



Unique Sports Academy
109 Post Office Road Suite D, Waldorf, MD 20602
Gym Number: (301) 396-4934
Lisa Shaw - Owner/Operator

CHEER EXTREME MARYLAND TRYOUT PACKET

Welcome to the 2023-2024 CEA Tryouts!

Online Registration Only:

[Early Bird Registration!](#)

- ★ **READ, Initial, Sign & Date the "Cheer Extreme Try Out" release form**
- ★ **Early Bird Registration Fee \$60- Ends Friday, May 19, 2023**
- ★ **On Time Registration Fee \$75 - Starts Saturday, May 20, 2023**
- ★ **All outstanding debts must be paid in full to be eligible to tryout**

2023-2024 CEA MARYLAND TRYOUT SCHEDULE

Saturday, May 20, 2023

- 1) 1:00 – 2:30
Birth Years: 2018 – 2012
- 2) 2:45– 4:15
Birth Years: 2011 – 2008
- 3) 4:30 – 6:00
Birth Years: 2009 - Before

Sunday, May 21, 2023

- 1) 11:00 – 12:00
Birth Years: 2018 – 2012
- 2) 12:15 – 1:30
Birth Years: 2011 – 2008
- 3) 1:45 – 3:00
Birth Years: 2009 - Before

Cheer Questions - Email: cea-md@uniquesportsacademy.com
Financial Questions Email: payments@uniquesportsacademy.com

Make Up Evaluations

These nights are available for those who are not available to attend during the weekend dates. Only attend one (1) night.

Monday, May 22, 2023

6:00 to 7:15 p.m.

Open Birth Years – 2018 -Before

Tuesday, May 23, 2023

6:00 to 7:15 p.m.

Open Birth Years – 2018 -Before

Wednesday, May 24, 2023

6:00 to 7:15 p.m.

Open Birth Years – 2018 -Before

What to expect on Tryout Day

- ★ Try Out Apparel – Fitted top/shorts, no loose-fitting clothing, hair pulled up/back, cheer shoes or light-weight sneakers.
- ★ 1 Family member may stay to watch tryouts but must sit in the bleacher area and must leave once your child has completed tryouts.
- ★ Your child will receive a try out number, an information letter, and a gift after tryouts. The letter will explain announcements of Training Teams.

- ★ Athletes Evaluated as follows:
 - Tumbling Difficulty & Technique
 - Tumbling on count
 - Jump technique
 - Showmanship
 - Athleticism
 - Able to apply instruction
 - Coaches will inquire about an Athlete's Stunting Background
 - New/very young athletes will be made to feel comfortable if they have No or Newer Skills.

TRYOUT DAY: Athletes will try-out by age grouping and will demonstrate the following skills on tryout day.

- 1) Hardest running pass, followed by a second pass if desired.
- 2) Hardest standing tumbling skill, followed by a second standing tumbling skill connected to jumps (if applicable in the level).

- 3) Jumps (1 Toe Touch connected to tumbling if required in the level and 1 Hurdle/Toe touch Jump Combination...non-tumble will show a single hurdle and double toe combo)
- 4) Flyers will show body positions on the floor - Bases and back spots will be asked what positions they prefer. The more positions mastered, the more chances there are to make a desired team.

Save The Dates:

- ***Monday, May 29 -- Announcement of Training Teams:***
- Your child's tryout number will be posted on our website. Informative letter explaining details given out at tryouts. (Training Times/Days posted this day as well)
- FYI – Summer Training is usually only held Monday-Thursday. Each team will train one or two of those **days**. Summer Clinics may fall on a weekend.
- **Zoom Meetings - Financial Information:**
Tuesday, May 30, 2023, and Wednesday, May 31, 2023 (times TBD - details will be posted on Monday, May 29, 2023, under Training Teams.
- ***Monday, June 5, 2023 -- Summer Training Starts***
- ***Wednesday, June 28, 2023 - TEAL REVEAL:***
- We will have an in-house event where athletes can celebrate their team placement. When an athlete is placed on a team, the athlete is expected to maintain the skills that contributed to their placement. All vital information on summer practices, specific Skill Clinic and Routine Clinic Dates, etc.
- New days/times may be applicable to your athletes' teams starting the week of July 10.
- ***Friday, June 30 – Sunday, July 9. Summer Gym Closing (Gym Closed for All Trainings and Classes)***

Team Clinics Information:

(SKILLS CLINICS & ROUTINE CLINICS ARE MANDATORY FOR ATHLETES)

- ★ **Mandatory Team Skills (Stunt/Pyramid) Clinic:**
July 24 – July 26 or July 27 – July 30
(This is broken up by Teams/Times)
- ★ **Mandatory Team Routine/Choreography Clinic:**
August 3 – August 20
(This is broken up by Teams/Times – each team clinic is 2 to 3 days)

Tumbling Skills Per Level:

To solidify a spot within a specific level (in addition to being able to stunt at that level) athletes must have MASTERED most of the skills with asterisks in the graph below. We understand not all skills will be mastered but they should not be arriving with just one skill in the Try Out Level. Mastery comes from having correct body positioning, timing, speed, approach & landing. Other skills listed are those allowed within the level. The most difficult and technically sound skills should be demonstrated at tryouts. Athletes will show a minimum of 2 standing & 2 running passes. If a roster cannot be fully comprised of 100% or the athletes having the skills, the remainder of the roster may be determined by specific stunting skills/positions needed for each team by the coaches. To progress to the next level, it is assumed that you have all the asterisks of the prior levels as sometimes those skills are required for choreography.

CEA Maryland Tumble Level Breakdown			
<p>LEVEL 1 NOVICE</p> <ul style="list-style-type: none"> •Forward Roll attempt* •Cartwheel attempt* •Handstand attempt* <p>LEVEL 1 PREP</p> <ul style="list-style-type: none"> •Forward Roll* •Cartwheel* •Backbend* •Handstand Fall to Bridge* •Back Bend Kickover attempt* •Back Walkover attempt* •Front Walkover attempt* 	<p>LEVEL 1</p> <ul style="list-style-type: none"> •Back Walkover* •3 Back Walkovers in a row* •Switch Leg Back Walkover* •Cartwheel Back Walkover* •Front Walkover* •Roundoff* 	<p>LEVEL 2 PREP</p> <ul style="list-style-type: none"> •Back Handspring* •Roundoff Backhandspring* •Cartwheel Backhandspring* 	<p>LEVEL 2 & 4.2</p> <ul style="list-style-type: none"> •Back Walkover BHS* •BHS Stepout* •Roundoff 2Backhandsprings* •Front Walkover RO BHS* •Front Handspring, BHS* •Stepout BWO BHS, Other* •Combo Passes*
<p>LEVEL 3</p> <ul style="list-style-type: none"> •BWO 2 BHS or Standing 3* •BHS (on count)* •Toe Touch 3 BHS* •Roundoff Tuck* •Punch Front Tuck* •Combination pass through to Roundoff BHS Tuck (including but not limited to aerial, Front Walkover, etc.)* 	<p>LEVEL 4</p> <ul style="list-style-type: none"> •Standing Tuck* •Toe Backhandspring Tuck* •Standing 2 BHS to Tuck* •Roundoff BHS Layout* •Combination pass through to Roundoff BHS Layout (including but not limited to Front Walkover, Whip, Punch Front, etc.)* 	<p>LEVEL 5</p> <ul style="list-style-type: none"> •Toe Touch Back Tuck* •Two to Layout* •Roundoff BHS Full* •Standing BHS Whip to 2 BHS Tuck/Layout* •Combination pass through to Roundoff BHS Full (including but not limited to Front Walkover, Whip, RO Arabian stop, Punch Front, etc.)* 	<p>LEVEL 6</p> <ul style="list-style-type: none"> •Toe Touch Back Tuck* •1 or 2 BHS to Full* •Combination pass to Full* •Double Full* •Combination pass to Double Full* •Standing Full or Toe Full* •Standing to Double* •Standing Combo to Double*

USASF AGE GRID 2023/24 Season Grids!

The USASF was created in 2002 to unify the all-star cheer industry with a specific set of rules. Divisions are governed by age/birth year. **Updated March 13, 2023!**

USASF All Star Cheer ELITE TIER CLUB Divisions 2023-24					
Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
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2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
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3	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
3	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
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4	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
4	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
4	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Senior Open	18+ years old	5/31/06 & Before	Female/Male	5-24 Members
4	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
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4.2	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4.2	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
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5	Youth	8-12 years old	2011-2016	Female/Male	5-38 Members
5	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
5	Senior	13-19 years old	6/1/04-2011	No Males	5-38 Members
5	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-38 Members
5	Senior Open	18+ years old	5/31/06 & Before	No Males	5-24 Members
5	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
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6	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
6	Senior XSmall *	14-19 years old	6/1/04-2010	No Males	5-16 Members
6	Senior Small *	14-19 years old	6/1/04-2010	No Males	17-22 Members
6	Senior Medium *	14-19 years old	6/1/04-2010	No Males	23-30 Members
6	Senior Large *	14-19 years old	6/1/04-2010	No Males	31-38 Members
6	Senior XSmall Coed *	14-19 years old	6/1/04-2010	1-2 Males	5-16 Members
6	Senior Small Coed *	14-19 years old	6/1/04-2010	1-5 Males	5-22 Members
6	Senior Medium Coed *	14-19 years old	6/1/04-2010	1-8 Males	5-30 Members
6	Senior Large Coed *	14-19 years old	6/1/04-2010	1-19 Males	5-38 Members
	* Indicates Worlds Eligible Division				

USASF All Star Cheer ELITE TIER INTERNATIONAL Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	U16	12-16 years old	2007-2012	Female/Male	10-24 members
1	U18	14-18 years old	2005-2010	Female/Male	10-24 members
2	U16	12-16 years old	2007-2012	Female/Male	10-24 members
2	U18	14-18 years old	2005-2010	Female/Male	10-24 members
3	U16	12-16 years old	2007-2012	Female/Male	10-24 members
3	U18	14-18 years old	2005-2010	No males	10-24 members
3	U18 Co-ed	14-18 years old	2005-2010	Female/Male	10-24 members
4	U16	12-16 years old	2007-2012	No Males	10-24 members
4	U16 Co-ed	12-16 years old	2007-2012	Female/Male	10-24 members
4	U18	14-18 years old	2005-2010	No Males	10-24 members
4	U18 Co-ed	14-18 years old	2005-2010	Female/Male	10-24 members
6	U18 NT	14-18 years old	2005-2010	No Males	10-30 members
6	U18 Co-ed NT	14-18 years old	2005-2010	1-20 Males	10-30 members
6	International Open	18+ years old	5/31/06 & Before	No Males	10-24 members
6	International Open Small Coed	18+ years old	5/31/06 & Before	1-4 Males	10-24 members
6	International Open Large Coed	18+ years old	5/31/06 & Before	5-16 Males	10-24 members
6	International Open NT	18+ years old	5/31/06 & Before	No Males	10-30 members
6	International Open Coed NT	18+ years old	5/31/06 & Before	1-20 Males	10-30 members
6	International Global	18+ years old	5/31/06 & Before	No Males	10-24 members
6	International Global Coed	18+ years old	5/31/06 & Before	1-16 Males	10-24 members
7	International Open	18+ years old	5/31/06 & Before	No Males	10-24 members
7	International Open Small Coed	18+ years old	5/31/06 & Before	1-4 Males	10-24 members
7	International Open Large Coed	18+ years old	5/31/06 & Before	5-16 Males	10-24 members

USASF All Star Cheer PREP TIER Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1.1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members

USASF All Star Cheer NOVICE TIER Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1 w/Restrictions	Tiny	4-7 years old	2016-2020	Female/Male	3 + Members
1 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
1 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
1 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
1 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
2 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
2 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
2 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
2 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
3 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
3 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
3 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members

PAYMENTS: *Every family will be required to have a credit card/debit card on file.*

1. **Electronic Payments:** All monthly tuition paid to CEA Maryland for all-star cheerleading will be electronically drafted on the 1st day of every month through a credit/debit card. Competition (competition/choreography/stunt clinic and music) fees will be electronically drafted on the 15th of the month beginning July 15th for six payments through December 15th.
2. **2023-2024 All-Star Cheerleading Pricing:**
 - The all-star program is offered as an 11- month program with payments due monthly from June 2023 through April 2024.
 - **Annual Registration Fee:**
 - Early Bird:** \$60.00 per child ends May 19, 2023
 - On Time:** \$75.00 per child starts May 20, 2023
 - **Tuition Monthly, Competition and other Fees – 2023 - 2024 Price Schedule has not been fully set as competition fees, clinic fees, choreography fees and music fees are still being determined.** 2022 – 2023 fees are shown below for informational purposes only.
3. **NSF / Returned Transactions:** CEA Maryland/Unique transacts business with its bank and on-line merchant processors and will pass along any NSF fees. The fee will be \$35.00 per occurrence.
4. **Termination: Membership** to the all-star cheerleading program may be terminated at any time with a 30-day written notice or email before February 1, 2024, to:
 - cea-md@uniquesportsacademy.com or payments@uniquesportsacademy.com
 - All fees will continue to be drafted during the 30-day period.
5. **Refunds:** There are no refunds of competition fees or registration fees to anyone who leaves the program regardless of the date of leaving the program. Anyone who leaves or is dismissed is responsible for payment of the final month and all outstanding debts. Please refer to terms & conditions for reasons an athlete can be dismissed.
6. **Appearance:** Jewelry is not allowed at practice or at competition; please refrain from having your child get a new piercing during competition season.
 - Your child’s hair color must stay a natural color throughout the competition season. No blues/purples/pinks/other exotic colors will be allowed on stage.
 - Please ensure your undergarments (bras/undergarments/etc.) are hidden under the uniform that you are wearing and NOT VISIBLE.
 - When walking around at competitions, teams must dress the same. Each athlete wearing a crop top uniform is mandated by the USASF to have a cover-up while walking around the competition.

7. **Attendance:** We adhere to a strict attendance policy for all teams. After 2 unexcused absences, we will have a fill in and begin learning the routine. After 3 absences, the child will be removed from the following competition and the coaches will discuss removal. We have many all-stars who have never missed a practice (if you can believe that). Excused absences must be known 2 weeks prior to the absence and must be accompanied by a documented absence form available at the front desk. A child with a sickness/injury on the day of a practice must come to the next practice with a doctor's note for it to be excused. Death in the family and family emergencies are obviously excused.

8. Apparel Fees:

- Program Uniforms are the same as for the 2022-2023 Season. Pricing is subject to change and has not been determined.
- Program Uniforms Price Range: \$425 - \$470
- Tiny Novice and Tiny Prep Price Range: \$285 - \$300

- World's Uniforms and Bows are the same as the 2023-2024 Season
- World's Uniform Price Range: TBD - last price was \$530 - \$595

- No Limit Tumbling Cheer Shoes are the recommended cheer shoe for CEA Maryland.
- Cheer Shoe Price Range: \$50 and up
- Cheer Shoe Fitters are available in the Pro Shop!!!


- Practice Wear/Practice Bows: More Information to Come. Last season non-travel teams purchased 2 sets of practice wear and Travel Teams purchased 3 sets of practice wear.

- Competition Bows: TBD

TEAM LOGOS AND NAMES

Cheer Extreme All Stars, Cheer Extreme Maryland and Cheer Extreme Maryland team names are proprietary. No individual, company or group is authorized to create apparel or gear bearing a Cheer Extreme All Stars, Cheer Extreme Maryland logo or team name without prior approval from Lisa Shaw. All apparel and gear must be purchased through the Cheer Extreme Maryland/Unique Sports Academy Pro Shop.

THE 2022 - 2023 PRICE SCHEDULE is shown below and is for informational purposes only. The actual price schedule for the 2023 - 2024 season has not been set.

		Cheer Extreme Maryland 2022-2023 Fee Schedule			
		Tiny	Mini	Non-Travel Teams	Travel Teams
Annual Registration (Due at Try Outs)	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00
Tuition (Monthly)	\$ 90.00	\$ 90.00	\$ 170.00	\$ 175.00	\$ 200.00
Crossover Fees (Monthly)	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00
Choreography/Music/Stunt Clinic	\$ 325.00	\$ 325.00	\$ 400.00	\$ 475.00	\$ 600.00
Competition Fees	\$ 800.00	\$ 800.00	\$ 1,100.00	\$ 1,400.00	\$ 1,500.00
2022 - 2023 Total Fees	\$ 2,175.00	\$ 2,175.00	\$ 3,430.00	\$ 3,860.00	\$ 4,360.00