

Sport of Cheer

**PROSPECTIVE
ATHLETE**

INFORMATION PACKET

**JOIN
THE
TEAM**



SPORT OF CHEER
130 RALPH ABLANEDO DRIVE STE 9
AUSTIN, TX 78619

info@sportofcheer.com

2025-2026

www.sportofcheer.com



WHO WE ARE



Sport Of Cheer (SOC) is Austin, Texas' premier cheerleading training facility, committed to excellence in All-Star cheer instruction. We pride ourselves on developing talent, nurturing personal growth, and inspiring our athletes to become confident leaders both on and off the mat. With a team of experienced, USASF-certified coaches, SOC provides a safe, supportive, and family-oriented environment where athletes of all ages and skill levels thrive. Our mission is to empower every cheerleader to reach their full potential—physically, mentally, and personally.

ELITE

Our Competitive Full-Year Program is designed for athletes who are ready to commit to a year-round journey of growth, performance, and team excellence. This intensive program focuses on skill development, athletic training, and high-level competition.

- **Season Duration:** June through May
- **Practice Schedule:** Two, 2-hour practices per week (one weekday, one weekend) - *Additional practices may be scheduled before competitions at no extra cost*
- **Training Includes:** Choreography sessions, Strength and conditioning workouts, Skill-building drills and team coordination
- **Competition Season:** Runs from October to May
- Athletes will compete in 5 to 8 competitions.

PREP

Our Full-Year Prep Program is tailored for athletes who are new to cheerleading or in the early stages of their development but are eager to experience the full scope of All-Star cheer. This program offers a supportive, skill-building environment while introducing athletes to the excitement of competitive cheer.

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- **Practice Schedule:** Two, 2-hour practices per week (one weekday, one weekend) - *Additional practices may be scheduled before competitions at no extra cost*
- **Training Includes:** Choreography sessions, Strength and conditioning workouts, Skill-building drills and team coordination
- **Competition Season:** January to May
- Participation in 3 to 5 local, one-day regional competitions

TRYOUT INFORMATION

Tryout Date: Saturday, May 17th

REGISTRATION & SCHEDULE

All athletes interested in participating in the Sport of Cheer All-Star program must register in advance for tryouts through the Sport of Cheer Parent Portal, available at www.sportofcheer.com.

New families will need to create an account and complete the athlete profile with the required information. A non-refundable tryout fee of \$50 per athlete is required upon registration.

This fee includes:

- **Two 2-hour preparatory clinic sessions prior to tryouts**

Monday, May 12th & Wednesday, May 14th

Prep & Level 1: 5pm - 7pm

Level 2 and above: 7pm - 9pm

- **One 2-hour team practice following tryouts**

Monday, May 19th & Wednesday, 21st

Team and Times TBD - expect similar time blocks as above based on team placement



TRY-OUT PROCESS & PLACEMENT

Athletes will try out in groups of four. During the tryout, they will be evaluated on the following elements (as appropriate to their age and experience level): Standing tumbling, Running tumbling, Jumps, Dance, and General fitness and athleticism. Tryouts will last approximately one hour per group.

*Athletes interested in flyer positions must register for an additional flyer tryout. Flyers will be evaluated on their Body Control & Stability, Flexibility, Technique & Form, Performance & Confidence and Tightness & Sharpness.

Team placement is at the discretion of the coaching staff and is based on a variety of factors, including: Tumbling and stunting skills, Technique and consistency of execution, Mental focus and maturity, Stunt group compatibility and Program needs across all teams.

Please note: Proper technique and repeatable execution are more important than simply “landing” a skill. Coaches may adjust team or position assignments throughout the season to best support the success of both the athlete and the team. Our goal is to place each athlete where they can thrive, grow, and shine.



PLACEMENT NOTIFICATION & FIRST PRACTICES
TEAM PLACEMENTS WILL BE ANNOUNCED VIA
AN INSTAGRAM POST (@SPORTOFCHEER) ON
SUNDAY, MAY 18TH.

THE FIRST WEEK OF TEAM PRACTICES WILL
TAKE PLACE MONDAY, **MAY 19TH** THROUGH
WEDNESDAY, **MAY 21ST**, AND ARE OPEN TO
ALL ATHLETES WHO PARTICIPATED IN
TRYOUTS (INCLUDED IN THE TRYOUT FEE).

Mandatory Parent Meetings:

Parents are required to attend one mandatory meeting on either:
Monday, May 19th or Wednesday, May 21st.

Meetings will cover:

Season Overview

Team Expectations

Q&A session

Contract Collection

Final registration verification in the Parent Portal

Please attend only one meeting, ideally on the night of your athlete's
assigned team practice.



2025-2026 IMPORTANT DATES

THE GYM WILL BE CLOSED FOR PRACTICES AND CLASSES THE FOLLOWING DATES:

SUMMER BREAK: MAY 23RD - JUNE 8TH

FATHERS DAY: JUNE 15TH

INDEPENDENCE DAY: JUNE 30TH - JULY 6TH

LABOR DAY: AUGUST 29TH - SEPTEMBER 1ST

THANKSGIVING BREAK: NOVEMBER 24TH - NOVEMBER 28TH

WINTER BREAK: DECEMBER 19TH - JANUARY 4TH

SPRING BREAK: MARCH 14TH - MARCH 22ND

EASTER: APRIL 5TH

MOTHERS DAY: MAY 10TH

POTENTIAL COMPETITIONS FOR THE 2025 - 2026 SEASON

Cheer Power San Antonio Halloween Challenge -
San Antonio (10/25)

Redline Fall Classic - San Antonio (11/22)

JamFest San Antonio Classic DI/DII - San Antonio
(11/22)

Coastal Clash - Galveston (12/14)

Southern Showdown - Cedar Park (1/25)

ACA Grand Nationals - Fort Worth (1/31-1/21)

Houston Money Madness - Houston (1/31)

Small Program Super Nationals - Frisco (2/14
-2/15)

NCA San Marcos Classic - San Marcos (2/15)

NCA All Star Championship - Houston (2/24-3/1)

Super Nationals - San Marcos (4/11 - 4/12)

Kalahari Super Nationals - Round Rock (5/2 - 5/3)

The Open Championships - Galveston (5/9-5/10)

**If Bids are Received Athletes may attend the All
Star World Championship in Orlando, Florida
(4/16 - 4/19).



TUMBLING SKILLS BY LEVEL

PREP	Forward roll, Backwards Roll, Cartwheel, Round Off, Back & Front Walkover
LEVEL 1	Forward Roll, Backwards Roll, Cartwheel, Round Off, Back & Front Walkover, Valdez
LEVEL 2	Standing Back Handspring (BHS), Back Walkover Back Handspring, Front Walkover Round Off Back Handspring, Round Off Back Handspring Series
LEVEL 3	Standing 3 Back Handspring, Round Off Back Tuck, Round Off Back Handspring Back Tuck, Punch Front/Aerial
LEVEL 4	Standing Back Tuck, Standing Back Handspring Back Tuck, Jumps to Back Handspring Back Tuck, Round Off Back Handspring Layout, Whip/Tuck to Layout
LEVEL 5	Jump to Back Tuck, Standing Back Handspring to Layout, Round Off Back Handspring to Layout, Round Off Back Handspring to Full, Front Walkover/Punch Front to Round Off Back Handspring to Full
LEVEL 6	Jumps to Tuck, Standing Back Handspring to Full, Jumps to Back Handspring to Full, Punch Front Round Off Back Handspring to Full

