

# Elite Team Information 22-23 Season

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## Informational Meeting

- We will be having an informational meeting to go over the following topics in depth prior to assessments. If you are looking to tryout please have a parent or guardian attend.
- Date of meeting: Friday, May 6th at 7:00 PM at The Stingrays Cartersville Gym

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## Level Workouts

- At level workouts athlete's will have the opportunity to start running through their mock routine that they will be doing at the assessments.
- We will have coaches there to oversee and help athletes understand what they will be expected to do at the assessment
- These are not mandatory but are highly recommended for all athletes wishing to tryout. We will upload video examples in our Stingrays Cartersville Family Page so athletes that are unable to make level workouts understand what the assessment is going to look like. If you are new to the program you must specify that in the questions asked when joining the page, and will only be accepted to the page when you have signed up for your tryout spot.

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## Assessments

- Athletes will be asked to perform a set of tumbling and jumping skills to the 8 count track. They will pick skills that they feel they can confidently and safely perform with the cleanest execution.
- We encourage athletes to showcase the skills they can do cleanest, with the most confidence, while performing other skills before and after it.
- Athletes may be asked if they have an additional skill, or to attempt part of the skill just for staff to see where they are at in the process of the skill if they do not fully have it on the floor yet.
- All tryouts will be videoed for staff review when forming teams.

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## Team Selection Process

- Our goal for every season to choose teams in a manner to where athletes are able to compete and perform skills that they have mastery in. An athlete being able to do a skill and perform it in a fullout with technical mastery are different things.
- Just because an athlete does a certain level tumbling skill set does not guarantee that an athlete will make that level. While we look at tumbling during assessments, we must also consider forming age appropriate teams, ability to form strong stunt groups and stunting teams, and ensuring teams have strong jumpers and performers as well.

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## Summer/Fall Practice Info at a Glance

- Practice attendance, regardless of time of year, is imperative to a teams success throughout the season. When preparing for choreography an athletes summer practice attendance will be taken into consideration. Once the school year begins practices are 100% mandatory and vacations will no longer count as excused absences.
- Over the summer teams will practice twice a week throughout the week.
- Missing more than three summer practices may effect an athletes position come time for choreography.
- During the school year teams will practice twice a week with one weekday practice, and one weekend practice.
- The school year calendar will begin Monday, August 1st.

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## Important Dates

- Team Placement Announcements: Tuesday, May 17th
- First practices: Wednesday, May 18th or Thursday, May 19th
- July 4th Closure: July 2nd-8th
- Stunt Camp: Session 1 - July 15th, 16th, 17th Session 2- July 22nd, 23rd, 24th
  - Exact times and sessions will be distributed once teams are formed
  - Missing stunt camp can affect an athletes position in the stunt sequences
- Possible Choreography Days: August 5th, 6th, 7th and August 12th, 13th, 14th
  - This is subject to change depending on teams formed. There may be additional days added. All choreography days are mandatory.
- Fall Break Closure: Oct. 3rd - Oct. 7th
- Thanksgiving Break Closure: Nov. 21-25th
  - Full year teams will have mandatory practice Sunday, Nov. 20th and Sunday, Nov. 27th
- Holiday Closure: Dec. 23rd - Jan. 1st
  - Full year teams will have mandatory weekday practices through Dec. 22nd, and resume mandatory practice Monday, Jan. 2nd.
- Spring Break Closure: April 1st 2023 - April 7th 2023
  - All Athletes must return for practice by April 8th 2023.
- A detailed competition schedule will be released by July 2022