



USA STARS: TWINKLES

Introduction to Competitive Cheerleading 8 - Weeks ★ Open to boys and girls ages 3 to 8

Tumbling ★ Stunts ★ Jumps ★ Transitions ★ Pyramid Skills ★ Dance/Motions

USASF Level 1 Skills

What are the USA Stars Twinkles?

The Twinkles is a new program at the USA Stars designed to introduce younger participants to Competitive Cheerleading at an affordable cost. The focus is on teaching basic skills (using USASF Level 1 requirements) and to prepare them for actual competition as they grow older and/or acquire the skills needed to compete. The program is open to boys and girls ages 3 to 8 (younger will also be considered)

What are the timeframes for participation in Twinkles?

- The Twinkles program is broken into 8-week sessions with one practice per week
- At the end of an 8-week session the Twinkles will do an “exhibition” for parents and other USA Stars members or an “exhibition” at a competition or other event that USA Stars competitive teams attend.

When are Twinkles sessions scheduled for 2011-2012?

- Tuesday evenings: June 14, 2011 through August 2, 2011
 - 5:30 to 6:30 pm: Exhibition details to be announced
- Thursday evenings: September 22, 2011 through November 10, 2011
 - 5:30 to 6:30 pm: Exhibition will be Saturday November 12th at Cumberland Valley High School
- Thursday evenings: January 19, 2012 through March 8, 2012
 - 5:30 to 6:30 pm: Exhibition details to be announced

What does the Twinkles Program cost?

- The fee for an 8-week session is \$100 and includes:
 - Instruction in motions, jumps, transitions, tumbling, stunting (as applicable)
 - Learning a short dance plus the accompanying music on CD
 - Program T-shirt

Are there any other classes available for Twinkles participants?

- Twinkles can participate in an additional Saturday tumbling class specifically for younger kids
- \$25 Registration Fee (good for one year date-to-date)
- \$5 per each session you attend
- Class is 8:00 am to 9:00 am – Classes are available to start anytime
- First payment and registration is due the first Saturday you attend
- These classes run even when the Twinkles program does not and will prepare participants to move up to the regular Saturday tumbling sessions

How do I sign up for the Twinkles Program?

- Pre-register via email: cbrowncheer@embarqmail.com
- Come in the first night of the session and register there

Who teaches Twinkles participants?

- The Twinkles program will receive instruction from
 - USA Stars Head Coaches (USASF certified)
 - USA Stars Assistant Coaches (in training for USASF certification)
 - USA Stars Senior Level cheerleaders – always supervised by a USA Stars Coach