



GYMNASTICS SPORT CENTER



What you need to know since your Athlete wants to be on **ABILENE CHEER FORCE**

What is an All Star Competitive Team?

All Star Cheer is a high energy, team-based, performance sport that is athletic, artistic and acrobatic. It involves athletes competing with a 1:30 or 2:30 routine composed of tumbling, stunting, pyramids, dance, and cheer segments against other competitive teams at events locally in Texas, Regionally, and Nationally.

While some skills are individually developed, such as tumbling or dancing; partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

The main difference between ACF and High School cheer is that school cheerleading involves supporting the school's sports teams and fostering crowd excitement. ACF Teams perform purely for the thrill, skills, and competition. Team members can come from any location to practice together at GSC, which is a United States All Star Federation (USASF) certified gym.

Teams are formed based on tiers for every ability level, from Novice to Elite. Teams range from Level 1 to Level 7 skills, and athletes born between 2002 and 2017 (ages 4-19).

What is the Commitment Involved?

Competition Cheerleading is an 11-month commitment for not only the athlete, but their family as well. ACF season starts July 1 and ends May 30. Classes for each level varies. Novice is 1.5 hours, Prep is 4 hours, and Elite is 5 hours a week, which includes skills, tumbling and routine practice. These classes are held in the evenings, Sunday – Thursday. Choreography and Stunt camps are scheduled for a week in July and held during the day. Attendance to the camps is required for all athletes. ACF tries to attend 8 competitions each season, January through April and are held Friday – Sunday. Bid Events (US Finals, Worlds, Summit) are in addition to our regular season.

What is required for Tryouts?

All athletes will be individually evaluated on jumps, motion technique, running tumbling, standing tumbling as well as their basing/flying ability. There is not a routine to learn in advance. ACF Coaches will direct athletes as needed. The selection of teams is a very tedious and often complicated process. Many key elements are considered in our decisions including size/height, age, maturity, and attitude. Our emphasis will be to build successful teams, while improving athletes which means we must choose a well-rounded variety of individuals for each team.

What are the Costs Involved?

Tuition and contract fee are due by July 1st. The \$500 contract fee includes Choreography & Stunt camps, Music, and Practice Wear. Gym registration is due August 1st.

** All Tuition, Fees, and Apparel costs are Non-Refundable.

From August to May, all fees, competition, coach, tuition are combined. This could be as low at \$200 per month or as high as \$350, depending on the team (Novice, Prep, or Elite). Uniforms can be anywhere between \$450 - \$750.

These fees Do Not include USASF Membership, Cheer shoes, travel and hotel accommodations for all competitions, or any fees for Bid Events such as Registration, Competition/Coach fees or Event Apparel.