



GU SHAMROCK ALL STAR CHEERLEADING



What You Need to Know...

Thank you for your interest in our Shamrock Cheerleading Program! Below you will find some basic information regarding our competitive cheerleading program. Our all-star cheerleading program has been around for nearly 20 years. Our award-winning program has developed our athletes into determined, talented, and outstanding individuals. Our goal is to teach our athletes the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. We offer all-star cheerleading to girls and boys ages 3 – 18 from beginner to advanced.

At this time, our teams are full for the 2017-2018 competitive season. If you are interested in joining our program for next season, try-outs will be held in the Spring 2018 (mid-May). Competitive All-Star Cheerleading is a very big financial and time commitment, so it is important to consider your child’s commitment and motivation to a full-year program. No experience is necessary to join a team, but is highly encouraged!

Here are some of the guidelines that we use when considering team placements.

Tumbling Guidelines




- Level 1 Basic Tumbling: back and front walkovers
- Level 2 Standing back handspring (bhs), round off bhs
- Level 3 Multiple standing bhs, round off bhs back tuck
- Level 4 Standing back tuck, round off bhs layout
- Level 5 Toe touch back tuck, round off bhs full

Age Guidelines (as of Aug. 31, 2018)

- Tiny Novice Exhibition & Competitive: 3-6 years
- Tiny Prep & Competitive: 5-6 years
- Mini: 5-8 years
- Youth: 5 - 11 years
- Junior: 5 - 14 years
- Senior: 10 - 18 years

For tryouts, all athletes will demonstrate their skill in jumps, tumbling, stunting and choreography. Team placement will be based on age and overall abilities across **all skill sets**. There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well.

FINANCIAL COMMITMENT: (Rates are ESTIMATED based on previous year’s tuition rates, & are subject to change)

-  **Exhibition/Prep Teams** (Practice 2 hrs/wk, and perform/compete at 4 local competitions)
Approximately \$150/month May – February (not including uniform); \$90/month March & April
-  **Beginner Level Competitive Teams** (Practice 4 hrs/wk, and compete at 7-9 regional/national competitions)
Approximately \$280/month May – February (not including uniform); \$120/month March & April
(These budgets do NOT include Nationals in Disney)
-  **Intermediate/Adv Competitive Teams** (Practice 6 hrs/wk, and compete at 7-9 regional/national competitions)
Approximately \$325/month May – February (not including uniform); \$155/month March & April
(These budgets do NOT include Nationals in Disney)

Please contact Kara Frazer, Director of GU Shamrock Cheerleading, by email at kara@gu-indy.com or call the gym (317-897-GOGU) if you have any additional questions. Thank you again for your interest in the Shamrock Cheerleading program!

