



## FREQUENTLY ASKED QUESTIONS

### What is All-Star Cheerleading?

All Star Cheer is competitive version of cheerleading where the teams don't cheer for another sport, THEY ARE THE SPORT! Children start as young as 3 years old and the teams generally practice year long, 1-2 times per week, and compete in 6-10 regional and national competitions from September to April. Teams are divided by age and skill level so teams compete against teams from other gyms who are at the same level. All Star Cheer routines are typically 2:30 seconds long and include tumbling, cheer, and dance skills. Cheerleading is a physically demanding sport and is an excellent way for kids to stay in shape (or get in shape). Competitors will gain physical skills, self confidence and self discipline.

### How are the teams selected?

You will be placed based on your skills at the beginning of the season. At level one, there are no tumbling skill requirements at all. At the highest level, competitors are expected to have substantial tumbling skills which generally require extensive tumbling training.

### Do I have to be able to tumble in order to be placed on a team?

No, we can teach you.

### I find that many All-star programs are expensive. What are the costs of the program?

Our program is about \$400.00 cheaper than most programs.

Team Practices.....	\$50/month
Competition Uniform .....	approx\$70.00
Hair Ribbon .....	\$ 8.95
Cheer Shoes .....	\$40-50
Competition Fees (May be partially covered by Fundraising)....	\$35 -100 per/comp
Practice Attire (Black Shorts, Team t-Shirt) .....	\$15

### I cheer at my school is it possible to cheer for your program too?

YES!!!! We strongly encourage participation in your school's cheer squad.

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