

TAG ATHLETICS

2022-2023 INFO PACKET

WHO ARE WE

TAG Athletics is a family friendly gym invested in building the sport of competitive cheerleading. Established formally in 2015, we continue to surpass goals and build athletes in skill, and character. With more than 30 years in the industry, we can offer your athlete and your family a competitive cheer experience with quality instruction and care. WELCOME HOME!



OUR MISSION

Our mission at TAG is to enrich the lives of athletes through the sport of competitive cheerleading. This embodies tumble, stunt, dance and conditioning to teach goal setting and team work. Our staff strives to develop the entire athlete physically, mentally, & emotionally. Our goal is to develop the best teams possible, that encompass technique and proper progressions as well as instill values that last a life time.

COMMITMENT

All star cheerleading is a highly committed sport. It begins with the parent and flows through to the athlete. We feel it is a privilege to be a part of the TAG family, and a member of your team. We take great care in placing every team position. The success of the team begins with the commitment of the cheerleader and the family. Every member of the team is important from first pass to last pass, from spotter to flier. We will always put the teams needs first, as it takes a team to be successful! We can not tolerate "individual" mindsets as no one can do this alone!.



Turn this page in:

TRY OUT FROM

PLEASE ATTACH A PHOTO OF YOUR ATHLETE

Athlete Name: AGE: DOB: / /

Did you cheer competitively last season: YES NO

If yes, what is your experience. (team/level/position)

(The following information does not guarantee team placement specifics)
Some ages overlap, some depend on when you turn that age. Just circle all that apply.

What age: Tiny 5-6 Mini 6-9 Youth 7-12 Junior 8-16 Senior 12-18/19

I understand as a flier I will need to be in a stunt class. (AND HYPER FLEX)

What is your highest tumble skill mastered on the floor with out a spot: (A mastered skill would be able to be executed perfectly in the middle of a routine)?

Standing
Running

What speciality tumble skill do you have (if any yet 😊):

Are you interested in cross teaming? YES NO

- The coaching staff will evaluate each athlete on the following:
- Tumbling Difficulty & technique
 - Stunt difficulty & technique
 - Stunt position (flyer, base, backspot)
- *** there are often tumbling positions also offered on a team***
- Jump Technique
 - Athleticism
 - Showmanship
 - Willingness to accept and apply instruction
 - Overall attitude and attendance from past season, if applicable

- YOUNGER ATHLETES:
- When placing teams we also take into account the following:
 - Counting Music
 - Having stable emotions/ works with others
 - Comprehending change
 - Ability to take constructive criticism

Name & Signature of parent/guardian



TRYOUT INFORMATION

HOW DO TRYOUTS WORK

All athletes are invited to attend open clinics the first two weeks of May. At these open clinics, they will have a chance to work on tumbling mostly, but also jump and some stunting will be done. They will then be invited to attend their age appropriate clinic.

TEAM PLACEMENT DAY

We will be announcing the teams on May 25th

At team placement day your athlete will receive:

- Their season 8 tank.
- Finish any sizing, receive practice wear (if registered early enough)
- Join their team band
- Confirm billing info, and card on file.
- Pay May fee (if not done already)

TRYOUT TIMELINE

March 1-31	Early Registration: Entered to win free practice wear	
May 3,5,10,12	Open Workouts to all who are registered to tryout	
May 16	Clinic	5-6: ALL FLIERS 6-8: 12 and under
May 17	Clinic	5-6 ALL FLIERS 6-8: 13 and up
May 18th	Clinic	5-6 Fliers 6-7 :12 and under 7-8 :13 and up



TRYOUT DAY

Athletes will attend one of the offered clinic days. During this clinic they will get a chance to showcase their jumps and standing and running tumbling. We may ask for flexibility. If flying is in your athletes wheel house we ask you attend our specific flier try out AS WELL. This does not guarantee them a spot flying. (this does not replace your clinic). Your athlete will also be fitted for uniform , warm up and practice wear on this day.

WHAT DO I NEED TO BRING TO TRYOUT DAY?

We can not wait to see you for season 8! Be sure to arrive with the following done to expedite the process.

- try out fee paid
- registered online
- Try out Form (In Packet)
- Statement of Commitment (In Packet)
- Policies Page (In Packet)
- Statement and Release (In Packet)
- Google link (Please fill out online using this QR code)



- Forms can be found in this packet, and online.
- Complete Vacation request form
This information helps us Plan for each team.



Attendance

Attendance is mandatory.

In case of illness, contact the team rep to discuss if the athlete should miss practice. Homework and punishment can never be an excuse to miss practice. We will closely follow Cherokee County for closures, but will not adhere to all the breaks. For example we rarely close on the Monday holidays. School closure (even weather) does not guarantee cancelled practice or class. See absence policy.

Team Placement

It is very important to understand that quality, technique, and execution of a skill go into placing teams.

It is also very important to understand stunting requirements for each level. Creating a team is like a puzzle. We try to match up the athletes by level as best we can, but please remember stunting, pyramid, jumps, motions, and dance are all a huge factor as well. Some athletes will be stronger tumblers than others, while some contribute more to stunting than others. There may be athletes on any given team that tumble at different levels than the rest of the team. Every effort is made to place the athlete where they, as well as the team, will be successful. An athlete may be moved (to another team) or as an alternate if the skills are not where they need to be for the team. We may merge teams or change level in the season. We may register teams in various divisions throughout the season. If you have a question about where your athlete should be, please refer to the skill chart for tumble and stunting. The decisions of the athlete's placement in the routine, and on the team is at the discretion of the coach in conjunction with our choreographers.

CORE VALUES:

at TAG we make decisions based on the following.

GOSSIP FREE ZONE: We do not gossip about others

FAIL FORWARD: Failing is a normal part of life, when we fail we want to make sure it is in making progress

WE BEFORE ME: The needs of my team are more important than my individual needs.

ALL THINGS ARE EQUAL: I will treat everything that I do with equal importance

CHARACTER MATTERS: Who I am at all times matters

NO EXCUSES: I will take feedback and listen without excuses, YEAH BUT, is NOT acceptable, I am responsible for my part, me, and my behavior.

Team Practice

Teams will typically practice 2-3 days a week. We try to stay to 2 weeknights over the summer, not including camps/choreography.

While we understand that summer vacations are important, we ask that you have your athlete at practice when they are in town. Once school starts, we will have to implement a fee for unexcused absences. Please fill out the google link for any scheduled vacations, and use the absence link if your athlete needs to miss practice for any reason.

Please refer to the save the dates for a brief overview.



PROGRAMS

Elite

For individuals with strong cheer training and solid technical ability. Elite teams are comprised of athletes who are ready for highly competitive performance levels. Elite teams will compete both days at a 2 day event..

Prep

For athletes with skills emerging in stunting and or tumbling. While still a very competitive division, It is designed to compete against other All Star Prep teams. Prep teams will compete one day of a two day comp.



We will place every athlete on the team that best suits the athletes and team. The commitment level, expectation, and experience for each team is the same.



FINANCIAL COMMITMENT

Financial Commitment:

Try-out Fee- \$50 New Athlete

\$25 Returning Athlete or Sibling

May Commitment Fee

\$250

June: \$510

Tuition

Camp

Choreography

July: \$410

Tuition, Music fee

August-April: \$290

tuition

You asked and we listened. We have taken fees and divided them out over the months.

Cross-team fees: \$35 per month plus any additional team related fees.

Whats Included:

- 1 weekly enrolled tumble class. We offer unlimited drop in classes but you must go online and request and receive acceptance.
- 2-3 practices a week
- 5-6 competitions (schedules may change. See competition schedule clause. Hotel fees are not included, and some events could be stay to play requiring us to stay as a group.
- Fliers will be required to take a stunt class and flexibility class if required.
- Post season bids are not included . There will be additional fees.

Additional Expenses

- Warm Ups approx. \$250 (required, if needed)
- Backpack \$99 with embroidery (required, if needed)
- Athletes must be registered with USASF this is approx. \$50 (Parents will create or transfer existing registration)
- **YOU ARE REQUIRED TO PURCHASE YOUR UNIFORM** (if a new uniform year)
- **PRACTICE WEAR TBD**(required will not exceed \$150)
Optional items will also be available.
 - Team Shirt\$40 (One a year)
 - 'Nfinity Cheer Shoes: cost around \$99-\$120
 - Unexcused Absence fee \$50

QUITTING/REMOVAL FROM A TEAM:

If you quit a team at any time during the season, or are asked to leave a team, 100% of all monies paid to the gym will be forfeited. This is all inclusive.

No additional items will be given or refunded.(uniform/ warm up/practice wear etc)

All remaining agreed upon fees in the financial commitment will be collected the date of dismissal and is the responsibility of the student, parent, and or guardian. Any outstanding balances not collected will be turned over to a collection agency.

The minimum quitters fee is \$1,000 that is implemented after the signature of team acceptance agreemen.



Turn this page in:

STATEMENT OF COMMITMENT

Payments are accepted in the forms of cash,
check or credit card.

Credit cards set up on automatic draft will be
drafted on the 5th of the month.

Late charges will be applied on the 10th of the
month.

A credit card and drivers license is **required** to be put on file.

If your athletes are dismissed or quit a team prior to the end of season a minimum of a \$1,000 quitters fee will be billed. Please see financial agreement. Any balances past 30 days will accrue interest of 22%. At 60 days the athlete will sit, and at 90 days the athlete is dismissed, and the season balance will be due and sent to collections.

STATEMENT OF COMMITMENT

I have read and fully understand the financial commitment to TAG Athletics. I understand this commitment is for the 2022-23 season. I understand that I will forfeit and monies paid if I choose to leave the team, or if I am asked to leave. I agree to have a credit card on file for any outstanding balances.

Parent Signature:_____ Date:_____

Policies and Expectations Commitment

I have read and fully understand all codes, rules, and expectations in this packet.
I understand that I am entering into this program on my own free will and understand what is expected of me as a parent of a TAG Athletics cheerleader.
I will conduct myself in a sportsman like manner and uphold the standards that are expected of me as a TAG parent and cheerleader.

Signature:_____ Date:_____

Athlete Signature:_____ Date:_____



EXPECTATIONS

All TAG Teams (both athletes and parents) are required to adhere to the following expectations:

- Competing on a level last season does not guarantee you will move up, or even compete at that level this year. Levels will be chosen for the teams success as a whole and the athletes overall. In Our industry master of a level is the standard before moving on.
- If you throw a "certain skill" and think that makes you a certain level. Just because you have a certain skill does not mean you are ready for that level as a whole. There are a number of different aspects to take into consideration when building any team. There are many different skills at each level such as stunting, jumps, motions, etc. Moving too fast puts stress on the athletes and the team.
- The coach will not be able to have a conversation after every practice regarding your athlete. With that being said we want to make sure the line of communication is open. If you have any concerns about your athlete we ask that you take 24 hours to think about the situation and if it is still a concern you can make an appointment to speak to the coach. This communication will not happen at a competition, or immediately following, or leading into practice. Please understand in these times the coaches are not focusing on a meeting, but a plan for practice, or they are in the competition zone. When addressing coaches we will NOT discuss other team members.
- Your Vote Is ZERO! *If your child gets moved in a routine, placed in a position you don't like, etc.- we will not meet with you about that. We make changes to routines based on what is best for the TEAM as a whole
- .We may go through the additions and losses of team members. Any dismissal/addition of a team member is at the coaches' discretion. Team members may also be moved from one team to another also at the coaches' discretion.
- All payments must be up to date. Your athlete will not be allowed to participate in practice or competitions if payments are not current. A credit card must be left on file for monthly payments.
- Practices may be changed or added at any time during the season. We will do our best to respect your time and commitment, and your family time, but again will put the needs of the team first. Count on extra practice leading into a comp.
- The coaches reserve the right to close practices at any time for any reason. There are many reasons this may happen.
- Only cheerleaders and coaches are allowed in the gym. Parents and siblings may be in the viewing room.
- No gossip! This includes gossip about teams and team members. It is better to address the problem than to listen to idle gossip. No profanity or abusive language. Alcohol is strictly prohibited from the premises.
- Withholding a child from practice or competition should never be used as a form of punishment. Or as an answer to study for that test, or finish homework. All-star / competitive cheer at any level is a time commitment and time management commitment. Out of respect for your time, money, and the others, we cannot allow athletes to miss for school- work. Also, it is highly possible; some competitions could interfere with an occasional time at school (depending on the competition location).
- We believe in perfection before progression. We will never allow students to speak to competition judges for any reason perfecting their basics. If parents and students are not patient and have a clear understanding of our teaching methods, they may become very frustrated. Proper Technique is everything! Only perfected skills will be choreographed in a routine!
Parents are not allowed to spot their children at the gym, or a competition or on TAG property.
Absolutely NO unsupervised tumbling! An instructor must be present at all times.
Good sportsmanship and polite manners are mandatory at all competitions and practices.
TAG Athletics strives to pride itself on a high standard of behavior. Please help us to continue in this endeavor. Please make sure you and your athlete understand the expectations .



REPRESENTING TAG ATHLETICS

APPAREL COPYRIGHT NOTICE

The logo of TAG belongs to the owners of the program. You can not sell or creat your own TAG clothing, or other items. This includes team names, and any likeness to a logo, affiliation and or program without the permission of TAG. If you have an item you would like to see offered please reach out to info@tagathletics.com

SOCIAL MEDIA

No one is allowed to share or post TAG Athletics All-star music, choreography, routines, stunts, etc., on the Internet until the end of the competition season. This includes, but is not limited to: Facebook, YouTube, Instagram, Snapchat, etc.*However, we LOVE to see your posts, pictures and fun times! Please tag us! No negative or rude comments are to be made on any social media platform about any memeber of TAG, athlete or coach, any competitions, or other programs, teams, athletes.

CELL PHONES

No cell phones out at practice or tumble.

ETIQUETTE

Please don't speak negatively about any person, decision, or result. This includes "cheering" or showing excitement for other teams' mistakes as well as posts on the Internet. We strive to teach our cheerleaders respect and sportsmanship. Anyone who behaves in a manner in or out of the gym that we view as inappropriate may be asked to not attend events, or leave our program. All athletes have put in time, and hard work, and money. We are excited to watch and be apart of ALL good cheerleading. (Our teams and others) Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program. While at a competition our placement, rules, violations that may be called on our teams or others will be addressed by the coaches. We know you are excited to support the teams, but please allow the coaches to handle the logistics of competition day. We are trying to create a positive, pleasant learning environment for our athletes. Profanity, abusive language, and inappropriate photos or behavior are not allowed. This includes the Internet, e-mails, Facebook pages, Instagram posts etc.

TEAM REPRESENTATIVES

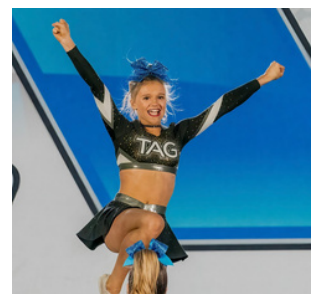
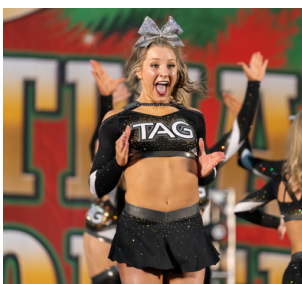
Team Reps are the primary contact person for a great deal of information, including: competition schedules, changes in practice times, and other pertinent information. They will assist the coaches at performances and competitions by gathering all the athletes, checking their uniforms, and getting the teams to the appropriate warm-up area. They may also be asked to organize or promote team social events to help the teams get to know the other team members. TAG reserves the right to select, change, or remove the team reps at any time if we feel it is in the best interests of the teams. We also want any team parent to be involved with the team.

INFORMATION & COMMUNICATION

As a parent, you will receive information in several ways, such as, mass emails from the GYM, the family Facebook and most importantly your team band. Pease don't email your team reps the day before or day of competition. They may be away form their computer preparing. In the event of an emergency- please CALL your team rep. If you can't reach them, call your COACH. FOLLOW US ON SOCIAL MEDIA: Instagram & Twitter: @tag_athletics Facebook: Total Athletics Group, LLC, TAG Athletics

COMPETITION INFORMATION

The competition schedule posted is a tentative one and is subject to change. We may add or delete competitions as we see necessary. ALL competitions are mandatory for athletes to attend. We will add extra practices before each competition. You can count on having extra practices the two weekends before a competition. There will possibly be others in addition to these two weeks as well.



FAQ'S

CHAIN OF COMMAND

1-Team Rep 2-Coach 3- All star director 4- Gym owner.

Everyone is happy to help you, this is just the general flow :)

HOW DO I SEE OUR SOCIAL MEDIA

Like and Follow Facebook: Total Athletics Group, LLC DBA TAG Athletics

Request acces to Family Private Page: TAG Allstar Families

Like and Follow Instagram: @tag_athletics

HOW DO I MAKE SURE I AM RECIEVING TEAM INFO

Team Specific: Please download the band app, and make sure you have "Joined" your teams band.

Gym Wide: Please make sure you have subscribed to the emails from iclass, and that you receive them.

OH NO, WE ARE GOING TO BE OUT

After checking the absence policy page:

contact your team rep and fill out the absence request form.



WE ARE GOING OUT OF TOWN FOR COMPS, WHERE DO WE STAY?

Through out the season we will have various requirements for travel. 1- Stay to play or those where you can book where ever you like. Stay to Play means the event has required housing we must choose from. There are certain circumstances in which you can gain an exemption, please email info@tagathletics.com with any questions about exemptions. In a stay to play event, we will send out a link for hotel booking for you to use. In a non stay to play event, sometimes, we still secure housing so we can try to get the best deals, and stay close together, but this is not required.

SAVE THE DATE, WHAT IS THAT

When we release our competition schedule, you will see some "save the dates " weekends blocked off. These are event dates that we have not confirmed yet, but that we are asking you to block off. We will try to release or confirm those dates with in a month of the event. You need to treat it as a confirmed event.



Turn this page in:

ATHLETE POLICIES

ABSENCE POLICY

Attendance is crucial to the success of any team. We expect 100% dedication to your team. An absence request form must be submitted prior to missing any practice.

Excused Absences Include: A death in the family A contagious illness *see Sick Policy below

A school function that will result in a grade, you must first talk with a coach

Unexcused Absences: School dance, game, traffic, homework or studying, feeling tired, no ride *sick (see policy)

HOLIDAY ABSENCE POLICY

During the holidays we want you to take time with your family and have fun. We will do our best to allow for practice as well as time off. If you are in town you are to be at practice. If you plan to go out of town please clear it with your coach. Please contact your coach immediately if there is a foreseeable conflict with this policy.

ABSENCE PROCEDURE

An absence request must be submitted by e-mail two weeks prior to the absence to the team rep of your athlete's team. This includes all school cheerleading, choir, band, and all other school sports. Requests e-mailed directly to the gym e-mail will not be accepted, nor will requests submitted in less than two weeks of the event. Your school activities are planned in advance. Please submit your request in advance. A completed request does not automatically excuse the absence. Your coach will approve the request and forward the approval to you and the team rep. **No absences are permitted in the two weeks leading to a national competition. We will do our best to work with any school cheer commitments.**

SICK POLICY

You must attend practice when you are sick. You will not be required to participate; however, you must be present. Only in the event that you have a contagious illness and would jeopardize the health of the other athletes will an absence be excused and you must provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating. There must be a prior conversation with the coach to missing.

INJURIES AND CONDITIONING

Parents need to note that cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries that can include but are not limited to bruises, pulled or strained muscles, pulled or strained ligaments, broken bones, dislocations, paralysis, or even death. At TAG we take every precaution to limit these injuries. We cannot prevent all injuries. In the event there is an injury we will take every step to ensure your child's well being. We do have an emergency plan that the coaches will follow in the event someone is injured. In the event that a student is injured at home or during other extracurricular activities, we ask that you please notify your coaches immediately. We will make changes with choreography prior to practicing. We will re-choreograph routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the routine. The coaches have complete discretion in replacing such individuals for upcoming competitions or the remainder of the season. A doctor's note is required for injuries and for releasing your athlete to return to practice. Without a note they are expected to participate as normal

PRACTICE DRESS CODE

All team members should be dressed in proper practice attire shirts, shorts, shoes, and hair up.

No jewelry is to be worn at practice.

No cell phones on the floor.

All flyers should wear spanx/pros under their shorts during practices. A sports bra may be allowed IN THE GYM ONLY, it must be a full coverage, and athletic sports bra.

COMPETITION DRESS CODE

During competitions you are representing the TAG Athletics program at all times.

You are to be in proper TAG uniform, warm up, etc. during competitions. The Coaches will notify the teams. At no time is an athlete to be in a uniform when not in warm-ups or competing.

Turn this page in:

STATEMENT & RELEASE

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Total Athletics Group, TAG Athletics, LLC PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK
In consideration of the services of Total Athletics Group, LLC, DBA Tag Athletics and, its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as TAG Athletics), I hereby agree to release, discharge, and hold harmless TAG ATHLETICS, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:1.

I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of TAG ATHLETICS pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property, or to third parties. The following describes some, but not all, of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistance may be required which you must pay for yourself.

2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with TAG ATHLETICS-related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify TAG ATHLETICS from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in TAG ATHLETICS-related activities.

4. Should TAG ATHLETICS be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.

5. I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition

6. In the event that I file a lawsuit against TAG ATHLETICS, I agree to do so solely in the State of Georgia and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect

7. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against TAG ATHLETICS on the basis of any claim from which I have released TAG ATHLETICS by signing this Agreement. I have had sufficient opportunity to read this entire document.

I have read it and understand it.

I agree to be bound by its terms.

Signature of Participant or parent: _____ Print Name: _____

_____ Date: _____

PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION(Must be completed for participants under the age of 18)In consideration of _____(print minor's name) ("Minor") being permitted by TAG ATHLETICS to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold TAG ATHLETICS from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian: _____ Print Name: _____ Date: _____

LEVEL 1	LEVEL 2	LEVEL 3
<ul style="list-style-type: none"> • forward roll • backward roll • handstand forward roll • cartwheel • round off • backbend/bridge up • backbend kick over • back walkover • front walkover • cartwheel back walkover • switch kick Back walkover • valdez • front limber 	<ul style="list-style-type: none"> • back handspring • back handspring stepout • back walkover back handspring • roundoff back handspring • roundoff multiple back handsprings • Back handspring, Tjump, BHS • FWO Round off back handspring • Front handspring 	<ul style="list-style-type: none"> • Standing BHS series (3) • BHS step out, Bhs • Round off BHS back tuck • Round off Back tuck • Punch Front • Aerial • Jump to mult BHS • Front walkover to BHS tuck • Combinations through to tuck
LEVEL 4	LEVEL 5	LEVEL 6
<ul style="list-style-type: none"> • Standing tuck • Back handspring back tuck • Jump to BHS back tuck • Cartwheel Back Tuck • Round off BHS Layout • Round off Layout • Punchfront stepout to layout • Whip through to layout • Speciality to tuck standing, • RO BHS whip tuck 	<ul style="list-style-type: none"> • Jump to tuck • Standing 2 bhs to layout • Jump to BHS layout • Standing Whip thru to layout • Arabian • Round off BHS full • FWO thru to full • Punchfront stepout to full • Whip through to full • Front handspring front to full 	<ul style="list-style-type: none"> • Standing full • Standing BHS to full • Standing BHS whip to punch full • Standing BHS to double full • Round off Bhs Double full • Round off BHS whip Punch double • Elite combinations to double • Arabian Round off BHS to full/Double full

It is important to understand for a team to be successful they must

- Have level appropriate skills with excellent technique.
- Have speciality skills , running and standing.
- Be able to compete those skills as well as stunt, jump, dance, and perform in a 2.30 second routine with performance and execution.
- Be able to do this many times during their multiple 2 hour practices weekly.

TAG ALLSTARS

2022-23

save the dates

- Practices Begin May 31st
- Team Stunt Camp June 19-22
- Team Choreography : June 18&19, June 25-28 or July 19-22.
- July 3th -July 9th Gym Closed
- There may be additional dates once school begins, but we expect all practices after Aug 1 to be mandatory.
- August 7th :Sunday Practices begin
- September 5 & 6 gym closed for Labor Day
- September 19-23 Gym Closed for Fall Break Sept 25th Mandatory practice
- October 30th Trunk or Treat
- November 21-26 Closed for Thanksgiving break Practice and classes resume November 27th.
WE MAY COMPETE THE FIRST WEEKEND OF THANKSGIVING BREAK
- December 24-Jan 1st Closed for Practices AND classes.
- Jan 2 reopen for classes, and 1 practice if you are in town.
- Jan 8 mandatory practice resumes
- Winter break is Feb 20-24. We may compete on the front or back of break. If we compete on the end we will practice on Winter Break.
- April 3-7 Spring Break. WE MAY COMPETE THE FIRST WEEKEND OF SPRING BREAK. We will let you know by JULY,
- Thursday before every competition : Athlete full out all teams.
Extra practices the week of every competition
Mandatory Sunday Practice the 2nd Sunday of ANY BREAK.