



# TCA

## 2025-2026

### TRYOUT INFO

# WELCOME



## TO TUMBLE CENTRAL ALL STARS

At Tumble Central All Stars, we are committed to fostering a culture of excellence through attitude, effort, and teamwork. As a competitive all-star cheerleading program, we focus on skill development, dedication, and sportsmanship, empowering our athletes to grow both on and off the mat. We believe that being a great teammate extends beyond practice and performances—it means showing respect, supporting one another, and making a positive impact in our community. Through hard work and commitment, we strive to build not only strong athletes but also responsible, confident, and compassionate individuals.

*Expect excellence. Celebrate growth. Set goals. Never give up. Work hard. Play hard. Love. Win with grace. Lose with class. Make forever memories. Work together. Enjoy every moment. Grow forever friendships.*





# UNDERSTANDING OUR PROGRAM

At Tumble Central All Stars, our experienced and highly skilled coaches are dedicated to training and developing athletes at every level. Through structured practices, strength training, and skill-building, we help cheerleaders expand their knowledge and abilities in a safe and supportive environment.

But All Star Cheer is more than just a sport—it's a journey of empowerment. We are committed to shaping strong, confident young athletes who understand the value of hard work, dedication, and teamwork. Our program teaches goal-setting, perseverance, and the importance of being a supportive teammate—lessons that extend far beyond the mat.

Families should understand that All Star Cheer is a significant commitment, both in time and finances. Competitions, travel, and training require dedication from the entire family. We encourage all parents and athletes to carefully review our policies and financial requirements before trying out, ensuring a full understanding of what it means to be part of our All Star family.

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*Practice schedules will be determined once the teams have been selected.*

**Novice Teams** - 45 minute practice twice a week, with tumbling classes once a week

**Prep Teams** - 1 hour & 30 minute practice twice a week,  
with tumbling classes once a week.

**Elite Teams** - 2 hour practice twice a week, with tumbling classes once a week.

*Teams will be expected to attend extra open gyms, additional practices, skills classes, or private lessons at the discretion of the program.*

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# NOVICE FEES 2025-2026

*Fees are subject to change*



## Required Expenses

Monthly Tuition: \$115  
Monthly Tumbling Tuition: \$30  
Monthly Fees Payment: \$90

**TOTAL MONTHLY EXPENSES: \$235.00**

**Additional Charges**  
*these will be charged separate from annual fees and tuition.*

**USASF Registration Fee: \$35**

**NEW Uniform: \$500**  
*(uniform cost may vary)*

## Optional Expenses

**\*\*These fees are an estimate and may change\*\***

**Backpack: \$120**

**Jacket: \$100**

**Shoes: \$120**

*all apparel will be ordered through Rebel brand*



### **Music & Choreography**

These fees cover cost for licensed music and choreography for the season

**\$250.00**



### **Competition Fees**

These fees cover registration fees and staffing cost for competition.

**\$550.00**



### **Bows & Lipstick**

These fees cover a custom bow and lipstick for the season

**\$80.00**



### **Miscellaneous Fees**

These fees cover the cost for celebratory items for the season.

**\$100.00**

**Total Fees: \$980**

**Total Annual Fees \$980/11 months = \$90 per month**

**Annual Fees + Annual Tuition + Annual Tumbling Tuition**

**TOTAL ALLSTAR EXPENSES :\$2,820.00**

If you would like to pay your annual fees in one payment instead of monthly installments please contact  
Ashley Baer - [ashley@tumblecentral.us](mailto:ashley@tumblecentral.us)





# PREP FEES 2025-2026

*Fees are subject to change*



## Required Expenses

Monthly Tuition: \$150

Monthly Tumbling Tuition: \$30

Monthly Fees Payment: \$135

**TOTAL MONTHLY EXPENSES: \$315.00**

### **Additional Charges**

*these will be charged separate from annual fees and tuition.*

**USASF Registration Fee: \$35**

**NEW Uniform: \$500**

*(uniform cost may vary)*

## Optional Expenses

**\*\*These fees are an estimate and may change\*\***

**Backpack: \$120**

**Jacket: \$100**

*all apparel will be ordered through Rebel brand*



### **Music & Choreography**

These fees cover cost for licensed music and choreography for the season

**\$550.00**



### **Competition Fees**

These fees cover registration fees and staffing cost for competition.

**\$750.00**



### **Bows & Lipstick**

These fees cover a custom bow and lipstick for the season

**\$80.00**



### **Miscellaneous Fees**

These fees cover the cost for celebratory items for the season.

**\$100.00**

**Total Fees: \$1480 Total**

**Annual Fees \$1480/11 months = \$135 per month**

**Annual Fees + Annual Tuition + Annual Tumbling Tuition**

**TOTAL ALLSTAR EXPENSES :\$3780.00**

If you would like to pay your annual fees in one payment instead of monthly installments please contact  
Ashley Baer - [ashley@tumblecentral.us](mailto:ashley@tumblecentral.us)



# ELITE FEES 2025-2026

*Fees are subject to change*

## Required Expenses

Monthly Tuition: \$170

Monthly Tumbling Tuition: \$30

Monthly Fees Payment: \$155

**TOTAL MONTHLY EXPENSES: \$355.00**

### Additional Charges

*these will be charged separate from annual fees and tuition.*

USASF Registration Fee: \$35

NEW Uniform: \$300-\$500

*(estimated cost designs are being finalized)*

## Optional Expenses

**\*\*These fees are an estimate and may change\*\***

Backpack: \$120

Jacket: \$100

*all apparel will be ordered through Rebel brand*



### Music & Choreography

These fees cover cost for licensed music and choreography for the season

**\$550.00**



### Competition Fees

These fees cover registration fees and staffing cost for competition.

**\$950.00**



### Bows & Lipstick

These fees cover a custom bow and lipstick for the season

**\$80.00**



### Miscellaneous Fees

These fees cover the cost for celebratory items for the season.

**\$100.00**

**Total Fees: \$1680 Total**

**Annual Fees \$1680/11 months = \$155 per month**

**Annual Fees + Annual Tuition + Annual Tumbling Tuition**

**TOTAL ALLSTAR EXPENSES :\$4,260.00**

**If you would like to pay your annual fees in one payment  
instead of monthly installments please contact  
Ashley Baer - [ashley@tumblecentral.us](mailto:ashley@tumblecentral.us)**



# IMPORTANT DATES

This is a tentative schedule and subject to change.  
We follow the Wasatch School District calendar and will be closed for school breaks. Please plan your travel plans around those dates.

**Friday, May 16th**  
Season 10 Tryouts

**May 19th - May 30th**  
Evening practice schedule

**Monday, June 2nd - August 15th**  
Summer Schedule (morning practices)

***Boot Camp will be the week before choreography.***

***Choreography is MANDATORY and will be scheduled at the end of July  
or beginning of August***

**August 18th**  
Fall Schedule Begins (evening practices)

**Competition Season December - March**





# TCA POLICIES



All Star Cheer is a significant commitment for both athletes and their families. Unlike other sports, cheerleading is a team-based discipline where every athlete plays a vital role. One athlete's absence can disrupt the entire routine and impact the success of the team. For this reason, full attendance is expected, and practices are mandatory.

## Attendance & Practice Expectations

- Practices must be prioritized and attended. Our success depends on full team commitment.
- Competition season practices may be added as needed at the coaches' discretion.
- Unexcused absences during competition season may result in an athlete being replaced for upcoming events.
- Summer practices are crucial for skill progression and team bonding. Athletes should miss no more than 2-3 practices throughout the summer.
- All missed practices must be communicated and approved. Unexcused absences will result in a \$25 fee per occurrence.
- No practices may be missed within two weeks of a competition. Missing practice during this time may result in an athlete being replaced for that event.

## Excused Absences:

- ✓ Illness (with a doctor's note)
- ✓ Required school event
- ✓ Family emergency

## Unexcused Absences:

- ✗ Birthday parties
- ✗ Homework
- ✗ "Bad days" or personal reasons



## Competition & Financial Commitments

- Competition schedule: A rough draft will be released in July, and the final schedule will be confirmed by September 1, 2025.
- End-of-season events: Elite teams may work to earn a bid to an end-of-season competition. These costs are NOT included in the standard tuition/annual fees. Additional costs will vary based on the type of bid earned.



# TCA POLICIES

## Team Placement & Program Expectations

- We reserve the right to place athletes on the team(s) that best suit their skills and the program's needs.
- Coaches will determine each athlete's role/position within the team.
- Athletes may be required to take additional classes or attend extra practices to maintain their placement.
- We retain the right to move, replace, add, suspend, or dismiss an athlete from a team or the program based on (but not limited to) attendance, conduct, skill level, finances, or parent conflicts.

## Communication

- All parents must download and actively participate in the SportsYou app. All program updates, practice schedules, and communications will go through this platform.
- Practice schedules will be provided when team placements are released.

By committing to our All Star program, you are committing to the expectations and policies outlined above.

*We appreciate your dedication and look forward to an amazing season!*



Proud to be TC





# TRYOUTS

## REGISTRATION

All athletes must register through JackRabbit, and registration details can be found on our website. Tryout registration opens April 1st, and all tryout fees must be paid in full using a debit or credit card. No other payment methods are accepted, and all fees are non-refundable.

To register, new athletes must create a JackRabbit account, while current athletes should use their existing login. Once logged in, search for "All Star Tryout Registration" and complete the registration process. Payment must be submitted in full before attending tryouts.

## TRYOUTS

During tryouts, athletes will be evaluated on tumbling, jumps, and dance, and flyer evaluations may also be conducted. Coaches will take prior team experience and stunt positions into consideration. No parents or spectators are allowed to observe tryouts.

The tryout schedule will be posted on our website by March 1st.



# PARENT CONTRACT

All contracts will be presented during online registration. Registering and participating in tryouts means you agree to all contracts listed for the 2025-2026 Tumble Central All Star season.

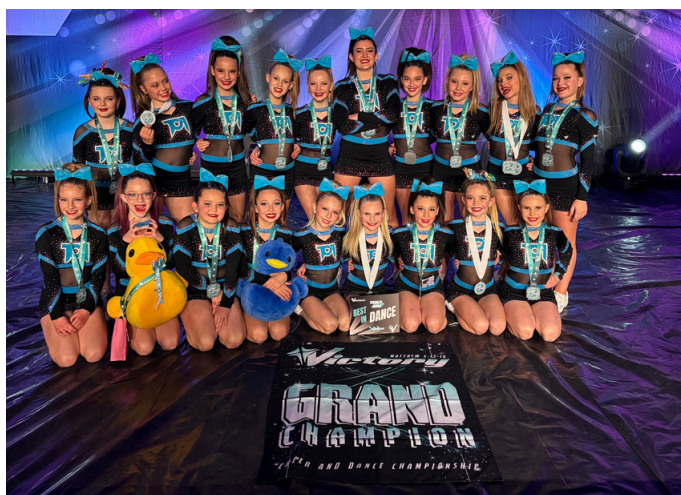




# USASF AGE GRID



Novice	
Tiny	2018 - 2020
Prep	
Mini	2016 - 2019
Youth	2013 - 2018
Elite	
Youth	2013 - 2018
Junior	2010 - 2017
Senior	6/1/06 - 2013



## TEAM PLACEMENT

Team placements will be determined after tryout evaluations are complete. Teams are formed based on the skill level of athletes who attend tryouts. Years of experience do not determine level placement, as an athlete is only considered ready for the next level once they have fully mastered their current one. Mastering a level typically takes 2-3 years.

Team placement will be based on both the age grid and skill level. If an athlete is placed on the same team as last season, they will still experience new routines and stunts, ensuring a fresh and challenging experience.

If you are not satisfied with your child's placement, please refrain from speaking negatively to your athlete or other parents. Instead, schedule a meeting with the All Star Director to discuss any concerns privately.

# TUMBLING SKILLS BY LEVEL

Below you will find the “Elite Tumbling Skills” for each level. When selecting your tryout level, athletes should have mastered 90% of the skills listed for that level. We will also evaluate “Level Appropriate,” and “Advanced Skills” for each level.

Attending a specific level tryout does not guarantee you a spot on that team. The coaches will decide the best fit for each athletes skill set.

LEVEL	STANDING TUMBLING	RUNNING TUMBLING
1	<ul style="list-style-type: none"> <li>• BWO SERIES</li> <li>• BWO SWITCH LEG</li> <li>• BACK EXTENSION ROLL - BWO/BWO SERIES</li> <li>• VALDEZ</li> </ul>	<ul style="list-style-type: none"> <li>• CARTWHEEL - BWO SERIES</li> <li>• FWO - CARTWHEEL / ROUND OFF</li> <li>• FWO - CW - BWO/BWO SERIES</li> <li>• FWO - CW - BWO SWITCH LEG</li> <li>• HANDSTAND FORWARD ROLL</li> <li>CARTWHEEL BWO/BWO SERIES</li> </ul>
2	<ul style="list-style-type: none"> <li>• BWO - BHS STEP OUT - BWO</li> <li>• BWO SWITCH LEG - BHS</li> <li>• BHS STEP OUT - BWO - BHS</li> <li>• VALDEZ - BHS / BHS STEP OUT</li> <li>• BACK EXTENSION ROLL - BHS / BHS STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>• FHS SERIES</li> <li>• BOUNDER / FLYSPRING</li> <li>• CW - BHS SERIES</li> <li>• RO - BHS SERIES</li> <li>• FWO - RO - BHS / BHS SERIES</li> <li>• CW - BHS STEP OUT - BWO - BHS / BHS SERIES</li> </ul>
3	<ul style="list-style-type: none"> <li>• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES</li> <li>• ADVANCED JUMP - BHS - ADVANCED JUMP - BHS</li> <li>• BHS STEP OUT - BHS SERIES</li> <li>• BHS STEP OUT - BWO - BHS SERIES</li> <li>• BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - AERIAL</li> <li>• BOUNDER / FLYSPRING - AERIAL</li> <li>• RO - BHS - TUCK</li> <li>• RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK</li> <li>• FWO - RO - TO - TUCK</li> <li>• BOUNDER / FLYSPRING - RO - TO - TUCK</li> <li>• FHS - PF</li> </ul>

