



## 2026-2027 UPDATED INFORMATIONAL PACKET

### WHY CHOOSE EXPRESS NTX

Our New Express Cheer NTX Program's Mission is to provide our students a motivating, challenging, and fun environment where they can develop their full potential as an athlete while learning valuable life lessons through the sport of cheerleading.

We use the sport of cheerleading to mold our athletes into high character adults who will make an impact in this world. We give our athletes opportunities to develop character, commitment, leadership skills, teamwork, work ethic, discipline and more.

### Express Cheer NTX ALL-STAR CHEER OPTIONS

We want to give the opportunity to participate on an Express cheer team to as many different athletes and levels of ability as possible. We also try to do fundraisers during the season to help offset apparel and competition costs. We are offering 3 different types of Full Year Cheer Programs to help accommodate all ages and abilities. Below we will provide a brief description of each program.

The 3 Full Year programs for the 2026-2027 All-Star season are *Novice*, *Prep* and *Elite*. We also offer a half year Novice cheer program that starts in October 2026 if you are not quite ready for a full year commitment.

## All-Star Novice

All-Star Novice welcomes athletes new to the sport, with only a little past tumbling or cheer experience. The program begins to build a love for All-Star cheer while focusing on skill building and growth in a lower-pressure environment. All-Star Novice allows time to strengthen technique and performance skills in order to prepare the athlete for All-Star Prep or All-Star Elite teams in the future. Our All-Star Novice teams have **one** 1.5-2 hour team practice per week. They will perform at 5-6 Local Competitions throughout the season. All-Star Novice is a wonderful introduction to All-Star Cheerleading. Novice athletes do not have to have any prior skillset to make a team, just a good attitude and hard work ethic. Choreography Camps will be scheduled during the summer months to master stunting skills and learn the competitive cheer routine. (Ages 5-12 years old and a 12 month commitment from May 2026-April 2027) **All-Star** Novice athletes will have a weekly Tumbling included in their tuition.

### NOVICE PROGRAM FEES

\*Tryout Fee **\$60**

\*Split into 12 Monthly Fees from May 2026 through April 2027: **\$200**

Includes All Team Practices and additional practices, Choreography, Camps, and Music. And Weekly Tumbling Class

\* **\$200 First Month's Tuition Deposit (non-refundable) is due upon signing up for Tryouts.**

\*Apparel Package Fee due May 15<sup>th</sup> 2026: **\$350**

Includes: Uniform Rental, New Practice Wear (2 sets), & Bow

\*Must purchase your OWN **white** cheer shoes (infinity or rebel brands)

\*Competition Fees due Sept. 15<sup>th</sup> 2026: **\$450** (Fundraising can help lower these fees)

### PLEASE NOTE

\*Novice Team Practices will begin the second week of May.

\*Uniform Rental must be returned at the end of season in GOOD condition or a **\$150** replacement fee will be charged

\*Travel fees are not included in monthly tuition and there will be an additional coach's travel fee charge for any out of town events.

\$25 Sibling Discount per month for tuition

\*All-Star athletes always get Half Price on additional classes and \$10 Open Gyms

## All-Star Prep

All-Star Prep is perfect for athletes who are ready to take it to the next level and have tumbling skills and/or prior cheer experience. Prep introduces a traditional, competitive cheer environment. It is ideal for those looking for a competitive team with some less time / cost commitments and less technical requirements than All-Star Elite. Our Prep teams practice twice per week for 3-3.5 hours total per week. Additional team practices may also be needed before competitions. They will compete at 6-7 Events / Competitions against other teams throughout the season (with possibly one to two travel events). The athlete must meet certain level tumbling and stunt skills requirements to be placed on an All-Star Prep team. All-Star Prep is a great introduction to Competitive Cheer and prepares athletes for All-Star Elite in the future. Choreography Camps will be scheduled during the summer months to master stunting skills and learn the competitive cheer routine. (Ages 6-15 years old and a 12 month commitment from May 2026-April 2027) **All-Star** prep athletes will have a weekly Tumbling included in their tuition.

### PREP PROGRAM FEES

\*Tryout Fee \$60

\*Split into 12 Monthly Fees from May 2026 through April 2027: **\$250**

Includes All Team Practices and additional practices, Choreography, Camps, and Music. And Weekly Tumbling Class

\* **\$200 First Month's Tuition Deposit (non-refundable) is due upon signing up for Tryouts.**

\*Apparel Package Fee due May 15<sup>th</sup> 2026: **\$350**

Includes: Prep Uniform Rental, New Practice Wear (2 sets), & Bow

\*Must purchase your OWN **white** cheer shoes (infinity or rebel brands)

\*Registration Fees USASF and ZORTS **\$65**

\*Competition Fees due Sept. 15<sup>th</sup> 2026: **\$650** (Fundraising can help lower these fees)

### PLEASE NOTE

\*Prep Team Practices will begin the second week of May.

\*Uniform Rental must be returned at the end of season in GOOD condition or a **\$150** replacement fee will be charged

\*Travel fees are not included in monthly tuition and there will be an additional coach's travel fee charge for any out of town events.

\$25 Sibling Discount per month for tuition

\*All-Star athletes always get Half Price on additional classes and \$10 Open Gyms

## All-Star Elite

All-Star Elite is ideal for those who want to experience all that the sport of All-Star Cheerleading has to offer. All-Star Elite is very competitive and requires a high level of commitment. It offers the great reward of experiencing the sport of cheerleading at its highest level. Our Elite teams have two 2-2.5 hour team practices per week. Additional team practices will often be scheduled before competitions. They will also be required to take a Weekly Tumbling class that will focus on their advancement and perfection of tumbling skills. They will compete at 8-9 Competitions (with possible travel overnight events) against other teams throughout the season. The athlete must meet certain level skills requirements to be placed on an All-Star Elite team. Athletes chosen as Flyers for Elite teams must be dedicated to developing flexibility and flying technique through clinics, classes, or privates. All-Star Elite athletes will excel their skills and abilities at the highest rate. Choreography Camps will be scheduled during the summer months to master stunting skills and learn the competitive cheer routine. (Ages 6-16 years old and a 12 month commitment from May 2026-April 2027).

### ELITE PROGRAM FEES

\*Tryout Fee \$60

\*Split into 12 Monthly Fees from May 2026 through April 2027: **\$325**

Includes: 2 sets of Practice Wear, All Team Practices and additional practices, Weekly Tumbling Class, Choreography, Camps, and Music

\* \$200 First Month's Tuition Deposit (non-refundable) is due upon signing up for Tryouts.

\*Must purchase your OWN **white** cheer shoes (infinity or rebel brands)

\*Elite Competition Uniform and Bow due May 15<sup>th</sup> 2026: **\$500 Estimated**

\*Registration Fees USASF and ZORTS **\$65**

\*Competition Fees Two Payments due July 15<sup>th</sup> **\$500** and September 15<sup>th</sup> **\$500**

### PLEASE NOTE

\*Elite Team Practices will begin the second week of May.

\*Travel fees are not included in monthly tuition and there will be an additional coach's travel fee charge for any out of town events.

\*If your team receives a Bid to the Summit or All-Star Worlds, your athlete MUST attend (mandatory), and you are responsible for all expenses associated with travel as well as coaches' travel fees.

\$25 Sibling Discount per month for tuition

\*All-Star athletes always get Half Price on additional classes and \$10 Open Gyms

## **All-Star Prep and Elite Tryout Skills**

The below skills are a guide for All-Star athletes. A Prep athlete may still make that specific level of team if they have **some** of the level requirement skills in both tumbling and stunting (when starting out on Level 1). For All-Star Elite athletes, all of the below skills in both tumbling and stunting are required (mandatory) to make that specific level of Elite team as well as proficient motion and dancing technique. The skills must be done and performed with a high level of technique as if being judged in a competition for all Elite teams.

The below tryout requirements are subject to change based on any New USASF rules and regulations.

### **Tumbling and Jump Skills**

**Level 1**– Athleticism, listening skills, coordination, strength and flexibility and the ability to memorize. Each student must have both side cartwheels, round off, forward roll, backward roll, and back and front walkovers, and valdez. We are also looking for a correct Toe Touch, sharp motion technique and strong work ethic.

**Level 2** – All Level 1 tumbling skills and: Standing Back Hand Springs and step outs, Back Walkover Back Handspring, Front Walk over Roundoff Back Hand Springs. We are also looking for level jumps (Toe, Hurdler, and Pike) sharp motion technique and strong work ethic.

**Level 3** -All Level 2 tumbling skills and: Jump Series to Back Hand Springs, Round off Back Hand Spring Back Tuck, front tuck, front walkover into aerial and a standing series to tuck as well as specialty passes to tucks. We are also looking for above level jumps (Toe, Hurdler, and Pike) sharp motion technique and strong work ethic.

**Level 4** -All Level 3 tumbling skills and: Standing Back, Jump Series to Back Handspring Tuck, Round off Back Hand Spring Layout, front flip step out, Round Off Back Handspring Whip through to Layout. We are also looking for above level jumps (Toe, Hurdler, and Pike) sharp motion technique and strong work ethic.

## **Stunting Skills** (must be able to fly or base the below skills)

**Level 1**– Correct Body Positions BELOW Prep Level, stretch to stretch below Prep Level,  $\frac{1}{4}$  up Prep, Cradle from Prep, Tick tock to body position at Prep Level, Extended two-legged stunt.

**Level 2** –Correct Body Positions AT Prep Level, Stretch to Stretch at Prep Level,  $\frac{1}{2}$  up Extension,  $\frac{1}{2}$  Tick tock to body position, Straight Ride Basket.

**Level 3** –Correct Body Positions AT Extended Level, Released Stretch to Stretch, Tick Tock to Extended Body Position, Full Up to Body Position, Full Down, Full Basket.

**Level 4**- Correct Body Positions AT Extended Level, Switch up to Extended Body Position, 1 and  $\frac{1}{2}$  twist to Body Position, Full Up to Ext. Lib, Double Down, Kick-Full Basket.

# 2026-2027 EXPRESS NTX ATHLETE TRYOUT FORM

**Athlete Name:** \_\_\_\_\_

**Age (As of Jan.1st, 2026)** \_\_\_\_\_ **DOB:** \_\_\_\_\_ (m/d/y)

**School:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City/St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

Which type of team will you accept a position on? (Please Circle ALL that Apply)

**Novice**

**Prep**

**Elite**

The above is used as a guide. All athletes will be placed on the appropriate level/type of team for which their age and ability level is best suited for. If we feel your child is not currently ready for a competitive team we will personally let you know.

Please List any Prior Cheer or Tumbling Experience and Where

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Prior Stunt Position Experience (Please Circle All that Apply).

**NONE**

**FLYER**

**BASE**

**BACKSPOT**

\*PLEASE turn this form in when signing up for tryouts in iclass pro. Please turn this new tryout form in to the gym office in person.

**\*Your iclass pro account will be charged a \$200 non-refundable First Month's Tuition Deposit Upon Signing up for Tryouts. This fee will go towards your first monthly payment of All-Star Tuition. After tryouts, if you decide not to participate on the team your child is placed on, this fee is NOT refundable. If we are unable to place your child on a team, we will refund your deposit.**

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## ADDITIONAL TRYOUT INFORMATION

**Tryout Fee: \$60** Please make sure to register for tryouts in your iclass pro account. Please turn in your Athlete Tryout Form to the gym office or scan the form and email it to us. **\*Your iclass pro account will be charged a \$200 non-refundable First Month's Tuition Deposit Upon Signing up for Tryouts.**

**Extra Practice Clinics: Monday April 20<sup>th</sup>, Tuesday April 21<sup>st</sup>, Wednesday April 22<sup>nd</sup>, Friday April 24<sup>th</sup> Monday April 27<sup>th</sup>, Tuesday April 28<sup>th</sup>** (sign up on iclass pro) These will help prepare your athlete for tryouts. The cost is \$25 per athlete for each time slot on iclass.

**Tryout Prep Classes:** 4 weeks of tryout prep class starting March 24<sup>th</sup> These will help prepare your athlete for tryouts. (must sign up on iclass pro) The cost is \$100 per 4 week session choose from the 2 options below:

**Tuesdays 7:00-8:00pm**

**Wednesdays 7:00-8:00pm**

## All-Star TEAM Tryouts:

**Monday May 4<sup>th</sup> All Ages Trying out for LEVEL 1 from 5:30-8:00pm**

**Tuesday May 5<sup>th</sup> All Ages Trying out for LEVEL 2 from 5:30-8:00pm**

**Wednesday May 6<sup>th</sup> All Ages Trying out for LEVELS 3 & 4 from 5:30-8:00pm**

**MAKE-UP TRYOUT DATE: *Wednesday April 28<sup>th</sup>* All Levels and Ages 5:30-8:00pm**

Please NOTE: If your child does not have a back handspring and the other Level 2 tumbling and jump skills, she should be trying out at the LEVEL 1 time above on Monday. If your child does not have a back tuck on the floor, she should be trying out for the LEVEL 2 time above on Tuesday.

**TEAM Announcements: BY 6pm Thursday May 7<sup>th</sup>** Emails will be sent out to everyone trying out with Team Placements. If your child is not able to be placed on an Express full year team, we will personally let you know and refund your tuition deposit.

**Mandatory Parent Meetings: Friday May 8<sup>th</sup> between 5:00-9:00pm** Your meeting time will be determined by your child's team placement. The Parent Meetings are mandatory for your child to participate on a team and extremely important. We will go over the Team Calendar for the entire season including practice days and times, competitions, and other important dates. We will discuss all the important details and answer any questions you might have regarding All-Stars.

## EXPRESS TRYOUT VIDEO LINKS INFORMATION

The tryout material can be found on you tube at the links below. Please note if your child is 6 years old or younger, of if your child is ONLY tryout out for Novice--they only have to tryout by demonstrating their tumbling and jump skills. They do not have to do the videos below. If your athlete is trying out for prep or elite teams, they must attempt the video of the Level they are trying out for below along with the dance.

Level 1- <https://youtu.be/nEeAH7pSnVo>

Level 2- <https://youtu.be/EMe-XZcj4jc>

Level 3- <https://youtu.be/cLbuP2d1B34>

Level 4- [https://youtu.be/57BmtV\\_eaqs](https://youtu.be/57BmtV_eaqs)

Junior/Senior Dance - [https://youtu.be/aTB\\_87Ch\\_FY](https://youtu.be/aTB_87Ch_FY)

\*If your athlete is 12+ years old they need to perform this dance for tryouts.

Mini/Youth Dance- <https://youtu.be/X3RrUWggZt0>

\*If your athlete is 11 years old or younger they need to perform this dance for tryouts.