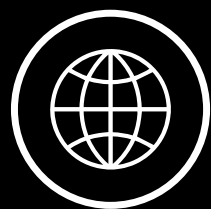


# THE STINGRAY ALLSTARS VIRGINIA

Welcome to the 2025-2026 Season



The Stingray Allstars Virginia  
- Manassas



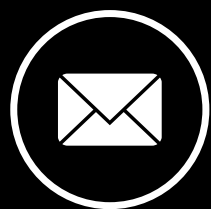
[manassas.stingrayallstarsva.com](http://manassas.stingrayallstarsva.com)



10689 Wakeman Court  
Manassas, VA 20110



@thestingrayallstars\_virginiam



[manassas@stingrayallstarsva.com](mailto:manassas@stingrayallstarsva.com)



703-444-6002 x 2



# Table of Contents

---

## **03 - Program Overview**

About The Stingray Allstars Virginia

## **04 - Things to Know**

Important Information

## **05 - 2025-2026 Calendar**

Important Dates

## **06 - Financial Information**

Program Breakdowns

## **07 - Annual Tuition**

Program Breakdowns

## **08 - Team Placement**

Age Grid & Skill Chart

## **09 - Registration Instructions**

Come be a RAY!!!

## **10 - Rules & Regulations**

Review & Sign Form

## **11 - Waiver Form**

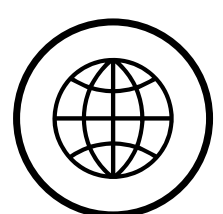
Fill out & Sign Form

## **12 - Evaluation Forms**

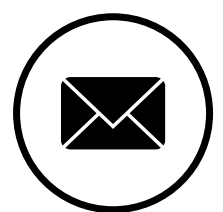
Turn forms in to BB prior to your Eval!

## **14 - Frequently Asked Questions**

Answers are Key!



[manassas.stingrayallstarsva.com](http://manassas.stingrayallstarsva.com)



[manassas@stingrayallstarsva.com](mailto:manassas@stingrayallstarsva.com)



703-444-6002 x 2





# 24 Years of Gold Standard

Our Full Year Team Program consists of athletes ages 3+ ranging in Levels 1-6. Teams are formed based off of Stunts, Jumps and Tumbling Skills; as well as Birth Year.

When forming teams, we are looking for full mastery of skills to be placed within a level.

## ATHLETE SAFETY

All of our staff are required to have a Greenlight Background Check & Safe Sport Training through USASF.

Our Coaches are USASF credentialed to train athletes in Stunting & Tumbling.



## COMPETITIONS

Competitions are mandatory. Each program will attend a mix of 5-7 events in additions to Showcase performances. The competition schedule will be released in June/July.

Travel costs are not included in tuition and each family is responsible for getting their athlete to and from events.

Many of the out of state events we attend are considered "stay smart" events which require athletes to book through the sanctioned hotels. Links to those hotels will be sent out in the months leading up to the event. Athletes that do not comply with the stay smart policy may result in team disqualification.

## TIME COMMITMENT

Elite tier teams will practice 2 days a week during the Summer and 2-3 days a week beginning in August. Novice & Prep teams will practice 2 days a week for the duration of the season. Extra practices will take place for Choreography and during the competition season. Attendance is crucial to a team's success. Missing practice could affect an athlete's position on the team. Athletes must be able to physically and mentally perform all aspects of competitive cheerleading. This may require additional private lessons, classes and conditioning.

We respect and encourage athletes to cheer for their school team. Our expectations are that we will work with your school coach as much as they will work with us.

## ABSENCES

Athletes who are planning to miss practice for any reason will need to email the team specific email address a minimum of 2 weeks in advance. This will automatically be emailed to all team coaches and Management. Excused Absence: Sick (fever or Doctor's note), school function for a grade, death in the family.

Please note: Athletes that miss practice within 2 weeks leading up to a competition may not be able to compete at the event (excused or unexcused).

Athletes that continually miss or have too many unexcused absences, can be removed from positions in the routine and/or be removed from the routine/team/program.



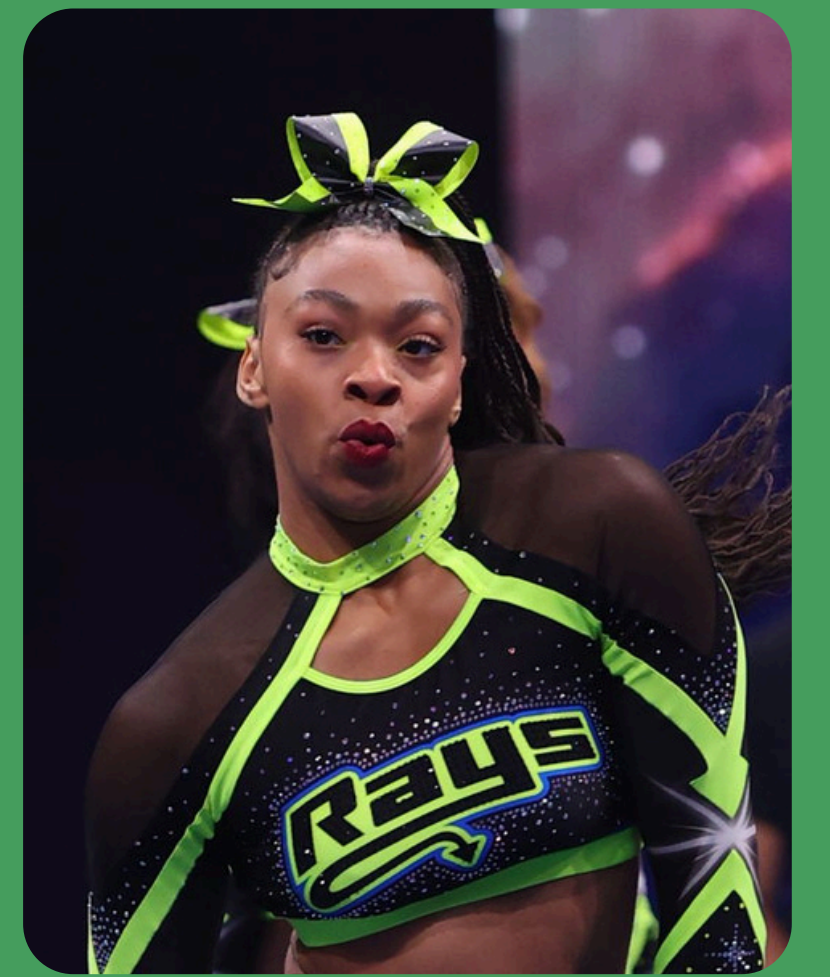
# THINGS TO KNOW

## Communication

If you have any questions or concerns that need immediate attention, please use the following chain of communications:

1)-->Team Rep (non financial) --> 2) Coach(es) --> 3) Manager --> 4) Director/Owner

- Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example: Approaching a coach in the middle of a practice or competition, would not be an appropriate time.
- Check your emails and the Team Band regularly. Email is our MAIN form of communication and BAND is secondary. Each team has their own team email address.
- Problems between athletes/parents will be addressed with all parties in a meeting with Management.
- Under no circumstances should the parents present themselves as an official representative of The Stingray Allstars Virginia at competitions or any other events



## Attendance



- Punctuality is a MUST! Being late or absent from a competition could result in alternate status or removal.
- Practices may be changed or added at any time.
- Submit all vacations requests & absences by June 6th.
- Athletes that miss practice within 2 weeks leading up to a competition may not be able to compete at that event.
- Punishing your child by missing practice or a competition, is not acceptable.
- Homework/projects are not an acceptable excuse for missing practice: Time Management is a MUST!
- Please make sure both parents/guardians are fully aware of the time commitment to The Stingray Allstars Virginia. It is unfair to the team and especially your child for practices/competitions to be used as a bargaining tool. The Stingray Allstars Virginia will make no exceptions to schedules due to co-parenting conflicts.

## Behavior

- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions from parents and athletes. This means NO GOSSIP about other athletes, teams, coaches and staff, ever. Continuous poor behavior could result in closed practices or team/program removal. The lobby is not a place to hold a gossip fest.
- Anyone threatening to quit or to pull their child from a team, may be dismissed from the program immediately.
- No child should be dropped off at the gym unsupervised or without an active enrollment in a class, private, camp/clinic or team practice.
- It is the athletes responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- Social Media posts that are a poor representation of The Stingray Allstars Virginia may result in suspension or removal from the team/program (parents and/or athletes).
- We are not responsible for lost or stolen items.
- The viewing area is an extension of the gym. The above rules also apply to the viewing area.
- Only athletes and coaches are allowed in the gym.
- The Stingray Allstars Virginia maintain the right to refuse services at any time.
- The Management Team may change, add or subtract any rule at any time.



# 2025-2026 CALENDAR



## CLINICS

- Wednesday, May 7th:
  - 5:00-7:00pm - New to Cheer / Levels 1 & 2
  - 7:30-9:30pm - Levels 3 & 4
- Thursday, May 8th:
  - 5:00-7:00pm - Levels 1 & 2
  - 7:30-9:30pm - Levels 3-6 (levels will be split accordingly)
- Friday, May 9th:
  - 5:00-7:00pm - Levels 2 & 3
  - 7:30-9:30pm - Levels 4, 5 & 6
- Saturday, May 10th: Open Gym 11:30-1:30pm
- **MUST BE REGISTERED FOR EVALUATIONS!**

## EVALUATIONS

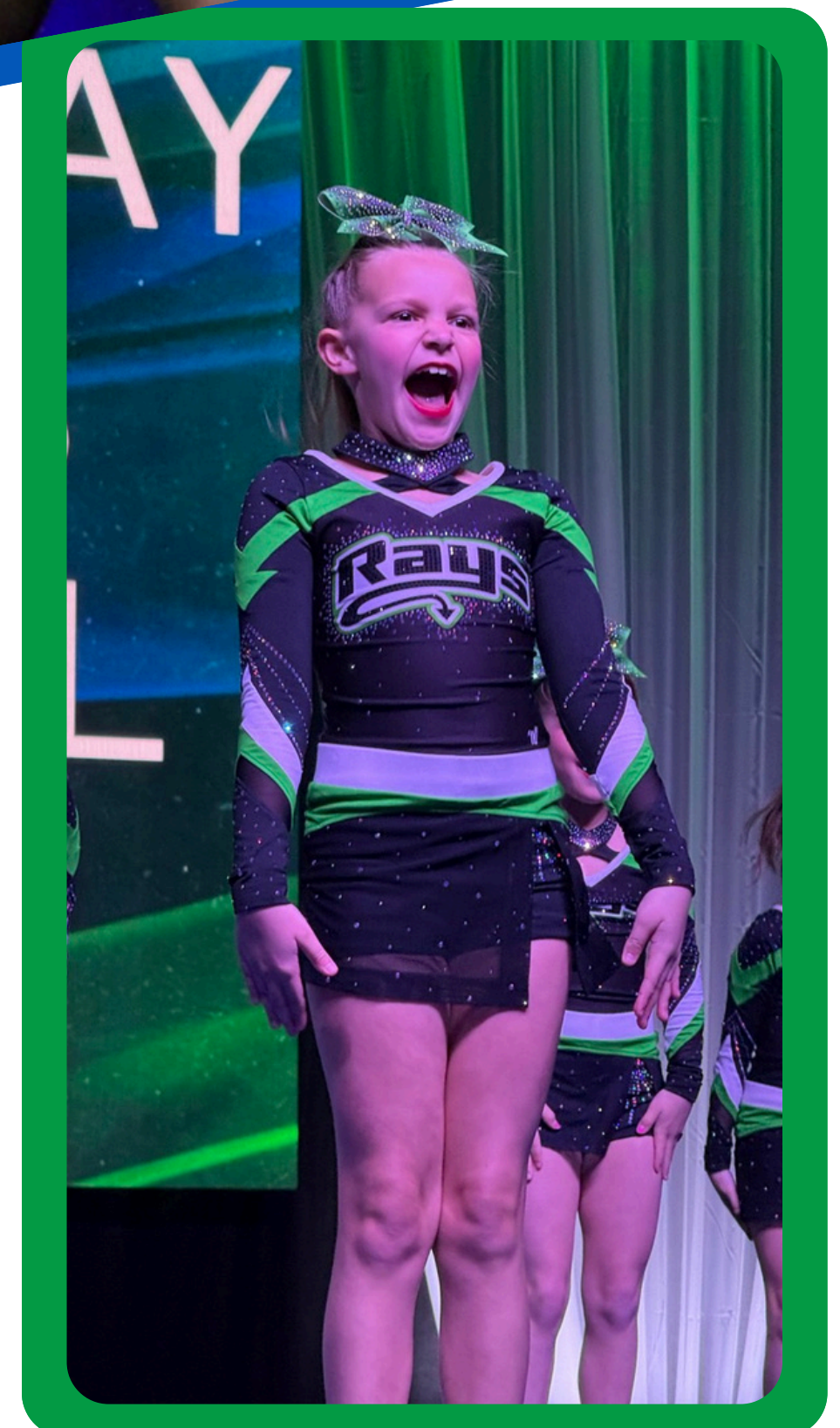
- Early Evaluations: May 10th (Time TBD)
- Evaluations: May 12th-14th
- Team Announcements: May 18th
- Team Practices Begin: May 19th

## GYM CLOSURES

- **Memorial Day Break:** May 24th-26th
- **Juneteenth:** June 19th
- **Summer Break/Independence Day Break:** June 27th-July 6th
- **Staff Training:** August 8th-10th
- **Labor Day Break:** August 29th-September 1st
- **Halloween:** October 31st
- **Thanksgiving Break:** November 24th-30th
- **Winter Break:** December 22nd-January 2nd
- **Martin Luther King Day:** January 20th
- **Spring Break:** March 30th-April 5th

## OTHER IMPORTANT DATES

- Uniform & Shoe Fittings (Date TBA but will take place during team practices): June 2025
- Possible Stunt Camp (Elite Teams): TBD
- Dream Foundation Carnival: June/July
- Choreography Session 1: July 27th - August 2nd
- Sunday Practices begin: September 7th
- Choreography Session 2: August
- September 26th-October 2nd
- Dream Foundation Halloween Party: October
- Stingrays Showcase: November 22, 2025
- Dream Foundation Holiday Party: December
- End of Season Showcase (Details TBD based on competition schedule): April 2025







## FINANCIAL INFORMATION

Allstar Cheerleading requires a significant financial commitment.

**It's important to carefully consider the investment prior to enrollment.**

Payment for the Evaluation Fee will be due on your date of enrollment.

The Evaluation Fee includes Evaluation Clinics and Open Gym, the Evaluation and a T-Shirt.

### Evaluation Fee:

\$50 until April 15th (Early Bird Registration for current team members)

\$75 through April 31st

\$100 starting May 1st

## 2025-2026 SEASON FEES

We require all families to keep a valid credit card on file (this includes accounts that are paid in full). Any unpaid charges will run through automatic billing on the 1<sup>st</sup> of each month. Accounts must be current in order to participate in any program.

Athletes placed on a team that withdraw from the program, **WILL NOT** receive a refund. A withdrawal fee will apply.

REGISTRATION FEE			
TIER	NEW MEMBER	RETURNER (from Novice or Half Year)	RETURNER (from Full Year)
Novice	\$220	\$220	\$220
Prep	\$560	\$560	\$480
Elite	\$560	\$560	\$480
Worlds	\$675	\$675	\$595
*This fee is broken down into 4 equal payments (June-September) over the first 4 months of the payment agreement.			

UNIFORM FEE			
NOVICE	PREP	ELITE	WORLDSD
\$200 - \$300	\$400 - \$500	\$400 - \$500	\$390
*This fee is broken down into 4 equal payments (June-September) over the first 4 months of the payment agreement.			

### ANNUAL TUITION FEE **DOES NOT** INCLUDE:

- Registration Fee (Broken down into 4 payment installments)
- Uniform Fee (Broken down into 4 payment installments)
- USASF Membership - Paid directly to USASF: \$49 estimated
  - ***This fee is due by July 1<sup>st</sup>, 2025***
  - Families are responsible for paying this through their USASF Account. We can assist you with this process, if needed. More details to follow in a separate email.
- Year End Event Competition Fees (pending bid type - Worlds, Summit, Youth Summit, The One)
- Team ProShop Apparel: \$150-200 (based on type of items)
- Crossover Fee: \$1,070 (if applicable)
- Travel Fees: Travel Fees are not included in our fees. It is your responsibility to arrange travel if necessary for your events.



## FULL YEAR ANNUAL TUITION FEE

Tuition is based on an annual fee for all teams. The entire annual fee is due regardless of when an athlete joins. The most common method is to pay via 11 equal payment installments. Please see below for specific pricing and payment options.

The fee schedule below does not include uniform and/or registration.

11 Payment Installments					
Payment Installments	Due Date	Novice (\$1,936)	Prep (\$3,740)	Elite (\$4,433)	Worlds (\$4,708)
1	June 1st, 2025/Upon Signing	\$176	\$340	\$403	\$428
2	July 1st, 2025	\$176	\$340	\$403	\$428
3	August 1st, 2025	\$176	\$340	\$403	\$428
4	September 1st, 2025	\$176	\$340	\$403	\$428
5	October 1st, 2025	\$176	\$340	\$403	\$428
6	November 1st, 2025	\$176	\$340	\$403	\$428
7	December 1st, 2025	\$176	\$340	\$403	\$428
8	January 1st, 2026	\$176	\$340	\$403	\$428
9	February 1st, 2026	\$176	\$340	\$403	\$428
10	March 1st, 2026	\$176	\$340	\$403	\$428
11	April 1st, 2026	\$176	\$340	\$403	\$428
<i>Year End Events are not included in Tuition Fees. It will be billed based on your bid type &amp; when it is earned.</i>					

12 Payment Installments					
Payment Installments	Due Date	Novice (\$1,936)	Prep (\$3,740)	Elite (\$4,433)	Worlds (\$4,708)
1	June 1st, 2025/Upon Signing	\$161.34	\$311.67	\$369.42	\$392.34
2	July 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
3	August 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
4	September 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
5	October 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
6	November 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
7	December 1st, 2025	\$161.34	\$311.67	\$369.42	\$392.34
8	January 1st, 2026	\$161.34	\$311.67	\$369.42	\$392.34
9	February 1st, 2026	\$161.34	\$311.67	\$369.42	\$392.34
10	March 1st, 2026	\$161.34	\$311.67	\$369.42	\$392.34
11	April 1st, 2026	\$161.34	\$311.67	\$369.42	\$392.34
12	May 1st, 2026	\$161.34	\$311.67	\$369.42	\$392.34
<i>Year End Events are not included in Tuition Fees. It will be billed based on your bid type &amp; when it is earned.</i>					

**Please Note:** If your athlete is moved to alternate status their tuition rate will be adjusted. Alternate athletes are expected to attend all practices & competitions.

**Crossover Policy:** If you are asked to be a crossover athlete you will be responsible for the crossover fees in addition to your regular tuition.





# TEAM PLACEMENTS

## 2025-2026 USASF Age Grid

Age	Birth Year	Eligible Divisions
4	2021	Tiny Novice
5	2020	Youth Flex Levels 1-3, Tiny Level 1, Tiny Novice & Tiny Prep
6	2019	Junior Flex Levels 1-3, Youth Flex Levels 1-3, Mini Levels 1-2, Mini Prep, Tiny Level 1, Tiny Novice & Tiny Prep
7	2018	Junior Flex Levels 1-4, Youth Levels 1-5, Youth Flex Levels 1-3, Youth Prep, Mini Levels 1-2, Mini Prep, Tiny Level 1, Tiny Novice & Tiny Prep
8	2017	Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Levels 1-5, Youth Flex Levels 1-3, Youth Prep, Mini Levels 1-2 & Mini Prep
9	2016	Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Levels 1-5, Youth Flex Levels 1-3, Youth Prep, Mini Levels 1-2 & Mini Prep
10	2015	Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Levels 1-5, Youth Flex Levels 1-3 & Youth Prep
11	2014	Senior Prep, U16 Levels 1-4, Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Levels 1-5, Youth Flex Levels 1-3 & Youth Prep
12	2013	Senior Levels 1-5, Senior Prep, U16 Levels 1-4, Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Levels 1-5, Youth Flex Levels 1-3 & Youth Prep
13	2012	Senior Levels 1-6, Senior Prep, U18 Levels 1-4, U16 Levels 1-4, Junior Levels 1-6, Junior Flex Levels 1-4, Junior Prep, Youth Flex Levels 1-3
14	2011	Senior Levels 1-6, Senior Prep, U18 Levels 1-4, U16 Levels 1-4, Junior Levels 1-6, Junior Flex Levels 1-4 & Junior Prep
15	2010	Senior Levels 1-6, Senior Prep, U18 Levels 1-4, U16 Levels 1-4, Junior Levels 1-6, Junior Flex Levels 1-4 & Junior Prep
16	2009	Senior Levels 1-6, Senior Prep, U18 Levels 1-4, U16 Levels 1-4 & Junior Flex Levels 1-4
17	2008	International Open Level 6, Senior Levels 1-6, Senior Prep & U18 Levels 1-4
18	2007	International Open Level 6, Senior Levels 1-6, Senior Prep & U18 Levels 1-4

## 2025-2026 Skill Chart

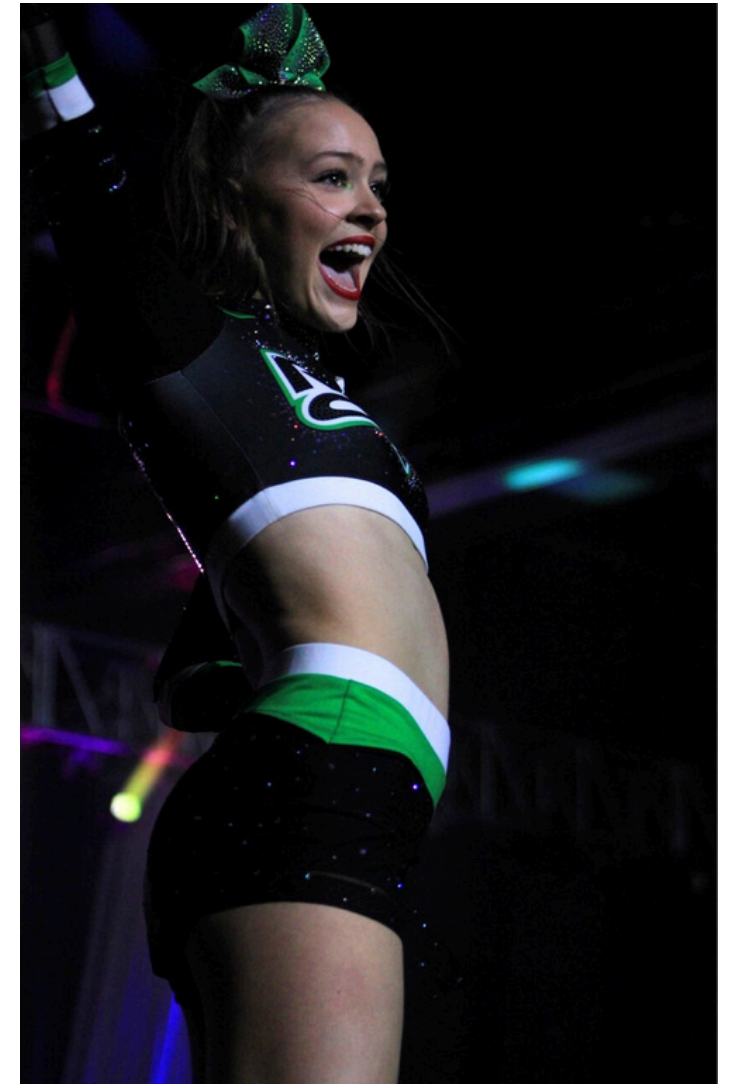
Level	Standing Tumbling	Running Tumbling	Jumps
1	Back Walkover Series (Elite) Back Walkover Switch Leg (Elite) Front Walkover (ADV)	Front Walkover Cartwheel (Elite) Cartwheel Back Walkover (ADV)	2 Connected Jumps + Single Jump
2 & 4.2	Switch Leg Back Walkover Back Handspring (Elite) Back Walkover Back Handspring (ADV)	Round Off 2 Back Handspring (Elite) Front Handspring (Elite) Round Off/Cartwheel Back Handspring Step Out (ADV)	2 Connected Jumps + Single Jump
3	Back Handspring Step Out 2 Back Handsprings (Elite) Standing 3 Back Handsprings (ADV)	Round Off Back Handspring Tuck (Elite) Front Walkover Ariel (Elite) Front Walkover Round Off to Tuck (Elite) Front Handspring Punch Front (ADV)	2 Connected Jumps + Single Jump
4	Back Handspring Tuck (Elite) Standing Tuck (ADV) 2 Back Handsprings to Tuck (ADV)	Round Off Back Handspring Layout (Elite) Specialty Pass to Layout (Elite) Whip Pass (ADV/Elite)	2 Connected Jumps + Single Jump
5	Back Handspring Layout (Elite) 2 Back Handsprings to Layout (ADV)	Round Off Back Handspring Full (Elite) Specialty Pass to Full (Elite)	2 Connected Jumps + Single Jump Single Jump to Tuck
6	Standing Full (Elite) Back Handspring Full (Elite) 2 Back Handsprings to Double (Elite) 2 Back Handsprings to Full (ADV)	Round Off Back Handspring Double (Elite) Specialty Pass to Double (Elite) Specialty Pass to Full (ADV/Elite)	3 Connected Jumps Multiple Connected Jumps to Tuck



# REGISTRATION INSTRUCTIONS

All booking and registration is done through the **Client Portal** on The Stingray Allstars Virginia website: [manassas.stingrayallstarsva.com](http://manassas.stingrayallstarsva.com) or through our App on your mobile device.

If you already have an account in our system, please log in to your current account. Please do not create another account. If you have any trouble logging in, please contact: [accounts@stingrayallstarsva.com](mailto:accounts@stingrayallstarsva.com) for assistance or give us a call: 703-444-6002.



**\*\*\*All accounts must be paid in full to register for Evaluations. You must keep your account current to remain active on a team. There will be no refunds made to anyone who withdraws from the program or is asked to leave the program.\*\*\***

## ASSESSMENT CHECKLIST:

- Register for Evaluations
- Select an Evaluation Clinic to attend (highly encouraged to attend at least one Clinic)
- Select day/time slot for Evaluation Appointment (Only pick 1 spot)
- Complete Waiver/Registration Form
- Complete Athlete Assessment Form (Athlete & Parent/Guardian Signature Required)
- Read & sign Rules & Regulation Form (Athlete & Parent/Guardian Signature Required)
- Turn in all forms at the Front Desk: BB (Ashburn) or Fatima (Manassas)
  - Or, email to: [bb@stingrayallstarsva.com](mailto:bb@stingrayallstarsva.com) (A) or [fatima@stingrayallstarsva.com](mailto:fatima@stingrayallstarsva.com) (M)
  - **Please note:** ALL forms must be completed & turned in prior to the athlete being evaluated.
- Take advantage of the Clinics & Open Gym included in the Evaluation Registration Fee to best prepare the athlete for Evaluations.

## WHAT TO WEAR FOR CLINICS & EVALUATIONS:

- Black Sports Bra or T-Shirt
- Black Shorts
- Any color bow
- Natural Makeup
- SMILE!!!





# RULES & REGULATIONS:

- If you have any questions or concerns that need immediate attention please use the following chain of communication in this order: 1) Coach → 2) Management → 3) Director/Owner
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- If your athlete is moved to alternate status, their tuition rate will be adjusted. Alternate athletes are expected to attend all practices. Depending on when alternate status is established, the gym is subject to charging your account competition fees for your athlete(s) to attend events.
- Crossover Policy: If you are asked to be a Crossover athlete, you will be responsible for the crossover payment agreement and fees in addition to your regular payment agreement & tuition fees for the primary team.
- It is the athletes responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- Social Media posts that are a poor representation of The Stingray Allstars may result in suspension or removal from the team (parent and/or athlete).
- Personal items such as cell phones, school bags, or gym bags must be stored in the cubbies. No items are to be left in the gym hallways or near the doors. We are not responsible for lost or stolen items. Please do NOT bring valuables to the gym.
- You must arrive at all practices, competitions or scheduled events on time. Punctuality is a MUST!
- Please feel free to talk to your coaches about anything; remember to do it at the appropriate time. For example: Approaching a coach in the middle of a practice would not be an appropriate time.
- Athletes need to be able to perform all aspects of competitive cheerleading physically and mentally. This may require additional private lessons, classes, conditioning and/or practices.
- NO GOSSIPING about athletes, teams, coaches or staff. This could result in dismissal from the program.
- The lobby is not a place to hold a gossip fest.
- The Stingray Allstars is not a babysitting service. No child should be dropped off at the gym unsupervised if they are not in a class or team practice.
- Practices may be changed or added at any time during the season as necessary.
- Anyone threatening (in writing or verbally) to quit or to pull their child from a team for any reason will be dismissed from the program immediately.
- Only athletes, coaches & team reps (if applicable) are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window.
- The coaches reserve the right to close practices at ANY time for ANY reason.
- It is the parent's responsibility to know what is going on with your team. Check your emails and the team BAND regularly. Email is our main form of communication but we will also follow up in the team and parent BAND's.
- Punishing your child by missing practice or a competition is not acceptable. Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends & athletes are not allowed to speak with competition officials for any reason.
- Parents are not allowed to represent The Stingray Allstars under any circumstances concerning accommodations, competitions or other situations.
- There will be no arguing or questioning coaching decisions at competitions.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and Management.
- The Stingray Allstars maintain the right to refuse services at any time.
- Ownership/Management may change, add or subtract any rule at any time.

**Athlete Name:** \_\_\_\_\_ **Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



<b>ASHBURN LOCATION</b> 44600 Guilford Drive Suite 120 Ashburn, VA 20147 703-444-6002 stingrayallstarsva.com info@stingrayallstarsva.com	<b>THE STINGRAY ALLSTARS - VIRGINIA</b>  <b>WAIVER/MEDICAL FORM</b>	<b>MANASSAS LOCATION</b> 10689 Wakeman Court Manassas, VA 20110 703-444-6002 x 2 manassas.stingrayallstarsva.com manassas@stingrayallstarsva.com
---	---	---

**PARTICIPANT INFORMATION:**

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Female/Male Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Doctor: \_\_\_\_\_ Office #: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Policy/Group #: \_\_\_\_\_

General Allergies/Allergies to Medications: \_\_\_\_\_

Pertinent Medical Information: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Medication Release: I allow my child to be given the following medications(s), if necessary, while at the gym/event: Tylenol - Advil - Ibuprofen - Benadryl

**PARENT/GUARDIAN INFORMATION:**

Mother/Guardian Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION (other than a parent):**

Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

In the event of injury or illness arising during participation of my child/ward in any The Stingray Allstars Virginia & All Star Legacy LLC activities, I, the undersigned parent/guardian, do hereby give permission for my child/ward to receive emergency medical treatment deemed necessary by the designated family physician or by another qualified, licensed physician who is available (doctor, dentist, emergency medical person). I acknowledge, understand and agree that this authorization is to be used only in emergency situations when I cannot be contacted or when I am able to contacted but cannot be present. I hereby hold The Stingray Allstars Virginia & All Star Legacy LLC and its employees harmless in the exercise of this authority.

I, the undersigned parent/guardian, do hereby give consent to my child's/ward's participation in all all-star activities. I understand that participation in tumbling, dance & cheerleading activities involves the risk of injury. I assume all risks & hazards incidental to such participation including transportation to & from activities & I do hereby waive, release, absolve, indemnify & hold harmless The Stingray Allstars Virginia & All Star Legacy LLC & its employees for any claim arising out of injury to the applicant whether the result of negligence or for any other cause.

SIGNATURE: Parent/Guardian/Self (if older than 18): \_\_\_\_\_ Date: \_\_\_\_\_

How did you hear about us? Flyer - Internet - Friend/Referral: \_\_\_\_\_ Other: \_\_\_\_\_



# 2025-2026 Evaluation Forms

Picture taken by Office Rays

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

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

School & Grade 25-26: \_\_\_\_\_

Do you Cheer for your School?      YES    or    NO

Circle the position(s) you are being evaluated for:

Flyer

Main Base

Side Base

Back Spot

Tumbler

Any position

Are you willing to accept another position?    YES    or    NO

Circle the Division you are being evaluated for:

TINY

MINI

YOUTH

YOUTH FLEX

JUNIOR

JUNIOR FLEX

SENIOR

Are you willing to accept another division?    YES    or    NO

Circle the Levels you are being evaluated for:

Level 1

Level 2

Level 4.2

Level 3

Level 4

Level 5

Level 6

Are you willing to accept a Team Placement on another level?    YES    or    NO

If NO, which level(s) will you accept? \_\_\_\_\_

**NOTE: IF WE ARE UNABLE TO PLACE YOU AT THIS LEVEL, YOU WILL NOT BE PLACED ON A TEAM. A CALL WILL BE SCHEDULED.**

ATHLETE SIGNATURE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_

PLEASE LIST ALL REASONS WHY YOU WOULD NOT ACCEPT A TEAM PLACEMENT: \_\_\_\_\_

Is there anything else we should know while evaluating Team Placement? \_\_\_\_\_

**EXPRESS EVALUATION:** I wish to stay on the same team as the 24-25 Season. I understand this is based on having maintained technically sound skills and this is not guaranteed.

ATHLETE SIGNATURE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_



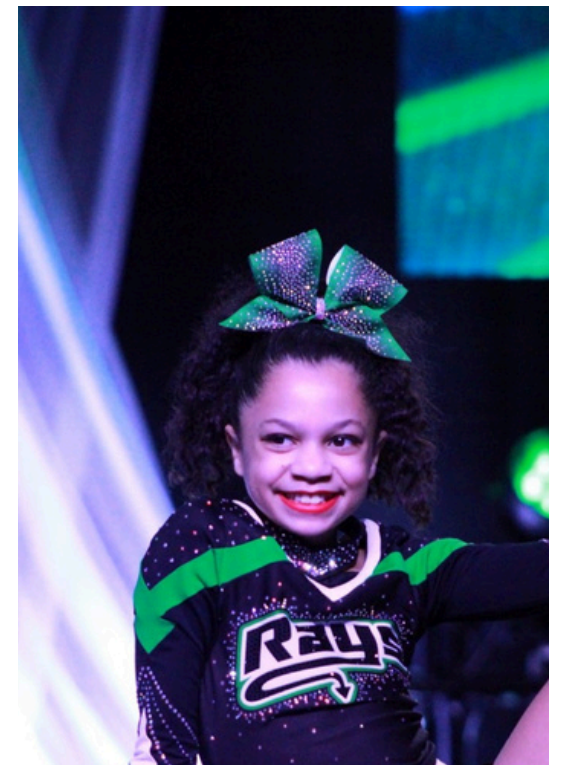
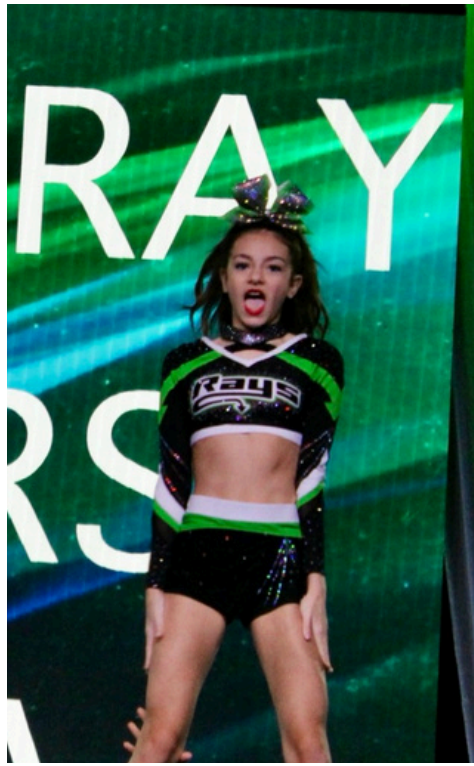
# 2025-2026 Evaluation Forms

PLEASE LIST YOUR LAST 3 YEARS OF CHEER EXPERIENCE BY YEAR, PROGRAM, LEVEL & SKILLS:		
2024-2025 SEASON	2023-2024 SEASON	2022-2023 SEASON
Program: _____	Program: _____	Program: _____
Team/Level: _____	Team/Level: _____	Team/Level: _____
Stunts performed: _____ _____	Stunts performed: _____ _____	Stunts performed: _____ _____
Tumbling performed: _____ _____	Tumbling performed: _____ _____	Tumbling performed: _____ _____

FOR OFFICE USE ONLY:
<div></div>



# FREQUENTLY ASKED QUESTIONS



## Q: What types of programs does The Stingray Allstars Virginia offer?

A: The Stingray Allstars Virginia offers a variety of full-year programs catering to different commitment levels and skill levels. These include the Novice Program and Prep Program, both of which are 12-month programs focused on local events. The Elite Program and Worlds Program are also full-year commitments with travel involved.

## Q: How are athletes placed on teams, and what are the age and skill requirements?

A: Team placement is determined by a combination of the athlete's skills in stunts, jumps, and tumbling, as well as their birth year. The program looks for full mastery of skills for placement within a specific level. The Full Year Team Program is open to athletes ages 3 and up, ranging from Levels 1 to 6. ONLY Management determines Team Placement.

## Q: What should my athlete wear to Evaluations?

A: Athletes should wear a black sports bra or top with black shorts, cheer shoes or a lightweight sneaker, and hair should be pulled up into a high ponytail with a bow. Light/natural makeup. Please bring ONLY your paperwork and a water bottle with you on the day of your Evaluation.

## Q: What happens at Evaluations?

A: Your athlete will arrive to their Evaluation time slot, check-in with the Front Desk, turn in paperwork, receive an Evaluation number, have their picture taken, stretch & warm up their skills. Your athlete will then perform their skills for the Evaluation. Once the Evaluation is completed, they will exit the front door with their Evaluation T-Shirt.

## Q: What happens after Evaluations?

A: Team Placements will be emailed to the email address on file/provided on paperwork. Please do not call the Office regarding your athlete's team placement. Send your athlete to their initial 2 practices first. If something doesn't seem right, then please send an email to [manassas@stingrayallstarsva.com](mailto:manassas@stingrayallstarsva.com) to discuss.

## Q: What school county do you follow for breaks?

A: The Stingray Allstars Virginia will follow the Prince William County School Calendar for holiday breaks. Please communicate with your coaches directly upon team selection for any pre-planned vacations or events through the via email by June 30th. Additional absences, such as Chorus Concerts or other school graded assignments, need to be communicated as soon as possible.



## **Q: What is the time commitment expected for each program?**

A: Elite tier teams practice 2 days a week during the Summer and increase to 3-4 days a week starting in September. Novice and Prep teams practice 2 days a week throughout the season. Extra practices are scheduled for Choreography and during the competition season. Attendance is considered crucial for team success.

## **Q: What is the policy regarding absences from practices and competitions?**

A: Athletes planning to miss practice must email the team-specific email address at least 2 weeks in advance with a reason (not specific coaches, via Band or via social media). Excused absences include illness (with fever or doctor's note), school functions for a grade, and death in the family. Missing practice within 2 weeks of a competition may prevent an athlete from competing. Continual or excessive unexcused absences can lead to removal from routine positions or the team/program.

## **Q: When will Stunt Camp be (Elite Teams)?**

A: Stunt Camp (for Elite Teams) will be in July (if applicable). Team specific schedules will be emailed out as we get closer to the date.

## **Q: What is the competition schedule and what costs are associated with it?**

A: Each program will attend 5-7 competitions in addition to showcase performances. The competition schedule is typically released in June/July. Travel costs to and from events are the responsibility of each family and are not included in tuition. Many out-of-state events are "stay smart" events requiring athletes to book through sanctioned hotels.

## **Q: What are the financial obligations beyond tuition fees?**

A: Beyond the monthly tuition installments, families should expect to pay an evaluation fee, a non-refundable registration fee (broken down into four installments), a uniform fee (varying by tier and also in four installments), and an annual USASF registration fee paid directly to USASF. Year-end event fees are also additional and depend on the bid type earned. Each team will also do 2-3 specialty apparel pieces/bows for our larger events.

## **Q: Will there be Fundraising opportunities?**

A: Yes! We will offer fundraising opportunities throughout the season to help offset some of your program fees. More information on fundraising opportunities will be emailed throughout the season. Please make sure you are subscribed to our email blasts and have our email addresses saved. You can also join our 501(c)3, non-profit organization, Dream Foundation (dffundraiser@gmail.com) for more fundraising opportunities!

## **Q: What are the behavioral expectations for athletes and parents?**

A: Good sportsmanship, polite manners, and a positive attitude are mandatory for both athletes and parents at all practices and competitions. Gossip about other individuals or teams is strictly prohibited. Poor behavior or social media posts that negatively represent The Stingray Allstars Virginia can result in suspension or removal. Parents are not to act as official representatives of the gym at events.

## **Q: What are the key communication channels and protocols within The Stingray Allstars Virginia?**

A: The primary form of communication is email, followed by the Team Band app. For questions or concerns, the communication chain is: Team Rep (non financial) --> Coach(es) --> Manager --> Director/Owner. It's important to communicate with coaches at appropriate times, not during practice or competitions.