



NORTHWEST SILVERSTARS

2024-2025 Tryout Packet

WWW.NWSTARS.COM

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WELCOME



Dear SilverStar Candidate and Parent,

I would like to personally welcome you to the world of all-star cheerleading! I am thrilled that you are interested in becoming a part of the SilverStar family. [This season marks our 25th season of SilverStars ... the longest standing gym in the PNW! The next 11 months include new athletes, new coaches, and new skills!](#)

When you choose that this is the sport for you, you will be participating in one of the fastest growing sports in the world. Competitive cheerleading is a tremendous team sport that will challenge you both physically and mentally, but is also one of the most entertaining to master. When all is said and done, you will be walking away from this season having learned a lot of cool tricks, having grown in your character and poise, and having created lasting memories with your new cheer family.

If you are new to this whole experience, take a deep breath. There is a lot of information to take in, not to mention the nervousness of attempting a new sport. Fear not – we are committed to keeping this process relaxed, comfortable and stress-free. We have an incredibly competent, equipped staff and are confident that we can help you reach your potential.

If you are returning to the Star Family, I want to thank you for your support and commitment as we continue to grow. Your participation has been a building block in our program, and your heart has built a family for those who are new. I look forward to working with you again and creating an even greater SilverStar legacy!

If you have any questions during this process, feel free to contact 676-0995 or info@nwstars.com.

Cheers,

Christina Archer
President, NW Cheer

ABOUT NW CHEER

Northwest Cheer is committed to creating, teaching and encouraging a higher standard of athleticism, leadership and character within cheerleaders. Our goal is to unite students from different schools and districts with the purpose of reaching a common success through competitive cheerleading, dance, and exhibition performances. We began in the summer of 2000 with a few phone calls to local coaches and cheerleaders. Our first team consisted of 25 high school girls. Since then, we have added minis, youth, and junior cheer teams, various rec teams and a SilverStar Academy.

Our organization continues to grow as the athletes continue to excel! We are the longest standing all-star gym in the PNW and have won over 100 Championship titles and accolades. We are Summit Bid contenders every season, with multiple teams making the coveted journey to Summit Finals. We were the 2013 PNW Program of the Year, led by 3-time Coach of the Year Christina Archer and our premiere team was the 2014 PNW Team of the Year. We continue to strive to improve our organization every season.

Each season brings incredible blessings, special memories, and unique trials that spur us on towards growth. Through it all, we remain committed to being a positive influence on our athletes.

SILVERSTAR ACADEMY

We offer a wide range of Academy classes focused on improving specific skills. Our classes are open to everyone, whether you are on a SilverStar team or not. Our classes are offered in 4-week sessions. All classes are 50 minutes long (unless otherwise noted). Below is a sample list of classes we regularly offer. You can register by visiting www.nwstars.com/Academy.

| Class | Description |
|-------------------------------|--|
| All Things Handsprings | Girls and boys, ages 7-19. Participants will work on strength and techniques for front and back handsprings, both standing and running approaches. |
| High School Tumbling | High School Cheerleaders, ages 13+. High school cheerleaders have unique tumbling requirements coming from a wide range of backgrounds. We will work to individualize the class towards what skills the participants are needing. |
| Let's Dance | Girls and boys, ages 7-19. Participants will learn different dances each month with various styles (cheer dances, hip hop dances, pom dances, etc.). The class will help improve stage presence, rhythm, motion accuracy and more! |
| Lift Off | Girls and boys, ages 7-19. Participants will work on improving strength, power, and flexibility for high jumps and strong tumbling |
| Little Stars | Girls and Boys, ages 5-7. Participants will be introduced to all aspects of cheerleading, including tumbling, stunting, jumps, and dance. Each month will be building elements of a routine for a local Showcase performance. |
| Shining Stars | Girls and Boys, ages 8-12. Participants will be introduced to all aspects of cheerleading, including tumbling, stunting, jumps, and dance. Each month will be building elements of a routine for a local Showcase performance. |
| Tiny Charms | Girls and Boys, ages 3-4. Participants will be introduced to all aspects of cheerleading, including tumbling, stunting, jumps, and dance. Each month will be building elements of a routine for a local Showcase performance. |
| Tucks to Twisting | Girls and boys, ages 7-19. Participants will work on shaping, power, acceleration and rebounding technique for tucks, layouts and twisting skills. |
| Tumbling 101 | Girls and boys, ages 7-19. Participants will focus on getting familiar being upside down. The class will build strength and control for handstands, bridges, and kick overs. |
| Walkovers | Girls and boys, ages 7-19. Participants will work on handstand control, blocking strength, and flexibility needed for front and back walkovers. |

PRIVATE LESSONS

Many of our coaches offer 30 & 60 minute private lessons each week. Sign-ups are found at nwstars.com/silverstar-academy

WORKSHOPS

We offer quarterly workshops to help focus on specific skills. Workshops are usually on Saturdays and are 2 hours each.

OPEN GYMS

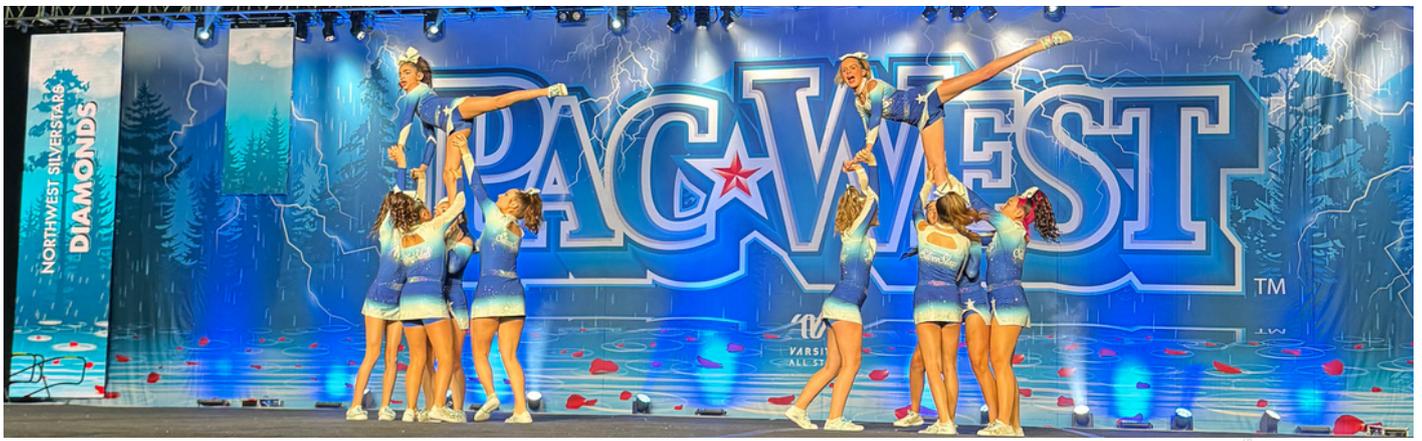
Our Open Gyms offer an opportunity to get some extra gym time and work on personal skills. Our Open Gyms are usually announced on social media.

PREP TEAMS



| | |
|------------------------------|---|
| <p>Ages</p> | <p>We hope to offer prep teams for boys and girls, ages 6-13. <i>*Teams offered will be dependent on tryout numbers</i></p> |
| <p>Schedule</p> | <ul style="list-style-type: none"> • Season runs June-April • Practices are 90 minutes, twice per week. • Regular attendance in both practices and tumbling is required for team success |
| <p>Pricing*</p> | <ul style="list-style-type: none"> • \$125 tuition charged on the 1st of each month • Camp fees (\$350) will be charged on June 15th. • A percentage of remaining Industry Fees charged on the 15th of each month, July-April. • Industry fees range from \$110-\$170 monthly and include: uniform costs, competition fees, music/choreo, coach travel fees, etc. |
| <p>Uniform</p> | <p>Prep teams will order the same uniform as the program through the gym. Athletes will also receive a custom team bow and a practice outfit. White no-show socks, uniform-colored briefs and white cheer shoes will also be required, but can be purchased separately.</p> |
| <p>What to Expect</p> | <ul style="list-style-type: none"> • Learning a 2 minute routine based on team potential • 5-7 one-day competitions/performances • Weekly Team Talks focused on character trait of the month |

*Family Discounts for multiple siblings available. Quarterly fundraising opportunities available.



ELITE TEAMS



| | |
|---------------------------------|---|
| <p>Ages</p> | <p>We offer Elite Teams for girls and boys, ages 7-19.</p> |
| <p>Practice Schedule</p> | <ul style="list-style-type: none"> • Season runs June-April (early May for teams winning a Summit bid) • Level 1 and Level 2 teams practice for 2 hours twice per week (with an additional hour of team tumbling during the school year) • Level 3 and higher teams practice for 2.5+ hours twice per week (with an additional hour of team tumbling during the school year) • Regular attendance in both practices and tumbling is mandatory. • Regular absences/illnesses/injuries will result in reevaluation |
| <p>Comp Season</p> | <ul style="list-style-type: none"> • Elite teams compete anywhere from December-May • Competitions are located from Portland to Vancouver, BC. All elite teams will have the opportunity to qualify for an airplane trip • Junior & Senior teams are eligible to win bids to D2 Summit in Orlando. <i>(Level 1 teams must earn partial or paid bid.)</i> |
| <p>Pricing</p> | <ul style="list-style-type: none"> • \$145 (L1-L2)/\$165 (L3+) tuition charged on the 1st of each month. • Camp fees (\$500) and Uniform fees (\$100-\$500) will be combined and charged in 3 equal installments, due June 15, July 15, August 15. • Industry fees include: competition fees, music/choreo, staff travel fees, etc. These are divided into equal monthly payment Sept-March and charged on the 15th. • Family Discounts for multiple siblings available. Quarterly fundraising opportunities available. |
| <p>Uniform</p> | <p>NW Cheer determines what new uniform pieces will be designed each season. It could be a new top, bottom, full uniform, or keep current design. Athletes will also receive a custom team bow and a practice outfit. White no-show socks, uniform-colored briefs and white cheer shoes will also be required, but are purchased by the individual.</p> |
| <p>Character</p> | <ul style="list-style-type: none"> • Weekly Team Talks focused on character trait of the month |

ASSESSMENT PROCESS

Registration:

- Tryout Fee: \$25 (due before tryouts)
- Regular Annual Registration Fee: \$75 (due with first tuition payment)
- **Early Bird Registration Fee: \$150 (applied towards first month's tuition/annual registration fee; nonrefundable). Early Bird registration dates: March 25-April 12. By registering early, your tryout fee will be waived (\$25 value), you will receive an exclusive 25th Anniversary Bow and get VIP early-access to all private lesson sign-ups leading up to tryouts.**

Informational Meetings:

We will offer a few info meetings to go over the tryout process, details for the upcoming season, important improvements that we are making, and to answer any questions you may have. It is mandatory for each athlete and at least one parent/guardian to attend before trying out.

Tryout Process:

Candidates will try out May 3-5. Tryouts consist of learning a dance, working on a jump combo, tumbling assessments and preliminary stunt assessments. Candidates will be placed on a Level Team to begin their training. Athletes will train with their Level Team for the month of May as coaches continue to assess and maximize potential. Final Team Placements will be assessed May 28-June 2.

**Registered returning elite athletes will have the option to waive a Level Training Team before Final Team Placements.*

Team Placements:

Each athlete will be selected for a Prep Team or an Elite Team. Athletes may also be selected as a crossover (competes on 2 teams, additional time and financial investment) or as an alternate (competes on 1 team but considered as a fill in on another team, additional time required).

All athlete placements will be regularly assessed & adjusted if skills advance or decline, or as team needs change.

| Tryout Timeline | |
|------------------------------|-------------------------|
| March 17th | Early Bird Info Meeting |
| March 25th-April 12th | Early Bird Registration |
| April 20th @ 10:30 am | Info Meeting |
| After April 12th | Regular Registration |
| May 3rd-5th | Tryout Days |
| May 6th | Level Teams Announced |
| May 8th-30th | Level Practices |
| May 28th-June 2nd | Team Placements |



TEAM PLACEMENTS

Parents, your athlete should be the brightest STAR in your sky. However, our responsibility during team selection is to build the brightest CONSTELLATIONS. We see and value the individual, but we make decisions based on the big picture for the team. It would be great if every athlete could trust the process and be ecstatic about whatever team they are selected for, knowing that the experts have placed each athlete where they can be the best contributor to their team. We recognize the excitement and motivation of many of our athletes to “level up” but that is not a realistic expectation every season! We encourage goal-setting and pursuit of excellence and want to help you achieve those goals. We also want to encourage realistic timelines and assessments while pursuing those goals, as many skills in this sport are not quick to achieve. Patience, realistic personal assessments and a perfection before progression mindset will help you and your teams have the most success!

As industry standards change, our team selection process has to adjust in order to be competitive. Team Selection is based on some objective categories and some subjective categories. While some athletes or parents may value one of these categories over another, team selection is based on all of them by the coaching staff.

Objective categories are easy for an athlete/family to assess (in order of importance):

- **Age:** USASF age grid is based on the birth year. Successful teams have a majority of their athletes at the top of the age range, some in the middle, and a rare few at the bottom of the range.
- **Standing / Running Tumbling:** Successful teams require a minimum of 1 elite and 1 advanced skill for each category. (Level appropriate skills do not meet any requirements on the scoresheet.) These skills will be assessed based on the details (“drivers”) the team will be scored on at competitions.
- **Stunting:** Successful teams are built as stunt groups. Each athlete needs to be able to fully contribute to advanced and elite stunting skills for their level.

If an athlete is partially, but not fully qualified in standing tumbling, running tumbling, and stunting, they are put into an alternate category to be considered once all fully qualified spots are filled. If an athlete falls into the alternate category, his/her best chance lies in being the VERY TOP of the desired level in whichever category they offer.

Subjective categories may be harder for an athlete/family to measure. However, these are easily discernible for experienced coaches to assess. These include (all are considered with equal importance as objective skills):

- **Performance Skills:** Qualified athletes can keep up with the pace of the level and the average pace of the rest of the team when it comes to jumps, dance and showmanship.
- **Performance Maturity:** Successful teams have athletes who can maintain composure under pressure, mental presence during skills and routines, and the ability to make and retain corrections. Often this comes with age and experience. Sometimes it clicks quicker, sometimes it takes longer.
- **Attendance/Participation:** Attendance and participation are mandatory for successful teams. Even the most athletically qualified athlete is a hindrance to a team’s success if he/she is regularly injured, sick or absent. For new athletes, this is more difficult to assess. For returning athletes, we keep clear records that can be seen in your portal.
- **Work Ethic:** Each level and team have specific standards of discipline and work ethic needed from all team members in order to ensure safety and success of the team. The higher the level, the higher the physical demand (in and out of the gym).



Tumbling Skills by Level

| | | |
|-------|---|--|
| Level | 1 | <p><u>Advanced Standing Skills:</u> Handstand Forward Roll, Back Walkover (BWO), BWO-BWR (Backwards roll)-BWO</p> <p><u>Elite Standing Skills:</u> Back Walkover Series, Back Walkover Switch, Back Extension Roll- BWO/BWO Series, Valdez</p> <p><u>Advanced Running Skills:</u> Round Off, FWO/FWO Series, Cartwheel-BWO</p> <p><u>Elite Running Skills:</u> Cartwheel- BWO Series, FWO-Carthwheel/Round Off, FWO-CW-BWO/BWO Series, FWO-CW-BWO Switch Leg</p> |
| Level | 2 | <p><u>Advanced Standing Skills:</u> Back Walkover BHS, BWOBHS/Step out, BHS step out BWO</p> <p><u>Elite Standing Skills:</u> BWO-BHS Step Out-BWO, BWO Switch Leg-BHS, BHS Step Out-BWO-BHS, Valdez-BHS/BHS Step Out</p> <p><u>Advanced Running Skills:</u> Round Off (RO)/CW -BHS Step Out, Front Handspring (FHS), FWO-FHS</p> <p><u>Elite Running Skills:</u> Series Front Handsprings, Bounder/Flyspring, CW/RO BHS Series, FWO-RO-BHS/BHS Series, CW-BHS Step Out-BWO-BHS/BHS Series, RO-BHS Step Out-BWO-BHS/BHS Series</p> |
| Level | 3 | <p><u>Advanced Standing Skills:</u> BWO-BHS Series, Triple BHS, Jump-BHS Series</p> <p><u>Elite Standing Skills:</u> BHS/BHS Series-Jump-BHS/BHS Series, Jump-BHS-Jump-BHS, BHW Step Out-BHS Series, BHS Step Out-BWO-BHS Series, BWO-BHS-Jump-BHS/BHS Series</p> <p><u>Advanced Running Skills:</u> Punch Front, Round Off-BHS Series-Tuck</p> <p><u>Elite Running Skills:</u> FWO-Aerial, RO-BHS Step Out-1/2 Turn-RO-to-Tuck, FWO-RO-to-Tuck, Bounder/Flyspring-RO-to-Tuck, FHS PF</p> |
| Level | 4 | <p><u>Advanced Standing Skills:</u> BHS Series-Tuck, BWO-Tuck, Back Extension Roll-Tuck</p> <p><u>Elite Standing Skills:</u> BHS/BHS Step Out-Tuck, Jump BHS Tuck</p> <p><u>Advanced Running Skills:</u> PF Step Out-RO to tuck, RO whip to Tuck, FWORO to Layout</p> <p><u>Elite Running Skills:</u> PF Step Out-RO-to-Layout, Whip pass to tuck/layout, FHS-PF Step Out-Tuck/Whip/Layout</p> |
| Level | 5 | <p><u>Advanced Standing Skills:</u> BHS-Whip/Tuck-BHS-Tuck, BHS Series-Layout, BHS Series-Whip-Tuck</p> <p><u>Elite Standing Skills:</u> BHS-Whip-Tuck, BHS-Layout, BHS-Whip/Tuck-Layout</p> <p><u>Advanced Running Skills:</u> RO-BHS-Full, RO-Arabian</p> <p><u>Elite Running Skills:</u> PF Step Out-RO-Full, FHS-PF-RO-Full, RO-Whip-Full, PF Step Out-RO-Whip-Full, FHS-PFSO-RO-Whip-Full</p> |

There is no elevator to success.

MASTERED SKILL

Can perform skill with technique within a routine. Ready for upgrade

QUALITY SKILL

Can perform skill with technique (scoresheet drivers)

SOLO SKILL

Can perform skill safely & repeatedly

SPOTTED SKILL

Minimally spotted or thrown unaided on trampoline/wedge

DRILLS

Build confidence & understanding

CONDITIONING

Work on strength & flexibility needed

You have to take the stairs.

Tumbling Drivers

| Approach | Body Control | Landings | Synchronization* |
|--|---|--|--|
| <ul style="list-style-type: none"> • Arm Placement into pass/skill • Swing/prep • Chest Placement | <ul style="list-style-type: none"> • Head Placement • Arm/shoulder placement in skill • Hips • Leg placement in skills • Control from skill to skill in a pass • Pointed toes | <ul style="list-style-type: none"> • Controlled • Chest placement • Finished pass/skill • Incomplete twisting skills | <ul style="list-style-type: none"> • Timing |

SEASON AT A GLANCE

All-star cheerleading is a TEAM sport. Without everyone present, the team cannot accomplish its goals. Practice is MANDATORY and absences should be avoided. Any absence or tardiness results in the entire squad being penalized with less time to safely practice skills, the staff sacrificing coaching time to rearrange plans, and other customers' investment being unrewarding. Please plan according to the Star Calendar (June calendar released at kick-off meeting. Remaining season calendar released by end of June..

| | | |
|---------------------------------------|------------------------------------|---|
| Team Placements | May | Team selections are based on athletes' ages, abilities, and team needs. |
| Training & Team Building | June- August | Athletes learn the fundamentals of their level, develop stunt groups, master level-specific tumbling skills, and create a skill list for choreography. |
| Adjustments | Beginning of August | Coaches will take another look at athletes/teams and their progress. If athletes are not meeting team requirements or exceeding team requirements, adjustments may be made to ensure correct team placement and best team success |
| Skills & Choreography Camp | Mid-August | Camp Week includes team bonding, skills training, and choreography of their competition routine |
| Routine Practice Season | September- December | Teams work towards mastering their routine and making adjustments where needed. |
| Competition Season | December/January through April/May | Teams compete regionally, Nationally and Internationally |

Gym Closures:

- June 29-July 7
- August 30-September 3
- November 27-30
(teams competing in December WILL have practice on December 1)
- December 20-31
- Spring Break is dependent on the competition schedule.

Athlete's will be allotted 6 absences during the Summer months (excluding camp weeks)

LINKS & INFO

Next Steps:

1

Follow the link below to register for the 2024-2025 Season!

If this is your first time registering for our program, please be sure to select the registration "class" when filling out your online forms to secure your registration. Returning families, please log in to your portal and select "classes" and select registration for this season.

2

Complete your online tryout application. Linked below!

3

Follow us on social media so that you can stay informed on upcoming season!

Quick Links for Reference

- [Register for the 24-25 Season!](#)
- [Online Tryout Application!](#)
- [USASF Age Grid](#)
- [USASF descriptions, rules, guidelines, etc.](#)
- [Unified Scoring](#)



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