

Momentum All Star Elite Tryout Information



2021 / 2022 All Star Season

Elite Tryout Informational Meeting

Friday April 23rd @ 6:45 pm

Dates

May 21-22, 2021

May 21

10 & under 5:00 - 6:45 pm

11 & up 7:00 - 9:00 pm

May 22

Time slot sign up emailed following registration

What to wear?

1. Black top (tshirt, athletic tank top or sports bra)
2. Black bottoms (leggings or spandex)
3. Bow of choice
4. Cheer Shoes

What to bring?

1. Completed tryout form
2. Current photo of athlete
3. Signed commitment and policy form (sent out one week prior to tryouts)

Alternates

1. We will select four athletes per team to serve as alternates. This is subject to change. This is to ensure all athletes are performing to the highest level, as well as provide insurance (injuries, emergencies, etc).
2. Alternates will not pay any competition fees unless placed to compete.



What is the Elite Program?

Our USASF competitive Elite program is for athletes who would like to take their training to the highest level. Our Elite program can also be known as a “full year program.”

1. Season runs May - May
2. Commitment is 2-3x per week
3. 6-8 competitions
4. Elite teams travel 1-3x per season
5. Prerequisite is based upon level and experience

What level is my athlete?



All athletes are required to meet minimum requirements and complete the interview process.

| LEVEL | MINIMUM REQ'D | ADVANCED |
|----------------|--|--|
| LEVEL 1 | <ul style="list-style-type: none">• BACKBEND & CARTWHEEL | <ul style="list-style-type: none">• FRONT WALKOVER DOUBLE BACK WALKOVER |
| LEVEL 2 | <ul style="list-style-type: none">• STANDING BHS & RUNNING BHS | <ul style="list-style-type: none">• RUNNING PASS BHS & BACK WALKOVER BHS |
| LEVEL 3 | <ul style="list-style-type: none">• ROUND OFF, BH TUCK & JUMP DOUBLE BHS | <ul style="list-style-type: none">• FRONT WALKOVER TUCK & THREE BHS |
| LEVEL 4 | <ul style="list-style-type: none">• ROUND OFF BH LAYOUT & STANDING BH TUCK | <ul style="list-style-type: none">• TRIPLE JUMP BHS TUCK & FRONT WALKOVER LAYOUT |
| LEVEL 5 | <ul style="list-style-type: none">• JUMP TUCK COMBO & ROUND OFF BHS FULL & STANDING BHS LAYOUT | <ul style="list-style-type: none">• FRONT WALKOVER FULL & STANDING PASS + LAYOUT |

The Momentum All Stars program follows USASF age grids for the 2021/22 season. Note the minimum and maximum ages for each level.



How do you determine team levels?

Coaches will take the average of skills shown at tryouts to determine team levels. Placements are based upon age and skill.

Practices

1. Summer: 3 two hour daytime practices per week
2. Fall: 2 two weeknight practices per week
3. Beginning November 1, Elite teams will add Saturday afternoons for the months of November, January, February, March and April
4. Practices will be closed to in person viewing. Please refer to SpotTV to view practices throughout the season.

Flyers

1. If your athlete is given a flyer position on our elite teams, they will be automatically enrolled in a pre-practice flyer class. This will be held the 30 minutes prior to practice and will begin immediately with the start of the season. Flyer tuition will increase by \$25.

Competitions

1. Six - Eight events between November and May
2. Events can be one or two day events depending on Brand
3. Tentative competition schedule released at tryouts
4. Final competition schedule released in September
5. Athletes must be at all competitions if rostered. No exceptions.



Important Dates

1. Tryouts →
May 21 - 22, 2021
2. Trial Week →
May 26 - 29, 2021
3. Team Placements
Released →
May 30, 2021
4. Practices begin →
June 1, 2021
5. Stunt Boot Camp →
June 7 - 11, 2021
6. Summer Break →
July 4 - 11, 2021
7. Choreography Camp
July 23 - 24, 2021
8. Move to Fall
Schedule →
August 9, 2021
9. Thanksgiving Break
Nov 24-28, 2021
10. Christmas Break →
Dec 23, 2021 - Jan 2, 2022



Financial Commitment

1. Tryout Fee: \$40 - New Members Only
Returning Members - Included in May's tuition
2. Monthly Tuition: \$235
3. COMAC Fees: Approx \$1,500. Final costs determined following tryouts.

- COMAC fees include uniform, competition fees, practice wear, routine music, choreography fee, coaches fees, and any extras needed throughout the season. COMAC fees can be paid in full or on a monthly basis.
 - Please note this is NOT a new uniform year. If you already have one, you can deduct that cost from your COMAC expenses.
4. All scheduled closures, extra practices, breaks, etc. are prorated into monthly tuition costs.
 5. There is a zero tolerance policy for late payments.
 6. Tuition is due all 12 months of the season.

Attendance

Teams become great by working together. All practices are considered mandatory. Absences excused the week of Fall and Spring Break. No absences permitted in weeks prior or following.

Other permitted absences are as follows:

1. Sickness - Flu like symptoms or COVID exposure/quarantine
2. School Graded Event - Must submit documentation
3. Family Emergency

MOJO SHARK WEEKS

The TWO weeks leading up to a competition are mandatory for rostered athletes. They are called MOJO SHARK WEEKS. Failure to comply may result in benching for competition.

Athlete Policy

We hold our athletes to high standards of excellence in and out of the gym. Athletes are expected to have the following:

1. Appropriate social media
2. Appropriate sportsmanship
3. Appropriate school grades
4. Appropriate attitude
5. We reserve the right to place your athlete as an alternate or remove them from the team completely if the athlete fails to comply.



Momentum Allstars Tryout Form

(PLEASE ATTACH CURRENT PHOTO TO THIS FORM)

Name:

Birthdate (day/month/year):

Grade & School:

Have you cheered before? ____ Yes ____ No If so, where?

What is your highest tumbling skill?

Which stunt position do you have experience with? (CIRCLE ALL THAT APPLY)

NONE FLYER MAIN BASE SIDE BASE BACKSPOT

Athlete Height: _____

Athlete Top Size: _____

Athlete Bottom Size: _____

What are your strengths?

What would be your greatest contribution as a team member?

ANY KNOWN CONFLICTS Do you participate in any other extra-curricular activities? If so, what and when?

Would you be willing to cross compete on **two** teams for the 2020 – 2021 season? (1.5x tuition & extra COMAC fees)

___ Yes ___ No

Join our Team. Thirteen-Time
National Champions!

