



## *Legend All-Stars Competition Cheerleading 2022-2023 Information & Handbook*

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Agreements and Forms signed digitally,  
available online or request link via email.

## **2022-2023 ALLSTAR INFORMATION AND USASF DIVISIONS**

What is the sport of Competitive Cheer? Competitive cheer is often referred to as all-star cheer; and is a competitive, team activity that encompasses several athletic disciplines formatted into a routine that is presented at events in order to be ranked against other teams in elite and prep divisions or for performance awards as in novice divisions. The disciplines of competitive cheer include tumble, stunts, jumps, dance/motions, performance/showmanship, sportsmanship and progressive technique.

The All-star cheer industry is governed by an organization known as the United States All Star Federation, USASF. The USASF sets routine guidelines, experience levels and age groups in order to allow teams to compete against other teams of similar age and ability. Coaches follow these skill guidelines by following a coaching rubric for skill advancement, execution and safety. The USASF All Star Cheer levels are ranked from Level 1 to Level 6, with Level 1 being an introductory experience level and Level 6 showcasing the highest level of difficulty and experience allowed by the USASF rules. The USASF also sets age grids to help athletes of similar ages compete against other athletes of similar physical development.

The USASF age groups are as follows: Tiny Novice (2014-2018), Tiny (2014-2016), Mini (2012-2016), Youth (2009-2016), Junior (2005-2015), Senior (2002-2009), Open (2008 or before). The INTERNATIONAL age groups include: U17 (2004-2012), U19 (2002-2008), Senior Open (2008 or before). The USASF mandates athlete registration for the 2021-2022 season. This is similar to athlete registration with other youth sports like baseball, gymnastics and swimming. The annual member registration is \$50.

### **USASF DIVISIONS**

**NOVICE** divisions are offered for athletes that desire to compete; teams are judged against a scoresheet and are not ranked against other teams. This division is designed for athletes that want to experience all-star cheer, at the introductory level with NO tumbling requirements. Legend All-Star Novice Practice sessions will typically be 1 hour once per week.

**PREP** divisions are offered for athletes that want to be competitive, we call our prep teams ACADEMY. The routine requirements are more advanced than in Novice, yet not as complex as in Elite. Nationals bids are offered to Prep teams that meet their division requirements. This division is designed for athletes that have a variety of skills for their selected level, yet may need more time to advance in technique or performance consistency while allowing athletes to add level appropriate skills before making the Elite division. Legend All-Star Prep Practice sessions will typically be 1.5 to 2 hours twice per week.

**ELITE** divisions are offered for athletes that desire to compete against other teams and be ranked based on skill perfection and performance in comparison to their competitive division. This division requires the most commitment availability and a high skills set at each level. Practice sessions will be 2 hours 3 to 4 days per week, and will include one weekend practice

day each week. New this season, we will add an ELITE SUMMIT team that will be composed of athletes on a quest for a Summit Championship held at Disney World each May.

### **A LEGENDARY All Star Experience! #becomingalegend**

Legend All-Stars operates in a highly competitive power tumbling and all-star cheer gym. Athletes are placed on teams based on skills mastered in the appropriate levels, following the USASF age grid, to give each child and team the best competitive experience possible. Teams are formed to give each squad the best chance to be competitive within divisions, both prep and elite. Competitions are chosen strategically each season to offer a positive competitive experience.

Our focus is not strictly about winning, we want our squads to be well rounded and successful, giving each athlete the ability to showcase their skills and continue to grow as individuals as they work for a common team goal. We believe in leveling up and use our academy divisions to challenge our athletes to obtain new skill goals each season! Our goal is to offer a challenging learning environment so we can raise Legendary people through athletics! Through our program, Legend athletes learn to embrace challenges, set goals and gain confidence in their abilities.

There are many roles which must be filled on each squad in order to properly perform all of the disciplines required in the all star cheer scoring rubric. More than just skills, athletes are placed on teams based on their ability to commit, willingness to learn and take correction, ability to perform and maturity. One or two individual skills will not dictate the level of an allstar cheerleader. There is a significant amount of work required at every level in our Legend program, and we make it fun! Winning a National Championship at any level is an amazing feeling that does not come easily. The USASF levels (1-6) dictate the ability range, and the USASF age grid dictates the age group. The composition of teams by level each season will vary depending on the number of age eligible athletes at tryouts.



## **Team Placement Process**

The 2022-2023 Legend All Star tryout process is unique in that we will not end one season and immediately enter another. Our goal this year is to allow athletes a more flexible training schedule, the ability to take stunt and tumbling training classes to expand on their skills and allow for individual skill growth over the summer months. A majority of our all stars also cheer in the fall for their school sideline, competitive or recreational teams, so our ability to offer flexible training schedules from May-September allows our teams to be most successful, with less injuries and minimal absences during our in season training.

Off Season Training begins in May and ends in July each season. Cheerleaders ages 6 and older, preparing for tryouts can enroll in TOPS (Try Out Prep Sessions), a series of skills training classes designed specifically for Legend All-Stars. TOPS classes are offered at discounted rates to encourage cheerleaders to enroll in as many classes as they can to advance their skills prior to tryouts. The TOPS schedule will be released in March 2022.

Pre Season Training begins in August and ends September. Following TOPS classes, cheerleaders ages 6+ preparing for tryouts will be invited to level specific training groups to display their skills and readiness for that level. During these months, athletes will learn and demonstrate skill sets of running tumbling, standing tumbling, jumps, motions, dance and performance. Stunt groups will be formed to practice skill sets needed at each level.

Final Assessments will be held at The Extreme Gym on Saturday, October 1! Following pre-season training, cheerleaders ages 6+ will be invited to attend a try out session where they can perform their most consistent skills with excellent technique. Teams will be announced at our Legend All Star team reveal and signing day held at The Extreme Gym in October.

In Season Training begins after fall break, in October, with team practices and continues through May. October will be choreography month and all teams will practice on a Saturday/Sunday to learn their routine material. Practices and tumbling blocks begin and schedules will be announced at team reveal and on team band apps. Competitions begin in December & January and continue through Nationals in April!

Post Season Nationals preparation begins in April and all Legend teams will attend a Nationals invitation only event in May!

## **2022-2023 Legend All Star Gym Fees**

### ***May-July: TOPS-Off Season Skills Training***

Gain new skills before tryouts! Off season training classes are offered in tumbling and stunting for ages 6 and older working levels 1-5! Classes meet weekly, so you choose how often you want to be in the gym!

Training fees are due monthly by the 5th, and are based on the number of classes enrolled. Coaches will offer class suggestions based on prerequisites achieved. No drop ins allowed. Make ups are allowed if scheduled by the front office.

Amount due is per cheerleader and discounts are already applied, no double discounts or prorations. See class schedule for TOPS classes available.

1st class: \$45/month	2nd class: \$85/month	3rd class: \$125/month
4th class: \$155/month	5th class: \$195/month	6th class: \$235/month

### ***August-September: Pre Season Training***

Training fees are due monthly by the 5th. All skills classes will meet twice per week to work on skills and routines to be displayed at final team assessments on Oct 1. No drop ins allowed, no make ups allowed. Cheerleaders will be assigned a pre-season training teams following TOPS.

*Tinys: \$45/month 1 cheerleader: \$85/month 2 cheerleaders: \$160/month 3 cheerleaders: \$235/month*

***October 1:Final team assessments!! No tryout fee! Show up and show out!  
Schedules will be posted on band apps 10am - 2pm!***

### ***October-April: In Season Training \*o/\* COMPETITION SEASON***

\*Annual Memberships for cheerleaders will be due upon acceptance on a team, these include the annual club membership and USASF competition cheer membership due ONCE at the start of each season. Tuition is due monthly by the 5th and Competition fees are due monthly by the 15th. In Season Training fees are based on the team they make, how often and duration of practices, and number of competitions. (Please see the table on the following page for examples of how to budget and prepare.)

### ***MAY: Post Season Nationals (Us Finals, All Star Worlds, Summit)***

Legend teams are eligible to receive bids to post season Nationals events! This season Novice teams will finish at US Finals (Location TBA), Academy and Elite teams will finish at All Star Worlds held inside Universal Studios and Summit Elite team will finish at Walt Disney World in Orlando! Nationals entries incur additional expenses for choreography clean up, training times, event entry fees and family travel.

**Sample Team Breakdown of Fees Due October-April**

**All Fees with \* are one time fees for the season, other fees are monthly.**

**Team Name    Division    \*Club Dues    \*USASF    Tuition    Comp Fee**

Incredibles	Novice	\$40	\$50	\$45	\$45
Idol	Novice	\$40	\$50	\$45	\$45
Inspire	Academy	\$40	\$50	\$85	\$85
Integrity	Academy	\$40	\$50	\$85	\$85
Ignite	Academy	\$40	\$50	\$85	\$85
Insanity	Academy	\$40	\$50	\$85	\$85
Intensity	Elite	\$40	\$50	\$125	\$125
Inferno	Elite	\$40	\$50	\$125	\$125
Icon	Elite	\$40	\$50	\$125	\$125
Immortal	OPEN	\$40	\$50	\$125	\$125
Infamous	SUMMIT	\$40	\$50	\$175	\$150

**Sample Payment Table: Elite Team**

Due Date	Description	Amount	Fundraiser
August 5	Pre-Season Tuition	\$85	
August 15	Uniform Deposit	\$250	Detergent
September 5	Prep-Season Tuition	\$85	
September 15	Uniform Deposit	\$250	Popcorn/Pizza Cards
October 5	Team Tuition	\$125	
October 15	Comp Installment	\$125	
October 30	Nationals Deposit	\$300	Calendar Month
November 5	Team Tuition	\$125	
November 15	Comp Installment	\$125	
December 5	Team Tuition	\$125	
December 15	Comp Installment	\$125	
January 5	Team Tuition	\$125	
January 15	Comp Installment	\$125	
February 5	Team Tuition	\$125	
February 15	Comp Installment	\$125	
March 5	Team Tuition	\$125	
March 15	Comp Installment	\$125	
April 5	Team Team Tuition	\$125	
April 15	Comp Installment	\$125	



### **Schedules and Conflicts**

We want your cheerleader to be successful! In order for that to happen, parent to coach communication regarding scheduling must be addressed prior to team placement. We put our practice and closing schedules out in advance, so you have those mandatory dates prior to tryouts and committing to a team. In effort to place your cheerleader on a team where she will have 100% attendance, we also allow parents to submit a conflict form where parents can detail days/times that they are unavailable to practice due to school activities, holiday travel, other sport practices, or church gatherings. In the event additional practices are needed throughout the season, coaches will refer back to conflict forms before scheduling. If practice attendance becomes an issue after team placement, your cheerleader will be re-evaluated for another team placement, at or below skill level, that will allow for better attendance, or she will be placed on alternate status until attendance is 100% for a consecutive month.

### **Will every child be placed on a team?**

It is our ultimate goal at Legend All Stars to introduce as many athletes as possible to the amazing world of all star cheer. We are able to offer all levels of cheerleading from Novice to Elite, meaning every cheerleader can make a team!

Athletes may be placed with more than one temporary group to see the dynamics of each group before deciding on a permanent team placement. This entire process is to help ensure that each child is being utilized to the best of their ability and that they won't be under challenged or in a position where they feel too much pressure to meet the level of the team. Coaches reserve the right to move athletes from one team to another during the course of the season based upon skill progression or regression.

### **Injuries**

Parents and athletes should be aware that cheerleading is a highly competitive, contact sport that does involve risk. Stunting, tumbling or jumping could lead to injuries that include but are not limited to: pulled and strained muscles, bruises, torn or strained ligaments, broken bones, dislocations, and more. Our elite coaching staff will take every precaution to prevent these injuries from happening. Our Legend staff is safety, first aid, and CPR certified. Please know that injuries that require a doctor visit, even if your child begins to feel better, we will follow doctors orders until fully released to participate which means an alternate athlete may be utilized during the time your child is out. A recovering athlete will be allowed to return to the mat once they can fulfill ALL of their routine requirements.

Every Legend All Star Family is asked to uphold the highest of standards and set the examples we demonstrate within our program! Please take note of our Gym Rules, Parent Expectations and Athlete Expectations.

### **Gym/Facility Information and Rules**

At The Extreme Gym, we strive to create a safe and fun cheer environment while helping as many athletes as possible enjoy the competitiveness of Legend All Star Cheerleading. We also work to present all of our customers with a clean, organized and comfortable cheer gym. Our all star athletes and families spend more time in the gym than anyone so we ask for your help with the following policies:

1. All athletes need to have a signed waiver and an active gym membership to participate in any activity within the gym.
2. There is no food, drinks, candy or gum allowed in the gym area; only water bottles.
3. Only enrolled athletes are allowed in the gym area. Family members should remain in the parent seating areas during open viewing practices.
4. Parents and athletes should clean up after themselves. Leave the areas you utilize clean, like you found them.
5. Be respectful of those around you. Keep an eye on your children not in class, they should not be in the gym area until called for class. We will address any safety concerns if your children are not supervised by you.
6. Do not gossip about other athletes, coaches, the program, etc.; it only makes you look bad and you never know who you may offend.
7. There shall be no smoking within the property boundaries of Extreme.
8. No animals are allowed inside the gym or lobby, except those necessary for services.
9. Enjoy watching your child's progress without coaching from the sidelines. Parents causing distraction will be asked to leave to ensure safety of all athletes.
10. Please do not sit on the stairs, or lean on the wall/railings. This creates traffic flow issues.
11. Unauthorized apparel or merchandise with the Extreme/Legend name or logo is not permitted.
12. Parents and athletes should follow COVID-19 prevention policies while in the gym and at events.

Extreme and the Legend All-Star staff take pride in the development of strong, competitive athletes and all-star teams and will continue to do so. As a program, we continuously strive to provide an all-inclusive, safe and positive environment to bring each athlete to their full potential. Our staff actively works within the industry to stay current on rules, instructional techniques, performance styles and other aspects within allstar cheer to give each athlete and team the best chance for success on the floor. We also take great personal interest in every child to help foster their development and enjoyment of this amazing sport. In accordance with our goal, we ask that each cheerleader and their family also be actively involved in their own development and maintain faith in the program. Issues will arise among teams or individual athletes throughout the season which may require adding or removing an athlete from a team or the program. Please understand that all decisions are made with respect to each individual athlete, the team and ultimately the program. Extreme reserves the right to refuse services at any time.

### **Legend All-Star Athlete Expectations Skill Set**

Teams are selected based upon a variety of skill sets that athletes present during the team placement process. These skill sets correspond to the appropriate USASF levels for competition purposes. Within each level there is a variety of skills as they correspond to the core elements of competition cheer. Athletes must be as well rounded as possible. It is possible that an athlete that is a level 5 tumbler but has no stunting experience could be placed on a level 2 or 3 team to learn the fundamentals of stunting. Each athlete should strive to obtain as many of these skill variations as possible. On the rare occasion an athlete loses the skill set necessary to be a contributing member of the squad their placement on the team will be re-evaluated.

### **Commitment**

Regular attendance at practice is imperative for team development and success. This is even more relevant in all star cheer when the absence of one person might prevent an entire stunt group from practicing or the whole pyramid sequence from being built. When making an annual commitment to teams with this degree of competitiveness it is paramount that each athlete makes the team a major priority. Missing practices due to poor time management in relation to school projects or other sports and activities is not acceptable. In addition, pulling an athlete from practices as a method of discipline is not acceptable. Athletes are encouraged to make good decisions and should be aware that the consequences of their actions might affect the entire team. Upon making a team, cheerleaders are expected to be at every scheduled team practice so there is no delay in choreography. Cheerleaders that miss choreography will not be choreographed into the routine and placed on alternate status until a spot comes available.

### **Nutrition**

Competitive cheer is a strenuous, physically demanding activity which requires proper nutrition on a consistent basis to properly fuel the body. When athletes at this level do not eat healthy, balanced meals, it can greatly affect their muscular and skeletal development, mental cognition, ability to fight off illness or injury and will generally lead to an overall feeling of sluggishness not conducive to being an athlete. In addition, the consumption of a poor diet can affect the body image of athletes. Energy drinks and carbonated beverages before or during practice can be especially damaging on an athlete's cardio and pulmonary systems. FYI, there are no healthy fast food items/restaurants. For more information about keeping your athlete healthy, please consult a physician or nutritionist.

### **Conditioning**

Being a competitive athlete in any sport requires training and proper body conditioning. Athletes should understand training for all-star cheer is divided into three sections; tumbling and stunt classes are to develop individual skills, team practices are to put those skills together in a routine, conditioning is the strength and cardio training outside of class and practice that help each athlete have the ability to develop and perform in the most efficient manner. All athletes are encouraged to be in an at home training program which will increase strength, speed, stamina and flexibility.

## **All-Star Parent Expectations**

We want to give your child every possible training opportunity for growth as an athlete and as a future leader in the community! Whether the goal is to just get into college or to try out for Team USA, we will do everything in our power to ensure your child will want to spend every possible moment at the gym. The sacrifice on your part as their parent, and their biggest fan, will be worth it and you have made a time and financial commitment to a competitive program. Please stay informed and aware of all correspondence about the team by following the team band app.

### **Attendance**

It is important that your athlete is on time and ready for each practice. If scheduling conflicts will prevent your child from being on time to practice then please arrange alternative transportation to avoid excessive tardiness. Do not use practice or competition as a means of discipline; this is a detriment to the entire team and will not be supported by the coaching staff. If a situation arises and your child will not be able to attend practice please let the staff know ASAP so an alternate can be used. Please be aware of when your child's practice ends. If an instructor must wait for a parent past gym closing time the athlete's account will be charged \$15 for every 15 minute increment past closing time.

### **Financial Commitment**

In addition to the time commitment, all-star cheer is a financial commitment; please be sure you can cover the expenses prior to joining a squad. All gym fees and competition fees are combined into one monthly payment. Legend All Star families set up billing for their season with a credit or debit card that can be kept on file. Families can pay for the entire season to receive a 10% discount on all-star tuition; payment for tuition must be received in full by the second team practice or first team camp. Any Cash or Check Payments are ONLY accepted in the office during office hours, Mon-Thurs 5:30pm-8:30pm. Payments will not be accepted outside of the gym, after evening/weekend practices, or at competitions. Late fees are issued on the 6th of each month for past due gym fees and on the 16th for competition fees. The Late Fee is \$25 per occurrence. If you are 60 days past due on any fees your participation with the Legend All Star program will be re-evaluated. All fees, costs, payments, deposits, physical items (including uniform, apparel, shoes, etc.) are forfeited by anyone quitting or who is asked to leave the program. There will be no refunds to anyone who quits or is asked to leave the program. Anyone who leaves or is dismissed from the Legend All-Star program is responsible for all debts and/or legal fees surrounding such events. With the exception of pulling due to injury as disclosed by a physician, there is a quit fee of \$480 to pull from all-stars. All fees from prior seasons must be paid in full in order to try out for the upcoming season.

## **Legend All-Star Practice Rules and Expectations**

**All-star Practice** Practices are typically held up to four times a week in one and a half to two hour increments. We do our best to start and end on time so we ask the same from you. In order to get the most focus from our athletes as we approach competitions, all-star practices may be closed to parent viewing with the exception of the Tiny squad. Parents would be invited to view the last ten minutes of practice and would have special viewing sessions scheduled throughout the season.

### ***Tardiness/Absences***

Please remember being on an allstar squad requires a time commitment on your part and other team members count on your attendance. Arrive to the gym early enough to be fully prepared to go on the floor at your scheduled practice time. Excessive tardiness and/or absences during the season will cause an athlete's position with the team to be re-evaluated. Circumstances will arise throughout the season that may cause an athlete to miss practice; please notify the gym and coaches via team band app, text or phone call. In circumstances where you know ahead of time (school function for a grade or family vacation) an athlete will miss practice please fill out an Absence Notification Form as soon as possible. For the sake of the team we hope planned vacations can coincide with gym breaks. Disciplinary action in the form of extra conditioning will be enforced for tardiness to practice. Athletes that miss 3 consecutive practices or 1 missed practice the week of a competition will not be allowed to compete at an event chosen by the coaching staff. In the event an alternate is utilized at practice, that alternate may be offered the spot they are substituting for at an event or for the remainder of the season.

### ***Dress Code***

Athletes must wear the proper Legend practice clothing, when specified by the coaching staff, to every practice including: scheduled shirt and shorts, hair up and out of the face with a bow, competition cheer shoes. Teams will have color coordinated outfits for practices. When athletes are out of practice uniform it makes it difficult to synchronize skills and look for visual effects of routine choreography. Athletes shall not wear jewelry or maintain long fingernails during season, either of these could result in serious injury or scarring to your child or another athlete.

### ***Choreography/Extra Practices/Competition Week***

Following tryouts, each team will begin to learn choreography during weekend training sessions in October. As we approach certain competitions or lose practice days due to holidays, inclement weather, or illnesses within the team, we will schedule extra practices to ensure each team is ready to take the floor. Most of these practices are scheduled several days in advance to allow everyone to make necessary schedule adjustments. No athletes are allowed to miss ANY practices the week of a competition. Any athlete unable to attend those practices needs to notify their coaches so another athlete can learn that position.

## **All-Star Competitions and Policies**

Competitions are when teams have the opportunity to highlight all of the skills athletes have been practicing. Teams spend six months training to get to this point and we try to give them all of the advantages and support we can provide. Extreme prides itself on being a first class program and we require each athlete and their family to represent themselves and the program respectfully and professionally; good sportsmanship, polite manners and a kind disposition are mandatory at all competitions. Parents and athletes are not permitted to approach competition officials to discuss scoring or operations of events. Athletes and parents must remember they are representatives of the program and carry themselves in the most tasteful way.

### ***Tardiness/Absences***

Arrival times for competitions are very important. Meeting times are set for each team to allow for delays, schedule changes and other issues that may arise. It is imperative that athletes are on time to not put the team and coaches in distress as they are preparing to compete. Competition schedules with complete information about the event and venue are posted on the team band app the week of each event. Please be informed about your child's time requirements. Tardiness or an absence at a competition may result in immediate dismissal from the team. Please note that out of town events require the athletes to travel the day prior to that event.

### ***Dress Code***

Competition day attire will be detailed per team, and will usually consist of uniform, warm up, team t-shirt, competition shoes, and hair bow/scrunchie. When athletes are not in uniform they should wear their Legend All-Star Warm-Up with their team shirt and footwear (no slippers). The warmup is mandatory for all athletes attending awards ceremonies. Senior age athletes having crop top uniforms must follow the USASF image policy stating that all athletes must wear a team t-shirt or warm up jacket over their uniform unless walking to assigned areas AS A TEAM. Athletes are not allowed to attend any competition in uniform where Legend All-Star teams are not competing. Families and friends are encouraged to wear the Legend All-Star sponsor clothing to show support for the program as well. Athletes should not wear jewelry at competitions; this may result in teams being penalized or disqualified.

### ***Support/Awards Ceremonies***

Teams perform better with energetic feedback from the crowd and that better performance along with the crowd excitement can have a positive effect on the judge's review and scoring of that team. To assist each team performance, other Legend All-Star teams will be assigned certain performances to support during competition day as allowed per each venue.

### ***Travel Arrangements***

In the event the team your cheerleader is on travels out of town to competition, you will be responsible for these things: Coaches travel expenses (to be paid by the team as a whole), your travel expenses, admission fees, etc. We strongly suggest, when booking rooms for your family, book rooms with a 72 hour cancellation policy in the event of an emergency as these fees will not be reimbursable by the club should an event be canceled or removed from the Legend schedule.

### ***Competition Day Videos***

We will assign one parent to video competition day routines and these routines will be shared on the teams band app. Competition full videos and competition music are NOT allowed to be shared on social media during the season. Still shots, photos and screenshots of video are allowed. COVID-19 Competition Policies Each venue and competition producer will require parents to sign a release waiver, either digital or printed in order to compete at events.

## Legend All-Star CALENDAR Schedule 2022-2023



May-July: TOPS & Elite Skills Camps  
 May 29-June 5: Gym Closed for Summer Break  
 July 4: Gym Closed for Independence Day  
 Aug-Sept: Pre Season Training  
 September 5: Gym Closed for Labor Day  
 October 1: Team Evaluations  
 October 2: Team Reveal  
 October 3-8: Choreography  
 October 10-14: Gym Closed for Fall Break  
 October 17: Practices Begin  
 November 21-25: Gym Closed for Thanksgiving Break  
 December 22-Jan 2: Gym Closed for Christmas Break  
 December - March: In Season Competition  
 April 1-9: Spring Break  
 April: Post Season Nationals  
 (please leave April weekends OPEN for Nationals Events)

**\*\*Tentative Competition Schedules–Not all Teams will do all events\*\***

**'22-'23 Competition Schedule**

- Dec 4** CheerSport, Cartersville, GA
- Jan 29** WSA, Athens, GA
- March 4** CheerSport, Atlanta, GA
- March 11** East Coast Championship, Savannah, GA
- March 25** All Out Championship, Atlanta, GA
- April 1-2** WSA Elite Nationals, Ft. Walton Beach, FL
- April 29-30** WSA Prep Nationals, Foley, AL
- May 5-8** AllStar Worlds, Universal Studios, Florida

**Summit Team Competition Schedule 2023**

- Dec 10 - 11** BATTLE UNDER THE BIG TOP- ATLANTA
- JAN 14-15** ATHLETIC CHAMPIONSHIPS- CHATTANOOGA
- FEB 18-19** CHEERSPORT NATIONALS ATLANTA
- MAR 17-18** CANAM NATIONALS- MYRTLE ATHLETIC CHAMPIONSHIP- ATL

Regional Summit: 4 / 9 - 10  
 Summit Disney World: 5 / 6 - 8

### USASF Age Grid 2022-2023

Tier	Divisions/Level	Birth Year Range
Elite	Senior L1-5	2003-2010

Elite	Junior L1-3	2006-2015
Elite	Youth L1-3	2010-2016
Elite	Mini L1-2	2013-2016
Elite	Tiny L1	2015-2017
Prep	Senior L1.1-3.2	2003-2012
Prep	Junior L1.1-3.2	2006-2015
Prep	Youth L1.1-3.2	2010-2016
Prep	Mini L1.1-2.2	2013-2016
Prep	Tiny L1.1	2015-2017
Novice	Senior L1-3	2003-2011
Novice	Junior L1-3	2006-2015
Novice	Youth L1-3	2010-2016
Novice	Mini L1-2	2013-2016
Novice	Tiny L1	2015-2018
INT	Senior Open 4	2008+
INT	Int U18 L1-4	2004-2009
INT	Int U16 L1-4	2006-2011