

THE STINGRAY ALLSTARS

# HALF YEAR ALLSTAR PREP 2024-2025

[WWW.STINGRAYALLSTARS.COM](http://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 or middle school cheer. It is a perfect way to see if your athlete is ready for our full year competitive allstar program.



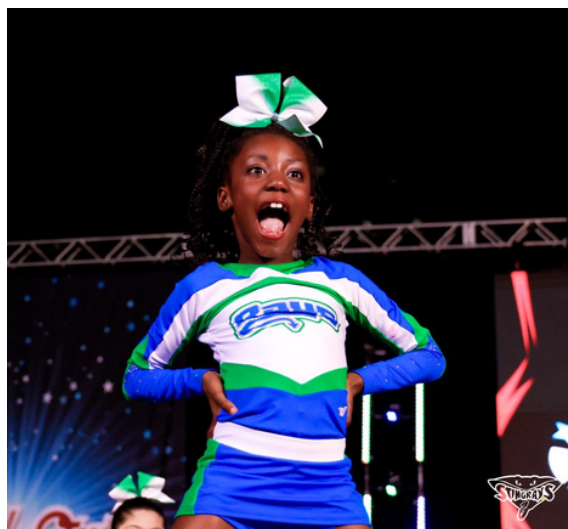
## WHAT OUR PROGRAM ENTAILS:

The Stingray Allstars half year allstar prep program begins in November 2024 and will last through April 2025. 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 thirty minutes each practice. Attendance is incredibly important to a team's success and all practices and competitions are mandatory . Your athlete is allowed 3 absences throughout the season. Excessive tardiness or absences will result in removal from 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. Booking is available online through the parent portal.



- **COMPETITIONS/PERFORMANCES:** Our half year allstar prep teams will perform at a showcase at our Marietta facility for parents and friends on Friday, March 21st, 2025.
- Teams will compete on March 22nd, 2025 at All Out Championships.
- Teams will compete on April 5th, 2025 at Nfinity Prep Nationals.
- All competitions are mandatory. 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. You can expect performance schedules to be released the week of the event.



- **UNIFORMS:** Uniforms are rented to athletes for the season for \$75, 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 All Stars 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 sizes 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 22nd.**

- **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 \$223 each. The first payment is due at the time of registration and the remaining billing schedule is as follows:
  - 2nd payment: \$223.00 billed December 1st, due by December 7th
  - 3rd payment: \$223.00 billed January 1st, due by January 7th
  - 4th payment: \$223.00 billed February 1st, due by February 7th
  - 5th payment: \$223.00 billed March 1st, due by March 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 booked based on your availability.

### **TUITION DOES NOT INCLUDE:**

- \$75 non-refundable uniform rental fee billed on December 1st and due by December 7th
- 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 (\$80/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](http://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.**



## 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 **Wednesday, November 13th**.

*(You can join by searching "The Stingray Allstars Marietta- Family" group on Facebook. Be sure to answer the group questions.)*

**Friday, November 22:** 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 **Tuesday, November 26th**.

**Practices start either Mon 12/2 or Tues 12/3:** All teams will practice 2 times/week Monday through Thursday 5:00-6:30, locations and days TBD.

*(Each teams practice times, locations, coaches, etc. will be included in your placement email sent November 26th.)*

**November 25-29:** Thanksgiving Break, gym closed

**December 21-27:** Holiday Break, gym closed

**December 30- January 2:** New Year Break, gym closed

**January 6, 2025:** practices resume

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

**March 21:** Showcase at the Marietta gym

**March 22:** 1st competition

**April 5:** 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-6:30pm.
- 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 \$75 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 November 22nd.
- Tuition is broken down into 5 equal installments of \$223. 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, in person.
- Tryouts are meant to be fun! Athletes will come in, meet the coaches and show us any skills you 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: What do the team divisions mean?**

A. Teams are broken down into age, roster size, and skill level divisions to compete against other cheer programs. The age groups are Tiny, Mini, Youth, Junior, and Senior. The roster sizes are broken down by Small (under 22 athletes) and Medium (up to 30 athletes). The teams are created to be most competitive within their division and there is no difference in skill level between the age groups and sizes. A Youth level 2 and a Junior level 2 are doing the same skills at different ages!

## **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. Athletes that fall into multiple age categories will be placed based on their potential stunt position. Athletes 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: How does the billing structure work?**

A. We take the total cost of the season and divide it into 5 equal installments. These payments cover choreography, music, gym use, coaches pay, a weekly tumble class, etc. Some months we have holiday and gym closures but the tuition will not be affected. We will not charge for extra practices!

**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 Tuesday, November 26th. Practices will be twice a week, Monday-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 any 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.

**Q: What is the attendance policy for this program?**

A. All practices are mandatory in our allstar prep program. We allow for 3 excused absences throughout the season. Missing for homework, as a form of punishment, or other unexcused events is not acceptable. Excessive tardiness and absences from team practices will result in your athlete becoming an alternate or being removed from the roster altogether. Attendance and punctuality are important to the team's success and all members will be held to this standard.

**General Gym Rules/Policies**

- Payment is due on the 8th of each month. Accounts that are behind on payments will not be able to participate in practices, receive the uniform, or compete. Please keep a card on file for automatic billing.
- Please feel free to talk to your coach about anything; remember to do it at an appropriate time. It is not appropriate to interrupt a practice or stop your coach entering or exiting the gym.
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and performances from parents and athletes. NO GOSSIP about athletes, teams, coaches and staff will be tolerated.
- The gym is not responsible for any lost or stolen items. Please utilize the backpack hooks and shelves adjacent to your practice floor for all personal items.
- The Stingray Allstars is not a babysitting service. No child should be dropped off to the gym without an active enrollment within the hour.
- Practices may be added throughout the season to better prepare the team for performances. Coaches will always provide ample notice.
- Only coaches and athletes are allowed into the gym and onto the practice floors.
- It is your responsibility to wear the correct color practice wear/shoes/accessories to practices and competitions.
- It is the parents responsibility to know what is happening with your team. Check your emails and the team GroupMe regularly.





# 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 any extra curricular activities: \_\_\_\_\_

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## 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.**