

Empire All Stars Virtual Tryout Video

Step 1: Introduce Yourself

(Name, Age, Date of Birth, prior cheer experience, prior stunting position)

Ex: "Hello, My Name is ____, My birthday is ____ and I am ____ years old. I have done town cheerleading for ____ years and I am a base."

Step 2: Film Your Dance

Dance can be found on YouTube by searching "Empire All Stars Tryout Video 2020" or click the link provided: <https://www.youtube.com/watch?v=3dZhWnmp9tg&t=161s>

There is a tutorial that breaks down each 8-count step by step. If you struggle with the speed of the tutorial, adjust the settings by slowing down the speed of the video. ("Settings," "Playback speed," "0.5")

If it isn't perfect—don't sweat it! Just do your best!

Step 3: Film Your Jumps!

We require you to perform a toe touch, a pike, and a double jump of your choice. If you have no prior experience, a simple google search of the jumps mentioned will give you an idea of what we're looking for.

Step 4: Add Additional Skills

If you are a flyer, please show us your flyer positions (heel stretch/bow & arrow, arabesque/scale/scorpion.)

If you are in a (safe) position to do so, feel free to show us any tumbling skills that you have. If you would like to attach clips of stunts or tumbling that you have performed in the past, we would love to see it! We will be viewing your tumbling/stunts at a later date, so this section of evaluations is optional.

Step 5: Fill Out Your Tryout Forms

Please fill out both forms provided and attach them to your email

Step 6: Email submission to EmpireAllstarsSubmissions@gmail.com

If your video is too long or you are having issues sending the file, please email us to coordinate a different way for us to receive it (via phone, google drive, etc.)

*We will let you know that we have received your video, however, we will not be announcing team placements until mid-July.

If you would like to join us for summer practices, we host "drop-in" practices, Mondays and Wednesdays from 6:00-7:30 PM. Each class you attend is \$15 and will focus on individual flexibility, jump, tumbling, and strength improvement. Please let us know if you are interested.

Thank you for submission and we look forward to seeing you in the gym very soon!

Athlete Commitment Policy

Thank you for considering joining the Empire family for the 2020-2021 season! Empire All Stars is a competitive program geared towards athletes with aspirations to excel in the sport of cheerleading. Athletes must recognize the amount of time and resources that each family commits in order to reach their goals and have a successful season.

Given the nature of the sport, a lack of participation from one individual impacts the team as a whole. That being said, when joining our program, athletes must prioritize time and activities effectively. They must be aware upon registering that they are expected to make their commitment to Empire All Stars a priority for the duration of the season.

Dependent on which time commitment you are interested in (Elite Team vs Prep Team,) the duration of the season is as follows:

Elite Teams- (Pre-season- July) August to May

Prep Teams- (Pre-season- October) November to May

Empire's commitment expectations include:

- Regular Attendance to team practices (twice a week with the addition of a tumbling class)
- Regular Attendance to all competitions (Elite- approximately 8, Prep- approximately 4)
- No more than 3 unexcused absences permitted during the duration of the season.
- Never missing practice 2 weeks prior to a competition.

After coaches have evaluated each athlete during team placements, teams are created with the assumption that attendees will be returning for their first day of practice. That being said, we expect families to honor their commitment to Empire after being offered a spot on one of our teams to ensure teams remain cohesive.

Please keep this in mind when considering joining our program.

By signing here, you are acknowledging that your family is committed to the season, with whichever team your athlete is placed with.

_____ Athlete's Name or Signature

_____ Parent/Guardian's Signature

By initialing here, you are acknowledging that you have yet to make a decision on whether you are able to make a commitment to Empire at this time. _____ (Initial if applicable)

Empire All Star's Team Placement Form

Athlete Name: _____ Athlete Number: _____

Birthday: _____ Age (as of Aug 31st): _____

Have you cheered before: _____ Yes _____ No If so, what level? _____

Are you interested in our Full Year (Elite) or Half Year (Prep) Program? _____

Check **ALL** tumbling skills you can do without a spot.

<u>Standing</u>	<u>Standing Series</u>	<u>Running</u>
<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward Roll <input type="checkbox"/> Cartwheel <input type="checkbox"/> Backbend Kick Over <input type="checkbox"/> Back Walkover <input type="checkbox"/> Front Walkover <input type="checkbox"/> Back Handspring <input type="checkbox"/> Front Handspring <input type="checkbox"/> Back Tuck <input type="checkbox"/> Front Tuck	<input type="checkbox"/> Handstand Forward Roll <input type="checkbox"/> Multiple Walkovers <input type="checkbox"/> Multiple Handsprings <input type="checkbox"/> Back Walkover Back Handspring <input type="checkbox"/> Multiple Handsprings to Tuck <input type="checkbox"/> Jump To Handspring <input type="checkbox"/> Jump To Tuck	<input type="checkbox"/> Round Off <input type="checkbox"/> Back Handspring <input type="checkbox"/> Multiple Back Handsprings <input type="checkbox"/> Back Tuck <input type="checkbox"/> Back Handspring Back Tuck <input type="checkbox"/> Back Handspring Layout

CIRCLE YOUR STUNT POSITION(S): UNKNOWN FLYER BASE BACKSPOT

Check your most advanced stunt level performed.

Level 1- No experience or one leg stunts below shoulder level, two leg stunts at prep level
 Level 2- One leg stunts at prep level, two leg extensions, half ups, straight ride basket tosses
 Level 3- Extended one leg stunts, two leg full downs, single trick basket toss
 Level 4- Extended one leg stunts, two leg double downs, two trick basket toss

List any conflicting dates or vacations: _____

Are you on a Pop Warner/Town/High School Cheer Program? _____ Yes _____ No

If so, please list any/all dates you are aware of (ex: practice days, competition dates, end of the season date)

Would you be interested in participating on more than one team as a crossover? ___ Yes ___ No

Would you be willing to be considered as an alternate on another team should an injury occur? ___ Yes ___ No