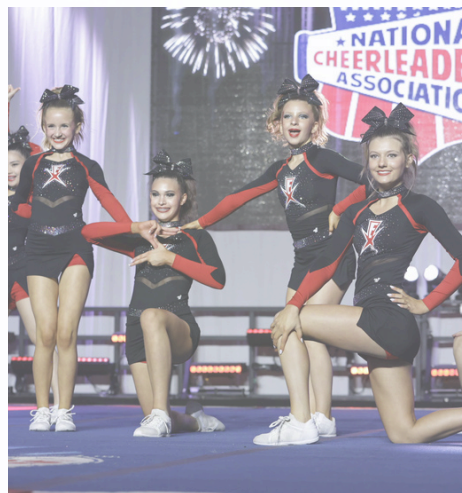
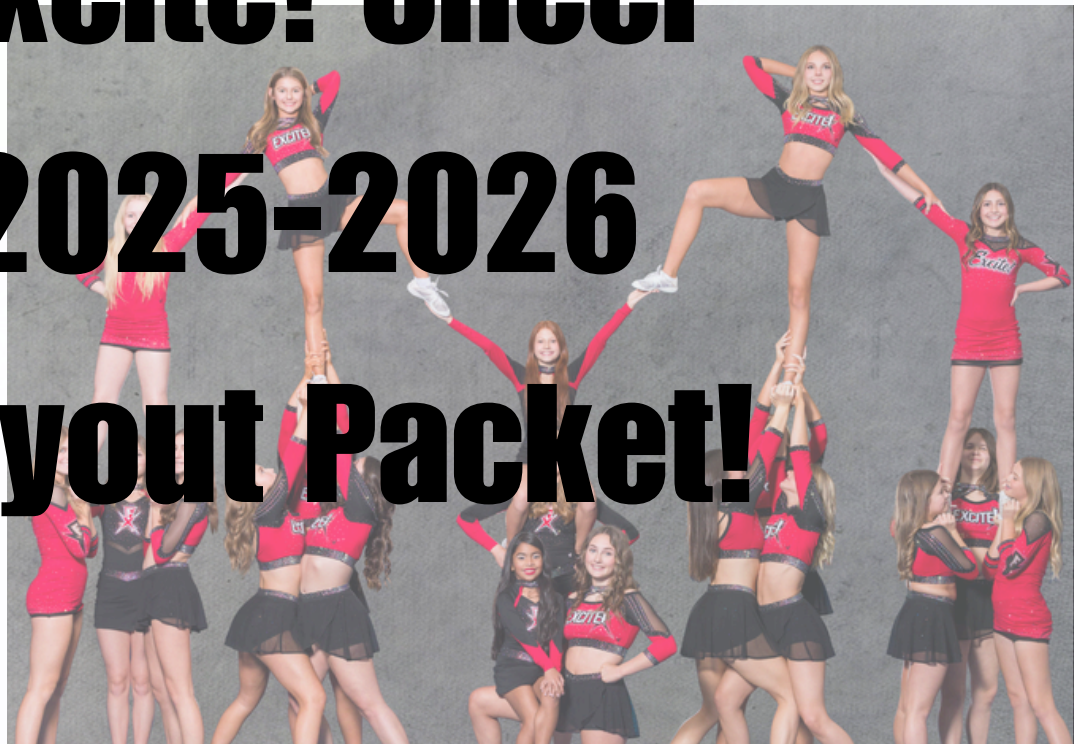


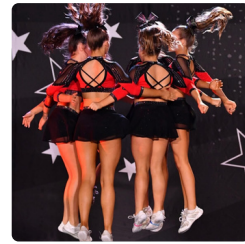
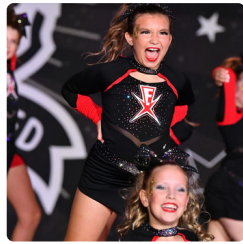


**Excite! Cheer**

**2025-2026**

**Tryout Packet!**





# IMPORTANT DATES

**April 17th- HANDBOOK MEETING 6pm-6:45pm**

**May 1st- DEADLINE TO REGISTER FOR TRYOUTS**

**May 6th- NEW ATHLETE MANDATORY EVALUATIONS 6pm-7pm AND  
HANDBOOK MEETING 6PM-6:45PM**

**May 7th-15th- MANDATORY TRYOUT CLINICS**

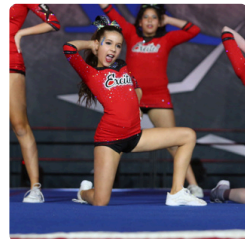
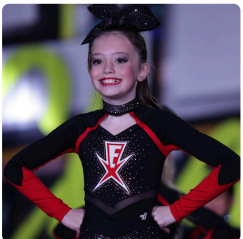
**May 9th- CLASSIFICATION DAY!**

**May 12th- BILLING DATE**

**May 17th- OFFICIAL TRYOUT DAY!**

**May 18th- EXCITE! EMAIL DAY!**

**May 19th- SEASON BEGINS!**



# TRYOUT PROCESS

## **April 17th: Handbook Meeting 6pm–6:45pm**

All new members and returning 24–25 half season members are required to have a parent/guardian attend 1 of the 2 handbook meetings offered. This is highly recommended for returning members looking to switch classifications as well. Returning members may pick up this year's copy from the front desk starting at 6pm this date.

## **May 1st: Deadline to Register for Tryouts**

\$75 early bird fee for anyone trying out. This will cover all tryout clinics, tryout dates and open gym opportunity. Anyone who signs up after this date will be billed \$125 to tryout– don't miss this! Tryout fees are non-refundable. Sign up for the classification that interests you the most.

## **May 6th: New Athlete Mandatory Evaluations**

6:00pm–7:00pm Required for any athlete that was not on team with us during the 24–25 season. Those that were on half season should not attend. Coaches will evaluate skills and advise on which clinic to attend on either the 7th or 8th based on their potential classification.

## **May 6th: Handbook Meeting 6pm–6:45pm**

All new members and returning 24–25 half season members are required to have a parent/guardian attend 1 of the 2 handbook meetings offered. This is highly recommended for returning members looking to switch classifications as well.

## **May 7th: All Star Mandatory Tryout Clinic**

All athletes interested in trying out for All Star must attend this clinic. Ages 11 and under will be 5pm–6:15pm. Ages 12 and up will be 6:15pm–7:30pm. Age as of May 1st 2025. Athletes will be evaluated to determine final classification decisions.

## **May 8th: Novice, Prep and Premier Prep Mandatory Tryout Clinic**

All athletes interest in trying out for any of these classifications must attend this clinic. Novice will be 4pm–5:15pm, Prep will be 5pm–6:15pm, and Premier Prep will be 6pm–7:15pm. Athletes will be evaluated to determine final classification decisions.

## **May 9th: Classification Day!**

You will receive an email on what your athlete's classification will be for the 2025–2026 season by 3pm. This is not a team placement, just the classification to know your billing amount and team structure. This will also include your mandatory tryout clinic times for the following week (May 12th–15th). If you sadly decide that you would not like to proceed with tryouts, you will need to email this information [office@excitegym.com](mailto:office@excitegym.com) AND [cheer@excitegym.com](mailto:cheer@excitegym.com) by 6pm.



# TRYOUT PROCESS

## **May 12th: Billing Date**

Amount will be in the handbook released on April 17th.

May 12th–15th: Mandatory Tryout Clinics Athletes will come during their designated clinic time that was included in your Classification email on May 9th. Coaches will continue to evaluate skills to form team placements.

## **May 17th: Official Tryout Day!**

This is mandatory for all athletes wanting to be placed on team for the 25–26 season. Athletes will need to wear an Excite! Shirt or any black, red or white t-shirt. We will be offering a specialty tryout shirt this year– keep your eyes on the proshop for that!

Novice– arrive at 12pm

Prep– arrive at 12:30pm

Premier Prep– arrive at 1:00pm

All Star– arrive at 1:45pm

## **May 18th: Excite! Email Day**

Team announcements will be sent via email by 6pm. This will include your team name, team division, team coaches, team practice schedule and more! Please make sure you have subscribed to receive email communication.

## **May 19th: Season Begins!**

Team practices will start this week! We will also have team meet & greets this week. All days and times will be included in your Excite! Team Email.



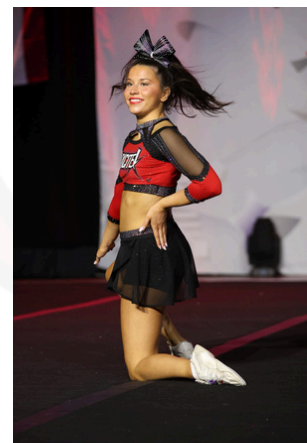
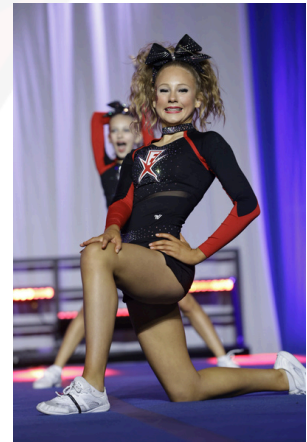
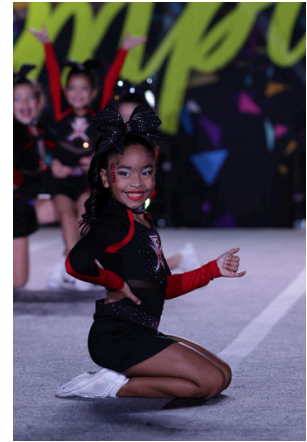
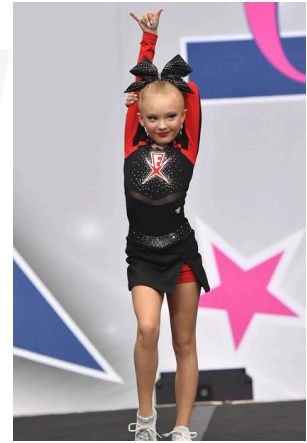
# CLASSIFICATIONS

**Novice:** This is a great place to start for any athlete. This will help get them ready to be able to learn all of the basics of cheer. The biggest skill they learn is how to do a full routine with music. These teams perform all sections of a normal cheer routine (stunts, jumps, tumbling, dance, etc.) and will be scored/ranked by judges, however they do not compete against other teams. This team is all about having FUN!!! And Bonus, they learn all the necessary cheerleading skills to be on a competitive team some day! These teams will only practice 1 day a week, age range of teams will depend on interest but our governing body allows athletes ages 3-18 to participate in this classification.

**Prep:** This is great for your athlete that has started to really love cheer and wants to compete and advance their skills to the perfection level in all skills needed for premier prep! These teams will practice 2 days a week. Athletes will learn a full routine, will be judged, and will compete against other teams. This is a great step before starting All Star cheer and/or is a great fit for years to come! It helps athletes to master the basics, decide if they want to further their cheer career and they get to perform and compete around the metroplex! Age range of teams will depend on interest, but our governing body allows athletes ages 5-18 to participate in this classification.

**Premier Prep:** This is a great next step for your athlete that has been in prep for several seasons and is wanting to take the next step without having to commit or isn't ready for All Star. It is the perfect in between of Prep and All Star in all aspects. This classification is one that Excite has developed. These teams will still compete as a Prep team and in Prep divisions, but is a way to give the full experience of competition without the hours of All Star. Premier Prep athletes must have the skills to be considered for an All Star team. These teams will attend at least one National Competition and other competitions in the metroplex. Age range will depend on interest, but our governing body allows athletes ages 5 to 18 to participate in this classification.

**All Star:** This is the main event! This is where your athlete really gets to shine and compete against top gyms from around the country! All Star is very similar to a select sport in that the time commitment increases, as well as the skills learned and the competition. At our gym, All Star also gets a lot of benefits such as attending a summer camp, travel trips and fun gifts/games during the year! If you absolutely love cheer and want to see how great you can get at it, then all-star is perfect for you! These teams will practice 5-7 hours a week which will include 30 minutes extra time to be used as needed for specific areas needing focus; tumble, jumps, conditioning and will be spread across 3 different days. This classification can have athletes from 7-18 years of age.



# ATHLETE SKILL EVALUATION:

This is an example of what your athletes score card will look like after all the clinics and tryout day. We are evaluating the entire tryout process- not just tryout day! We break individual skills down into 2 parts. 1- what skill are you doing and 2-how well are you doing it. The level and what you are doing are more black and white answers. The Technique, however, will change person to person. Anything coaches see that needs correcting results in a point being taken off their technique score. The categories at the bottom are just focused on technique since all athletes will perform the same skills and be judged on the same company standard.

Tumbling Skill	Level of Skill	Technique out of 5
Skill 1		
Skill 2		
Skill 3		

Stunting Skill/ Position	Level of Skill	Technique out of 5
Skill 1		
Sill 2		
Skill 3		

Category	Ranking out of 5
Jumps	
Motion Technique	
Performance: Facial Expression/ Confidence	
Coachability/ Attitude	
Focus	
Flexibility	
Strength	

As you can see, your tumbling skills are only 3 of 13 total categories on the sheet. While they are important, they are not the end all be all to your team placements.

A lot of times, the lower half of the score card will affect team placement the most. We balance all aspects of the score sheet to form teams mathematically to score well while making a healthy environment for the individual. This is a lengthy and difficult process, but we love seeing it all come together!

# TUMBLE REQUIREMENTS

This is just a list to give you an idea on what we prefer for tumbling!

## NOVICE:

No skills or prior cheer knowledge required. Athletes will be able to perform skills from Forward Rolls – Back & Front Walkovers

## PREP:

\*Preferred skills\*

Forward Roll	Round Off
Backward Roll	Backbend Kickover
Cartwheel	Back/Front Walkover

## PREMIER PREP:

Depending on team division, athletes can perform skills from Level 1 or 2 listed on next page.



# TUMBLING REQUIREMENTS: ALL STAR

This is just a list to give you an idea on what we prefer for tumbling!

<b>LEVEL 1:</b>	Valdez Back Walkover Series Back Walkover Switch Leg	Round Off Front Walkover Cartwheel Back Walkover Cartwheel Back Walkover Series
<b>LEVEL 2:</b>	Back Walkover Back Handspring (connected) Back Handspring Step Out, Back Walkover Back Handspring Round Off Back Handspring Series Front Walkover Round Off Back Handspring Flyspring/ Front Handspring	
<b>LEVEL 3:</b>	Back Handspring step out Back Handspring series Round Off Back Handspring Back Tuck Front Walkover Round Off Back Handspring Back Tuck Standing Back Handspring Series Front Walkover Aerial Front Handspring Front Tuck	
<b>LEVEL 4:</b>	Standing Tuck or Back Walkover Tuck Standing Back Handspring(s) Tuck Round Off Back Handspring Layout Punch Front Step Out Round Off Back Handspring Layout Round Off Whip Back Handspring to Layout Round Off Whip Tuck/Layout	
<b>LEVEL 5:</b>	Toe Touch Standing Tuck(connected) Round Off Back Handspring Full Standing Handspring(s) Into A Layout Specialty Tumbling Into A Full	

## 2025-2026 AGE GRID

The year your athlete was born is what determines their “cheer age” for the season.  
Age grid is subject to change.

### NOVICE/PREP

Tiny Novice: 2018–2022  
Mini Novice/Prep: 2016–2020  
Youth Novice/ Prep: 2013–2020  
Junior Novice/Prep: 2009–2019  
Senior Novice/Prep: 6/1/2006–2015

### PREMIER PREP/ALL STAR

Tiny All Star: 2018–2020  
Mini All Star: 2016–2019  
Youth All Star: 2013–2018  
Youth Flex: 2012–2020  
Junior All Star: 2010–2017  
Junior Flex: 2009–2019  
Senior All Star: 6/1/2006–2013

## CONTACT INFO

For questions about tryouts, email [Cheer@excitegym.com](mailto:Cheer@excitegym.com)