



**CHEERABILITIES
INFO PACKET**

2024 - 2025

WHAT IS CHEERABILITES ALL STARS?

- ★ Athletes must be ages 5 & up!
- ★ Shock, our Cheerabilities program is made for exceptional athletes to get to be a part of a sport with their peers. The Athletes learn a routine, compete against other Cheerabilities Teams, and get to have an opportunity to develop friendships, boost confidence, and work hard like our other tiers of competitive cheer. You can read more on the USASF website by clicking [HERE](#).
- ★ Shock will wear a sublimated All Star uniform with some bling and compete at local events and benefit from a challenging and exciting experience.
- ★ Each Shock team athlete will be paired with a "SoCo Sibling" athlete from one of our other SoCo teams for their entire season! They will take the floor with them in competition and help lead them thru a fun, safe, and successful season of growth and love in the sport of All Star Cheerleading.

NOVICE DIVISION

- ★ The Novice Division is free to register. Athletes/teams receive the standard gift or award that is associated with Novice performances. In this division, teams will earn a rating: Outstanding, Excellent, or Superior.

ADDITIONAL RULES FOR CHEERABILITY NOVICE TEAMS

- ★ Routines may not exceed 1:30 minute
- ★ Teams may receive ratings for their performance (ordinal rankings not allowed)
- ★ If offered at 2-day events, Novice divisions will perform ONE TIME ONLY
- ★ Cartwheels and forward rolls are the only allowable tumbling skills
- ★ Teams may execute Level 1 building skills. Exceptions: 1. Single leg stunts are only allowed at waist level (Stunts C2-3 not allowed)
- ★ Two leg stunts may not immediately pass through an extended position
- ★ Up to a ¼ twist allowed (Stunts D2-4 not allowed)
- ★ Transitions TO prone position are not allowed
- ★ Straight pop down dismounts are not allowed
- ★ If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) the group may only do waist level stunts. Exception: T-lifts are allowed
- ★ Spotted and assisted tumbling is NOT allowed. Exception: Assistants may help an athlete up after a forward roll to get to their feet.
- ★ There is no limit to the number of assistants on the floor assisting in skills but they MAY NOT be included in choreography of dance and formations.

PRACTICE SCHEDULE

- ★ The Shock team will practice 1 day a week for 45 minutes to 1 hour on Friday at 5:30pm.
- ★ Practices will begin August 9th, 2024 & continue through April 6th, 2025.
- ★ We will have a mandatory pre-season parent meeting on July 19th, 2024 at 4:30pm.

COMPETITIONS

- ★ The Shock team will participate in 4 competitions.
- ★ Here is the competition schedule:

COMPETITION	DATE	LOCATION	VENUE	STAY SMART
(ASC) Super Nationals	1/31/25-2/2/25	OKC, OK	OKC Convention Center	
(Rockstar) Cheer-A-Palooza	2/15-16/25	Tulsa, OK	TBD	
(NCA) All Star Nationals	2/28-3/2/25	Dallas, TX	Kay Bailey Hutchison Convention Center	X
(ASC) Spring Express Nationals	4/6/24	Tulsa, OK	Cox Business Center	

- ★ There will be no competition fees.

COMPETITION UNIFORM

- ★ SoCo offers Varsity brand uniforms that will be purchased for each athlete.
- ★ We will have a mandatory uniform fitting on Friday, August 9th.
- ★ Uniform fee = \$300
- ★ The uniform fee will be due by October 1st.

USASF MEMBERSHIP

- ★ USASF Membership Fee, \$49, must be paid in order to participate. If you have never cheered before as an All Star athlete, at any level, you must register upon accepting a role on the Shock team.
- ★ Athletes MUST upload a birth certificate or passport to the USASF website.
- ★ If you are already an All Star athlete, at any level, or from another program, you must renew your USASF membership.
- ★ SoCo will email the link to renew/ create your athlete's USASF membership once team's have formed. There will be a tentative deadline to renew the USASF membership by Thursday, September 12th.

FINANCIAL OBLIGATION

- ★ A card on file is required. We will charge this card the monthly tuition on the 1st of each month.
- ★ Here is the financial obligation breakdown (see next page):

	Monthly Tuition	All Star Expenses Included in Monthly Tuition
AUGUST	\$80	CHOREOGRAPHY + MUSIC
SEPTEMBER	\$80	COACHES FEES
OCTOBER	\$80	
NOVEMBER	\$80	
DECEMBER	\$80	
JANUARY	\$80	
FEBRUARY	\$80	
MARCH	\$80	
	\$640	

Add. Fees NOT Included in the Monthly Tuition = Competition Uniform (\$300)

IMPORTANT DATES

★ Here are the mandatory dates for the season:

DATE	EVENT
July 19th, 2024	Mandatory Meeting @ 4:30pm
August 9th, 2024	1st Practice
August 9th, 2024	Uniform Fitting
October 27th, 2024	Pre-Season Showcase
November 3rd, 2024	Team Pictures

★ SoCo will be closed on the following dates next season:

DATE	HOLIDAY
September 2nd, 2024	Labor Day
October 31st, 2024	Halloween
November 27th - December 1st, 2024	Thanksgiving
December 23rd, 2024 - January 4th, 2025	Winter Break
March 17th - 21st, 2025	Spring Break
April 20th, 2025	Easter
May 26th - 30th, 2025	Summer Break