 	<ul style="list-style-type: none"> Advanced Jump-Back Tuck RO-BHS-Full Front Full
ADVANCED STANDING	<ul style="list-style-type: none"> Back Walkover (BWO) Back Extension Roll 	<ul style="list-style-type: none"> BWO-BHS BHS Step-Out-BWO 	<ul style="list-style-type: none"> BWO-BHS Series BHS-BHS-BHS Advanced Jump-BHS Series 	<ul style="list-style-type: none"> Back Tuck BHS Series-Tuck BWO-Tuck 	<ul style="list-style-type: none"> BHS Series-Layout BHS Series-Whip-Tuck 	<ul style="list-style-type: none"> BHS Series-Full BHS-Whip-To-Full
ADVANCED RUNNING	<ul style="list-style-type: none"> Cartwheel-BWO Round Off Front Walkover (FWO)/FWO Series 	<ul style="list-style-type: none"> Round Off-BHS Step Out Front Handspring (FHS) FWO-FHS 	<ul style="list-style-type: none"> Punch Front (PF) RO-BHS Series-Tuck 	<ul style="list-style-type: none"> RO-BHS-Layout PF Step Out-To-Tuck RO-To-Whip-To-Tuck FHS-PF Step Out-RO-To-Tuck 	<ul style="list-style-type: none"> RO-BHS Series-Full RO-Arabian 	<ul style="list-style-type: none"> PF Step Out-To-Full RO-Whip-Full RO-To-Whip-To-Full
ELITE STANDING	<ul style="list-style-type: none"> Back Walkover Series Back Walkover Switch Valdez 	<ul style="list-style-type: none"> BWO-BHS Step Out-BWO BHS Step Out-BWO-BHS BWO Switch-BHS Valdez-BHS 	<ul style="list-style-type: none"> BHS/Series-Advanced Jump-BHS/Series BHS Step Out-BHS Series BHS Step Out-BWO-BHS Series 	<ul style="list-style-type: none"> BHS/Step Out-To-Tuck Advanced Jump-BHS/Series-Tuck 	<ul style="list-style-type: none"> BHS-Whip-Layout BHS-Layout BHS-Whip/Tuck-To-Layout 	<ul style="list-style-type: none"> BHS-Full Standing Full Advanced Jump-Full BHS Series-Double Full
ELITE RUNNING	<ul style="list-style-type: none"> Cartwheel-BWO Series FWO-Round Off FWO-Cartwheel-BWO/Series 	<ul style="list-style-type: none"> RO-BHS Series Boulder/ Flyspring FWO-RO-BHS/Series 	<ul style="list-style-type: none"> FWO-Ariel RO-BHS-Tuck FWO-RO-To-Tuck FHS-PF 	<ul style="list-style-type: none"> FHS-PF Step Out-RO-To-Whip-To-Tuck RO-BHS-Layout FWO-RO-To-Layout PF Step Out-RO-To-Layout RO-Whip/Tuck-To-Layout FHS-PF Step Out-RO-To-Layout 	<ul style="list-style-type: none"> Front Full RO-BHS-Full RO-To-Whip-To-Full PF Step Out-To-Full RO-Arabian-To-Layout/Full 	<ul style="list-style-type: none"> RO-BHS-Full-To-Full RO-Double Full PF Step Out-RO-To-Full RO-To-Whip-To-Double Full

SUBJECT TO CHANGE



CHEER IDOL ATHLETICS

2024-2025 • HANDBOOK

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GENERAL PROGRAM INFORMATION

This is a yearlong commitment. Athletes will practice and compete, starting in June all the way through to end of season events, April/May.

All teams will attend a minimum number of competitions per season. A draft of the schedule will be released in July/August and is subject to change as needed.

Athlete placement is based both on age and overall abilities across all skill sets.

Team rosters will be comprised of members whose talents provide the best chance of success at competition. Not every teammate will have the same strengths, experience, or skill set.

The decisions made by the administrative staff concerning team assignments, placements, skill performances, and participation are final and non-negotiable. The staff will strive to make the most appropriate decisions for all parties involved, with the safety and development of our athletes as the primary concern.

MONTHLY TUITION

All athletes, returning and new, will pay a tryout fee and must be evaluated for the new season.

All participating athletes are charged a monthly tuition based on their team in the program and have designated practice days and times.

Monthly payments will be auto withdrawn at the first of each month for an 11 month period. Families are required to have a current card on file, with auto draft enabled. All accounts must remain up to date for athletes to stay active on a team.

All teams are season long commitments. If an athlete drops from the program, they forfeit all items on order and no refunds on items or monthly tuition already paid will be issued.

Extra practices during the season may be called at no charge. Refunds/prorations are not issued for canceled practices, holidays, or gym closures.

Should an athlete sustain an injury during the season that temporarily prevents their participation, they are still expected to attend practices and events. Registration payments will remain due as scheduled, and no refunds or credits will be provided.

All athletes must register with USASF and pay their membership fee of \$49. This fee is due by September 1st, 2025. All adult athletes require a background check.



*If you want to go fast, go alone.
If you want to go far, go together.*



GENERAL PROGRAM INFORMATION

Please review the following policies together to ensure CIA is a good fit for your family and lifestyle.

- ★ Athletes and families will respect and cooperate with coaches, staff, teammates, officials, and opponents.
- ★ Athletes and families will positively promote Cheer Idol Athletics on social media, supporting their values, teammates, coaches, and community.
- ★ Profanity, bullying, abusive language or behavior will not be tolerated at any time.
- ★ Athletes are required to refrain from executing any skills or utilizing equipment unless under the supervision of a coach.
- ★ Only athletes can use the gym floor during their practice or class time.
- ★ Food, beverages, gum, and cell phones should not be brought onto the gym floor or equipment at any time. **Cheer Idol Athletics does not assume responsibility for lost or stolen items.**
- ★ Parents and athletes should not communicate with competition officials or judges.
- ★ The names, logos, abbreviations, and slogans of Cheer Idol Athletics, including those of its teams, are the property of Cheer Idol Athletics. These elements may not be used on any apparel or merchandise without obtaining written permission from Cheer Idol Athletics.

- ★ Athletes are enrolling in the program and not a specific team. We will spend the summer deciding the roles and positions each athlete will play on their team.
- ★ Coaches may change a team's level or size at any time, prioritizing the safety and progress of the athletes.

CHEER IDOL ATHLETICS RESERVES THE RIGHT TO:

- ★ Place its athletes on the team(s) it feels will best suit the athletes and our program.
- ★ Determine the role and/or position an athlete will have/play on a team.
- ★ Request that an athlete takes additional classes or camps to improve their skills.
- ★ Request that an athlete practice longer than their regularly scheduled time and add additional practices or competitions if necessary.
- ★ Move, replace, add, suspend, or dismiss an athlete for a period of time or indefinitely from a team or the program based on but not limited to attendance, conduct, skills, finances, parent conflicts, etc.



GENERAL PROGRAM INFORMATION

ATHLETES THAT ARE SELECTED AND AGREE TO PARTICIPATE ON MORE THAN ONE TEAM MUST:

- ★ Be in good financial standing.
- ★ Be willing and able to fulfill all the responsibilities of each team.

PRACTICES & ATTENDANCE

Attendance is important for team success, and our attendance policy is heavily enforced. Attendance at all practices and competitions is mandatory. The only excused absences will be for illnesses, pre-planned vacations, and family emergencies. In the event of an absence, please inform a coach as soon as possible.

Excused Absences:

- ★ Illness
- ★ Pre-planned vacations
- ★ School event
- ★ Family emergency

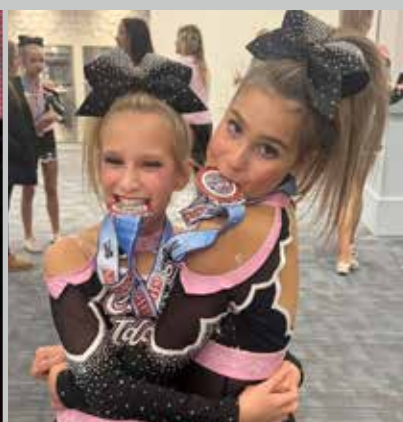
Teams will practice 1-3 times a week depending on the team, level and division. You will receive your practice schedule when you receive your team placement. Athletes are required to be on time for practice, dressed in proper practice attire, with hair pulled back and no jewelry. Parents are not permitted in the training area during practices.

Note: that excessive absences may lead to an athlete sitting out a competition and/or dismissal from the team/program. We aim to accommodate absences due to extreme circumstances but prioritize the team's needs.

No practice can be missed within 1 week of a competition. If an athlete misses during this period, there is a possibility they can be replaced for the event or more.

Practice schedules are subject to change due to weather, holidays, and competition season.

Extra practices can be scheduled at the coaches discretion.





GENERAL PROGRAM INFORMATION

UNIFORMS

Athletes must purchase a uniform at the start of the year and keep it in good condition. Uniforms are on a two-year timeline and will not change this year (unless your athlete moves from a novice to prep/elite team). Appropriate white cheer shoes are also required.

COMMUNICATION

It is the parent's responsibility to stay informed about your athlete(s) team. Please check your email regularly for updates and important information. Other possible forms of communication include, group/team texts and the Band App.

HEALTH/INJURIES

All athletes must:

- ★ Inform us of any medical conditions that may limit participation.
- ★ Notify us immediately of any injury.
- ★ Submit a doctor's note for limitations or inability to participate.
- ★ Avoid illegal use of drugs, alcohol, or other substances.

SPORTSMANSHIP AND SOCIAL MEDIA

All individuals associated with Cheer Idol Athletics are required to demonstrate good sportsmanship at all times, both in person and on social media. While social media is a valuable tool for the gym, it is essential that it is utilized in appropriate ways.

All communications about our athletes, teams, and gym should be positive and uplifting. Equally, only positive comments should be made about other gyms/events. Anyone representing Cheer Idol Athletics is expected to conduct themselves in a respectful and appropriate manner at all times.

DISCIPLINARY ACTION

Our goal is to ensure that Cheer Idol Athletics provides a secure environment for our coaches, athletes, and their families. The following steps will be taken regarding any behavior issues or violations of the program's rules and regulations.

- ★ Warning
- ★ In-person meeting
- ★ Program dismissal

We reserve the right to dismiss any individual from our program if we feel it is necessary.

