



26-27 All Star

Team Selections Schedule

Top Girl/Flyer Workshop	
<p><u>Tuesday, May 5th</u> 5:30 pm-6:30 pm- All Ages</p> <p><i>Sign up on the parent portal</i> <i>Cost- \$20</i></p>	<p>Athletes wanting to be evaluated as a flyer will have to show body positions and body control as part of their evaluation. Flyers are encouraged to attend this workshop to be prepared for their top girl/flyer evaluation.</p> <p><i>*We are encouraging each athlete to attend</i></p>

Tumble/Jump Workshop	
<p><u>Wednesday, May 6th</u> Session 1: Level 3 skills 5:30 pm-7:00 pm</p> <p>Session 2: Level 4 & 5 skills 7:00 pm-8:30 pm <i>Sign up on the parent portal</i> <i>Cost- \$20</i></p>	<p>This workshop is designed to help athletes prepare for tumble evaluations by giving them a clear understanding of what to expect. Athletes will work with coaches to refine technique, improve execution, & strengthen fundamentals in both tumbling & jumps. The focus will be on cleaning up current skills, building confidence, and receiving individualized feedback to help each athlete perform at their highest level heading into evaluations.</p> <p><i>*We are highly encouraging each athlete to attend</i></p>
<p><u>Thursday, May 7th</u> Session 1: Level 1 skills 5:30 pm-6:30 pm</p> <p>Session 2: Level 2 skills 6:30 pm-8:00 pm <i>Sign up on the parent portal</i> <i>Cost- \$20</i></p>	

Tumble/Jump Evaluations

Monday, May 11th - Wear a solid white tank & black shorts
5:00 pm-8:30 pm

Athletes will be evaluated on the level of tumbling skills we have provided on the skill sheet & jumps

Tuesday, May 12th - Wear a solid white tank & black shorts
5:00 pm-8:00 pm

**Athletes must come to one of the offered dates and timeframes*

Top Girl/Flyer Evaluations

Monday, May 11th - Wear a solid white tank & black shorts
5:00 pm-8:30 pm

Athletes will be evaluated on their body positions and body control.

Tuesday, May 12th - Wear a solid white tank & black shorts
5:00 pm-8:00 pm

**Flyers must come to one of the offered dates and times. They will be allowed to do their flyer evaluation the same day as their tumble evaluation.*

Stunt Workshop

Wednesday, May 13th
Session 1: Level 3 skills
5:30 pm-7:00 pm

Session 2: Level 4 & 5 skills
7:00 pm-8:30 pm
Cost- \$20

This workshop is designed to help athletes prepare for stunt evaluations by giving them a clear understanding of what to expect. Athletes will work on the stunt skills provided on the skill sheet with a stunt group they will be evaluated with. Coaches will help refine technique, improve execution, & strengthen the fundamentals of stunt skills.

Thursday, May 14th
Session 3: Level 1 skills
5:00 pm-6:30 pm

Session 4: Level 2 skills
6:30 pm-8:00 pm
Cost- \$20

**All athletes will receive an email after their tumble evaluation inviting them to the session they must attend for the stunt workshop.*

Stunt Evaluations

Saturday, May 16th - Wear a solid white tank & black shorts

Session 2
9:30 am-11:30 am

Session 1
12:00 pm-2:00 pm

Session 4
2:30 pm-4:30 pm

Athletes will be evaluated on the stunt skills provided on the skills sheet and worked on during the workshop. After evaluating the stunt skill, we will work on more skills within the level.

**All athletes must attend the session # they are invited to for the stunt workshop*

Sunday, May 17th - Wear a solid white tank & black shorts

Session 3
10:00 am-11:30 am

Practice Evaluations

Monday, May 18th - Wear a solid white tank & black shorts

Tuesday, May 19th- Wear a solid white tank & black shorts

Wednesday, May 20th- Wear a solid white tank & black shorts

Athletes will be evaluated during a practice setting.

**All athletes will receive an email after stunt evaluations with the day & time of their practice evaluation. They must attend the day and time they are invited to.*

Call Backs - If needed

Thursday, May 21st - Wear a solid white tank & black shorts

**An email will be sent if we would like to see any additional skills from the athlete on this day.*

All Star Open Gyms

Friday, May 8th

5:00 pm-6:30 pm

Sunday, May 10th

2:30 pm-4:00 pm

Friday, May 15th

5:00 pm-6:30 pm

Sign up on the parent portal

Cost- \$20

These open gyms are for any athlete wanting to put in extra work to help prepare for their evaluations. Athletes will be allowed to work the tumbling, jump, and stunt skills they will perform at evaluations.

**All athletes are encouraged to attend*