



# NORTHWEST SILVERSTARS

## 2026-2027 Tryout Packet

[WWW.NWSTARS.COM](http://WWW.NWSTARS.COM)

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# WELCOME



Dear SilverStar Candidate and Parent,

I would like to personally welcome you to the world of all-star cheerleading! I am thrilled that you are interested in becoming a part of the SilverStar family. [This season marks our 27th season of SilverStars ... the longest standing gym in the PNW! The next 11 months include new athletes, new coaches, and new skills!](#)

When you choose that this is the sport for you, you will be participating in one of the fastest growing sports in the world. Competitive cheerleading is a tremendous team sport that will challenge you both physically and mentally, but is also one of the most entertaining to master. When all is said and done, you will be walking away from this season having learned a lot of cool tricks, having grown in your character and poise, and having created lasting memories with your new cheer family.

If you are new to this whole experience, take a deep breath. There is a lot of information to take in, not to mention the nervousness of attempting a new sport. Fear not – we are committed to keeping this process relaxed, comfortable and stress-free. We have an incredibly competent, equipped staff and are confident that we can help you reach your potential.

If you are returning to the Star Family, I want to thank you for your support and commitment as we continue to grow. Your participation has been a building block in our program, and your heart has built a family for those who are new. I look forward to working with you again and creating an even greater SilverStar legacy!

If you have any questions during this process, feel free to contact 676-0995 or [info@nwstars.com](mailto:info@nwstars.com).

Cheers,

Christina Archer  
President, NW Cheer

## ABOUT NW CHEER

Northwest Cheer is committed to creating, teaching and encouraging a higher standard of athleticism, leadership and character within cheerleaders. Our goal is to unite students from different schools and districts with the purpose of reaching a common success through competitive cheerleading, dance, and exhibition performances. We began in the summer of 2000 with a few phone calls to local coaches and cheerleaders. Our first team consisted of 25 high school girls. Since then, we have added minis, youth, and junior cheer teams, various rec teams and a SilverStar Academy.

Our organization continues to grow as the athletes continue to excel! We are the longest standing all-star gym in the PNW and have won over 100 Championship titles and accolades. We are Summit Bid contenders every season, with multiple teams making the coveted journey to Summit Finals. We have won many accolades over the years, including PNW Program of the year, Coach of the Year, and PNW Team of the Year. We continue to strive to improve our organization every season.

Each season brings incredible blessings, special memories, and unique trials that spur us on towards growth. Through it all, we remain committed to being a positive influence on our athletes.

# PREP TEAMS



<h2>Ages</h2>	<p>We hope to offer prep teams for boys and girls, ages 6-13.  <i>*Teams offered will be dependent on tryout numbers</i></p>
<h2>Schedule</h2>	<ul style="list-style-type: none"> <li>• Season runs June-April</li> <li>• Practices are 90 minutes, twice per week.</li> <li>• Regular attendance in both practices and tumbling is required for team success</li> </ul>
<h2>Pricing*</h2>	<ul style="list-style-type: none"> <li>• \$140 tuition charged on the 1st of each month</li> <li>• Camp fees (\$350) and Uniforms (total range) will be split and charged on the 15th, June-August.</li> <li>• A percentage of remaining Industry Fees charged on the 15th of each month, September-March.</li> <li>• Industry fees range from \$140-\$200 monthly and include: competition fees, music/choreo, staff travel fees, etc.</li> </ul>
<h2>Uniform</h2>	<p>Prep teams will order the same uniform as the elite teams. Athletes will also receive a competition bow and a practice outfit. White no-show socks, uniform-colored briefs and white cheer shoes will also be required, but are purchased by the individual.</p>
<h2>What to Expect</h2>	<ul style="list-style-type: none"> <li>• Learning a 2 minute routine based on team potential</li> <li>• 5-7 one-day competitions/performances</li> <li>• Weekly Team Talks focused on character trait of the month</li> </ul>

\*Family Discounts for multiple siblings available. Quarterly fundraising opportunities available.



# ELITE TEAMS



<p><b>Ages</b></p>	<p>We offer Elite Teams for girls and boys, ages 7-19.</p>
<p><b>Practice Schedule</b></p>	<ul style="list-style-type: none"> <li>• Season runs June-April (early May for teams winning a Summit bid)</li> <li>• Level 1 and Level 2 teams practice for 2 hours twice per week (with an additional hour of team tumbling during the school year)</li> <li>• Level 3 and higher teams practice for 2.5+ hours twice per week (with an additional hour of team tumbling during the school year)</li> <li>• Regular attendance in both practices and tumbling is mandatory.</li> <li>• Regular absences/illnesses/injuries will result in reevaluation</li> </ul>
<p><b>Comp Season</b></p>	<ul style="list-style-type: none"> <li>• Elite teams compete anywhere from December-May</li> <li>• Local competitions are located from Portland to Vancouver, BC. Travel trips range from California to Florida.</li> <li>• Junior &amp; Senior teams (L2 and above) are eligible to win bids to D2 Summit in Orlando.</li> </ul>
<p><b>Pricing</b></p>	<ul style="list-style-type: none"> <li>• \$160 (L1-L2)/\$180 (L3+) tuition charged on the 1st of each month.</li> <li>• Camp fees (\$500) and Uniform fees (\$100-\$500) will be combined and charged in 3 equal installments, due June 15, July 15, August 15.</li> <li>• Industry fees include: competition fees, music/choreo, staff travel fees, etc. These are divided into equal monthly payment Sept-March and charged on the 15th.</li> <li>• Family Discounts for multiple siblings available. Quarterly fundraising opportunities available.</li> </ul>
<p><b>Uniform</b></p>	<p>NW Cheer determines what new uniform pieces will be designed each season. <i>We will be using same uniforms as 25-26 season.</i> Athletes will also receive a custom team bow and a practice outfit. White no-show socks, uniform-colored briefs and white cheer shoes will also be required, but are purchased by the individual.</p>
<p><b>Character</b></p>	<ul style="list-style-type: none"> <li>• Weekly Team Talks focused on character trait of the month</li> </ul>

# ASSESSMENT PROCESS

## Registration:

- Tryout Fee: \$50 (due before tryouts)
- Regular Annual Registration Fee: \$75 (due with first tuition payment)
- **Early Bird Registration Fee: \$235 (applied towards first month's tuition/annual registration fee; nonrefundable). Early Bird registration dates: March 21-April 4. By registering early, your tryout fee will be waived (\$50 value), you will receive 50% off registration for all workshops in April & May, and \*NEW THIS YEAR\* you will receive a personalized evaluation by end of April.**

## Informational Meetings:

We will be offering a video option for an Informational Meeting to go over the tryout process and details for the upcoming season. It is mandatory for each athlete and at least one parent/guardian to watch the Info Video before trying out. We will also be offering a couple in-person Open Houses with tours and Q&A with the Directors.

## Tryout Process:

Candidates will try out April 28th, May 1st and 2nd. Tryouts consist of learning a dance, working on a jump combo, tumbling assessments and preliminary stunt assessments. Candidates will be placed on a Level Training Team to begin their training. Athletes will train two times per week with their Level Training Team for the month of May, as coaches continue to assess and maximize potential.

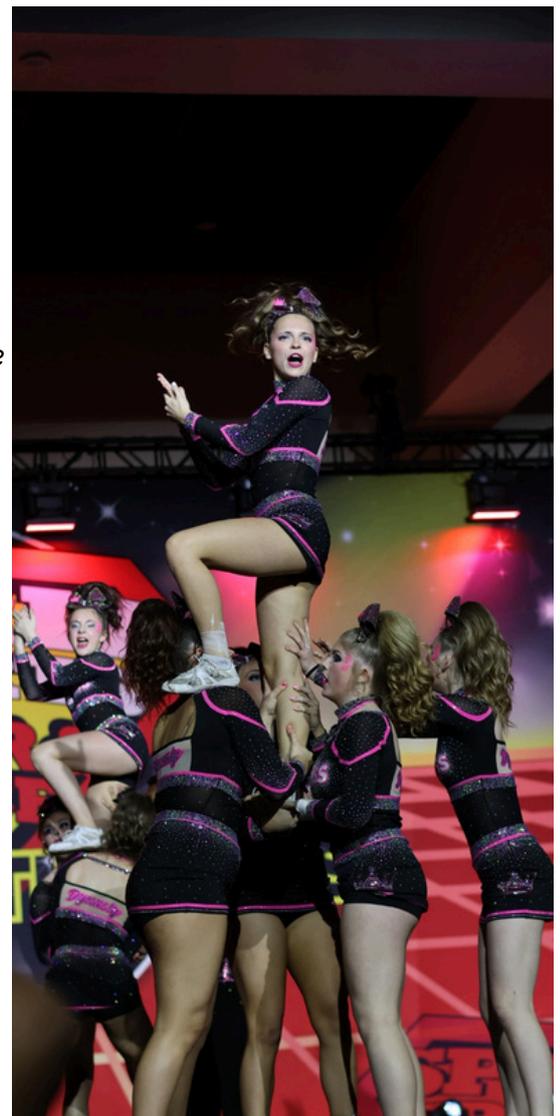
All athletes will be reassessed at the end of May.

**\*Registered returning elite athletes will have the option to waive a Level Training Team before Final Team Placements.**

## Final Team Placements:

Each athlete will be selected for a Prep Team or an Elite Team. Athletes may also be selected as a crossover (competes on 2 teams, additional time and financial investment) or as an alternate (competes on 1 team but considered as a fill in on another team, additional time required). *All placements will be regularly assessed & adjusted if skills advance or decline, or as team needs change.*

Tryout Timeline	
<b>Sun, March 21st</b> <b>10:30 am-11:30 am</b> <b>Tues, April 21st</b> <b>5:30-6:30</b>	Open House Tour & Q&A with the Directors
<b>March 21st - April 4th</b>	Early Bird Registration
<b>April 28<sup>th</sup>, May 1<sup>st</sup> &amp; 2<sup>nd</sup></b>	Tryout Days
<b>May 4th</b>	Level Teams Announced
<b>May 6th-28th</b>	Level Practices
<b>May 30th</b>	Final Team Placement Tryouts
<b>June 2<sup>nd</sup></b>	Season 27 Teams Announced



# TEAM PLACEMENTS

Parents, your athlete should be the brightest STAR in your sky. However, our responsibility during team selection is to build the brightest CONSTELLATIONS. We see and value the individual, but we make decisions based on the big picture for the team. It would be great if every athlete could trust the process and be ecstatic about whatever team they are selected for, knowing that the experts have placed each athlete where they can be the best contributor to their team. We recognize the excitement and motivation of many of our athletes to “level up,” but that is not a realistic expectation every season! We encourage goal-setting and pursuit of excellence and want to help you achieve those goals. We also want to encourage realistic timelines and assessments while pursuing those goals, as many skills in this sport are not quick to achieve. Patience, realistic personal assessments and a perfection-before-progression mindset will help you and your teams have the most success!

As industry standards change, our team selection process has to adjust in order to be competitive. Team Selection is based on some objective categories and some subjective categories. While some athletes or parents may value one of these categories over another, team selection is based on all of them.

## **Objective categories are easy for an athlete/family to assess (in order of importance):**

- **Age:** USASF age grid is based on the birth year. Successful teams have a majority of their athletes at the top of the age range, some in the middle, and a rare few at the bottom of the range.
- **Standing / Running Tumbling:** Successful teams require a minimum of 1 elite and 1 advanced skill for each category. These skills should be able to be performed with excellence multiple times within athletic activity to be considered. These skills will be assessed based on the details (“drivers”) the team will be scored on at competitions.
- **Stunting:** Successful teams are built as stunt groups. Each athlete needs to be able to fully contribute to advanced and elite stunting skills for their level.

If an athlete is partially, but not fully qualified in standing tumbling, running tumbling, and stunting, they are put into an alternate category to be considered once all fully qualified spots are filled. If an athlete falls into the alternate category, his/her best chance lies in being the VERY TOP of the desired level in whichever category they offer.

## **Subjective categories may be harder for an athlete/family to measure. However, these are easily discernible for experienced coaches to assess. These include (all are considered with equal importance as objective skills):**

- **Performance Skills:** Qualified athletes can keep up with the pace of the level and the average pace of the rest of the team when it comes to jumps, dance and showmanship.
- **Performance Maturity:** Successful teams have athletes who can maintain composure under pressure, mental presence during skills and routines, and the ability to make and retain corrections. Often this comes with age and experience. Sometimes it clicks quicker, sometimes it takes longer.
- **Attendance/Participation:** Attendance and participation are mandatory for successful teams. Even the most athletically qualified athlete is a hindrance to a team’s success if he/she is regularly injured, sick or absent. For new athletes, this is more difficult to assess. For returning athletes, we keep clear records that can be seen in your portal.
- **Work Ethic:** Each level and team have specific standards of discipline and work ethic needed from all team members in order to ensure safety and success of the team. The higher the level, the higher the physical demand (in and out of the gym).



# Tumbling Skills by Level

These are based on the Varsity Scoring Rubric, but also adjusted based on SilverStar standards

<b>Level</b>	<b>1</b>	<p><u>Advanced Standing Skills:</u> Back Walkover (BWO), BWO-BWR (Backwards roll)-BWO</p> <p><u>Elite Standing Skills:</u> Back Walkover Series, Back Walkover Switch, Back Extension Roll- BWO/BWO Series, Valdez</p> <p><u>Advanced Running Skills:</u> FWO/FWO Series, Cartwheel-BWO</p> <p><u>Elite Running Skills:</u> Cartwheel- BWO Series, FWO-Carthweel/Round Off, FWO-CW-BWO/BWO Series, FWO-CW-BWO Switch Leg</p>
<b>Level</b>	<b>2</b>	<p><u>Advanced Standing Skills:</u> Back Walkover BHS, BWOBHS/Step out, BHS step out BWO</p> <p><u>Elite Standing Skills:</u> BWO-BHS Step Out-BWO, BWO Switch Leg-BHS, BHS Step Out-BWO-BHS, Valdez-BHS/BHS Step Out</p> <p><u>Advanced Running Skills:</u> Round Off (RO)/CW -BHS Step Out, FWO-FHS</p> <p><u>Elite Running Skills:</u> Bounder/Flyspring, CW/RO BHS Series, FWO-RO-BHS/BHS Series, CW-BHS Step Out-BWO-BHS/BHS Series, RO-BHS Step Out-BWO-BHS/BHS Series</p>
<b>Level</b>	<b>3</b>	<p><u>Advanced Standing Skills:</u> BWO-BHS Series, Triple BHS, Jump-BHS Series</p> <p><u>Elite Standing Skills:</u> BHS/BHS Series-Jump-BHS/BHS Series, Jump-BHS-Jump-BHS, BHW Step Out-BHS Series, BHS Step Out-BWO-BHS Series, BWO-BHS-Jump-BHS/BHS Series</p> <p><u>Advanced Running Skills:</u> Punch Front, Round Off-BHS-Tuck</p> <p><u>Elite Running Skills:</u> FWO-Aerial, RO-BHS Step Out-1/2 Turn-RO-to-Tuck, FWO-RO-to-Tuck, Bounder/Flyspring-RO-to-Tuck, FHS PF</p>
<b>Level</b>	<b>4</b>	<p><u>Advanced Standing Skills:</u> BHS Series-Tuck, BWO-Tuck, Back Extension Roll-Tuck, Standing Tuck</p> <p><u>Elite Standing Skills:</u> BHS/BHS Step Out-Tuck, Jump BHS Tuck</p> <p><u>Advanced Running Skills:</u> PF Step Out-RO to tuck, RO whip to Tuck, ROBHSLayout</p> <p><u>Elite Running Skills:</u> PF Step Out-RO-to-Layout, Whip pass to layout, FHS-PF Step Out-Tuck/Whip/Layout (can end in tuck if it includes a whip)</p>
<b>Level</b>	<b>5</b>	<p><u>Advanced Standing Skills:</u> BHS-Whip/Tuck-BHS-Tuck, BHS Series-Layout, BHS Series-Whip-Tuck</p> <p><u>Elite Standing Skills:</u> BHS-Whip-Tuck, BHS-Layout, BHS-Whip/Tuck-Layout</p> <p><u>Advanced Running Skills:</u> RO-Arabian</p> <p><u>Elite Running Skills:</u> RO-BHS-Full, Any whip or pf pass thru to full, Arabian thru to full</p>

***There is no elevator to success.***

**MASTERED SKILL**

Can perform skill with technique within a routine. Ready for upgrade

**QUALITY SKILL**

Can perform skill with technique (scoresheet drivers)

**SOLO SKILL**

Can perform skill safely & repeatedly

**SPOTTED SKILL**

Minimally spotted or thrown unaided on trampoline/wedge

**DRILLS**

Build confidence & understanding

**CONDITIONING**

Work on strength & flexibility needed

***You have to take the stairs.***

# Tumbling Drivers

Approach	Body Control	Landings	Synchronization*
<ul style="list-style-type: none"> <li>• Arm Placement into pass/skill</li> <li>• Swing/prep</li> <li>• Chest Placement</li> </ul>	<ul style="list-style-type: none"> <li>• Head Placement</li> <li>• Arm/shoulder placement in skill</li> <li>• Hips</li> <li>• Leg placement in skills</li> <li>• Control from skill to skill in a pass</li> <li>• Pointed toes</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Chest placement</li> <li>• Finished pass/skill</li> <li>• Completed twisting skills</li> </ul>	<ul style="list-style-type: none"> <li>• Timing of approach, hands on floor, feet on floor, etc.</li> </ul>

# SEASON AT A GLANCE

All-star cheerleading is a TEAM sport. Without everyone present, the team cannot accomplish its goals. Practice is MANDATORY and absences should be avoided. Any absence or tardiness results in the entire squad being penalized with less time to safely practice skills, the staff sacrificing coaching time to rearrange plans, and other customers' investment being unrewarding. Please plan according to the Star Calendar (June calendar released at kick-off meeting. Remaining season calendar released by end of June..

<b>Individual Assessments &amp; Training Teams</b>	May	Team selections are based on athletes' ages, abilities, and team needs.
<b>Training &amp; Team Building</b>	June-August	Athletes learn the fundamentals of their level, develop stunt groups, master level-specific tumbling skills, and create a skill list for choreography.
<b>Adjustments</b>	Beginning of August	Coaches will take another look at athletes/teams and their progress. If athletes are not meeting team requirements or exceeding team requirements, adjustments may be made to ensure correct team placement and best team success
<b>Skills &amp; Choreography Camp</b>	June & August	Camps are scheduled based on the availability of our out-of-state instructors. We keep July free of any camps to ensure families can travel without missing anything! Camp Week includes team bonding, skills training, and choreography of their competition routine
<b>Routine Practice Season</b>	September-December	Teams work towards mastering their routine and making adjustments where needed.
<b>Competition Season</b>	December/January through April/May	Teams compete regionally, Nationally and Internationally

## Gym Closures:

- July 3-11
- September 3-September 8
- November 26-28  
(teams competing in December WILL have practice on November 29th)
- December 19th -January 2nd (mandatory practices WILL start back on Jan 3rd)
- Spring Break is dependent on the competition schedule.

**Athlete's will be allotted 6 absences during the Summer months (excluding camp weeks)**

# LINKS & INFO

## Next Steps:

**1**

**Follow the link below to register for the 2026-2027 Season!**

If this is your first time registering for our program, please be sure to select the registration "class" when filling out your online forms to secure your registration. Returning families, please log in to your portal and select "classes" and select registration for this season.

**2**

**Follow us on social media so that you can stay informed on upcoming season!**

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## Quick Links for Reference

[Register for Early Bird 2026-2027](#)  
([Open March 21st-April 4th](#)).

[Register for Early Tryouts April 28<sup>th</sup>,](#)  
[May 1<sup>st</sup> and 2nd](#)

[Register for Final Tryouts May 30th](#)

**[Season 26 Info](#)**  
**[Meeting Video](#)**

*Season 27 updates coming soon*

[USASF Rule and Age Grid](#)

[Unified Scoring](#)



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