

Season 6

RIVAL

SEASON 6
Tryout Handbook



WELCOME **WE ARE RIVAL** **THIS IS RIVAL**

Rival Athletics, located in the Utah Valley, is a distinguished all-star cheerleading gym with an impressive track record. As the proud 18-time NCA National Champions, 10-time Cheersport National Champions, and 5-time Summit Champions, we uphold a legacy of excellence. Founded in 2020 by owners Alexa Huff and Anthony Carr, Rival Athletics is committed to nurturing capable, confident, and competitive athletes in a secure and enriching environment.

Our gym is a unique environment where fierce national-level competitiveness meets compassion, growth, and confidence. At Rival Athletics, we believe in building a supportive community grounded in love while emphasizing hard work, dedication, and perseverance. Our mission is to cultivate not just exceptional athletes, but resilient individuals. We set high expectations for effort—110% always—and uphold fairness across the board, ensuring every athlete, irrespective of their background, has equal opportunities to succeed.

RIVAL ATHLETICS MISSION STATEMENT

AS A MEMBER OF THIS PROGRAM (ATHLETE, COACH, OR PARENT) I HOLD MYSELF, AND MY TEAMMATES TO THE HIGHEST OF STANDARDS WHETHER THAT BE IN COMPETITION OR PRACTICE. I WILL SHOW INTEGRITY AT ALL TIMES WHILE VALUING THE EFFORTS OF MY COMPETITORS AND REPRESENTING MY GYM PROUDLY IN MY ACTIONS ON AND OFF THE MAT. I WILL STRIVE TO BECOME THE BEST VERSION OF MYSELF THROUGH THIS SPORT WHILE DEVELOPING SKILLS AND TALENTS FOR MY FUTURE.

RESILIENT IN THE FACE OF ADVERSITY.

INTEGRITY IN WHAT IS ASKED OF ME.

VALUING ALL OPPORTUNITIES THAT COME MY WAY.

ACCEPTING THE OUTCOMES WHILE CHEERING ON OTHERS

LEADING OTHERS THROUGH MY EXAMPLE.

WHAT WE OFFER

At Rival Athletics, we view all-star cheerleading as a transformative experience that goes beyond just a sport; it serves as a powerful platform for character and confidence building. Emphasizing values such as teamwork, perseverance, commitment, and hard work, we are dedicated to empowering our athletes to cultivate both skills and self-assurance, ensuring success both on and off the mat.

Our team of coaches have exceptional knowledge and expertise across a diverse range of areas. Our program offers many teams, classes, and clinics that are designed to cater to a wide range of abilities and aspirations.

Explore the various offerings within our program below, and thank you for considering Rival Athletics, and we hope to see you at Season 6 Tryouts!

ALL-STAR ELITE CHEER

Our full-year All-Star Elite program delivers the most competitive and advanced cheerleading training available in the state. The full year all-star program is a competitive allstar cheerleading program that fields teams of athletes ages 5+ and ranging in levels 1-6. The season begins in May and lasts through late April. When forming teams we are looking for full mastery of skills to be placed within a level, as well as stunting positions.

TIME COMMITMENT -

Elite teams will practice two/three days a week. You can expect extra practices to take place for choreography, around competition season, and for extra work at the coaches discretion. Athletes are also expected to put in work outside of scheduled practice time such as running miles, stunt group work, tumbling, etc.

All star cheerleading requires a large amount of commitment, not only from the athletes but also from the family. Please make sure you are aware of our policies as well as financial commitment. Thank you for taking the time to ensure Rival Athletics is the right choice for your athlete and family.

ALL-STAR PREP

This program is perfect for dedicated athletes who want to learn challenging skills, build amazing friendships, and compete at a high level.

Our prep teams are full year teams. much like our elite teams, but they have a smaller time and financial commitment. Our prep program is a great way to break into allstar cheerleading, while still having a competitive edge.

All Prep Teams will compete at approximately 5-6 local events. All Prep teams will compete at 1 out of state event at the end of the season.

ALL-STAR NOVICE

This exciting program is designed for beginners and offers a structured and fun learning experience that still provides the opportunity of competing locally.

Our Novice teams offer two different semesters. Throughout their 'semester', they will practice once a week, with the potential to add a few weekend practices.

- If you love it, stay for both semesters!

Novice teams will compete 2-3 times locally per semester.

WHAT WE OFFER

ALL-STAR ELITE LITE **NEW!**

Elite Lite is our newest offering for athletes who want the same high-level training as our full All-Star Elite teams but with more flexibility, less travel, and a lower financial commitment. Athletes will try out during the level evaluation sessions alongside our Elite athletes to ensure proper placement by skill and age group.

Elite Lite teams practice twice per week and compete at 4–6 events total, including two out-of-state competitions (with at least one within driving distance). While these teams have a lighter schedule, they still compete in elite divisions and perform full-length elite routines—unlike our Prep teams, which compete in modified divisions with shorter routines and a lower overall commitment.

Elite Lite is a great option for athletes ready to push their skills without taking on the full elite schedule or cost. Team level and age group will be based on interest and evaluations.



WHAT WE OFFER

TUMBLING CLASSES

Rival Athletics Offers a variety of classes throughout the week Monday-Friday. This will include tumbling classes, flexibility, jumps and strength and conditioning classes. These classes are open to all athletes.

PRIVATE LESSONS

Our staff members offer private lessons for individuals working to continue their progression in tumbling, flexibility, jumps and choreography. Private lessons offer personalized attention and guidance, allowing students to focus on areas where they want to improve and progress at their own pace. It's a great way to refine techniques, address specific challenges, and receive tailored feedback from experienced instructors. Plus, the individualized approach can help boost confidence and motivation as students see tangible progress in their abilities.

FLYER FLEXIBILITY CLASS

This class focuses on the flexibility, strength, and balance required for flying positions. Ideal for current and aspiring flyers looking to improve their body control and range of motion for stunting. Focus Areas:

Body positions: heel stretch, scorpion, scale, arabesque, and bow-and-arrow

Core and leg strength for balance in stunts

Overstretching techniques for advanced positions

Active flexibility and stability training

Partner drills for stunt-ready body control

GENERAL FLEXIBILITY CLASS

This class is open to all athletes aiming to increase their overall flexibility, strength, and range of motion. Whether you're a flyer, tumbler, or dancer, this class focuses on improving splits, backbends, and overall body alignment to enhance performance in any sport.

Skills Focus:

Stretching techniques to improve splits, straddles, and bridges.

Shoulder and back flexibility drills for tumbling and stunting.

Strength-building exercises to support flexibility and prevent injuries.

Dynamic and static stretching methods to maintain long-term flexibility gains.

STRENGTH AND CONDITIONING CLASS

This class is designed to build the strength, endurance, and power needed for peak athletic performance in cheerleading. With a focus on functional fitness, athletes will enhance their overall physical capabilities to excel in stunting, tumbling, and jumps.

Focus Areas:

Core strength for stability in stunts and tumbling

Plyometric training for explosive jumps and tumbling power

Upper body and grip strength for bases and flyers

Lower body strength for tumbling and explosive movements

Cardio endurance for full-out routine stamina

Injury prevention through balance and stabilization exercises

OPEN GYMS

A supervised but unstructured time for athletes to work on any skills they choose.

Elite Team

EXPECTED COSTS

2025-2026 ELITE TEAM COST SHEET

All payments for the 2025-2026 season will be processed through your iClassPro portal only. Fundraising opportunities will begin at the start of Summer.

Registration/Tryout Fee: \$65

Due before attending tryouts on May 17th.

Monthly Tuition: \$190

Due on the 1st of each month.

A \$10 late fee applies after the 1st.

Sibling discounts available: Athlete 2: \$170, Athlete 3: \$155

This includes monthly tuition + one additional strength & conditioning or general flexibility class a month.

Elite Team Flyer Class: \$45

Due on the 1st of each month.

All elite team flyers are required to attend Flyer Class once a week.

Season Practice Wear: \$225

*This will include 2 season practice sets *

Payment due by Monday, June 9th.

Choreography & Music Fee: \$450

Due on June 23rd

This includes custom music from the best music producers in the industry, as well as custom choreography.

Uniform Fee: \$750

Returning athletes- \$50 (All teams will be getting new uniform bow)

Due July 9th.

Elite Teams (Levels 1-5) will continue using the 2024-2025 Program Uniform.

Worlds teams will get a new uniform for Season 6.

Elite Team

EXPECTED COSTS

2025-2026 ELITE TEAM COST SHEET

(CONTINUED)

Routine Clean-Up Fee: \$200

Due December 1st for Levels 2-6.

This fee allows us to bring our choreographers out mid season to upgrade and assist in cleaning our routines.

Competition Fees: \$1,600 - \$1,750

This includes registration costs & coaches fees for events teams attend.

The cost will be finalized once we have a final competition schedule for the 2025-2026 season.

Payment options- This can be paid in 4 installments from July-October.

National Swag Bag Fee: \$125

Due January 1st

This cost covers a little gift bag for our athletes as they begin their out of state National events.

The cost sheet above does not include iClassPro processing fees or expenses for end-of-season events if teams earn a bid.



Elite Lite Team



EXPECTED COSTS

2025-2026 ELITE LITE TEAM COST SHEET

All payments for the 2025-2026 season will be processed through your iClassPro portal only. Fundraising opportunities will begin at the start of Summer.

Registration/Tryout Fee: \$65

Due before attending tryouts on May 17th.

Monthly Tuition: \$165

Due on the 1st of each month.

A \$10 late fee applies after the 1st.

Sibling discounts available: Athlete 2: \$150, Athlete 3: \$135

Team Flyer Class: \$30

Due on the 1st of each month.

All elite lite team flyers are required to attend Flyer Class 2 times a month.

Season Practice Wear: \$150

*This will include 1 season practice set *

Payment due by Monday, June 9th.

Choreography & Music Fee: \$400

Due on June 23rd

This includes custom music from the best music producers in the industry, as well as custom choreography.

Uniform Fee: \$750

Due July 9th.

Elite Lite Teams will be using the 2024-2025 Program Uniform.

Elite Lite Team

EXPECTED COSTS

2025-2026 ELITE LITE TEAM COST SHEET

(CONTINUED)

Competition Fees: \$1,200-\$1,350

This includes registration costs & coaches fees for events teams attend.

The cost will be finalized once we have a final competition schedule for the 2025-2026 season.

All elite lite teams will compete at approximately 3-5 local events and 2-3 National or out of state events.

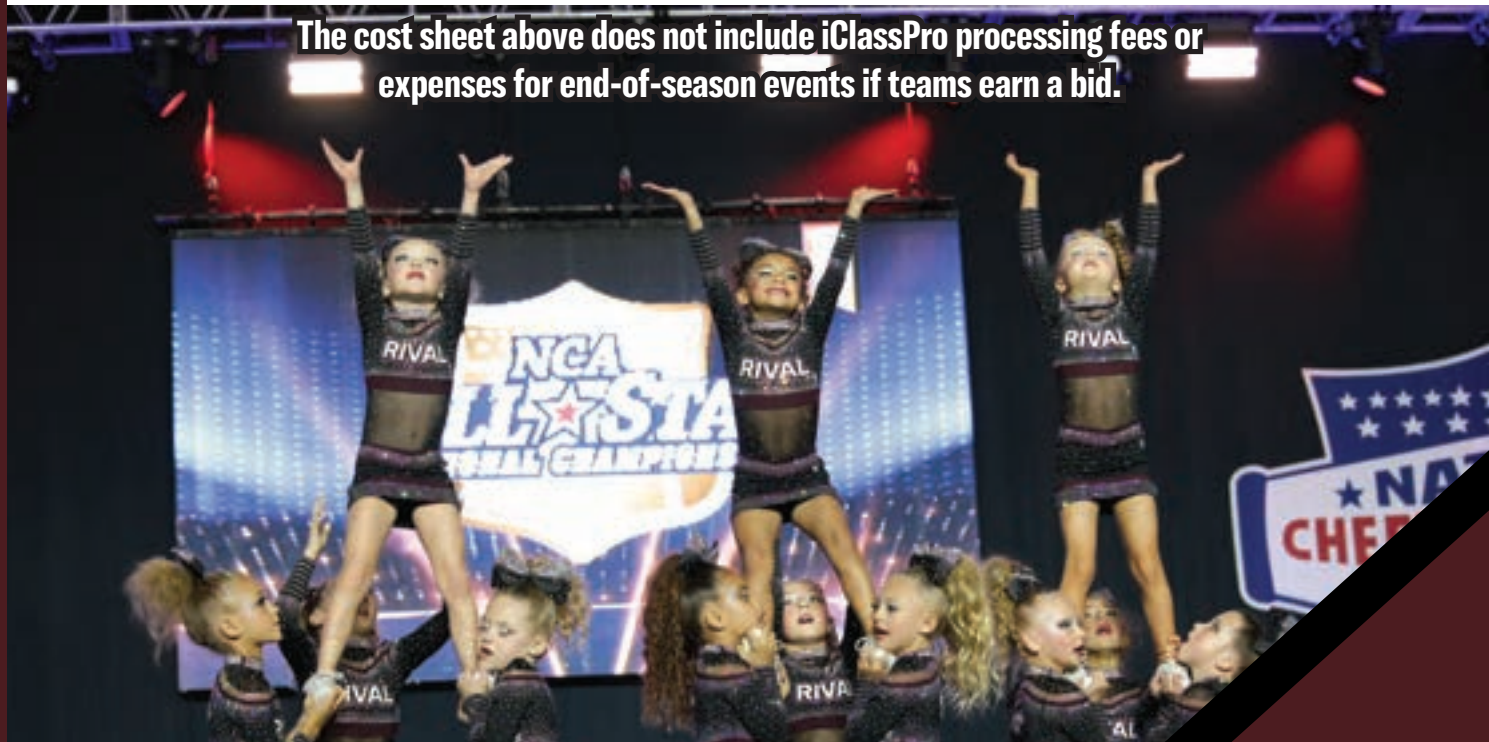
Payment options- This can be paid in 4 installments from July-October.

National Swag Bag Fee: \$125

Due January 1st

This cost covers a little gift bag for our athletes as they begin their out of state National events.

The cost sheet above does not include iClassPro processing fees or expenses for end-of-season events if teams earn a bid.



Prep Team

EXPECTED COSTS

2025-2026 PREP TEAM COST SHEET

All payments for the 2025-2026 season will be processed through your iClassPro portal only.
Fundraising opportunities will begin at the start of Summer.

Registration/Tryout Fee: \$65

Due before attending tryouts on May 17th

Monthly Tuition: \$120

Due on the 1st of each month.

A \$10 late fee applies after the 1st.

Includes monthly tuition + one additional strength & conditioning or flexibility class once a month.

Choreography & Music Fee: \$300

Due July 1st

This includes custom music as well as custom choreography.

Uniform Fee: \$275

Due August 1st

Prep will continue using the 2024-2025 Prep uniform again this season.

Competition Fees: \$600-\$750

This includes registration costs & coaches fees for events teams attend.

Payment options- This can be paid in 2 installments from August-September.

National Swag Bag Fee: \$50

Due January 1st

This cost covers a little gift bag for our Prep athletes as they travel to their out of state event.

Novice Team

EXPECTED COSTS

2025-2026 NOVICE TEAM COST SHEET

All payments for the 2025-2026 season will be processed through your iClassPro portal only.
Fundraising opportunities will begin at the start of Summer.

Registration/Tryout Fee: \$65

Due before attending tryouts on May 17th

Monthly Tuition: \$95

Due on the 1st of each month.

Choreography & Music Fee: \$200

Due July 1st

This includes custom music as well as custom choreography.

Uniform Fee: \$275

Due August 1st

Novice will continue using the 2024-2025 Novice/Prep uniform again this season.

Competition Fees: \$350-\$400

This includes registration costs & coaches fees for events teams attend.

Payment options- This can be paid in 2 installments from August-September.

ATTENDANCE

We firmly believe the only way for teams to be successful in this industry, is to have consistent full-team practices. It is important that athletes are practicing our core values of Discipline and Integrity by demonstrating timeliness, selflessness and respectful attitudes towards coaches and teammates at each practice.

All of our teams will practice two/three times a week throughout the season for two and a half hours. Athletes will be expected to show up on time to each practice, dressed appropriately, and ready to go. **All team practices are mandatory. This INCLUDES practices during the summer.** We expect all practices to be prioritized and attended; trips/vacations/planned-events should be sheduled around the practice schedule and "Important Dates".

During the competition season, teams will have extra practices scheduled at the coach's discretion, however their regular practice times will remain consistent through and only changed under special circumstances.

Athletes with unexcused absences during competition season may be replaced for upcoming event(s)

SUMMER PRACTICES

Summer practices are crucial to a team's success. Athletes should be in attendance for all their practices around the dates we have provided for Summer Break. No more than 2-3 practices should be missed throughout the Summer Schedule. All unexcused missed practices **must** be communicated and approved.

Summer Blackout Dates:

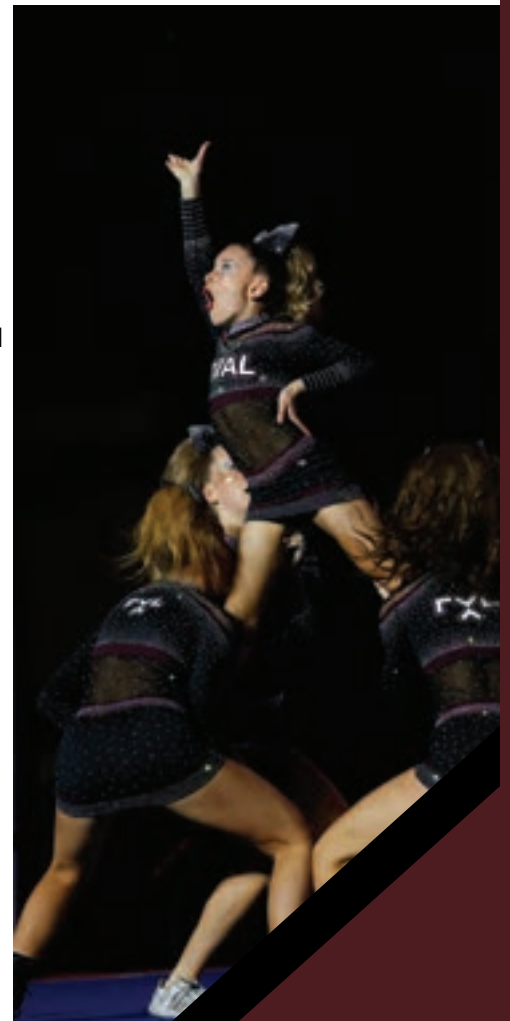
These are dates athletes are absolutely required to be in attendance during the Summer as we will be doing stunt and routine choreography. We will release the final schedule of this one week after team placements are sent out.

Stunt Choreography: You can expect this to be week of practices held in June.

Routine Choreography: We use some in house and out of house choreographers to create our routines. You can expect this to be held during the month of July or August.

Once routine choreography takes place and school is back in, we require that athletes be in attendance for all practices unless it is an "excused absence." Absences will be excused for the following: family emergency, illness with a doctor's note, school required event. We do ask that school events are communicated to us as soon as you get them so we can try our best to rearrange our schedule to allow a full team practice.

All unexcused absences will result in a \$25 charge which must be paid before the athlete can return to practice.



IMPORTANT DATES

ELITE TEAMS

SATURDAY, MAY 17TH
-SEASON 6 TRYOUTS

MONDAY, SEPTEMBER 1ST
- GYM CLOSED FOR LABOR DAY

MONDAY, JUNE 2ND
-SUMMER SCHEDULE BEGINS

OCTOBER 15TH-19TH
- CLOSED FOR FALL BREAK

MONDAY, AUGUST 11TH
-FALL SCHEDULE BEGINS

NOVEMBER 26TH-29TH
**- CLOSED FOR THANKSGIVING
BREAK**

MONDAY, MAY 23RD-26TH
- CLOSED FOR MEMORIAL DAY

SATURDAY, JUNE 7TH
-SIZING DAY- ELITE ATHLETES

DECEMBER 21ST-JANUARY 1ST
- CLOSED FOR CHRISTMAS BREAK
***THERE WILL BE ADDITIONAL MANDATORY
PRACTICES ADDED IN ON JANUARY 2ND-4TH
FOR ALL ELITE TEAMS***

JUNE 26TH-JULY 5TH
-CLOSED FOR SUMMER BREAK

**PRACTICES THROUGHOUT JULY & AUGUST ARE
EXTREMELY IMPORTANT. STUNT AND ROUTINE
CHOREOGRAPHY WILL BE MANDATORY FOR ALL
ELITE TEAM ATHLETES.**

***ALL RIVAL ATHLETICS ELITE TEAMS WILL
HAVE MANDATORY PRACTICE DURING THEIR
SPRING BREAK***

IMPORTANT DATES

PREP/NOVICE TEAMS

SATURDAY, MAY 17TH
-SEASON 6 TRYOUTS

MONDAY, JUNE 2ND
-SUMMER SCHEDULE BEGINS

MONDAY, AUGUST 11TH
-FALL SCHEDULE BEGINS

MONDAY, MAY 26TH
- CLOSED FOR MEMORIAL DAY

JUNE 26TH-JULY 5TH
-CLOSED FOR SUMMER BREAK

MONDAY, SEPTEMBER 1ST
- GYM CLOSED FOR LABOR DAY

OCTOBER 16TH & 17TH
- CLOSED FOR FALL BREAK

NOVEMBER 26TH-29TH
**- CLOSED FOR THANKSGIVING
BREAK**

DECEMBER 21ST-JANUARY 2ND
- CLOSED FOR CHRISTMAS BREAK

APRIL 6TH-APRIL 10TH
-PREP/NOVICE SPRING BREAK

COMPETITION SCHEDULE

We will reveal our Season 6 DRAFT Competition Schedule on June 1st.
The final draft of the competition schedule will be released September 1st, 2025.

Full year/Elite Competition Teams will attend a variety of local and out of state competitions. All athletes are required to attend every competition. Travel cost is not included in tuition and each family is responsible for getting their athlete to and from the competitions. Many of the events we attend are considered “stay to play” which require athletes in attendance 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 to play policy may result in team disqualification. It is unacceptable to not follow the stay and play guidelines.

-End of Season Events: All of our teams will work to earn a bid to an end of season event. End of season event costs are NOT included in the tuition and if your team earns a bid, additional fees will apply depending on the type of bid earned.



RULES AND REGULATIONS



GENERAL

Only registered athletes are allowed in the practice area.
 Siblings, family members, friends, etc. are not allowed in the practice area.
 Any person that disrupts a practice will be asked to leave the gym immediately.
 No food, drinks, or gum are permitted in the practice area.
 All trash must be disposed of in the appropriate trash receptacles.
 Cell phones must be silenced or left outside of the practice area.
 Rival Athletics is not responsible for any lost or stolen items.
 All athletes and parents registered with Rival Athletics must check emails and GroupMe daily for any and all updates. There is no excuse for being uninformed when information has been provided.
 All completed forms or information needed by Rival Athletics must be filled out and turned in to the office as requested.
 All choreography including cheers, stunts, tumbling, transitions, music selections, editing, etc. are exclusive property of Rival Athletics and should not be shared or discussed with others. No videos should be uploaded online without permission.

TEAMS

Rival Athletics retains the right to:
 Place its athletes on the team(s) it feels will best suit the athletes and our program.
 Decide if an athlete may not perform on more than one team.
 Decide the role and/or position an athlete will have/play on a team.
 Request that an athlete takes additional classes or camps to improve their skills.
 Request that an athlete practice longer than their regularly scheduled time and add additional practices, camps or competitions if necessary.
 Move, replace, add, suspend, or dismiss an athlete for a period of time or indefinitely from a team or the program based on but not limited to attendance, conduct, skills, finances, parent conflicts, etc.
 Athletes that elect to participate in more than one team must:
 Be in good financial standing.
 Be willing and able to fulfill all the responsibilities of each team.

RULES AND REGULATIONS



WHILE REPRESENTING RIVAL ATHLETICS ALL ATHLETES MUST:

- Make Rival Athletics priority over other extracurricular activities
- Attend and be prepared for all Rival Athletics activities including practices, last minute practices, competitions throughout the season regardless of injury or illness unless otherwise recommended by a doctor through written documentation.
- Notify Rival Athletics immediately when an injury takes place so changes to routine choreography can be made prior to practice.
- Arrive on-time to all Rival Athletics activities.
- Schedule all vacations so they do not interfere with practice and other activities.
- Notify Rival Athletics through email of all excused, expected absences.
- Athletes must attend all practices 2 weeks prior to a competition or may be replaced.
- Any unexcused absence will result in a \$25 charge and must be paid in order to return to practice.
- Any attendance issues that disrupt a practice may result in removal from the team.

WHILE REPRESENTING RIVAL ATHLETICS, ALL ATHLETES AND PARENTS MUST ALWAYS:

- Be respectful and set a positive example for others to follow at all times.
- Schedule an appointment to speak with a coach or staff member if any issues arise.
- Refrain from gossiping or any form of verbal or physical confrontation.
- Refrain from celebrating the misfortune or defeat of another person, team, or program.
- Accept team placements and awards with dignity and class.
- Refrain from posting anything negative.
- Be cautious of what behavior and/or language may be going on directly or indirectly while being photographed or videoed.

ATTENDANCE

Attendance is crucial to a team's success. In order to be competitive both locally and nationally; we expect a commitment from both athletes and parents. We ask that you send an email to inform us if your athlete will be missing practice. Please note that an excessive amount of absences can result in dismissal from a team. We try to be accommodating when it comes to athletes missing practice for extreme circumstances, however we must put the team very first.

No practice can be missed within 2 weeks of a competition. If an athlete misses within 2 weeks of an event, they will be replaced for that event and possibly more. Rival Athletics is closed for Summer Break June 26th-July 5th. Athletes are **expected** to use these dates to vacation with their friends and family. Vacationing excessively throughout the summer may lead to a removal/change of teams. Please notify us of any vacations outside of this time as soon as possible.

Excused Absences: Sick with doctor's note - Required school event - Family emergency

Unexcused Absences: Birthday parties - plans with friends - homework - bad day

RULES AND REGULATIONS



SICK POLICY

You must attend practice even when you are feeling sick. Unless you are sick with a fever of 100.4 or higher, vomiting, diarrhea, or any contagious illness.

COMMUNICATION

It is the parent's responsibility to know what is going on with your team. Check your emails and the team GroupMe regularly. GroupMe and email are both potential means of communication.

We send out our monthly calendar one month in advance. (July's calendar will be sent out on June 1st.) It is your responsibility to read these calendars and plan accordingly.

We ask that you email us with any questions or concerns. We will communicate through email, iClassPro, and GroupMe for the majority of the season. If there's a conflict that needs to be resolved, we will schedule a time to meet with the parent, athlete, coaches and whoever else might be involved. **DO NOT** text/call coaches for any reason. We will schedule a time to meet with you in person to discuss your concerns or opinions. Responses to any and all messages will begin after 9AM and conclude at 9PM.

PRACTICES

You will receive your practice schedule when you receive your team placement.

-Practices will begin the Monday following Team Placements. (May Tuition will be prorated.)

Levels 1-3 practice 2 times a week for 2.5 hours. Levels 4-6 practice 3 times a week for 2.5 hours.

Athletes are expected to be at practice on time, and in practice wear/athletic clothes. They must have their hair pulled back and no jewelry. **Parents are NOT allowed in the training area during practices.**

LOGO AND TEAM NAME USE

We love our Logo and are very proud of it. We want it to stay consistent and unmodified. We are working very hard to give you guys the best apparel with our Logo and team names. All Rival Athletics logos and brands are not to be recreated or to be duplicated. All Rival Athletics apparel must be purchased or approved by Rival Athletics; this includes team sponsored items, parent apparel, etc.

UNIFORMS

All athletes are required to purchase a uniform at the beginning of the year. We expect these uniforms to be well taken care of. These uniforms will only be worn at competitions. Our senior age teams will have cropped uniforms. When not on the competition floor, **ALL** athletes must wear a cover up over their uniform. All athletes must have appropriate footwear for competitions. This is a white, cheerleading shoe. (Brand examples: Nfinity, Rebel, Varsity) We will require that athletes have 2-3 different practice outfits throughout the season. (ex: Choreography Practice Wear, Nationals Outfit, Summit/Worlds Outfit)

RULES AND REGULATIONS



PRIVATE LESSONS

Most of our coaching staff will offer private lessons for tumbling, stunting, flexibility, choreography, and jumps. You will directly contact the coach you are wanting to work with. During all private lessons there must be an adult (aside from the coach) present. This can be another coach, parent, sibling, etc.

Cancellations with less than 24 hour notice may still be charged/asked to pay.

HEALTH/INJURIES

All athletes must:

Provide us with current health insurance and emergency contact information.

Inform Rival Athletics of all medical conditions that may limit participation.

Notify us immediately if an injury takes place.

Provide a doctor's note explaining the reason and duration for which an athlete may be limited or unable to participate.

Refrain from illegal use of drugs, alcohol or any other substance.

BULLYING

We have a zero tolerance policy for bullying and harassment of any kind. This includes everyone that is a part of Rival Athletics (athletes, parents, coaches, etc.). We want Rival Athletics to be a safe place for our coaches, athletes, and their families.

The following steps will be taken in a situation where bullying occurs:

- Written warning via email

- In person meeting

- Dismissal from our program

We have the right to dismiss anyone from our gym, at any time, if we feel it is necessary.

SPORTSMANSHIP AND SOCIAL MEDIA CONDUCT

Everyone affiliated with Rival Athletics is expected to show good sportsmanship 100% of the time both in person and on social media. While social media is a great tool for us as a gym, it is necessary that it is being used in the most appropriate ways.

Expectations: Only positive and uplifting things should be posted about our athletes, teams, and gym as a whole. Only positive things should be posted about other gyms. Anyone who represents Rival Athletics will do so in the most respectful, appropriate way.

CHOREOGRAPHY

Choreography is MANDATORY; Choreography for all teams will be held from mid July through the majority of August for all Full-Year Teams. We will be using in-house choreography, as well as guest choreographers for routine choreography this season. "Choreography" is where your athlete will learn the routine they will be competing in throughout the season. All athletes are expected to be at their team choreography dates and the practices 2 weeks leading up to it. Please let us know immediately if you have any plans to go out of town during this time.

RULES AND REGULATIONS



TRAVEL/COMPETITIONS

All Rival athletes are expected to cheer on ALL Rival Athletics teams at competitions.

Rival Athletics teams receiving deductions at a competition, will have practice following the event.

All athletes and their families must:

Read all emails concerning competition dates, travel dates, venues, itineraries, etc.

We provide this information to you as soon as we have it. You can expect this in late September.

Have all travel arrangements booked for the dates and times given by Rival Athletics.

All competitions that are Stay and Play events must be booked with the Stay and Play links, failure to do so may result in your athlete not competing and you will be charged a fee from Rival Athletics. (This means you cannot book through the link and then cancel your reservation as the event gets closer.)

Arrive for competition by the designated time given.

Do not use travel events as family vacations, adhere to the schedule provided, abide by all Rival policies.

Comply with the expectations set by Rival Athletics, when attending events at Walt Disney World.

RIVAL SEASON 6



TRYOUTS

ICLASSPRO

All athletes/families **must** have an iClassPro account with Rival Athletics. You can access the Rival Athletics iClass Parent Portal by visiting our website.

iClassPro is the site we use for all scheduling, communication, and announcements. You will use iClassPro to make payments on your account, using a debit/credit card or a bank account.

All Payments must be made using iClassPro, with a debit/credit card or a bank account; or in-person with a check/cash. No other payment methods will be accepted.

Once on the site, set up your account and create your athlete. If you already have an account in our system, you will log in to your current account. **DO NOT CREATE ANOTHER ACCOUNT.**

If you are a new member, it will prompt you to input the guardian information, athlete information and accept the policies/waiver. Please be sure to opt in to email notifications as the email entered will be where team placements and other important gym information will be sent.

REGISTRATION

Tryout registration OPENS Monday, April 7th.

Tryout Registration is done through the iClass Parent Portal.

Once registration has opened; you will log-on to iClassPro, click on "Register" then "Tryouts". From there you will click on the level/session your athlete will attend.

All accounts must be paid in full to register for Assessments.
You must keep your account current to remain active on your team.

There will be no refunds made to anyone who decides to not tryout, quits, or is asked to leave the program.

SATURDAY – MAY 17, 2025

Evaluations will consist of tumbling, jumps, and dance. Flyer evaluations may also be conducted. Previous season stunting abilities (flying, basing and back spotting) will be taken into consideration based. Only athletes and coaches will be permitted to enter the gym during evaluations. **No exceptions.**

PLEASE REGISTER FOR THE TRYOUT SESSION THAT CORRESPONDS TO THE SKILL LEVEL YOU HAVE ACHIEVED, AS OUTLINED IN THE LEVEL REQUIREMENT CHART.

NOTE THAT ATTENDING A SPECIFIC TIME SLOT DOES NOT GUARANTEE PLACEMENT AT THAT LEVEL.

9:00 AM – 10:00 AM | Novice & Prep Athletes

9:30 AM – 10:30 AM | Level 1

10:00 AM – 11:00 AM | Level 2

10:45 AM – 12:00 PM | Level 3

12:00 PM – 1:00 PM | Level 4

12:30 PM – 2:00 PM | Level 5/6

We believe in PROPER team leveling and progression as a whole, and we will place every athlete accurately according to their **age** and **skill level**.

USASF AGE GRID

TINY (LEVEL 1)	2017-2019
MINI (LEVEL 1/2)	2015-2018
YOUTH (LEVEL 1-5)	2012-2017
JUNIOR (LEVEL 1-6)	2009-2016
SENIOR (LEVEL 1-5)	6/1/05-2012
WORLDS ELIGIBLE DIVISION	6/1/05-2011

- Every RIVAL team will be set up for success this season.
- It takes 1-3 years to master a Cheer Level. Celebrate whatever team/level your child makes.
- If your child is Tiny age, they will likely end up on a Tiny team. If your child is Mini age, they will likely end up on a Mini team. Etc.
- Even if your child ends up on the same team and/or level they were on last year, they will have a completely new and different experience.
- Do not compare your child to other children. Every child is unique and will bring a unique skill set to whatever team they are placed on.

PARENT CONTRACT

I WILL ALWAYS REPRESENT RIVAL ATHLETICS IN THE MOST RESPECTFUL, PROFESSIONAL WAY.

I WILL ALWAYS SPEAK POSITIVELY OF THE COACHES AND ATHLETES AT RIVAL ATHLETICS.

I WILL TRUST THE COACHES TO PLACE MY CHILD WHERE THEY SEE FIT.

I WILL HAVE THE BEST INTEREST OF EVERYONE AT RIVAL ATHLETICS.

I UNDERSTAND THAT THE COACHES HAVE BEEN TRAINED TO PLACE AND INSTRUCT ALL TEAMS.

I UNDERSTAND THAT I AM RESPONSIBLE FOR GETTING MY CHILD TO PRACTICES, COMPETITIONS AND OTHER EVENTS.

I UNDERSTAND THAT ALLSTAR CHEERLEADING HAS MANY EXPENSES INCLUDED AND I AGREE TO PAY THEM ON TIME.

I UNDERSTAND THAT THE COACHES HAVE THE RIGHT TO MOVE MY CHILD TEAMS IF THEY THINK IT IS NECESSARY.

I UNDERSTAND THAT MY BEHAVIOR PLAYS A ROLE IN MY CHILD'S SUCCESS AS AN ALLSTAR CHEERLEADER.

I UNDERSTAND THAT PRACTICES ARE CRUCIAL TO A TEAM'S SUCCESS.

I WILL NOT PERSONALLY MESSAGE/TEXT ANY STAFF MEMBER AT RIVAL ATHLETICS; AND UNDERSTAND ALL FORMS OF COMMUNICATION SHOULD BE IN-PERSON OR THROUGH EMAIL ONLY, UNLESS OTHERWISE DIRECTED.

I UNDERSTAND THAT IF MY CHILD'S ATTENDANCE INTERRUPTS A TEAM, THE COACHES HAVE THE RIGHT TO REMOVE MY CHILD FROM THE TEAM.

I UNDERSTAND THAT MY CHILD MAY NOT MISS PRACTICE WITHIN COMPETITION SEASON. IF HE/SHE DOES, THEY WILL NOT BE ABLE TO PARTICIPATE IN THE UPCOMING EVENT/S.

I UNDERSTAND THAT WHEN WE TRAVEL OUT OF STATE, WE ARE THERE TO COMPETE AND ALL ACTIONS WHILE TRAVELING ARE REPRESENTING RIVAL ATHLETICS.

I UNDERSTAND THAT IF I VIOLATE ANY OF THE ABOVE STATEMENTS, MY ATHLETE MAY BE DISMISSED FROM RIVAL ATHLETICS.

I UNDERSTAND THAT ALL FEES PAID TO RIVAL ATHLETICS ARE NON-REFUNDABLE.

- I UNDERSTAND THAT IF I CHOOSE TO QUIT THE TEAM FOLLOWING TEAM CHOREOGRAPHY, I AM STILL REQUIRED TO HAVE COMPETITION FEES PAID IN FULL.

- I UNDERSTAND THAT I WILL BE REQUIRED TO PAY A \$300 PENALTY FEE IF MY ATHLETE DECIDES TO QUIT AFTER ROUTINE CHOREOGRAPHY; REGARDLESS OF THE REASON. ATHLETES QUITTING DURING THIS TIME COST US A LARGE AMOUNT OF TIME AND MONEY TO REPLACE THIS ATHLETE.

- I HAVE READ AND AGREE TO ALL RIVAL ATHLETICS POLICIES FOR THE 2025-2026 SEASON.

PRINT NAME

SIGNATURE

DATE

TRYOUT PROCESS



1. REGISTRATION

TRYOUT REGISTRATION IS DONE THROUGH THE ICLASS PARENT PORTAL.

VISIT WWW.RIVALATHLETICS.CO
THEN CLICK ON "REGISTER NOW"
FROM THERE YOU WILL CLICK ON
THE SESSION YOUR ATHLETE WILL
ATTEND.



REGISTRATION SIGN UP

2. EVALUATION

INDIVIDUAL ASSESSMENTS WILL TAKE PLACE ON MAY 17TH.
ATHLETES WILL NEED TO REGISTER & ATTEND ONE SESSION.
DURING THEIR SESSION, EACH ATHLETE WILL
PERFORM/SHOWCASE THE FOLLOWING CRITERIA :

- (2) STANDING TUMBLING PASSES
- *(2) RUNNING TUMBLING PASSES
- * (2) CONNECTED ADVANCED JUMPS + AN ADDITIONAL ADVANCED JUMP*

ADVANCED JUMPS INCLUDE: TOE TOUCHES, R OR L
HURDLERS, AND PIKES

NEW TO CHEERLEADING? NO PROBLEM! LET US KNOW ON
THE CHEER EVALUATION FORM AND OUR COACHES WILL
HELP YOU THROUGH THE EVALUATION PROCESS.



TRYOUT TUMBLING CHECKLIST

SUPERIOR (S) - GOOD (G) - AVERAGE (A) - BELOW AVG (BA) - NEEDS WORK (NW)

	REQUIRED SKILLS	ALLOWED SUBSTITUTIONS
NOVICE/PREP	<input type="checkbox"/> Back Walkover (BWO) <input type="checkbox"/> Handstand Forward Roll <input type="checkbox"/> Front Walkover (FWO) <input type="checkbox"/> Round Off (RO)	<input type="checkbox"/> Backbend Kickover <input type="checkbox"/> Handstand <input type="checkbox"/> Forward Roll <input type="checkbox"/> Cartwheel (CW)
LEVEL 1	<input type="checkbox"/> 2 BWO <input type="checkbox"/> BWO Switch (SW) <input type="checkbox"/> FWO CW BWO <input type="checkbox"/> CW BWO BWO	<input type="checkbox"/> BWO <input type="checkbox"/> FWO <input type="checkbox"/> FWO CW <input type="checkbox"/> CW BWO
LEVEL 2	<input type="checkbox"/> BWO SW Back Handspring (BHS) <input type="checkbox"/> BWO BHS Step Out (SO) BWO <input type="checkbox"/> CW/RO BHS SO BWO BHS <input type="checkbox"/> FB/FWO RO 2 BHS	<input type="checkbox"/> BWO BHS <input type="checkbox"/> BHS SO BWO <input type="checkbox"/> RO BHS SO BWO <input type="checkbox"/> RO 2 BHS
LEVEL 3	<input type="checkbox"/> 3 BHS <input type="checkbox"/> BHS SO 2 BHS <input type="checkbox"/> FWO RO BHS Back Tuck (BT) <input type="checkbox"/> FHS Punch Front (PF)	<input type="checkbox"/> BWO 2 BHS <input type="checkbox"/> BHS SO BHS <input type="checkbox"/> RO BHS BT <input type="checkbox"/> PF
LEVEL 4	<input type="checkbox"/> Standing BT <input type="checkbox"/> BHS BT <input type="checkbox"/> RO Whip BT / Layout (LO) <input type="checkbox"/> PF SO RO BHS LO	<input type="checkbox"/> BWO BT <input type="checkbox"/> 2 BHS BT <input type="checkbox"/> RO Whip BHS BT / LO <input type="checkbox"/> RO BHS LO
LEVEL 5	<input type="checkbox"/> BHS Whip BT / LO <input type="checkbox"/> BHS LO <input type="checkbox"/> PF SO RO BHS Full (F) <input type="checkbox"/> RO Whip 1-2 BHS F	<input type="checkbox"/> 2 BHS Whip BT <input type="checkbox"/> 2 BHS LO <input type="checkbox"/> FWO RO BHS F <input type="checkbox"/> RO BHS F
LEVEL 6	<input type="checkbox"/> Standing F <input type="checkbox"/> 2 BHS Whip Double Full (DF) or + <input type="checkbox"/> RO Arabian SO RO BHS DF or + <input type="checkbox"/> RO Whip DF or +	<input type="checkbox"/> BHS F <input type="checkbox"/> 2-3 BHS DF <input type="checkbox"/> PF SO RO BHS DF <input type="checkbox"/> RO or RO BHS DF

Substitute skills do not ensure that an athlete will be positioned at that level

FR - Forward Roll

CW - Cartwheel

BER - Back Extension Roll

BWO - Back Walkover

FWO - Front Walkover

RO - Round Off

FHS - Front Handspring

FB - Front Boulder

BHS - Back Handspring

SO - Step Out

FB - Front Boulder

PF - Punch Front

BT - Back Tuck

LO - Layout

F - Full

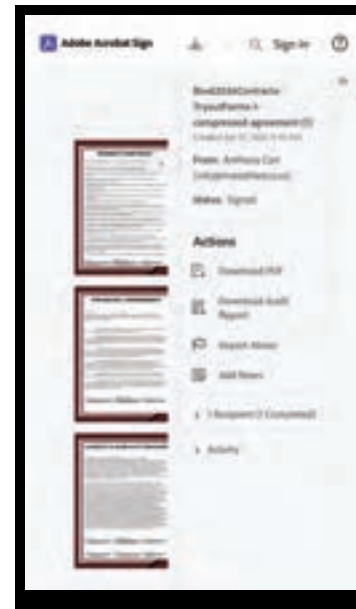
DF - Double Full

2025-2026 TRYOUT FORMS & CONTRACTS



SCAN QR CODE

**COMPLETE DIGITAL
CONTRACT/WAIVERS
THEN SHOW
SCREENSHOT OF
COMPLETED AGREEMENT
AT YOUR TRYOUT
SESSION**



ATHLETE TRYOUT FORM

BRING TO TRYOUTS

<hr/>	<hr/>	<hr/>	
Athlete Name	Age	Date of Birth	
<hr/>			
All athletes under the age of 18 must include parent/guardian contact info	Parent/Guardian Name	Phone #	
<hr/>	<hr/>	<hr/>	
Athlete Phone #	Gym/Program In 2024-2025	Team & Level In 2024-2025	# of Years in Cheer
<hr/>	<hr/>	<hr/>	<hr/>

Other requests (long distance ride share, etc.) ***

*** We will consider these requests but cannot guarantee accommodations. We will do our best to honor realistic and significant requests, such as ride-sharing, siblings, or practice times. However, requests to fly, move to an older team, or be placed on a higher-level team than your current skills support are unlikely to influence the final roster.

I AM TRYING-OUT FOR: ☐ ELITE ☐ ELITE LITE ☐ PREP ☐ NOVICE

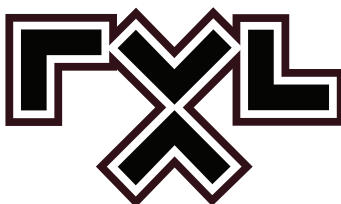
WITHIN THE PAST 2 YEARS, WHAT ROLE(S) HAVE YOU PLAYED IN STUNTING? CHECK ALL THAT APPLY

☐ FLYER ☐ MAIN ☐ SIDE ☐ BACK ☐ FRONT ☐ N/A

What is the **HIGHEST** level of stunts you have competed? (mark one)

1	2	3	4	5	6/7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are you interested in being a double-teamer for an additional fee? YES NO



FINANCIAL AGREEMENT

I, _____ PARENT OF _____ (PRINT NAME OF PARENT/LEGAL GUARDIAN) (PRINT NAME OF TEAM MEMBER) UNDERSTAND AND AGREE TO THE FOLLOWING:

- I UNDERSTAND AND AGREE THAT TUITION PAYMENTS ARE DUE BY 5:00 PM ON THE 1ST OF EACH MONTH (E.G., JUNE TUITION IS DUE JUNE 1ST).
- I UNDERSTAND AND AGREE THAT A \$25 LATE FEE WILL BE APPLIED IF PAYMENT IS NOT RECEIVED BY THE 1ST OF THE DESIGNATED MONTH. I FURTHER AGREE THAT EXCESSIVE LATE PAYMENTS MAY BE GROUNDS FOR MY CHILD NOT COMPETING AND POSSIBLE DISMISSAL.
- I UNDERSTAND AND AGREE THAT, AS A PARENT SIGNING THE CONTRACT, I AM SOLELY RESPONSIBLE FOR TUITION REGISTRATION FEES, TRAVEL FEES, UNIFORM/WARM-UPS/CAMP CLOTHES, CHOREOGRAPHY/MUSIC, LOCAL COMPETITION FEES, AND CAMP FEES. I UNDERSTAND THAT THESE AND OTHER SIMILAR FEES ARE ADDITIONAL COSTS DUE ON THEIR EXACT DUE DATES AS COMMUNICATED BY RIVAL ATHLETICS, LLC.
- I UNDERSTAND AND AGREE THAT ALL FEES ARE NON-REFUNDABLE. IF I OR MY CHILD CHOOSES TO WITHDRAW AT ANY POINT FOLLOWING TEAM CHOREOGRAPHY, I REMAIN RESPONSIBLE FOR ALL COMPETITION FEES IN FULL. ANY FEE PAID PRIOR TO WITHDRAWAL OR DISMISSAL IS NON-REFUNDABLE.
- I UNDERSTAND AND AGREE TO PAY A \$300 FEE IF MY CHILD DECIDES TO WITHDRAW OR QUIT AFTER AUGUST 31ST, REGARDLESS OF THE REASON.
- THIS AGREEMENT SHALL BE GOVERNED BY THE LAWS OF THE STATE OF UTAH. IF ANY PART OF THIS AGREEMENT IS FOUND INVALID OR UNENFORCEABLE, THE REMAINING SECTIONS WILL REMAIN IN FULL FORCE AND EFFECT.

IN CONSIDERATION FOR MY CHILD'S PLACEMENT ON A RIVAL ATHLETIC TEAM, TRAINING, INSTRUCTION, COACHING, FACILITIES AND EQUIPMENT ACCESS, EVENT PARTICIPATION, OR OTHER SERVICES PROVIDED BY RIVAL ATHLETICS, I AGREE TO THE FINANCIAL TERMS AND OBLIGATIONS OUTLINED IN THIS AGREEMENT.

PRINT NAME

SIGNATURE

DATE

RIVAL ATHLETICS LIABILITY WAIVER MEDICAL RELEASE & MEDIA CONSENT FORM

I, _____ (PRINT NAME OF PARENT/GUARDIAN), PARENT OR LEGAL GUARDIAN OF
_____ (PRINT NAME OF MINOR PARTICIPANT) AGREE TO THE FOLLOWING, IN
CONSIDERATION OF MY CHILD'S PARTICIPATION IN THE CHEERLEADING, DANCE, TUMBLING, AND RELATED
ACTIVITIES AND SERVICES (COLLECTIVELY, THE "ACTIVITIES") CONDUCTED BY RIVAL ATHLETICS, LLC, A UTAH
LIMITED LIABILITY COMPANY. THESE ACTIVITIES INCLUDE, WITHOUT LIMITATION, TRAINING, PRACTICE,
PERFORMANCES, COMPETITIONS, AND TRAVEL TO AND FROM SUCH EVENTS, MEETINGS, CAMPS, AND RELATED
FUNCTIONS:

1. ACKNOWLEDGMENT AND ASSUMPTION OF RISK I UNDERSTAND AND ACKNOWLEDGE THAT PARTICIPATION IN
CHEERLEADING, TUMBLING, GYMNASTICS, DANCE, AND RELATED ATHLETIC OR RECREATIONAL ACTIVITIES
INVOLVES INHERENT RISKS, INCLUDING BUT NOT LIMITED TO FALLS, SPRAINS, FRACTURES, COLLISIONS,
OVEREXERTION, AND OTHER PHYSICAL INJURIES. THESE RISKS MAY ARISE FROM THE NATURE OF THE ACTIVITY
ITSELF, FROM THE USE OF EQUIPMENT, FROM INTERACTION WITH OTHER PARTICIPANTS, OR FROM CONDITIONS OF
THE TRAINING FACILITY OR PERFORMANCE VENUES.

I FURTHER UNDERSTAND THAT TRAVEL TO AND FROM EVENTS, PRACTICES, AND COMPETITIONS—WHETHER BY
PRIVATE VEHICLE, PUBLIC TRANSPORTATION, OR OTHERWISE—ALSO INVOLVES INHERENT RISKS, INCLUDING BUT
NOT LIMITED TO MOTOR VEHICLE ACCIDENTS, SLIPS, AND FALLS.

I VOLUNTARILY ASSUME ALL RISKS OF INJURY, ILLNESS, OR HARM TO MY CHILD THAT MAY OCCUR AS A RESULT OF
PARTICIPATION IN ANY ACTIVITIES ASSOCIATED WITH RIVAL ATHLETICS, WHETHER ON OR OFF SITE, INCLUDING
DURING TRANSPORTATION, AND REGARDLESS OF WHETHER SUCH INJURY IS THE RESULT OF NEGLIGENCE
(EXCEPT GROSS NEGLIGENCE OR WILLFUL MISCONDUCT) BY RIVAL ATHLETICS OR ITS STAFF.

I AGREE THAT MY CHILD IS VOLUNTARILY PARTICIPATING AT THEIR OWN RISK AND THAT I AM ASSUMING FULL
RESPONSIBILITY FOR ANY RESULTING INJURY OR DAMAGES.

2. MEDICAL AUTHORIZATION AND RESPONSIBILITY I AUTHORIZE RIVAL ATHLETICS TO SECURE EMERGENCY
MEDICAL TREATMENT FOR MY CHILD FROM ANY LICENSED PHYSICIAN OR PARAMEDIC IF I OR ANOTHER
PARENT/GUARDIAN CANNOT BE REACHED IN TIME. I AGREE TO BE FINANCIALLY RESPONSIBLE FOR ANY SUCH
CARE, AND I RELEASE RIVAL ATHLETICS AND ITS STAFF FROM LIABILITY FOR ANY TREATMENT DECISIONS MADE IN
GOOD FAITH. I ACKNOWLEDGE THAT MY CHILD IS COVERED UNDER THEIR OWN HEALTH INSURANCE POLICY.

3. WAIVER AND RELEASE OF CLAIMS TO THE FULLEST EXTENT ALLOWED BY UTAH LAW, I WAIVE AND RELEASE ALL
CLAIMS THAT I MAY HAVE AGAINST RIVAL ATHLETICS, ITS STAFF, AFFILIATES, VOLUNTEERS, AND REPRESENTATIVES,
FOR INJURIES, DAMAGES, OR LOSSES SUSTAINED BY MY CHILD IN CONNECTION WITH PARTICIPATION IN THE
ACTIVITIES.

4. MEDIA RELEASE I GRANT RIVAL ATHLETICS THE UNRESTRICTED RIGHT TO USE MY CHILD'S NAME, IMAGE,
LIKENESS, AND VOICE IN PROMOTIONAL MATERIALS, VIDEOS, SOCIAL MEDIA, POSTERS, OR OTHER MEDIA,
WITHOUT COMPENSATION. I WAIVE ANY RIGHTS OF PRIVACY, PUBLICITY, OR ROYALTIES IN CONNECTION WITH
SUCH USE.

5. CONSIDERATION I UNDERSTAND THIS AGREEMENT IS SUPPORTED BY THE BENEFIT OF MY CHILD'S
PARTICIPATION IN RIVAL ATHLETICS PROGRAMS, INCLUDING TRAINING, INSTRUCTION, USE OF EQUIPMENT AND
FACILITIES, AND ACCESS TO TEAM OPPORTUNITIES.

6. GOVERNING LAW THIS AGREEMENT SHALL BE GOVERNED BY THE LAWS OF THE STATE OF UTAH, AND ANY
DISPUTES SHALL BE BROUGHT IN A COURT OF COMPETENT JURISDICTION WITHIN THE STATE.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THIS AGREEMENT AND VOLUNTARILY
ACCEPT ITS TERMS.

PARENT NAME

PARENT SIGNATURE

DATE

RIVAL ATHLETICS

RIVAL ATHLETICS SIGNATURE

DATE