



ROYAL DYNASTY ATHLETICS

CAPE CORAL PREMIER

ALL-STAR CHEERLEADING PROGRAM

Royal Dynasty Athletics is the Premier All-Star Cheer Program in Cape Coral Florida. Royal Dynasty Athletics is a part of Robin Dawn Dance Academy, and we are excited to start our 3rd season of All Star Cheerleading. We strive to provide a fun and exciting atmosphere that encourages growth, athleticism, camaraderie and leadership. We motivate each athlete to train and perform at their maximum potential while embracing challenges.

SQUAD PLACEMENT

Squad placement is one of the most important part of the new season. Our goal at evaluations is to correctly review each athlete and put them on the team that will best foster their growth as an athlete & person, at the same time putting our teams in the best position for success for the upcoming competition season.

No experience is necessary to be a part of one of our Royal Dynasty teams. We offer teams for athletes ages 5-18 and everyone makes a squad. Squads will be placed based on the rubric below with a few exceptions. We offer 4 different levels, which correspond to the type of tumbling skills, pyramids, and stunts that a team can safely perform. Each level increases in difficulty.

LEVEL	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
All-Star Prep /All-Star Novice	No experience Necessary	No experience Necessary	No experience Necessary
All-Star Elite/Prep Level 1	Standing Back Walkover	Cartwheel	Single toe touch
All-Star Elite/Prep Level 2 <u>*Required Skills*</u>	Standing back-handspring Back walkover-back-handspring	Round off 2 back-handspring	Two connecting jumps
All-Star Elite/Prep Level 3 <u>*Required Skills*</u>	Standing multiple back handspring	Round off-back hand spring-tuck	Multiple jumps connected into standing multiple back handsprings
All-Star Elite Level 4 <u>*Required Skills*</u>	Standing back tuck Standing two back handsprings to a tuck	Round off-back handspring –layout	Toe touch back handspring-back tuck

As you will see on the tumbling rubric, each level has a required set of skills, as well as optional set of skills. There is a heavier emphasis being placed on the REQUIRED skills, and an athlete's ability to perform those skills at a proficient level. We would like to see the skill demonstrated with a high caliber of technique than a higher level of difficulty. Just because an athlete can throw all of the optional skills do NOT mean they have put themselves in the best position to make a desired level. Athletes will put themselves in the best position to make a desired level by execution required skills at a high caliber.

REFERRAL CREDIT

Referral: A \$10 credit will be given for each NEW friend you bring to Royal Dynasty Athletics who signs up for an All-Star Prep/Novice or All-Star Elite team at evaluations. Credit will be applied to tuition the following month after athlete has officially joined and paid.

MUST LET US KNOW AT EVALUATIONS.



ROYAL DYNASTY ATHLETICS REGISTRATION FORM

Anyone wishing to enroll into Royal Dynasty Athletics for the coming season needs to complete this form in its entirety. Incomplete forms will not be accepted. By turning in a completed form, you are confirming that you are ready for your student to be placed on a team and for your Automatic Payment account to be billed. If you are a returning member you still need to fill out this form

PROGRAM PREFERENCE

- ☐ All Star Prep
- ☐ All Star Elite
- ☐ Willing to Cross Over

REQUIRED ITEMS/DOCUMENTS:

Attached 2"x 3" Athlete Photo

ATHLETE AGE:

BIRTHDATE: _____

ATHLETE NAME: _____

I (PARENT/GUARDIAN) _____ give my child, whose name appears above, permission to try out for the 2022 / 2023 Royal Dynasty Program. I understand that the sport of cheerleading is a dangerous sport and will not hold Royal Dynasty Athletics, Robin Dawn Academy Inc., its owners and/or employees liable for any injury incurred as a result of my child participating in the clinic or tryout.

I (PARENT/GUARDIAN) _____ have read the entire tryout packet in full and understand and will follow the Rules and Policies set by Royal Dynasty Athletics and Robin Dawn Academy Inc. I am authorizing RDA to process the appropriate tuition and annual fees required to start the program.

Parent / Guardian Signature: _____ Date: _____

Parent/Guardian Email: _____ Phone Number: _____

Parent / Guardian First and Last Name: _____

Relationship to Athlete: _____

TELL US ABOUT YOUR ATHLETE'S SKILLS

BASE: _____

BACKSPOT: _____

FLYER: _____

**STANDING/RUNNING
TUMBLING:** _____

PREVIOUS COMPETITIVE LEVEL (IF APPLICABLE): _____

**STANDING/RUNNING
TUMBLING:** _____

Medical

Previous/Current Injuries: _____

Allergies: _____

Medications: _____



ROYAL DYNASTY ATHLETICS EVALUATION FORM

PROGRAM PREFERENCE:

WILLING TO CROSSOVER:

☐ **ALLSTAR ELITE**

☐ **YES**

☐ **ALLSTAR PREP**

ATHLETE'S BIRTH YEAR: _____

ATHLETE NAME: _____

PARENT EMAIL: _____ **CONTACT#:** _____

CATEGORY	Beginner	Intermediate	Advanced
Level 1	<ul style="list-style-type: none">○ Forward Roll○ Backward Roll○ Cartwheel○ Round Off	<ul style="list-style-type: none">○ Bridge Kick Over○ Back Walkover○ Back Walkover Switch	<ul style="list-style-type: none">○ Front Walkover○ Back Walkover Series○ Valdez○ Specialty Series
Level 2	<ul style="list-style-type: none">○ Standing BHS○ Jumps pause BHS○ Round Off BHS○ Front Handspring	<ul style="list-style-type: none">○ BHS Step Out○ BWO BHS○ Front Bounder	<ul style="list-style-type: none">○ FWO RO BHS Series○ Specialty Series○ Front Bounder Set Out○ FHS Front Bounder
Level 3	<ul style="list-style-type: none">○ Aerial○ Jumps to BHS○ RO Tuck○ RO BHS Tuck	<ul style="list-style-type: none">○ Standing 3 BHS○ 2 Jumps to 2 BHS○ FWO RO BHS Tuck○ Punch Front	<ul style="list-style-type: none">○ Jump BHS Jump BHS○ Specialty Series○ Front Bounder Step Out○ FHS Front Bounder
Level 4	<ul style="list-style-type: none">○ Standing BHS Series to Tuck○ Cartwheel Tuck○ Standing Tuck	<ul style="list-style-type: none">○ Standing BHS Tuck○ RO BHS Layout○ 3 Jumps Pause Tuck	<ul style="list-style-type: none">○ Punch Front RO BHS Layout○ RO Whip BHS Layout○ RO Whip punch Layout
Level 5	<ul style="list-style-type: none">○ Jumps to Tuck○ RO BHS Full○ FWO RO BHS Full	<ul style="list-style-type: none">○ Standing BHS Layout○ RO Whip 2 BHS Full	<ul style="list-style-type: none">○ Jumps to BHS Layout○ BHS Whip BHS Layout