



Prime Tyme All star Tryouts Saturday May 7

Bowling Green, Kentucky

9:00am-11:00am All Ages

Hendersonville, Tennessee

1:00pm-3:00pm Ages 11 & Under

3:00pm-5:00pm Ages 12-14

5:00pm-7:00pm Ages 15 & Up

7:00pm Hip-Hop Dance

\$20 includes instruction, evaluation, and tryout t-shirt.

What to wear: black shorts, cheer shoes, bloomers, a sports bra, & ponytail. (PT t-shirt will be provided)

Hip-Hip: Black athletic pants and athletic shoes.

***Ages are as August 31, 2011**

What Are We Looking For?!

It's not all about the tumbling! Yes tumbling skills will play a major role in determining which squad you will compete with, however there are many other factors that will play a strong role in where you are placed.

1 – Motion Technique

Clean and sharp motions at a fast paced routine or does the routine need to be simpler in order to insure proper motion technique?

2 – Choreography Comprehension

Can you move across the floor tight and clean? Can you handle difficulty formation changes? What level of choreography can you handle? *As the levels go up, choreography becomes more difficult.* Can you comprehend last minute changes?

3 – What positions in stunts are needed?

Example: If it is a squad of 20 that team will be able to have at most five flyers. Of the group that meets all the requirements for that team we will choose the five girls with the best body positions. All 15 other members must be strong bases or back spots. If you are too small for those positions and you didn't meet the flyer qualifications you will be placed on a different team.

4 – Age & Maturity Level

We will ALWAYS try to place athletes with the appropriate age groups. If we do not offer a certain level for your age group you meet all necessary requirements for and older age team we may consider you for that team. This is only if you have a high level of maturity and we feel that you can handle the pressure of being on an older team.

How do we determine what level a team will compete at?

The goal is to always be able to max out points on a score sheet. If we see that 80% of the team can perform the most difficult pass or stunts allowed for a certain level, then that is the level we will compete at.

What to Expect For Cheer:

Everyone will get a chance to stretch and warm up. PT Coaches will teach a short motion-sequence/dance and go over the "required" jumps to be performed during evaluation. After warming up tumbling, the cheerleaders trying out will get to watch a "mock tryout" performed by PT coaches. Tryouts will then proceed in small groups by number.

We will evaluate each athlete and place each individual on the team that we feel is the best fit for the athlete, the team, and the program as a whole. Many different things will be considered, including: age, size, maturity, experience, dedication to the program, commitment level, family support, current ability, and overall athleticism. Specific cheer skills will also be evaluated, including: motions and dance technique, ability to learn and retain choreography, jumps, stunting ability, facial expressions, body control, flexibility, and tumbling.

Tumbling Levels

We hope to max out every area of the score sheet with each team. Tumbling is an important part of the score sheet with most athletes on each team needing to be able to perform the maximum skills per level, but keep in mind that it is not the only factor. Specific Tumbling Skills we will ask to see include:

Performance Team:

front or back roll; cartwheel; roundoff; bridge; backbend; front or back

Level 1:

connected front walkover+cartwheel+back walkover series;
AND connected triple toe touch+forward roll

Level 2:

connected back walkover+back handspring stepout+roundoff+back handspring series;
AND connected triple toe touch+forward roll
AND connected front walkover+roundoff+back handspring series

Level 3:

connected back handspring+back handspring stepout+roundoff tuck
AND connected triple toe touch+back handspring series
AND EITHER connected punch front+front roll step out+roundoff+back handspring+tuck
OR connected front walkover+roundoff+back handspring+tuck

Level 4:

standing back tuck
AND connected triple toe touch+back handspring+tuck
AND connected back handspring+back handspring+layout
AND EITHER connected punch front stepout+roundoff+back handspring+layout
OR connected roundoff+back handspring+tuck+handspring+layout
OR connected roundoff+back handspring+whip+layout

Restricted 5:

connected triple toe touch+tuck
AND connected back handspring series+full
AND connected roundoff+back handspring+full

Level 5:

connected triple toe touch+tuck
AND EITHER connected back handspring+full
OR standing full
OR connected back handspring series+double full
AND connected roundoff+back handspring+double full

Keys to Success

- Excellence in coaching: provide most successful coaches in the area on a local and national level
- Provide a clean, safe, morally sound, and well-run facility for training
 - Expand programs to allow for all skill and age levels

Mission Statement

It is the goal of Prime Tyme Cheerleading to mold the leaders of tomorrow by training the cheerleaders of today. In competitive cheerleading, as well as in life, success comes from talent, hard work, a healthy lifestyle, self-discipline, and determination. Prime Tyme helps cheerleaders be successful in both. The coaching staff at Prime Tyme has trained many national champions and is always looking for ways to improve the cheerleaders, the staff, and the world of competitive cheerleading. We will strive to maintain an environment that is safe and clean. Prime Tyme's mission is to provide a successful competitive Allstar team for any age and ability level, as well as a strong class program and school squad program. All of our programs are designed to foster and promote one another. Whether the athlete is a beginner taking a tiny tumble class or a member of an advanced senior Allstar squad, Prime Tyme will provide the best possible cheerleading instruction.

Private Lessons

Prime Tyme also offers private lessons for students currently enrolled in gym classes. These lessons are priced and scheduled by individual instructors. A private lesson is a one-on-one, focusing on the specific skills needed or requested.

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