



Cheer Station

Elite . Novice . Prep

**TRY-OUT
INFORMATION PACKET**

2025-2026

CHEER STATION

9330 UNITED DRIVE SUITE 130
AUSTIN, TX 78758
512-45-CHEER/512-452-4337
www.cheerstation.com

CHEER STATION

STRONG VALUES & FIRST-CLASS COACHING

When you train with Cheer Station you get the best of both worlds...our athletes get strong technique training with an emphasis on sportsmanship, as well as world caliber choreography and coaching. Cheer Station offers your athlete positive role models in a family atmosphere. We believe our athletes learn valuable "life lessons" when they are training together to achieve their personal and team goals. We know that our athletes develop strong character and confidence while in our program and take those attributes on in their daily lives.

Cheer Station Athletes are known around the country for not only being the top teams in every level, but having great sportsmanship. CSI teams are repeatedly complimented for their team spirit and good attitudes. As a program, we are often winners of spirit awards for both athletes and fans!

Our Cheer Station staff is the most knowledgeable and well-trained staff in the industry and although they can be tough at times, they are always encouraging and positive. All of our staff are credentialed by the USASF and our Owner is a member of the USASF rules, disciplinary committee and Regional Advisory Board. All CSI Staff and Coaches are certified by SafeSport and many cheered at the university level at award winning universities like Baylor University, Stephen F Austin, Hawaii Pacific and they have cheered at Trinity Valley, Indiana University, UT, Hawaii, HPU, NC State, Navarro, University of North Texas and some of the best All-star programs in the World. You can trust that your athlete is in good hands. We require all CSI team coaches to join the Positive Coaching Alliance and pass their coaching courses to work with our teams. Our staff meet and exceed every industry standard and lead the SafeSport initiative.

Cheer Station believes in balancing the family and team without compromise. During the summer months we know how important family time is, we have moved our weekend practices off the weekend to ensure better team attendance. We also try to avoid competing close to holidays. This ensures that our athletes can enjoy more time with their families while on holiday school breaks without compromising the quality of our teams or events.

Cheer Station is proud to be the longest running all-star program in the United States! We are a family, and we are happy to share our values and legacy of winning with your athlete year after year. Please feel free to call or email us anytime if you have a question. The first round of Cheer Station Team tryouts 2025 are scheduled on May 16-18th for our Elite and year-round Prep and Novice teams. If athletes are unable to attend individual tryouts, video tryout are also welcomed. Please email brad@cheerstation.com and/or katie@cheerstation.com for more details.



CHEER STATION

Welcome to the Cheer Station All-Star Team Program. We are delighted that you have chosen to become a part of one of the most prestigious all-star programs in the country. We welcome you to our family. In the following pages, you will find an outline of our:

- Cheer Station Policies
- Important Dates
- Frequently Asked Questions (FAQ's)
- Financial Commitment
- Other important information that you will need to know about our program...

Please complete the following forms after reading and understanding the information in this packet:

- Team Registration Form
- Team Registration & Eligibility Form
- Team Payment Form/Financial Commitment Form
- Tryout Form
- Practice Wear Form
- \$75 Team Registration Fee

Please turn in all the properly filled out forms and the \$75.00 team registration fee so that your athlete can be placed on a team roster by May 20th. Turn in your team registration packet before May 1 and take \$20 off your team registration fee. All athletes will need to complete the paperwork and payment prior to attending clinics or tryouts. Athletes trying out after May 18th will need to schedule an evaluation with a head coach to be placed on a team. A video tryout must include two running and two standing tumbling passes, a stunt and three jumps. Please submit your video to brad@cheerstation.com with a \$75.00 Allstar team registration fee.

Please keep the remaining parts of the team packet as a reference guide throughout the season. We are always here to answer any questions that you may have concerning our program.

Brad Page
Katie Rebers

brad@cheerstation.com
katie@cheerstation.com

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CHEERLEADING AND TUMBLING
www.cheerstation.com

Tryout Process

All athletes will need to attend at least one clinic May 14 or 15. Birth years of 2013-2020 will attend 4:30-6:00, Birth years of 2010-2017 will attend 6:00-7:30, and birth years of 2005- 2013 will attend 7:30-9:00. If your year overlaps during the different time slots, you can pick one that best fits your schedule.

During the clinics, we will put athletes in stunt groups where we will start figuring out bases, back spots, and fliers. We will group athletes according to age, skill level, and whether they are trying out for novice, prep, or elite. You MUST indicate which team program your athlete is trying to join.

We will host a optional Meet and Greet on Sunday, May 4th from 12:00-1:00 pm.

All athletes will need to attend a tumbling tryout/ evaluation as well on May 4th, May 16th or May 17th. If you would like a private tryout, you can email katie@cheerstation.com to set one up. The cost is an additional \$40 for a private tryout.

Athletes trying out for Novice or Prep will need to be here at:

*Friday, May 16 from 5:00-6:30

Athletes trying out for Elite Teams will need to be here at:

* Level 1 elite will be on Saturday, May 17 at 9:00 AM

* Level 2 elite will be on Saturday, May 17 at 10:00 AM

* Level 3 elite will be on Saturday, May 17 at 12:00 PM

*Level 4 elite will be on Saturday, May 17 from 1:30 PM

*Level 5 & 6 elite will be on Saturday, May 17 from 3:00 PM

Athletes that cannot commit to the above times, will need to be here Sunday, May 18th from 10:00-11:00 am. Please email

katie@cheerstation.com with any questions.

Team Selection

When selecting teams, we consider age, skill level, and stunt groups. team selection will be announced on Monday, May 19th after 4:00 pm and teams will start as early as Tuesday, May 20th. We ask that you wait 24 hours after the team selection announcement to contact us for any reason.

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PRACTICES

Attendance for our teams is mandatory. We allow **FOUR** missed practices in the summer from June 1st through August 15th and **THREE** excused absences during the season from September 1st – May 1st. While missed practices are for family emergencies and other unforeseen life events, during competition season all missed practices will need to be made up in a 30 minute private lesson with your stunt group and a team coach. The athlete that misses practice, will be financially responsible for the coach's time for the private that must be made up within 7 days. Athletes that are 30+ minutes late to a practice, will be required to make up the time as well.

Tiny, Mini and Youth Elite Athletes will practice up to 4 hours per week and have 2 weekday practices. Junior and Senior level athletes will practice 4 hours per week and have 1 weekday practice and a Sunday practice. Elite Prep teams will practice 2 days per week for 1.5 hours, Prep teams will practice 1 day per week for 2 hours, while Tiny Novice will practice 1 day per week for 1.5 hours.

Although we want our athletes to cheer at school, we cannot compromise our training. Athletes that cheer for school or play sports at school cannot not miss their team practices. They will be moved to another team or be moved off the mat to an alternate position to ensure safe and solid routines.

We ask that you inform the gym in advance before practice if your athlete is sick or needs to miss for an excused absence. The three excused absences include activities for a school grade, illness with a fever over 100, wedding, funeral or a family emergency. Unexcused absences include concerts, charity events, recreational sports, or family vacations. Please send a note via our new platform, the Band App or call us at the gym. We also ask that you call or text your staff if you are running late. Our routines are always changing and evolving and the team member positions may also change as the routines evolve. You cannot miss a practice the week of an event or you may not be eligible to compete.

CSI Team members should arrive to practice 5 minutes prior to their scheduled time. Students will not be allowed in the gym unsupervised. A CSI staff member must supervise all students at ALL TIMES.

If a team member needs to leave practice early, you must ask your team's head coach before the scheduled practice. There may be times that this request will be denied if the coach needs to keep all team members present. *Parent viewing will be available on a first come basis.*

There will be times when the parent viewing area must be closed to help keep our team focus! We will post closed viewing days on our Band App and by email. All team practices the week of competition, and two weeks before each national competition will be CLOSED to parent viewing.

We will be scheduling several extra practices before each competition. You will have ample time to mark your calendars. We will be creating a NEW Team Calendar to verify and update all scheduled CSI events. Please visit the team calendar for any updates and schedule changes.

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CHOREOGRAPHY CAMP

All teams will have a Mandatory Team Choreography camp where they will learn their competition routines. Mandatory Elite for Levels 3-6 Team Choreography Camp is scheduled for July 28th-August 2nd. Mandatory Team Choreography Camp for Elite Levels 1-2, prep and novice teams is scheduled for August 4-10. Each team will have choreography around 10 hours and exact days/times will be sent closer to choreography. Failure to attend camp will result in \$55 per day fee, in addition to your choreography fee, which will be drafted and paid to the person that has to fill in and teach you the choreography.

GYM HOLIDAYS

The Gym will be closed:

- Memorial Day May 23rd -May 26th
- Fourth of July (July 30th-July 6th)
- Labor Day August 29th-September 1st
- Halloween October 31st
- Thanksgiving November 26th-30th * We will practice on Sunday, December 1st
- Christmas break December 21st - January 3rd, 2026
- Spring Break March 15th-21st
- Easter Sunday, April 5th

COMPETITION SCHEDULE

The competition schedule is usually finalized as early as possible but may as late as August 1. Please understand that tuition pays for coaching and training, it does not pay for the right to compete or perform. Team members earn that right by working hard, keeping a good attitude, attending practice, and maintaining their skills. Athletes that are competing with their school teams on the same day as their CSI team will only be allowed to do both if they are at the same event. We will not allow athletes to compete with their school and their CSI team if they are at different venues on the same weekend. All elite athletes will be required to travel and practice the night before a two-day competition. **You may have to leave school early or even miss school for some events that are out of town.**

If a team gets bids to the Summit, All-Star Worlds, The One, or Cheerleading Worlds, their season may be extended through May. Tuition and additional competition and travel fees may apply. **We plan on accepting bids and attending at least one of these end of the season events.**

TRAVEL

There is a **"Stay to Play"** rule for most of our events and those National Championship events will require hotel accommodation to be booked at their host hotels. The event host will be blocking rooms at each national competition and you will be **required** to stay in the team block. For one day events, you will have to make your own travel and hotel arrangements. We try to book our hotels as close to each event as possible. We strongly urge you to book early as the blocks expire quickly in the host cities. Please plan on traveling early and staying for your team awards. All athletes may be required to travel to each Nationals a day before preliminaries for the team to have a practice in the host city when possible.

At all other events, athletes are required to arrive up to 2 hours before their team's competition warm up time to prepare and be ready. One day events may start early, and we may have call times as early as 6:30 AM. At those events, we require all athletes to travel to the event on the night before to avoid weather issues and for a team practice/meeting.

Remember: Most competition companies wait until the week of the event to release their final schedules. We will keep you

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SPECTATORS FAMILIES AND GUESTS

We have a parent viewing room available and there will be periodic “show off” performances for family and friends. Should you need to talk to a coach, please wait until after practice or set up a meeting time with that coach. Meetings can be set up directly through the Band app.

Sometimes, the parent viewing will be closed so teams can give their full attention to the coaches and Routines (this is to ensure that teams is focused and ready to compete). On these days we ask all parents to drop off and leave the facility. If a team member would like to bring a friend or a recruit to practice, please ask for a coach’s permission. All-star cheerleaders from other programs **will not** be allowed to visit the gym during the competition season without permission from the program director. **Any parent, spectator or athlete that acts disrespectful or talks negatively about another athlete, gossips or acts with poor sportsmanship will be asked to leave the viewing area or the gym. Thanks in advance for your understanding and compliance.**

CLASS AND OPEN GYM/TEAM TUMBLING

Team members will receive a \$20 per class discount. Open gyms are offered several times per week for only \$10 per visit. We will offer 1 free open gym per month for our team program, dates to be announced.

TEAM SIBLING DISCOUNTS

This year, we are offering a \$50 sibling team discount for the 2nd and \$75 discount for the 3rd child for the elite team program. There is a \$20 sibling discount if you have multiple athletes on prep/novice teams or one athlete on elite and one athlete on prep/novice.

UNIFORMS

We will be getting new uniforms this year for the whole program. Uniform fitting dates are July 22nd-23rd from 3:00-7:30. These are the only dates that we will be doing fittings since our rep is coming in from Oklahoma. This will also be the time to order back packs and warmups. If you will be out of town for the uniform fitting, you will need to take measurements for your athlete and send them to Amara@cheerstation.com. Please contact her so that you know exactly what to measure. If you need help measuring your athlete, please ask Katie or Amara. \$400 will be due at the time of fitting and the balance will be due October 1st.

CHEER STATION TEAM PROGRAMS 2025-2026

Cheer Station offers three team programs! All of our programs will require commitment as we are not able to build our stunts and pyramids when an athlete misses. The different programs depend on the level of commitment and the skill level of the athlete.

All-Star Elite (May-April)	Level 1-6	2 hour practice twice per week	5 -6 competitions and may travel out of state	2.5 minute routine	\$389 per month
Full Season Elite Prep (May-April)	Level 1-3	1.5 hour practice twice per week	5-6 competitions	2 minute routine	\$324 per month
Full Season Prep (May-April)	Level 1-3	2 hour practice once per week	5 one day competitions	2 minute routine	\$259 per month
Full Season Novice (May-April)	Level 1-3	1.5 hour practice once per week	4 one day competitions	1.5 minute routine	\$195 per month
Express Novice or Prep *Half Season Team and will have tryouts in September (Sept. 15 -April)	Level 1-3	2 hour practice Once per week *Half Season Team	3 one day competitions	1.5 Minute routine	\$225 per month

Team tuition includes extra practices before each competition. It does not include end of season extra training like the Summit, All Star Worlds, or Worlds .

Team selection will be based on age, standing and running tumbling as well as the athlete's contribution to stunting. Tumbling is simply a guideline.

*Athletes are placed on a team by skill and age. Age is based off of birth year. In 2025 the age ranges have changed to make the bottom age move up one year. USASF uses birth years to determine eligibility and levels. The age range is 13-19 for Senior Prep and Senior Novice Teams and is one year lower than elite.

USASF LEVELS and AGES

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Tiny 2018-2020					
Mini 2016-2019	2016-2019				
Youth 2013-2018	2013-2018	2013-2018	2013-2018	2013-2018	
Junior 2010-2017	2010-2017	2010-2017	2010-2017	2010-2017	2010-2017
Senior 2006-2013	2006-2013	2006-2013	2006-2013	2006-2013	2006-2012

- Senior Age is determined by 06/01/2006-2013 but Level 6 will be 06/01/2006-2012.
- Senior Prep and Novice teams ages are 12-19 and can go up to level 3 with restrictions.

Suggested Skills for Each Level

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Cartwheel	Roundoff Back handsprings	Round off Back Handspring Back Tuck	Round off Back handspring Layout	Round off Back Handspring Full	Round off Back Handspring Double
Round off	Round off 2-3 Back handsprings	Round off Back handspring stepout Roundoff to tuck	Front Walkover Round off Back handspring Layout	Alternate (whip or punch front) To a full	Alternate (whip, arabian or punch front) To a double
Back Bend Kickover	Front Walkover Round off Back handspring	Front Handspring Front	Alternate (whip or punch front) to a Layout	Arabian to Layout or Full	Round off Back Handspring Full to Full
Back walkover	Standing Back walkover Back handspring	Standing Back Walkover Back Handspring Series	Standing Series to Tuck	Standing Back handspring Layout	Standing Backhandspring (s) To a full/double
Front walkover	Standing Back handspring step out Back walkover	Jump To Back Handspring Series	Jump Back Handspring Back Tuck	Standing Whip To Layout	Standing Full
Valdez	Valdez BHS	Standing Back Handspring Stepout to series	Standing Back Handspring Stepout Tuck	Jump Back Handspring Layout	Jump Back handspring Full or Double

Athletes must demonstrate the minimum skill for each level with good technique to qualify. Remember tumbling is guideline to help us determine your team placement.