

## ALL-STAR CHEER FAQs

- What are levels versus division?
  - Level is the number – so Level 1, 2, 3, 4, etc.
  - Division is determined by your age: Senior, Junior, Youth, Mini, Tiny.
  - Mini 1, Youth 1, Junior 1, and Senior 1 are all the same level and perform the same skills – the difference is the age range of the athletes on the team.
- What do tryouts look like?
  - Generally, we do a clinic a couple days prior to tryouts to get to know your athlete and so they can get to know the coaches as well. Tryout day will always be on a weekend (a Saturday or Sunday), it will either be tryout by level or tryout by age group – this sometimes changes year to year.
- How soon after tryouts will we know what team we made?
  - We get teams posted by the day after tryouts on our social media platforms, Facebook and Instagram
- How much does Allstar cheer cost?
  - This information is in our all-star packet that is released prior to tryouts.
- When do you release the information packet?
  - This is usually released 1-2 months before tryouts – we will post on social media when they are available.
- What does the time commitment look like?
  - Most of our teams are a full-year commitment, tryouts are in May, and we start practices a week or two after that. We practice all summer and competitions start in November and go through April or May.
  - We also have half-year teams (based on interest), that tryout at the end of the year (November/December), and only compete during March and/or April.
- What skills do you require for tryouts?
  - We don't require any skills for tryouts! Tryouts are open to everyone – some experience tumbling and/or stunting is recommended but not at all required.
- EXAMPLE: My athlete has a tuck, does that mean she will be placed on a level 3 team?
  - Not necessarily. We place athletes on teams in which they will excel. Below in the "FACTS" section you will find some things about technique and difficulty that are big factors in team placements when it comes to tumbling and stunt skills. If your athlete has never stunted before or never cheered before, they might be better suited on a lower-level team where their tumbling ability will shine, but we can also be able to teach them all of the other things that come with being an all-star cheerleader.
- We made a prior commitment that might interfere with some practices, how important is it to be at practice?
  - Practices are *MANDATORY*. With stunting and working on timing in squad tumbling, missing one athlete affects the entire team's ability to practice. If you have extenuating circumstances, feel free to reach out with specific circumstances!
- Do we have to travel?
  - Yes – competitions are not always here in Chattanooga. We do our best to stay within a 3-hour radius of Chattanooga – Atlanta, Nashville, Gatlinburg,

Huntsville, etc. However, the national competition at the end of the season, Summit, and is in Orlando, FL. As stated in the informational packet, this is an invitational event and if we get invited, we will go.

- Do we practice on holidays?
  - No. The gym is closed for major holidays: Christmas, Thanksgiving, Labor Day, Memorial Day, etc.
- How old do you have to be to tryout?
  - The age-grid changes every season so it's sometimes hard to determine a minimum age; a general rule of thumb is 4-18 years old.
  - Some 19-year-olds can be eligible based on when their birthday falls!
- I have a question that isn't on here and isn't addressed in the packet!!
  - Feel free to give us a call!

## ALL-STAR CHEER FACTS

- The higher the level the more strenuous the routine (although every routine has its max)
- Athletes that progress faster than others are exceptional, and we love to see that. Please keep trying to encourage your athlete to be the best and obtain skills to perfect her level.
- Athletes that have a full, double full, etc does not mean IEA will guarantee a level 6 team or that the athlete is ready for a level 6 team.
- Does your 7 yr old have a BackHandSpring? That is great! However, that does not mean she will be on a level 2 team.  
Younger athletes must also have....  
Attention Span / Mental Capacity to learn quickly  
Ability to Change and Accept Criticism Quickly  
Flexibility / Level Appropriate Skills Technique  
Skills Technique and Ability to Perform Skills Correctly
- Flyers should not have to be reminded to stay tight. Period!
- Flyers MUST have straight leg stretch to stretch and proper placement to be considered as an elite flyer. Flyers that are not stretching at home will be removed from the air.
- If an athlete can not pull all body positions ( stretch, scorpion, scale, arabesque, etc) with good technique they will not be considered for a flyers position.
- Bases should not have to be reminded that their stunt grips are wrong. Bases should always use correct grips to ensure flyer stability.
- Conditioning is a BIG part of this sport and IEA will sometimes condition an entire practice.
- Tumbling Skills do not determine what level your athlete will be at.
- IEA wants to succeed at levels our athletes are capable of, rather than be mediocre on levels they are not ready to perform or perfect.
- Parent issues can result in closed practices, team meetings, or removal of athlete from team. **BE KIND, BE RESPECTFUL, - BE AWESOME**
- Rule Changes for skills per level changer every year per USASF, please allow us to place your athlete where they are best positioned for the team and the gym.
- Scores for competitions are based on difficulty plus technique. We want to see proper and correct technique for a skill at tryouts to determine if the athlete is mastering the skill or skills for said levels. Example: bent legs and or arms in a back handspring is not a sign of mastering the level and the team would lose points on technique. Difficulty is the skill you are doing, technique is how well you are doing it.

## GENERAL FAQs

- What classes do you offer?
  - We offer tumbling classes, cheer classes, toddler classes, as well as specialty stunt classes (All-Girl and Coed).
- How much are classes?
  - All pricing is listed with the Class Schedule.
- When does the next session start?
  - We are open enrollment! Just call and set up your *FREE* trial class!
- What is the time commitment?
  - Most of our classes are 45 minutes to an hour once a week. You are more than welcome to sign up for multiple classes as the schedule allows.
- Is there a registration fee?
  - No!
- My schedule changed and I can no longer come to the class I'm signed up for!
  - We understand that schedules can change and sometimes things happen that are out of your control. You can call the gym and we can try and switch you to another day that will work better for you.
- What types of payment do you accept?
  - We accept Venmo, cash, and check,
  - We **do not** accept credit or debit cards at this time.
- How old do they have to be take classes?
  - We take athletes for classes as young as 3 years old!
- I want to sign up for classes how do I do that?
  - Call the gym to get a trial class scheduled and then print/fill out the Enrollment form and the Medical Release and bring it with you to the trial class!
- When is my class payment due?
  - The first class of every month! Since we do not do credit or debit cards, we cannot do "auto-draft" payments. It is the payee's responsibility to bring in payment each month. Failure to pay could result in dismissal from the class.
- What's the easiest way to get a hold of a staff member for questions?
  - You can message us on Facebook or Instagram or give us a call.
- Do you offer birthday parties?
  - Yes, we do! We offer birthday parties on Saturdays ONLY. Please call the gym for availability.
- Do you offer private lessons?
  - Yes, we do! We offer private lessons for tumbling and cheer.
  - Please note, that our staff makes their own schedules when it comes to private lessons. We cannot guarantee immediate availability. Please call the gym and we can add you to our waitlist and a staff member will reach out to you directly if they have an opening!
- When is the best time to reach someone at the gym via phone?
  - Our schedules vary day by day, so if you call and no one answers, please leave us a voicemail so we can get back to you as soon as possible.
- I have a question that isn't on here!
  - Feel free to give us a call!