

# Tryout Packet!!



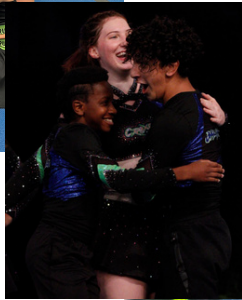
**Cheer-tastics Crush All stars**  
**2024-25**



# Welcome to Cheer-tastics Crush All Stars!

## The 2024-25 Season is Here!

Welcome to the Cheer-Tastic world of all star cheerleading, here, in El Paso, Texas, where our teams embody the spirit of Ohana—where everyone is family. Since our establishment in 2013, we've been a local powerhouse, showcasing our talent not only on at regional competitions but also at some of the most prestigious competitions in the world of cheerleading, such as, NCA, Summit, and Worlds. As we work towards another thrilling seasons, we're brimming with excitement to elevate our program to the next level. Thank you for choosing Cheer-Tastics All Stars and it is a privilege to work with you!



Our Location:

1220 Barranca Dr, STE 5B, El Paso, TX,  
79935

# Team Evaluations

## Team Evaluation Dates:

### **Parent Meeting:**

Parent Meeting will start at 7:00pm on Monday, May 20th. This meeting will be a general information meeting. It is recommended that all interested in trying out attend this meeting.

### **Full Travel Tryouts:**

Tryouts will be on Tuesday, May 21st, at 7:00pm.

### **Full Travel Tryouts:**

Tryout will be on Wednesday, May 22nd, at 7:00pm.

### **Limited/ Non Travel Tryouts:**

Tryouts will be on Thursday, May 23rd, at 7:00pm.

## Pre-Arrival Checklist:

Please make sure that your checklist is complete:

1. Go to [cheertasticscrush.com](http://cheertasticscrush.com) and click "SIGN IN" on the top right corner.
2. Next click on "TEAM PLACEMENT 24-25" and add it to cart
3. Go to your cart and proceed to check-out

- ☐ Create an account on sportengine go motion
- ☐ Register for Team placements 24-25
- ☐ Complete electronically signed wavier

## What to expect?

The first day will be a casual evaluation in groups. Kids will meet new friends and connect with others. Kids will be placed in pods that are similar in skills and age. The final day will be a formal evaluation in groups.

## Interested in a private tryout?

Private tryouts will be available May 3-20. A private tryout must be requested. If you have any questions or want to request a private tryout please contact us at

(915)591-0570 or at [info.cheertastics@gmail.com](mailto:info.cheertastics@gmail.com)

## Age grid:

Tiny (6-7)-2017-2019  
Mini (7-9)-2015-2018  
Youth (8-12)-2012-2017  
Junior (9-15)-2009-2016  
Senior(13-19)-6/1/05-2011  
Senior Open/Coed (18+)-5/31/07 or before  
U16 (12-16)- 2008-2013  
U18 (14-18)-2006-2011

# Programs

## Non-travel:

Join Our Local Non-Travel All-Star Cheer Team in El Paso, Texas!

Are you passionate about cheerleading but can't commit to extensive travel? Our non-travel all-star cheer team in El Paso, Texas, offers the perfect opportunity for dedicated athletes like you! Here's a brief overview of what you can expect and the benefits of joining our squad:

1. **Local Focus:** Our team's primary focus is on competing locally within the El Paso community. Say goodbye to the hassle and expense of long-distance travel - all our competitions are right here in our city!
2. **Flexible Commitment:** We understand that many athletes have busy schedules with school, work, and other commitments. That's why we offer a flexible practice schedule that accommodates your needs while still ensuring top-notch training.
3. **Skill Development:** Whether you're a beginner or an experienced cheerleader, our team is dedicated to helping you grow and improve your skills. Our experienced coaches provide personalized instruction to help you reach your full potential.
4. **Team Spirit and Camaraderie:** Joining our non-travel all-star cheer team means becoming part of a close-knit community of athletes who share your passion for cheerleading. You'll forge lifelong friendships and create unforgettable memories with your teammates.
5. **Local Support:** Competing in front of a hometown crowd is an incredible feeling. Our team receives unwavering support from family, friends, and fans at every competition, giving you an extra boost of motivation to perform your best.
6. **Affordability:** By eliminating the costs associated with travel, we're able to keep membership fees affordable for all athletes. We believe that cheerleading should be accessible to everyone, regardless of financial constraints.

Join us and experience the thrill of competitive cheerleading right here in El Paso! Whether you dream of dazzling the crowd with your stunts, tumbling, or dance moves, our team provides the platform for you to shine. Don't miss out on this opportunity - sign up for our tryout packet today and take the first step toward becoming a part of our non-travel all-star cheer family!

## Limited travel:

Join Our Limited Travel All-Star Cheer Team: Experience Local and Regional Success!

Are you ready to take your cheerleading skills to the next level without the extensive travel commitments? Our limited travel all-star cheer team offers the perfect balance of competition and convenience! Here's a snapshot of what you can expect and the benefits of joining our squad:

1. **Local and Regional Success:** Our team competes primarily in local competitions, giving you the opportunity to showcase your talents in front of hometown supporters. Additionally, we participate in select regional events, allowing you to challenge yourself against teams from nearby areas and expand your competitive experience.
2. **Strategic Travel:** With approximately 2-3 travel events per year, our team maximizes the benefits of competition while minimizing the time and financial commitments associated with extensive travel. These carefully selected events provide valuable opportunities for growth and exposure to different competition styles.
3. **Comprehensive Training:** Our experienced coaches are dedicated to helping you reach your full potential as a cheerleader. From perfecting your stunts and tumbling to mastering choreography, our training sessions are designed to enhance your skills and elevate your performance on the mat.
4. **Team Unity and Support:** Joining our limited travel all-star cheer team means becoming part of a supportive and tight-knit community of athletes. Together, we celebrate victories, overcome challenges, and forge lifelong friendships that extend beyond the gym.
5. **Affordability and Accessibility:** We understand the importance of making cheerleading accessible to all athletes. By minimizing travel expenses, we're able to keep membership fees reasonable while still providing top-notch coaching, facilities, and competition opportunities.
6. **Personal Growth and Development:** Beyond the mat, our team is committed to fostering personal growth and development in every athlete. Whether it's building confidence, developing leadership skills, or learning the value of teamwork, our program empowers you to succeed both on and off the cheer floor.

Join us and experience the excitement of competitive cheerleading with a team that prioritizes local and regional success! Don't miss your chance to be part of a dynamic and supportive cheer family - sign up for our tryout packet today and take the first step toward achieving your cheerleading goals!

## Full Travel:

Elevate Your Cheerleading Journey with Our Full Travel All-Star Team!

Are you ready to embark on an exhilarating cheerleading adventure that takes you to new heights? Join our full travel all-star cheer team and experience the thrill of competing on national and international stages! Here's a glimpse into what awaits you and the unparalleled opportunities that come with joining our elite squad:

1. **National and International Competitions:** Our team travels extensively, attending approximately 6 competitions per year, including prestigious events such as Worlds and Summit. These high-profile competitions bring together the best teams from around the globe, providing an unparalleled platform to showcase your talent and compete at the highest level.
2. **Elite Training and Coaching:** With a focus on excellence, our team is guided by experienced coaches who are dedicated to helping you reach your full potential as a cheerleader. From perfecting advanced stunts and tumbling passes to mastering intricate choreography, our training sessions are designed to push you to your limits and refine your skills to competition-ready levels.
3. **Global Exposure and Recognition:** Competing at events like Worlds and Summit offers unparalleled exposure and the opportunity to make a name for yourself on the international cheerleading stage. Whether you aspire to be a world champion or simply want to push yourself to new heights, our team provides the platform and support to turn your dreams into reality.
4. **Team Bonding and Camaraderie:** Traveling together to competitions fosters strong bonds and lasting friendships among teammates. From sharing exciting experiences on the road to supporting each other through the highs and lows of competition, our team is more than just a group of athletes - we're a close-knit family united by our passion for cheerleading.
5. **Professional Development and Growth:** Beyond the trophies and accolades, our program is committed to nurturing personal growth and development in every athlete. Whether it's developing leadership skills, fostering resilience in the face of adversity, or learning the value of teamwork and collaboration, our team empowers you to become the best version of yourself both on and off the mat.
6. **Prestige and Legacy:** Joining our full travel all-star team means becoming part of a legacy of excellence and achievement. With a history of success at national and international levels, our team is proud to uphold a tradition of excellence and sportsmanship that sets us apart in the world of competitive cheerleading.

Don't miss your chance to be part of something extraordinary - join our full travel all-star cheer team and embark on a journey that will redefine your cheerleading experience! Sign up for our tryout packet today and take the first step toward making your cheerleading dreams a reality!





# Tumbling Grid

	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
LEVEL 1	<ul style="list-style-type: none"> <li>FORWARD ROLL</li> <li>STRADDLE ROLL</li> <li>PUSHUP TO BACKBEND</li> <li>BACKWARD ROLL (BWR)</li> <li>HANDSTAND</li> <li>BACKBEND KICK OVER</li> <li>STANDING BACKBEND</li> <li>FRONT LIMBER/BACK LIMBER</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL (CW)</li> <li>CARTWHEEL - BACKWARD ROLL</li> </ul>	<ul style="list-style-type: none"> <li>HANDSTAND FORWARD ROLL</li> <li>BACK WALKOVER (BWO)</li> <li>BWO - BWR - BWO</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF (RO)</li> <li>FRONT WALKOVER (FWO)/FWO SERIES</li> <li>CARTWHEEL - BWO</li> </ul>	<ul style="list-style-type: none"> <li>BACK WALKOVER SERIES</li> <li>BACK WALKOVER SWITCH LEG</li> <li>BACK EXTENSION ROLL</li> <li>BACK EXTENSION ROLL - BWO/BWO SERIES</li> <li>VALDEZ</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - BWO SERIES</li> <li>FWO - CARTWHEEL/ROUND OFF</li> <li>FWO - BWO/BWO SERIES</li> <li>FWO - CW - BWO SWITCH LEG</li> </ul>
LEVEL 2	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
	<ul style="list-style-type: none"> <li>BACK HANDSPRING (BHS)</li> <li>BACK HANDSPRING STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - BHS</li> <li>ROUND OFF (RO) - BHS</li> </ul>	<ul style="list-style-type: none"> <li>BACK WALKOVER - BHS</li> <li>BACK WALKOVER - BHS STEP OUT</li> <li>BHS STEP OUT - BACK WALKOVER</li> <li>VALDEZ - BWO - BHS</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF (RO) - BHS STEP OUT</li> <li>CW - BHS STEP OUT</li> <li>FRONT HANDSPRING (FHS)</li> <li>FWO - FHS</li> </ul>	<ul style="list-style-type: none"> <li>BWO - BHS STEP OUT - BWO</li> <li>BWO SWITCH LEG - BHS</li> <li>BHS STEP OUT - BWO - BHS</li> <li>VALDEZ - BHS/BHS STEP OUT</li> <li>BACK EXTENSION ROLL - BHS/BHS STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>SERIES FRONT HANDSPRINGS</li> <li>BOUNDER/FLYSPRING</li> <li>CW - BHS SERIES</li> <li>RO - BHS SERIES</li> <li>FWO - RO - BHS/BHS SERIES</li> <li>CW - BHS STEP OUT - BWO - BHS/BHS SERIES</li> </ul>
LEVEL 3	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
	<ul style="list-style-type: none"> <li>BHS/BHS STEP OUT - BHS/BHS STEP OUT</li> <li>ADVANCED JUMP - BHS/BHS STEP OUT</li> <li>BHS/BHS SERIES - ADVANCED JUMP</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF - TUCK</li> <li>AERIAL</li> </ul>	<ul style="list-style-type: none"> <li>BWO - BHS SERIES</li> <li>BHS - BHS - BHS OR MORE</li> <li>ADVANCED JUMP - BHS SERIES</li> </ul>	<ul style="list-style-type: none"> <li>PUNCH FRONT (PF)</li> <li>ROUND OFF - BHS SERIES - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES</li> <li>ADVANCED JUMP - BHS - ADVANCED JUMP - BHS</li> <li>BHS STEP OUT - BHS SERIES</li> <li>BHS STEP OUT - BWO - BHS SERIES</li> <li>BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES</li> </ul>	<ul style="list-style-type: none"> <li>FWO - AERIAL</li> <li>BOUNDER/FLYSPRING - AERIAL</li> <li>ROUND OFF - BHS - TUCK</li> <li>RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK</li> <li>WO - RO - TO - TUCK</li> <li>BOUNDER/FLYSPRING - RO - TO - TUCK</li> <li>FRONT HANDSPRING (FHS) - PUNCH FRONT</li> </ul>
LEVEL 4	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
	<ul style="list-style-type: none"> <li>ONODI</li> <li>BACKWARD ROLL - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>LEVEL SKILLS</li> <li>ADVANCED SKILLS</li> <li>ELITE SKILLS</li> <li>CARTWHEEL - TUCK</li> <li>FWO - CW - TUCK</li> <li>ROUND OFF - LAYOUT</li> <li>ROUND OFF - ONODI</li> <li>FRONT AERIAL</li> <li>FRONT AERIAL - RO - TO - TUCK</li> <li>FRONT HANDSPRING - PF</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - TUCK</li> <li>BACK TUCK</li> <li>BWO - TUCK</li> <li>BACK EXTENSION ROLL - TUCK</li> <li>VALDEZ - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>PF - PF</li> <li>PF STEP OUT - AERIAL</li> <li>ROUND OFF - BHS SERIES - LAYOUT</li> <li>ROUND OFF - ONODI - TO - TUCK</li> <li>PF STEP OUT - RO - TO - TUCK</li> <li>AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT</li> <li>FWO - AERIAL - TUCK</li> <li>ROUND OFF - TO - WHIP/TUCK - TO - TUCK</li> <li>FRONT AERIAL - RO - TO - WHIP - TO - TUCK</li> <li>FWO - RO - TO - WHIP/TUCK - TO - TUCK</li> <li>PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS/BHS STEP OUT - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - TUCK</li> <li>ADVANCED JUMP - BHS - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>FRONTHANDSPRING-PFSTEP-OUT-RO-TO-WHIP/TUCK-TUCK</li> <li>ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG</li> <li>ROUND OFF-ONODI-TO-LAYOUT</li> <li>FRONTWALKOVER-RO-TO-LAYOUT</li> <li>FRONT AERIAL - RO - TO - WHIP - LAYOUT</li> <li>PF STEP OUT - RO - TO - LAYOUT</li> <li>ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT</li> <li>FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT</li> <li>PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT</li> <li>FRONTHANDSPRING-PFSTEP-OUT-RO-TO-WHIP/TUCK-TO-LAYOUT</li> </ul>
LEVEL 5	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
	<ul style="list-style-type: none"> <li>TUCK - BHS - TUCK</li> <li>TUCK - BHS SERIES - TUCK</li> <li>BHS/BHS SERIES - TUCK - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BARANI</li> <li>RO - HALF</li> <li>RO - FULL</li> </ul>	<ul style="list-style-type: none"> <li>ADVANCED JUMP - FRONT/BACK TUCK</li> <li>BHS SERIES - WHIP/TUCK - BHS - TUCK</li> <li>BHS - WHIP/TUCK - BHS - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - WHIP - TUCK</li> <li>BHS SERIES - LAYOUT</li> <li>BHS SERIES - WHIP - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>FHS - BARANI</li> <li>RO-BHSSERIES-FULL</li> <li>ROUND OFF - ARABIAN</li> <li>SIDE AERIAL/FRONT AERIAL - TO - FULL • BARANI - TO - LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>BHS - WHIP - TUCK</li> <li>BHS - LAYOUT</li> <li>ADVANCED JUMP - BHS/BHS SERIES - LAYOUT</li> <li>ADVANCED JUMP - BHS - WHIP - TUCK</li> <li>BHS - WHIP/TUCK - TO - LAYOUT</li> <li>BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT</li> <li>ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FULL</li> <li>RO - BHS - FULL</li> <li>FRONT WALKOVER - RO - TO - FULL</li> <li>BARANI - TO - FULL</li> <li>PF STEP OUT - RO - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - FRONT FULL</li> <li>PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>RO - ARABIAN/HALF STEP OUT - TO - LAYOUT/FULL</li> </ul>
LEVEL 6 & 7	LEVEL APPROPRIATE		ADVANCED LEVEL APPROPRIATE		ELITE LEVEL APPROPRIATE	
	STANDING	RUNNING	STANDING	RUNNING	STANDING	RUNNING
	<ul style="list-style-type: none"> <li>ADVANCED JUMP TO TUCK</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - FULL</li> <li>RO - FULL</li> <li>RO - BHS/BHS SERIES - FULL</li> <li>FWO - TO - FULL</li> <li>SIDE AERIAL/FRONT AERIAL - FULL</li> <li>RO - TO - ONODI - TO - FULL</li> <li>FRONT FULL</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - FULL</li> <li>ADVANCED JUMP - BHS SERIES - FULL</li> <li>BHS - WHIP - BHS SERIES - FULL</li> <li>BHS SERIES - WHIP - FULL</li> <li>HS - WHIP - TO - FULL</li> </ul>	<ul style="list-style-type: none"> <li>RO - BHS - KICK FULL/FULL STEP OUT</li> <li>PUNCH FRONT STEP OUT - TO - FULL</li> <li>RO - WHIP - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>BHS - FULL</li> <li>ADVANCED JUMP - BHS - FULL</li> <li>STANDING FULL</li> <li>ADVANCED JUMP - FULL</li> <li>BHS - WHIP - FULL</li> <li>ADVANCED JUMP - BHS - WHIP - FULL</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - DOUBLE FULL</li> <li>ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li> <li>BHS - WHIP - BHS SERIES - DOUBLE FULL</li> <li>BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS - WHIP - DOUBLE FULL</li> <li>ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS SERIES - FULL/DOUBLE FULL - WHIP - DOUBLE FULL</li> </ul>



## Save the Dates

May:

May 20th= Parent Meeting

May 21-23=Tryouts

May 25-27=Memorial Day Weekend (CLOSED)

June:

June 13-14=Stunt choreography for full travel

**\*\*TENTATIVE\*\***

June-22=Beginning of the year party!

**\*\*TENTATIVE\*\***

July:

July 4-7=CLOSED FOR HOLIDAY

August:

End of August-Beginning of September= 2nd choreography  
for full travel

**\*\*TENTATIVE\*\***

September:

August 31-September 2- CLOSED FOR LABOR DAY

October

October 31= CLOSED FOR HALLOWEEN

November:

November 11=CLOSED VETERANS DAY

November 27-29=CLOSED FOR THANKSGIVING

December:

December 23-January 2- CLOSED FOR CHRISTMAS

**\*\* Coaches conference=TBA\*\***

**\*\*More dates will be announced as the season begins\*\***



## Meet Our Staff



Art Lozoya: Owner/Head Coach



Sammy Espinoza: Gym Manager/Coach



Jeanette Grijalva: Cheer Coach



Eddie Alvarez: Cheer Coach



Bailey Kutzman: Assistant Head Cheer Coach



Brian: Stunt Coach



Madi Gaytan: Office Manager/  
Tumbling Coach

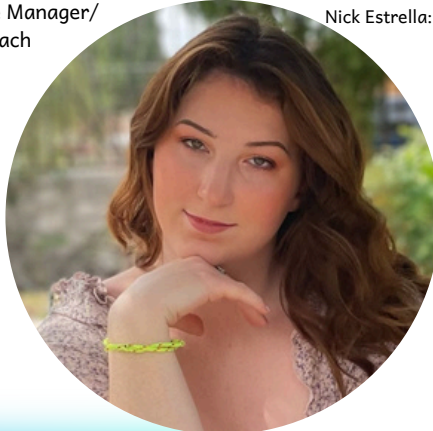


Nick Estrella: Tumbling Director



Pete Esparza: Tumbling Coach

Katie Reilly: Cheer Coach



Annais Holugin: Team  
Manager/ Coach