



Cheer Haven All-Stars
1500 W Chestnut Street
Washington, PA 15301
www.cheerhavenallstars.com

Season 7

**STRAIGHT
OUTTA
HEAVEN**

ALL-STAR TRYOUT PACKET

PARENT & ATHLETE INFORMATION

WELCOME MESSAGE



Leigh Williams
Gym Owner

2024-2025 marks the 7th season of Cheer Haven All-Stars. We're honored to welcome you to join or return to our Haven Family.

This tryout packet has been carefully prepared to best inform you with dates, pricing and some other information about our program to help you prepare for the upcoming season.

It is our mission to provide a Haven for athletes to gain and maintain a love for all-star cheer. Our Staff is united for our athletes, to challenge limits and beat expectations. We will always do our best to "rise high" when faced with difficult situations, on and off the cheer mat. The progress our athletes see in positive and productive surroundings can be amazing. We will continue to dedicate our energy, love and time to help each child reach their full potential.

Season 7 Training

Opportunity to Gain New Skills

Cheer Haven All-Stars offers a unique opportunity for athletes to practice and gain new skills for the upcoming season. Unlike other all-star gyms, our schedule allows for a transition period between one season to the next. During this time, we plan tumbling instruction sessions based on age and skill sets. Athletes have the chance to “level up” by practicing drills led by our Haven Staff.

Season 7 Training Schedule

Current Cheer Haven All-Star members will compete at their end-of-season championship event in April 2024. Following this competition, athletes will attend on regularly scheduled practice nights through the last full week of the month. During these practices, coaches will provide an opportunity for athletes to “level up” in stunting and tumbling (i.e. a Level 1 team will work on Level 2 stunt basics, etc.)

Season 7 Tumbling Training will officially begin on Monday, April 29th and continue for 3 weeks.

- April 29th - May 4th - Week 1
- May 6th - May 11th - Week 2
- May 13th - May 18th - Week 3
- May 23-25 - Tryout Sessions

Season 7 Tryout Sessions will take place on May 23-25. *Specific report times will be communicated the week prior. Teams will be revealed in-person on Thursday, May 30th.



TEAM PLACEMENTS



Tryout sessions are low-stress workouts. During tryouts, athletes show skills they have mastered and demonstrate a potential to learn new skills. Athletes are given multiple opportunities to show skills. After the final session of tryouts, the staff will assemble team rosters for the upcoming season. There are many things considered when placing athletes and forming teams. Individual skills, experience, age and what potentially forms the most competitive and successful team.

After rosters are set, athletes (and parents) are invited to an in-person event to let them know of team placement. We offer different tryout sessions. If the sessions don't work for you, there is also an option to register for a private tryout.

If an athlete would like to be considered for a flyer position, they should attend one of the flyer tryouts. Participating in a flyer tryout does not guarantee a flyer position.

TRAINING FAQ'S

- What days/times?
Participants will attend 2 days/week for +1 hour tumbling training sessions.
- How are groups determined?
Assigned days/times for training will be based on age & current skills and sent to participants by Friday April 26th.
- What do we wear?
Unlike all-star cheer practices, our training sessions do not follow a mandatory dress code.
- What about absences?
Attendance is not mandatory; however, make-up sessions are not offered for Season 7 Training.

TRAINING/ TRYOUT FEES

Season 7 Training & Tryout Fee	\$125/Athlete
• Includes: 3 Weeks Tumbling Training & Stunting Tryout Session(s)	
• Fee Withdrawn/Due on Wednesday, May 1st	
Season 7 Tryout Fee	\$25/Athlete
• Includes: Tryout Session(s) May 23-25	
• Due on Scheduled Tryout Date	
Individual Tryout Fee	\$25/Athlete

OUR TEAMS

Novice

For individuals who are new to All-Star but ready for performance-based teams that are evaluated at events. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All-Star teams. Novice Teams practice 1 day per week. We offer full year and half year Novice Teams at Cheer Haven and encourage this option for our youngest athletes (Tiny Novice) to set a positive foundation and establish a love for the sport.

Prep

For individuals with limited tumbling or stunting experience on a particular level who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams at Cheer Haven are offered as Full-Year competitive teams on Levels 1-3. Athletes on Prep Teams are permitted to “cross-over” to Novice Teams and additional Prep Teams, but not Elite Teams.

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. Cheer Haven Elite Teams follow a full-year schedule commitment (June 2024-April 2025). Elite athletes can “cross-over” to Novice Teams and/or Elite Teams.



SKILL GRID

These are the suggested tumbling skills for each level for the 2023-2024 Season (USASF has not yet released the latest update). We do look at athletes' potential and their overall abilities (stunting, jumps, etc.) but nearly every athlete will have all of the advanced skills for their level and some or most of the elite skills. Athletes are expected to perform these skills with consistency and a high level of execution.

	Advanced Standing Tumbling	Elite Standing Tumbling	Advanced Running Tumbling	Elite Running Tumbling
Level 1	<ul style="list-style-type: none"> • Handstand Forward Roll • Back Walkover (BWO) • BWO Backward Roll BWO 	<ul style="list-style-type: none"> • Back Walkover Series • Back Walkover Switch Leg • Valdez • Back Extension Roll 	<ul style="list-style-type: none"> • Front Walkover (FWO) • Round Off (RO) • Cartwheel (CW) BWO 	<ul style="list-style-type: none"> • CW BWO Series • FWO CW/RO • FWO CW BWO/BWO Series/BWO Switch
Level 2 (4.2)	<ul style="list-style-type: none"> • BWO Backhandspring (BHS) • BWO BHS Stepout • BHS Stepout BWO 	<ul style="list-style-type: none"> • BHS Stepout • BWO BHS • BWO BHS Stepout BWO • BWO Switch BHS • Valdez BHS 	<ul style="list-style-type: none"> • RO BHS Stepout • CW BHS Step Out • Fronthandspring (FHS) • FWO FHS 	<ul style="list-style-type: none"> • Bounder • CW BHS Series • RO BHS Series • FWO RO Bhs/Series
Level 3	<ul style="list-style-type: none"> • BWO BHS Series • BHS BHS BHS • Toe Touch BHS 	<ul style="list-style-type: none"> • Toe Touch BHS Toe Touch BHS • BHS Step Out BHS BHS 	<ul style="list-style-type: none"> • Front Tuck • RO BHS Series Tuck 	<ul style="list-style-type: none"> • RO BHS Tuck • FWO Aerial • FHS Front Tuck • Bounder RO BHS Tuck
Level 4	<ul style="list-style-type: none"> • BHS Series Tuck • Onodi • BWO Tuck • Back Extension Roll Tuck 	<ul style="list-style-type: none"> • BHS/BHS Step Out Tuck • Toe Touch BHS Series Tuck • Toe Touch BHS Tuck 	<ul style="list-style-type: none"> • Front Tuck Front Tuck • RO BHS Series Layout • FWO Aerial Tuck 	<ul style="list-style-type: none"> • RO BHS Layout • RO Onodi to Layout • RO Whip to Layout • FHS Front Tuck to Layout

Meet The Staff



Victoria Smith

All-Star Cheer Coach



Coach Tori leads our lower level teams at Haven. She has a gift for creating a bond with each child and inspiring them to feel proud, strong and successful. She is also a middle and high school Spanish teacher at Canon McMillan School District.

Marra Mizikar

All-Star Director & Coach



Coach Marra brings a lifetime of all-star cheer experience as an athlete and coach to offer her athletes the perfect combination of passion and expertise. She sets high expectations for her athletes and consistently proves her knowledge of the sport with winning routines.

Mackenzie Lakomy

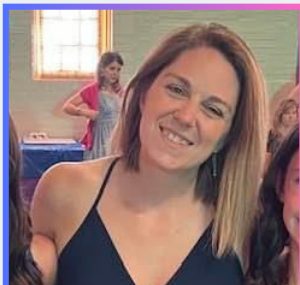
Office Manager & All-Star Coach



Coach Mac is the heart of operations and logistics at Cheer Haven. She communicates with all-star parents, event producers and everyone in between. Mac is passionate about introducing new families and athletes to cheer and being part of their all-star journey.

Kaitlin Mizikar

All-Star Cheer & Gymnastics Coach



Coach Kaitlin brings over 23 years of coaching experience to our program. She is invested in not only the progress of our athletes, but also leads our staff in learning new spotting and coaching techniques to stay ahead in the competitive all-star industry.

SEASON 7 TRAINING & TRY-OUT RESOURCES



01 Complete Tryout Training Form



SCAN ME

Copy and paste the link below in your browser or scan the QR Code to complete the RSVP Tryout Training Form.

<https://forms.gle/YDLpUy5XEBrdJvor5>

Join the Season 7 Tryout Band

Copy and paste the link below in your browser or scan the QR Code to join the Season 7 Try-Out/Training Band. **BAND**

<https://band.us/n/aaa60900w8b8R>



SCAN ME



03 Contact Us

General Questions:

Call Us: 878-218-1465

Email: cheerhavenallstars@gmail.com

Billing & Payment Inquiries:

jackie.cheerhaven@gmail.com

