

THE STINGRAY ALLSTARS

HALF YEAR ALLSTAR PREP 2025-2026



The Stingray Allstars- Marietta



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OUR PROGRAM:



The Stingray Allstars Half Year Allstar Prep Program begins in November 2025 and will last through March 2026. We will field teams of athletes ages 4-18 with prep levels 1 through 3.2. NO PRIOR EXPERIENCE IS REQUIRED!

Athlete Safety / Parent Roles:

The safety of the athletes is our top priority. All of our staff have an annual background check, concussion training and are USASF credentialed/cleared to train athletes.

We are partnered with The Sports Compliance Company. They provide an independent hotline for athletes, families, and staff to confidentially report ethics or misconduct concerns. The hotline number is available 24/7/365 to all our members at 1-800-594-5930. They handle the intake and external investigation of concerns related to athlete safety. We all must work together as coaches and parents to see that our athletes are able to train in a safe, positive environment.

What is Allstar Prep?:

Allstar prep is a division of allstar cheerleading in which teams will compete against other allstar prep teams. Routines are choreographed up to 2 minutes long and comprised of tumbling, stunting, pyramids and dance.

Our allstar prep program is designed to offer competitive allstar cheer to athletes that are new to cheerleading and transitioning from rec or middle school cheer. It is a perfect way to see if your athlete is ready for our full year competitive allstar program, or to stay in shape in the off-season!

Time Commitment:

Teams will practice twice a week for an hour and forty five minutes each practice. Attendance is incredibly important to a team's success. All practices and competitions are mandatory. Your athlete is allowed 3 absences throughout the season. Excessive tardiness or absences will result in removal from the team.

Apparel:

There will be an optional practice wear package provided through The Stingray All Stars Pro Shop for athletes wishing to purchase. Athletes who do not purchase the practice wear will be asked to wear the same color as their teammates to practice. The Pro Shop will have sizers available the first week of practices.

All Stingray logos and brands are protected and cannot be duplicated. All Stingray apparel must be purchased from the Pro Shop including team sponsored items, parent apparel, etc.

Uniforms:

Uniforms are rented to athletes for the season for \$75, billed in December. At the end of the season you will turn in your uniform or you may purchase it for an additional \$150. Our uniform representative will fit your athlete for a uniform later in the season and they will be distributed in the weeks before the showcase.

THINGS TO KNOW:

Communication

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

1. Team Rep 2. Head Coach 3. Allstar Prep Director 4. Owner/President

- 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 would not be an appropriate time.
- It is the parent's responsibility to know what is going on with your team.
- Check your emails and the team GroupMe regularly. GroupMe, Band, Remind and email are all potential means of communication.
- Parents, relatives, friends and athletes are not allowed to speak with competition officials for any reason.
- There will be no arguing or questioning coaching decisions at competitions, practices, or ever.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and your Allstar Prep Director.
- Parents are not allowed to represent The Stingray Allstars under any circumstances concerning accommodations, competitions or any other situation.



Attendance

- Practices may be changed or added throughout the season.
- Only athletes and coaches are allowed in the gym.
- You must arrive at all practices, competitions or any scheduled event 10 minutes early. Punctuality is a MUST. Being late or absent from a competition could result in alternate status or removal.
- Please make sure that both parents are fully aware of the time commitment to The Stingray Allstars. It is unfair to the team and especially your child for practices / competitions to be used as a bargaining tool. The Stingray Allstars will make no exceptions to schedules due to co-parenting conflicts.
- Punishing your child by missing practice or a competition is not acceptable.
- Homework is not an acceptable excuse for missing practice.

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 removal.
- Social Media posts that are a poor representation of the The Stingray Allstars may result in suspension or removal from the team.
- We are not responsible for lost or stolen items.
- No child should be dropped off at the gym unsupervised or without an active enrollment in a class, private, or practice.
- Anyone threatening to quit or to pull their child from a team will be dismissed from the program immediately.
- The Stingray Allstars maintain the right to refuse services at any time.
- The Management Team may change, add or subtract any rule at any time.



FINANCIAL INFORMATION

Allstar Cheer requires a significant financial commitment. It's important to carefully consider the investment involved. Below is the financial breakdown for the 2025-2026 season for the Half Year Allstar Prep Program.

When you enroll online for your tryout timeslot, you will pay the first installment of tuition + the registration fee based on your date of enrollment.

Registration Fee is free until October 1st. Registration Fee is \$20 from October 1st-October 31st.
Final Registration is \$35 starting November 1st

Installments	Due Date	Amount
1	Upon Registration	\$235 + Registration Fee
2	12/7	\$235
3	1/7	\$235
4	2/7	\$235
5	3/7	\$235

Tuition includes all team practices, choreography, music, competition fees and a competition bowl/program t-shirt.

We require all families to keep a valid card on file. Any unpaid charges will run through automatic billing on the 8th of each month. You must keep your account current in order to participate in any program.

Athletes that are placed on a team and quit, will not receive a refund. No further billing will take place.

Tuition does not include:

	Bill Date/Due Date	Amount
*USASF Registration	Completed by January 21st	\$49
Uniform Rental	Billed: 12/1/25 Due: 12/7/2025	\$75

You may purchase the uniform to keep for an additional \$150 at the end of the season.

There are optional add-ons you can enroll your athlete in to improve and develop their skills throughout the season in addition to their team practice. We offer weekly tumble classes (\$75 per month), flexibility and jump classes (\$45 per month), as well as private and semi-private lessons.

Visit www.stingrayallstars.com/programs to review all of our training options!

*The USASF, or United States Allstar Federation, is a membership based organization that oversees and promotes the safety, fairness and development of the sport of allstar cheerleading. They develop the rules, regulations and guidelines for in-gym training and USASF sanctioned competition events. All athletes at Stingrays are required to register in order to compete at the scheduled competitions.

IMPORTANT INFORMATION

HALF YEAR ALLSTAR PREP



PROGRAM DETAILS

The half year allstar prep program is available for athletes ages 4-18 years old. This program will compete in the prep/novice divisions and attend 2 competitions in the Atlanta area in addition to a local showcase. Teams will perform one time per event and are judged on a scoresheet specific to prep.

Throughout the season, teams will practice twice a week, at either our Marietta or North location.

The practice schedule depends on gym space and coach availability.

TRYOUTS

Tryouts will take place over three dates. You will select ONE timeslot to attend and enroll through the online customer portal.

CHOOSE FROM:

Wednesday, November 19th at 4:30pm OR 5:30pm

Thursday, November 20th at 4:30pm OR 5:30pm

Friday, November 21st at 4:00pm OR 5:00pm

Please plan to show up to your timeslot 15 minutes early to get checked in.

All athletes will need to have submitted the athlete questionnaire found [HERE!](#)

Athletes will showcase their best tumbling skills, jumps and motions. You do not need to have anything specific prepared for tryouts.

TEAM PLACEMENT INFORMATION

You will receive an email on Tuesday, November 25th with your athletes team placement information! Your email will include the team name, division, coaches, practice schedule and location. The first practices will take place the first week of December!

IMPORTANT DATES

Tryouts: November 19th , 20th or 21st

Team Placement Emails: November 25th

Thanksgiving Closure: November 24th-28th

Holiday Closure: December 21st- January 2nd

Friends and Family Showcase: March 13th

1st Competition: March 14th

2nd Competition: March 21st



TEAM PLACEMENT

Our teams are broken down into division categories based on age and skill level. The age grid is mandated by our governing body, The USASF. Teams are structured by the below guidelines for all competitions. Please note, there is some overlap in the divisions available for each age. The team coaches and program director will determine the team placements for each athlete based on their age eligibility, tumbling skill level and stunt position. Each year we strive to create more competitive teams. Previous team levels or placements will not factor into your team placement for this season.

Please reference the athlete age grid below:

Prep Age Grid		
Age	Birth Year	Eligible Divisions
4	2021	Tiny Novice
5	2020	Tiny Novice, Tiny Prep
6	2019	Tiny Novice, Tiny Prep, Mini Prep
7	2018	Tiny Novice, Tiny Prep, Mini Prep, Youth Prep
8	2017	Mini Prep, Youth Prep, Junior Prep
9	2016	Mini Prep, Youth Prep, Junior Prep
10	2015	Youth Prep, Junior Prep
11	2014	Youth Prep, Junior Prep, Senior Prep
12	2013	Youth Prep, Junior Prep, Senior Prep
13	2012	Junior Prep, Senior Prep
14	2011	Junior Prep, Senior Prep
15	2010	Junior Prep, Senior Prep
16	2009	Senior Prep
17	2008	Senior Prep
18	2007	Senior Prep
18+	6/1/06-2007	Senior Prep

REGISTRATION INSTRUCTIONS



All bookings and registration is done through the Parent Portal on the Stingray website: www.stingrayallstars.com, or through the "Stingray Cheer" App on your mobile device. Once on the site, click on the Marietta tab, then the "Parent Portal/Bookings". If you already have an account, please do not create a new one.

1

Under the "Bookings" tab in your account, select "Half Year Allstar Prep Tryouts".

2

Choose ONE tryout time slot and add it to your cart. You will pay the tryout registration fee as well as the first month of tuition. Enrollment confirmation will be sent via email.

3

Once you have secured your timeslot, visit the link below to complete the digital tryout information form. If you have multiple athletes trying out, you will complete the form twice.

*You must use a Google email address to complete this form.

[2025-2026 Half Year Allstar Prep Athlete Tryout Questionnaire](#)

There are optional skill clinics available for an additional cost in the weeks leading up to tryouts! Be sure to browse the website for additional training opportunities.

ONE OF A KIND

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FREQUENTLY ASKED QUESTIONS



Q: My athlete has never cheered before, is this a good fit?

A: The Half Year Allstar Prep Program is entry level and a great way to get started in the sport! No prior experience is required to join.

Q: Does every athlete trying out make a team?

A: Yes! We will form teams based on the age and skill level of the athlete's trying out. No prior experience is required and those new to the sport will be training alongside other beginner athletes.

*Only exception would be if we were unable to field a team of a certain age group.

Q: What are the tumble skills within each level?

A: Level 1-

- Forward/Backwards Rolls
- Front/Back Walkover series
- Cartwheels, Roundoffs, Back Bend Kickovers

Level 2-

- Front/Back Handsprings (standing and running)

*Please note, this is an entry level program and no skills are required.

Q: What do the team divisions mean?

A: Teams are broken down into age, roster size, and skill level divisions to compete against other cheer programs. The age groups are Tiny, Mini, Youth, Junior, and Senior. The roster sizes are broken down by Small (under 22 athletes) and Medium (up to 30 athletes). The teams are created to be most competitive within their division and there is no difference in skill level between the age groups and sizes. A Youth level 2 and a Junior level 2 are doing the same skills!

FREQUENTLY ASKED QUESTIONS

Q: How do you choose teams?

A: Teams are formed by grouping athletes of similar age and skill level. The tumble skills performed during the tryout are what the coaches will reference for team placement. Athletes that fall into multiple age categories will be placed based on their potential stunt position. If an athlete is interested in being a flyer, they will show body positions at tryouts but stunt roles will not be confirmed until several practices into the season.

Q: When do we find out our practice schedule?

A: You will find out your two practice days, locations, and coaches when we email out team placements on Tuesday, November 25th. Practices will be twice a week, Monday-Thursday and could be at our Marietta or North location. Practices will start at 5:00pm and last an hour and 45 minutes.

Q: What is the attendance policy for this program?

A: All practices are mandatory in our Allstar Prep Program. We allow for 3 excused absences throughout the season. Missing for homework, as a form of punishment, or other unexcused events is not acceptable. Excused absences would include events for a school grade, illness with a doctors note and family emergencies. Excessive tardiness and absences from team practices will result in your athlete becoming an alternate or being removed from the roster altogether. Attendance and punctuality are important to the team's success and all members will be held to this standard.

Q: Can I enroll in classes to prepare for tryouts?

A: Yes! We offer tumble classes, flexibility, stunt classes, and jump classes that athletes may enroll in at any point. We also have private and semi-private lessons and clinics for more in depth training. Enroll in an initial evaluation to get approval for higher level classes. You can book online through your parent portal account!

Q: How does the billing structure work?

A: The cost of the program is added up and divided evenly into 5 monthly installments of \$235. The monthly tuition installments cover all team practices, gym fees, choreography, routine music, competition registration, a program t-shirt and a competition hair bow. Additional required costs that are not included in tuition are the uniform rental fee (\$75) and USASF athlete membership (\$49).

There are optional training opportunities that you may add to your schedule which include weekly tumbling classes (\$75 per month), jump or flex class (\$45 per month), private lessons (\$80 per hour), semi-private lessons (\$70 per hour), and skill clinics (pricing varies).

FREQUENTLY ASKED QUESTIONS

Q: Which location will the Half Year Program practice out of?

A: We have two locations that our program uses, and you could practice at either location! Scheduling is based on floor space available and the coaches schedule. Our Marietta gym is located at 1431 Cobb Pkwy North Marietta, GA 30062. Our North gym is located at 3126 North Cobb Parkway Kennesaw, GA 30152. Your team practice schedule will be shared in your team placement email sent out on November 25th.

Q: Where will the competitions be located?

A: The half year allstar prep program will perform at a friends and family showcase at the Marietta gym on March 13th. The two competitions for the season will both be local to the Atlanta area. We will share additional details and what to expect for competitions closer to the date!

Additional Questions?

If you have any questions regarding the Half Year Allstar Prep Program or the registration process, please do not hesitate to reach out to our front office at 678-581-9218 or via email at office@stingrayallstars.com. We look forward to welcoming you to our Blue and Green Family!

Important Contacts:

Allstar Prep Director: Paige Colon paige@stingrayallstars.com

Office: Office@stingrayallstars.com, Marietta: 678-581-9218, North: 678-766-1196

Pro Shop: Stingraysproshop@gmail.com, 678-581-9783

