

THE STINGRAY ALLSTARS

HALF YEAR ALLSTAR PREP 2023-2024

WWW.STINGRAYALLSTARS.COM



@THESTINGRAYALLSTARS



THE STINGRAY ALLSTARS-MARIETTA



@LETSGORAYS



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WHAT IS ALLSTAR PREP?

Allstar prep is a division of allstar cheerleading in which teams will compete against other allstar prep teams. Routines are choreographed up to 2 minutes long and comprised of tumbling, stunting, pyramids and dance. Our allstar prep program is designed to offer competitive allstar cheer to athletes that are new to cheerleading and transitioning from rec cheer or middle school. It is a perfect way to see if your athlete is ready for our full year competitive allstar program.



WHAT OUR PROGRAM ENTAILS:

The Stingray Allstars half year allstar prep program begins in November and will last through April 2024. We will field teams of athletes ages 5-18 with levels 1 through 3.2. **NO PRIOR EXPERIENCE IS REQUIRED!**

- **TIME COMMITMENT:** Teams will practice twice a week for an hour and forty-five minutes each practice. Attendance is incredibly important to a team's success. Missing multiple practices could effect an athlete's position on the team.
 - Athletes are encouraged to take advantage of a weekly tumble class outside of their team practice. These are scheduled on an individual basis and one class a week is included in your tuition installments. You can add additional classes such as flexibility, jump, or stunt classes for an additional cost.



- **COMPETITIONS/PERFORMANCES:** Our half year allstar prep teams will perform at a showcase at our Marietta facility for parents and friends on Friday, March 15th.
- Teams will compete on March 16th, 2024 at Athletic Championships.
- Teams will compete on April 20th, 2024 at the Regional Summit.
- All athletes are expected to attend the competitions. Transportation to and from events is the responsibility of the families. The team will not travel together.
- More detailed competition information will be released later in the season.



- **UNIFORMS:** The half year program debuted a new uniform design last season! Uniforms are rented to athletes for the season for \$50, billed in December. At the end of the year you will turn in your uniform or you may purchase it for an additional \$150. Our uniform representative will fit your athlete for a uniform later in the season and they will be distributed in the weeks before the showcase.
- **APPAREL:** There will be an optional practice wear package provided through The Stingray Pro Shop for athletes wishing to purchase. Athletes who do not purchase the practice wear will be asked to wear the same color as their teammates to practice. The pro shop will have sizers available the first week of practices. All Stingray logos and brands are protected and cannot be duplicated. All Stingray apparel must be purchased from the pro shop including team sponsored items, parent apparel, etc.



TRYOUT INFORMATION:

Tryouts will take place at the Marietta location on Friday, November 17th.

- **ADDRESS:** 1431 Cobb Parkway North Marietta, GA 30062
- **TIME:** Athletes will sign up for a one hour time block in which they will meet our coaches and show us any skills they would like us to consider for their team placement. There is no material or routine to learn before tryouts. It is meant to be a low stress environment, no need to be nervous! Chose between **4:00pm, 5:00pm, 6:00pm, 7:00pm or 8:00pm.**
- **COST:** The cost of the program is divided into 5 tuition installments of \$217 each. The first payment is due at the time of tryout registration and the remaining billing schedule is as follows:
 - 2nd payment: \$217.00 billed January 1st, due by January 7th
 - 3rd payment: \$217.00 billed February 1st, due by February 7th
 - 4th payment: \$217.00 billed March 1st, due by March 7th
 - 5th payment: \$217.00 billed April 1st, due by April 7th

You are required to have a card on file. Any outstanding charges will be run on the 8th of the month.

TUITION INCLUDES: all team practices, choreography fees, music fees, competition fees, a competition bow, a program t-shirt, and a weekly tumble class

TUITION DOES NOT INCLUDE:

- \$50 non-refundable uniform rental fee billed on December 1st and due by December 7th
- USASF Registration: \$49.99- Instructions will be shared after team placement
- Practice wear, uniform sports bra, cheer shoes, backpacks or other optional items from the Pro Shop
- Any clinics, private lessons, or specialty classes such as Jump (\$40/month), Flex (\$40/month), Stunt (\$75/month)

Account must be kept current within the month in order for your athlete to participate. Athlete's with outstanding balances could be asked to sit out of practice or be removed from the team. Tuition is non-refundable.

REGISTRATION INSTRUCTIONS:

All bookings and registrations are done through the Parent Portal on the Stingray website: www.stingrayallstars.com, or through the "Stingray Cheer" app on your mobile device. Once on the site, click on the Marietta tab, then the "Parent Portal/Bookings".

If you already have an account in our system, you will log in to your current account. **DO NOT CREATE ANOTHER ACCOUNT.** If you have any trouble logging in please contact the front office for assistance.

If you are a new member, it will prompt you to input the guardian information, athlete information and accept the policies/waiver. Please be sure to opt in to email notifications as the email entered will be where team placements and other important gym information will be sent.

Once logged in, click on "Bookings" then "Allstar Prep Tryouts". From there you will click on the time that works best for your athlete:

4:00pm, 5:00pm, 6:00pm, 7:00pm or 8:00pm.

Please only choose one time slot. Add to cart, click pay now. You will pay the first installment of tuition at the time of registration. You will receive a confirmation email once your transaction is complete.

Please print and turn in your completed Tryout Form located on page 9.



IMPORTANT DATES:

Video Parent Meeting: Our half year Program Director, Paige, will be recording a video to discuss the season and frequently asked questions. This will be posted to our Stingray Family Facebook Page on Tuesday, November 14th.

(You can join by searching "The Stingray Allstars Marietta- Family" group on Facebook and answering the group questions)

Friday, November 17: Tryouts to assess skills for team placement, see website for specific time slots, all tryouts are held at the Marietta gym.

Team placement emails will be sent out no later than Monday, **November 20**.

Practices start either Mon 11/27 or Tues 11/28: All teams will practice 2 times/week Monday through Thursday 5:00-6:45, locations and days TBD.

(Each teams practice times, locations, coaches, etc. will be included in your placement email.)

November 20-24: Thanksgiving Break, gym closed

December 20-January 2: Holiday Break, gym closed

January 3, 2023: practices resume

WE DO NOT OBSERVE WINTER BREAK (we will have practice that week).

March 15: Showcase at the Marietta gym

March 16: 1st competition

March 29-April 5: Spring Break, gym closed

April 20: 2nd competition

Half Year Allstar Prep at a Glance:

- No experience required to participate!
- We will field teams of athletes ages 5-18 years old. Teams are picked based on age and tumble experience. The highest level offered for prep divisions is Level 3.2 (Level 3 stunts, level 2 tumbling). Level 2 tumbling goes up through back handsprings.
- Teams will practice 2 days a week from 5:00pm-6:45pm.
- Our program operates out of BOTH locations: Your team could end up practicing at both the Marietta gym and/or the North gym depending on gym scheduling.

The Stingray Allstars- Marietta Gym

1431 Cobb Pkwy North
Marietta, GA 30062

The Stingray Allstars- North Gym

3126 North Cobb Parkway
Kennesaw, GA 30152

- There is a \$50 uniform rental fee due in December. Your athlete will be sized by a Varsity Uniform representative later in the season. You can purchase your uniform at the end of the year for an additional \$150 or you will turn it in after the last competition.
- There will be an optional practice wear package for purchase. You can order practice wear before or after your tryout on 11/17.
- Tuition is broken down into 5 equal installments of \$217. The first installment is due at the time of tryout registration. Tuition will not be refunded for athletes that quit or are asked to leave the program, but no further billing will take place.
- Tuition includes a once per week, one hour tumble class. This is scheduled on an individual basis. Athletes must have a tumble evaluation on file in order to enroll.
- Teams perform at a parent showcase and 2 local competitions.
- Registration is done online. All athletes must turn in a completed tryout form to the office.
- Tryouts are meant to be fun! They will come in, meet the coaches and show us any skills athletes would like us to consider for team placement.

Frequently Asked Questions

Q: What are the tumble skills within each level?

A. Level 1-

- Forward/Backwards Rolls
- Front/Back Walkover series
- Cartwheels, Roundoffs, back bend kickovers

Level 2-

- Front/Back handsprings (standing and running)

Please note, this is an entry level program and no skills are required.

Q: How do you choose teams?

A. Teams are formed by grouping athletes of similar age and skill level. The tumble skills performed during the tryout are what the coaches will reference for team placement. Athlete's interested in being a flyer will show body positions at tryouts but stunt roles will not be confirmed until several practices into the season.

Q: How do I enroll in a tumble class?

A. One weekly tumble class is included in your athlete's monthly tuition. All athletes must be evaluated before they can enroll in a class. You can sign up for an initial evaluation at any time before or after tryouts through your parent portal account. Athletes will also be evaluated the first week of practice. Once completed, the coaches will review and provide a level recommendation for your athlete to enroll in.

Q: Can I enroll in classes to prepare for tryouts?

A. Yes! We offer tumble classes, flexibility and stunt classes, and jump classes that athletes may enroll in at any point. We also have private and semi-private lessons and clinics for more in depth training. You can book online through your parent portal account.

Q: Does every athlete trying out make a team?

A. Yes! We will form teams based on the age and skill level of the athlete's trying out. No prior experience is required and those new to the sport will be with training alongside other beginner athletes.

*Only exception would be if we were unable to field a team of a certain age group.

Q: When do we know what days we will practice?

A. You will find out your two practice days, locations, and coaches when we email out team placements on Monday, November 20th. Practices will be either Monday/Wednesday or Tuesday/Thursday.

Q: I have a prior commitment on a weeknight that might conflict with the allstar prep program. Can I make special request for practice days?

A. We will do our best to accommodate special request for practice days/carpools that are noted on the athletes tryout form. Please be sure to communicate any requests under the extra curricular section of the tryout form before you turn it in to the office. Requests submitted after tryouts or team placements may not be accommodated.



ASSESSMENT CHECKLIST:



Sign up for one tryout time slot on the parent portal.



Print and complete the Tryout Form located on the final page of this packet.



Bring your completed form to the office. Be sure to have your athlete's photo attached in advance!



See you at tryouts!

YOU'RE NOW READY TO BE "ONE OF A KIND". WE LOOK FORWARD TO ANOTHER GRAYT YEAR IN THE BLUE AND GREEN!

Allstar Prep Tryout Form

Everyone MUST turn in this completed form.

Athlete name: _____ Age: _____

School: _____ Date of Birth: _____

Phone: _____ Email: _____

THE STAFF WILL USE THIS NUMBER/EMAIL TO CONTACT YOU WITH ANY QUESTIONS.

Prior Cheer Experience: _____

Please list last cheer gym athlete was registered with through USASF (if applicable): _____

Please list any extra curricular activities: _____

STAFF USE ONLY BELOW THIS LINE.

Motions: _____

Jumps: _____

Tumbling: _____

Stunt Experience:

Flexibility: _____

Additional Comments:

LEVEL 1

LEVEL 2

LEVEL 3

**VERY
IMPORTANT:
PLEASE TAKE A
4X6 PHOTO OF
YOUR CHILD
STANDING IN A
DOORWAY AT A
DISTANCE OF
ABOUT 5 FEET.
ATTACH PHOTO
HERE.**