



**All Stars Unlimited –
Cheer Squad & Tumble Team**
(Performance Based)



OUR SQUAD/TEAM PHILOSOPHY >> *Our non-competitive, upbeat, and positive squads/teams focus on setting and achieving goals, building team spirit, camaraderie, and leadership skills. Performances at the PARD Family Christmas Night, Halftime Performances, and other events will be scheduled. A full season commitment with participation in scheduled practices and performances is vital to each member's success as well as the team's success.*

ALL STAR PERFORMANCE CHEER SQUAD

This one-day a week, non-competitive squad is perfect for those participants interested in being part of a Cheer Squad. This squad will work on a beginner to intermediate level. During practice, the squad will work on motions, jumps, cheers, chants, dance, and stunt building, as well as learning a performance routine that will be performed at various events throughout the season. Each All Star Cheerleader will gain confidence through teamwork, leadership, setting and achieving goals, and learning new and exciting skills while having the time of their life!!

Instructor approval needed for all participants. A full season commitment is REQUIRED (September-May). Participation in scheduled practices and performances is vital to each member's success as well as the team's success. Team Packets will be given upon enrollment or at a mandatory meeting pre-season.

AGES: 6-11

COMMITMENT: SEP 2009 – MAY 2010

DAY: MON 4:30-6:00pm

FEES: \$85.00/Month DUE on the 5th of Each Month

**Team Uniforms and Practice Uniform are to be purchased from All Stars by Sept. 30th.
(cost to be approx \$175)

ALL STAR PERFORMANCE TUMBLE TEAM

This one day a week, non-competitive team is perfect for those children interested in being part of a team. This team will work on mastering skills such as cartwheels, dive rolls, round offs, back/front walkovers, back handsprings, and other aerial tumbling, as well as learning a performance routine and dance that will be performed at various events throughout the season. Each All Star Tumbler will gain confidence through teamwork, leadership, setting and achieving goals, and learning new and exciting skills while having the time of their life!!

Instructor approval needed for all participants. A full season commitment is REQUIRED (September-May). Participation in scheduled practices and performances is vital to each member's success as well as the team's success. Team Packets will be given upon enrollment or at a mandatory meeting pre-season.

AGES: 6-11

COMMITMENT: SEP 2009 – MAY 2010

DAY: TUES 4:30-6:00pm

FEES: \$85.00/Month DUE on the 5th of Each Month

**Team Leotard is to be purchased from All Stars by Sept. 30th. (cost to be approx \$75)

ALL STAR PERFORMANCE GYMNASTICS TEAM

This one day a week, non-competitive team is perfect for those children interested in being part of a team. This team will be learning Levels 3-5 (depending on ability) Compulsory routines on all 4 gymnastics events (bars, beam, vault, floor). They will have non-competitive meets throughout the season. Each All Star Gymnast will gain confidence through teamwork, leadership, setting and achieving goals, and learning new and exciting skills while having the time of their life!!

Instructor approval needed for all participants. A full season commitment is REQUIRED (September-May). Participation in scheduled practices and performances is vital to each member's success as well as the team's success. Team Packets will be given upon enrollment or at a mandatory meeting pre-season.

AGES: 6-14

COMMITMENT: SEP 2009 – MAY 2010

DAY: TUES 4:30-6:00pm

FEES: \$85.00/Month DUE on the 5th of Each Month

**Team Leotard is to be purchased from All Stars by Sept. 30th. (cost to be approx \$75)