ALL-STAR PACKET

#CHOOSEGREATNESS

2022-2023

2022-2023 ALL-STAR PACKET

Welcome

Woodlands Elite Houston is entering our 1st competitive season and we are thankful for your interest in our program. While Woodlands Elite programs are highly decorated with championships and titles, it is the life lessons our athletes learn every day that drives us. We teach and motivate our athletes to WIN. Winning is defined at Woodlands Elite Houston as waking up every day with a purpose and relentlessly working hard with focus in pursuit of accomplishing your goals.

All-Star cheerleading requires a considerable time and financial commitment. This year our season begins in July and ends in May of the following year. This information packet provides essential information regarding the commitment our families make when they register for an All-Star season. We ask that you not only read it but reach out to the All-Star Director(s) for answers to any questions you may have.

Team Placements

Tryouts will take place June 24th and June 25th. Our staff will begin placing athletes into team groups throughout the week and contact each athlete (or parent) to inform them of their placement and workout days/times between June 26th and July 3rd. We will build teams that have the best chance of competitive success in every aspect of the scoresheet. Team members will be selected based on individual skills, experience, stunt position, ability to focus, commitment, and positive attitude.

Practices and Attendance

All teams will begin the season with two scheduled practices each week. Most teams will practice Sunday and one day Monday through Thursday. Once school begins, expect extra practices to be scheduled as needed. Every athlete is expected to attend every practice. Although we support school cheer, we will schedule practice days/times for each team to minimize school cheer conflicts. If athletes miss too many practices due to school cheer, we may re-evaluate the athlete's position on the team. **IMPORTANT:** Unexcused absences due to other activities or sports are not allowed. Schoolwork is not an acceptable reason to miss practice. If you are committing to participate in All-Star cheerleading, you are committing to your team first before other activities. Instructions regarding communicating absence requests to your team coaches will be provided at your first team meeting.

2022-2023 ALL-STAR PACKET

Tryout Information

Tryouts at the Houston location will take place in a fun and relaxed environment. Our staff will guide the athletes through the entire process helping them remain relaxed and comfortable. Each athlete will perform running and standing tumbling skills according to their ability level as well as jumps. They will also be asked if there are any additional tumbling skills they wish to perform other than what was requested by the coaches, and they will have an opportunity to show those skills. The coaches will also pay attention to attitudes, body language and personality throughout the process.

Tumbling at Tryouts

Athletes should review the tumbling skills breakdowns on the following page to establish their goals for tryouts. However, it is essential to understand strong teams are built with athletes who can stunt, jump, tumble, perform and have the mental capacity representative of the age and level of their team. **Most** athletes placed on a team will be able to perform the advanced standing and running tumbling skills for their level with a high degree of execution and consistency.

Flyers

Athletes who want to be considered for a flying position will have their body positions evaluated during the tryout (either on the ground or on a stunt block). Unless you are new to competitive cheerleading, strong flexibility and body control is essential to give yourself the best opportunity to be selected as a flyer. Please be sure to check the box on your tryout form if you want to try out for a flying position.

Tryout Dates

HOUSTON

June 24th – 4:00-7:00 PM
June 25th – 10:00-1:00 PM

Drop-in any time between the hours listed above. Athletes will only need to attend one tryout day!

Team Information

Woodlands Elite Houston will field teams in most age groups and ability levels. Trying out for a competitive cheer team can be intimidating. If your athlete is a beginning cheerleader, please assure them Woodlands Elite Houston has a team or program for them and they are genuinely wanted here. If your athlete is coming to Woodlands Elite Houston for the first time, we cannot wait to meet them. Our coaches and athletes are ready to welcome you. ALL are welcome here and we are thankful for each of you.

2022-2023 ALL-STAR PACKET

Tumbling Skills

The following skills are examples for each level. While we take potential into consideration, most athletes will be able to consistently execute all the level appropriate skills, and many athletes will be able to execute advanced skills with proper technique to be placed in a particular level.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
LEVEL APPROPRIATE						
STANDING	Forward Roll Backward Roll Bridge Down	Standing Back Handspring (BHS)	Standing 3 BHS Toe Touch to BHS	Standing Back Tuck Standing BHS Back Tuck BWO Back Tuck	Toe Touch Back Tuck Standing BHS to Layout	Toe Touch to Back Tuck Two Standing BHS to Full
RUNNING	Cartwheel Round-Off (R/O)	Round Off (R/O) BHS	R/O Back Tuck R/O BHS Back Tuck	R/O Layout R/O BHS Layout	R/O BHS Full FWO R/O BHS Full	Punch Front R/O BHS Whip Full R/O BHS Arabian to Full
ADVANCED						
STANDING	Handstand Forward Roll Back Walkover (BWO) Front Walkover (FWO) Multiple BWO's	BWO BHS BHS Step Out BWO BHS	BHS Step Out R/O BHS Back Tuck Toe Touch to Multiple BHS BHS Toe Touch Two BHS	Toe Touch BHS Back Tuck	Toe Touch BHS Layout Standing BHS to Whip Tuck/Layout	Standing BHS to Double One Standing BHS to Full Standing Full Standing BHS to Whip Double
RUNNING	Cartwheel BWO FWO to Cartwheel Cartwheel Half Turn to FWO	FWO to R/O Two BHS	FWO R/O BHS Back Tuck Aerial Aerial R/O BHS Back Tuck Punch Front Punch Front Pause R/O BHS Back Tuck	Punch Front to R/O BHS Layout R/O BHS Whip to Layout Front Handspring Punch Front to R/O BHS Layout R/O BHS Whip Tuck	Punch Front to R/O BHS Full R/O Whip to Full R/O Arabian Pause R/O BHS Full	R/O BHS Double Punch Front R/O BHS Double Arabian to Double Full Whip Double Double Whip Double

2022-2023 ALL-STAR PACKET

Expense Information

Annual Registration Fee

All Athletes are required to pay a **$50.00** annual registration fee once per year. If you are currently registered at Woodlands Elite Houston, you will be charged this fee one year from when you last paid it.

ANNUAL REGISTRATION FEE	
PAID UPON REGISTRATION	$50.00

Monthly Tuition

Monthly tuition covers all team training. It remains the same each month independent of number of practices held. Monthly tuition will be billed on the first day of each month and will be charged to the credit card on file the 6th. It will continue to be billed each month through June 2023. We provide a sibling tuition discount for multiple family members enrolled in the All-Star program. All families must have a credit card on file that will be charged each month for monthly tuition, and your July 2022 tuition payment must be paid when you register for the 2022-2023 season through the parent portal.

MONTHLY TUITION (JULY 2022-JUNE 2023)	
ALL-STAR PREP/NOVICE	$175.00
ALL-STAR LEVEL 1-6	$225.00

Competition Fees

Competition Fees are estimated for Prep/Novice and all other teams and will be adjusted to actual amounts once our competition schedule is finalized no later than August 31st. Fees also include program t-shirt, competition bow, choreography, competition music, and competition travel/meal fees for coaches. These estimates should be close to actual.

COMPETITION FEES		
MONTH	PREP/NOVICE	ALL OTHERS
SEPTEMBER 2022	$300	$650
OCTOBER 2022	$300	$650
NOVEMBER 2022	$300	$650

Additional Expenses

Families will have a USASF athlete registration fee (paid to USASF), travel/hotel expenses for out-of-town competitions, competition shoes, practice wear and a competition uniform if they do not already have one. If an athlete is 18 or older, or will turn 18 by June 1, 2023, they will be required to complete a NCSI background check immediately when being placed on a team.

ADDITIONAL EXPENSES		
USASF FEE	AUGUST 2022	$49.00
NCSI SCREEN	*SEE ABOVE	$30.00

Practice Wear

All athletes will be required to purchase two sets of practice wear. Purchase/fitting dates are listed under the Important Dates section of the packet.

PRACTICE WEAR (JULY 2022)	
ALL TEAMS (2 SETS)	$185 & UP

2022-2023 ALL-STAR PACKET

Uniform, Warm-Up, and Shoe Information

All-Star Prep/Novice Uniforms

Athletes on any of these teams will pay for your uniform at your fitting. Purchase/fitting dates are listed under the Important Dates section of the packet.

ALL-STAR PREP/NOVICE UNIFORMS	
GIRLS BODYSUIT	$200
GIRLS SHORTS	$65
BOYS UNIFORM	$260

All-Star Tiny, Mini and Youth Uniforms

Athletes on any of these teams will pay for your uniform at your fitting. Purchase/fitting dates are listed under the Important Dates section of the packet.

ALL-STAR TINY, MINI AND YOUTH UNIFORMS	
GIRLS UNIFORM	$460
BOYS UNIFORM	$365

All-Star Junior Uniforms

Athletes on a JR team will pay for your uniform at your fitting. Purchase/fitting dates are listed under the Important Dates section of the packet.

ALL-STAR JUNIOR UNIFORMS	
GIRLS BODYSUIT	$380
GIRLS SKIRT	$180
BOYS TOP	$340
BOYS PANTS	$85

All-Star Senior Uniforms

Athletes on a SR team will pay for your uniform at your fitting. Purchase/fitting dates are listed under the Important Dates section of the packet.

ALL-STAR SENIOR UNIFORM	
GIRLS UNIFORM	$490
BOYS UNIFORM	$410

Warm-Ups

Warm-Ups will be the same for all teams and are an **optional** purchase. If you choose to purchase a warm-up or one of the pieces you will pay for it at your fitting. Purchase/fitting dates are listed under the Important Dates section of the packet.

WARM-UPS (OPTIONAL)	
WARM-UP JACKET	$175
PULLOVER WITH BLING	$120
PULLOVER NO BLING	$90
LEGGINGS	$70

Competition Shoes

All athletes will be required to wear Nfinity competition shoes for the 2022-2023 season. Color will be determined by team and each athlete will be able to choose between the Vengeance and the Flyte. Shoes can be purchased through our pro shops and need to be in good shape for competition season.

2022-2023 ALL-STAR PACKET

Practice Wear Fitting/Purchase Dates

Practice Wear must be purchased in July. There are several options for each outfit, and you will be able to purchase your desired combinations. We will have two fitting sessions. We highly recommend you attend the first fitting date if possible.

LOCATION	DATE	TIME
HOUSTON	JULY 12th	5:00-8:00
HOUSTON	AUG 3rd	5:00-8:00

Uniform Fitting/Purchase Dates

We will have two fitting/purchase dates for uniforms. We highly recommend purchasing your uniform at the first fitting dates if possible.

LOCATION	DATE	TIME
HOUSTON	JULY 12th	5:00-8:00
HOUSTON	AUG 3rd	5:00-8:00

Choreography Dates

Choreography is scheduled to begin August 19th. Once teams are finalized, we will give each team their assigned dates so schedules can be planned/modified to make sure your athlete is present for their choreography dates. Every athlete on every team is expected to attend their entire choreography session.

Gym Holidays

The gym will not hold practices on the dates listed below. It is common for us to have several open gyms during Thanksgiving and Christmas breaks for athletes that are in town and want to work out and tumble.

GYM HOLIDAYS (NO PRACTICE)	
JULY 4TH	JULY 3rd – 4th
LABOR DAY	SEPTEMBER 4TH – 5TH
HALLOWEEN	OCTOBER 31ST
THANKSGIVING	NOVEMBER 20TH – 27TH
CHRISTMAS	DECEMBER 19TH – JANUARY 2ND

Hotel Requirements

Many of our out-of-town competitions will require us to book our hotels through housing companies that work with the event producer. We do not appreciate or agree with these requirements, however, we have no control over their policies. It is called Stay to Play, and we must comply if we wish to compete. Once our competition schedule is finalized, we will release hotel booking information as quickly as possible. We work hard to get the best variety of hotel options we can. Please understand you will be required to provide booking information for certain events that require Stay to Play.

Crossover Fees

Each year several athletes are asked and agree to compete on more than one Woodlands Elite Houston team. These athletes are considered crossovers. If your athlete is asked to compete with more than one team and you agree to make that commitment you will be billed $100 per month (or $1,200) in addition to your normal tuition. This fee covers all expenses including competition fees for your second team. It does not include a uniform if your second team wears a different uniform. If your athlete is asked to fill in for a competition due to a rostered athlete being unable to compete that is considered a substitute and no charges will apply.

2022-2023 ALL-STAR PACKET

Registration Instructions

Part One

Complete the All-Star Packet "Tryout Information Form" and bring to tryouts. If you have any questions, please contact the All-Star Director(s) at your location and they will be happy to answer them. **You must complete part two below to complete your registration process.**

Part Two

1) Go to woodlandselite.com and click the Houston, TX location.
2) Click on "Parent Portal" at the top right of the page and then "Click to Begin."
3) Click "Log In" if you already have an account with us or "Create Account" if you do not. Please do not create a new account if you already have one in our Houston system. When creating an account you will accept our policies, enter all your information, and then add your child as a student.
4) Click "Booking," select program and click on All-Star Cheer.
5) Select which day you would like to tryout on; "All-Star Cheer Tryouts" for Friday, June 24th 4-7pm or "All-Star Cheer Tryouts II" for Saturday, June 25th 10-1pm.
6) Select student(s) to enroll; click "Enroll Now".
7) Review your selection and click "Add to Cart." You will only be charged our $50.00 annual registration fee per student.
8) You will then enter your payment information, check the box that says, "I'm not a robot" and click "Submit."
9) It will then take you to a page that says, "Thank you for your purchase" and this means you have successfully completed your registration!

Who to Contact with Questions?

Any questions relating to registration or basic information about our program can be answered by calling or visiting our front desks. Questions specific to team placements or qualifications should be directed to our All-Star Directors. All will be happy to assist you.

Houston - (832) 831-8389

natalie@woodlandselitehtx.com
christen@woodlandselitehtx.com

2022-2023 ALL-STAR PACKET

Important Information

●If you have any questions or concerns that need immediate attention, please use the following chain of communication. 1) Team Coach 2) All-Star Director 3) Owner

● No outside merchandise of any kind may be designed, purchased, or distributed without prior written consent from Lynne Shearer. This includes but is not limited to any items containing references to Woodlands Elite (name or logo) or any Woodlands Elite team name. This does not include snacks, cakes, cookies, or consumable goodie bag items. In addition, no solicitation of any items while on Woodlands Elite property will be allowed.

● All practices and competitions are mandatory. Any extra practice that is scheduled at least one week in advance must be attended by all team members.

● You must arrive to practices and competitions on time.

● Woodlands Elite Houston reserves the right to close any practice for outside viewing at any time.

● Athletes are required to wear the appropriate practice wear to every practice.

● Punishing your athlete by missing a practice or competition is not acceptable.

● Anyone threatening to quit or pull their child from a team may be dismissed from the program immediately.

● The Woodlands Elite Houston parent viewing area is expected to be a positive environment for parents to enjoy watching their kids. If you cannot maintain a positive attitude in the parent viewing area you may be prohibited from utilizing the area and designated as a “drop off only” parent. Please do not be that parent.

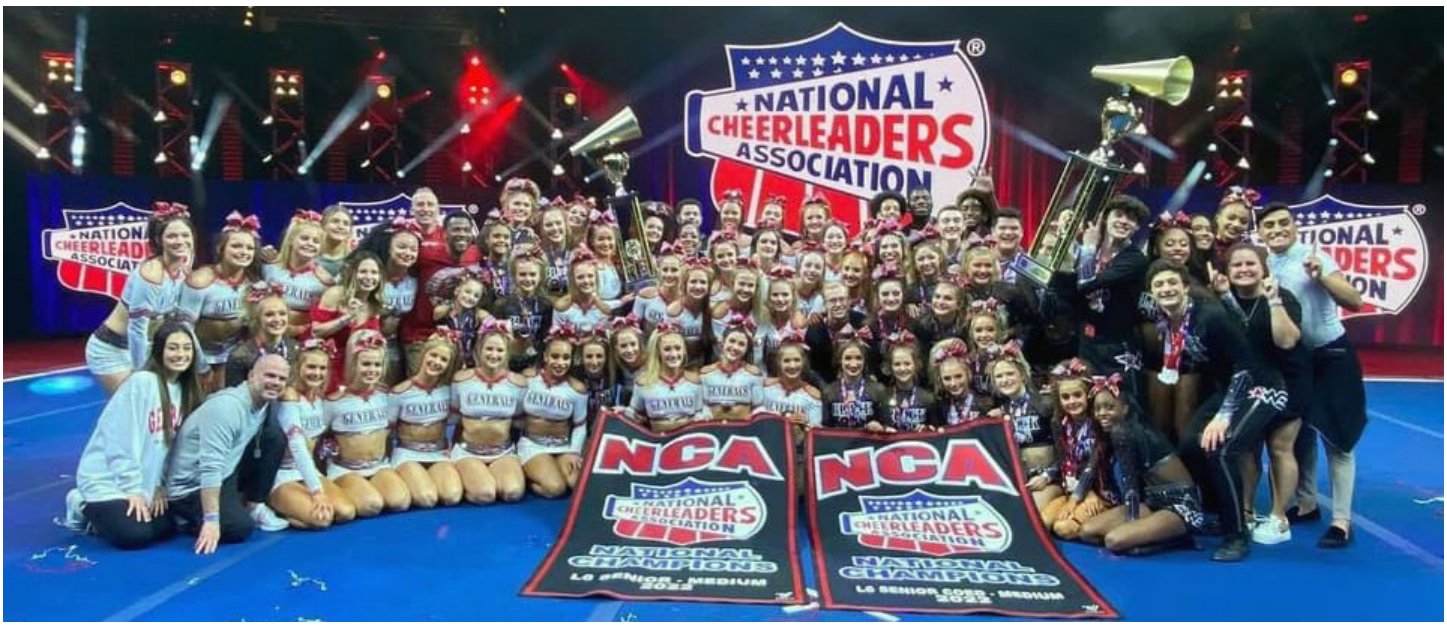
● Social media posts that are a poor representation of Woodlands Elite Houston may result in suspension or removal from the team.

● Parents, relatives, athletes, and friends are not allowed to contact competition officials for ANY reason. All questions or comments relating to event producers, or their officials should be directed to Woodlands Elite Houston.

● You are making a 12-month commitment. You are expected to honor this commitment.

● It is the parent’s responsibility to know what is going on with your team. Check your emails and team group communications regularly.

● If your athlete quits or is removed from the program you will not receive a refund of any kind.



2022-2023 ALL-STAR PACKET

Tryout Information Form

Student's Name:

Student's Date of Birth:

Is Student a School Cheerleader for 2022-2023?

Previous All-Star Experience?

If yes complete the following:
Previous All-Star Gym:
Last Year Competed:
Last Stunt Position:
Level Competed:

Parent's Name:

Parent's Cell Phone:

Athlete is interested in Crossing over:

I have read, understand and agree to the 2022-2023 All-Star Packet.

Please remember to complete Part Two of the registration instructions (Detailed inside the packet) in order to finish the registration process.

Thank you for choosing Woodlands Elite Houston! We look forward to a GREAT 1st year!