



# GOLDEN ELITE ALLSTARS HANDBOOK 2025-2026

Revised March 13<sup>th</sup> 2025

**Welcome to Golden Elite Allstars!** We are excited for you to become a part of one of Northern California's largest programs for All-Star Cheer and tumbling!

Golden Elite Allstars has something for every athlete from ages 4 and up. Regardless of skill set, Golden Elite Allstars is a place to call home for everyone!

Outside of training amazing athletes, GEA prides itself on building up the next generation of leaders. We strive daily to teach our athletes important life skills. The importance of commitment, hard work, integrity, leadership, self-confidence, positive attitude, and passion for our sport is at the core of what we instill in each of our athletes! Every single family is important to our program, and we invite you to come and see what being "Golden" is truly like. Come join our #GENation!

**Evaluations are a 2-day Process! (May 28<sup>th</sup> & 29<sup>th</sup> from 6:30pm - 8:30pm)**

**PARENT MEETING immediately FOLLOWING EVALUATIONS ON MAY 29<sup>th</sup>!**

When you arrive for evaluations, you will check in with your athlete's name. Each athlete will be given a number that you will wear during evaluations.

Attached to this packet, there will be an evaluation form that needs to be printed, filled out completely, and brought in with you to evaluations to hand over at the check-in desk. Please attach an athlete photo to your evaluation form. You will not be allowed to try out if this form is not filled out prior.

### **Selection Process**

There are many factors taken into consideration when forming our full season teams. We are looking at the athlete's skills such as tumbling, jumps, stunts, etc. We are assessing whether the athlete is best suited in a position of base, back spot or flyer. One of our main focuses at GEA, is to look for leaders. We want our athletes to demonstrate a strong work ethic, discipline, and passion. We are not just looking to help raise strong cheerleaders. We are looking to train positive role models for the sport and our community.

What we are NOT looking for, are cheerleaders who don't want to be here or don't take this sport seriously. Sitting around at tryouts and or practices, rolling your eyes, or presenting a poor attitude or inability to work within a team may result in you not being placed with a team at Golden Elite Allstars.

Also, understand, we want to see skills you are confident with. Coaches will not spot you on tumbling skills. If you cannot throw the skill with confidence, consistency, and clean technique, we cannot count that towards your evaluations. Do what you know you can do well.

### **Results**

Results will be posted at the gym on May 30th. You may also receive an email about your athlete's level placements. Please be sure to look through all the lists. Your athlete may be asked to practice with more than one level in the month of June/July. This will allow our coaches more time to evaluate the different positions and skills your athlete has to ensure proper placement.

Please keep in mind, you are trying out to be a member of Golden Elite Allstars...not a particular team/level. Athletes do move up or down within teams and skill levels throughout the season based off of their performance, this is not uncommon. If you are only trying out to be a member of Team "so and so" then you may want to reconsider joining our cheer family.

## Tuition Costs/Payments

Tuition is paid monthly on the 1<sup>st</sup> of the month. This includes 2 practices per week. There will be added practices during competition weeks at the Coach's Discretion. These added practices are mandatory. We reserve the right to go over allotted practice times as needed by the gym/coaches. These added practices do not increase tuition and are solely for preparing for competitions/events.

Golden Elite Allstars bases fees on an annual basis. **There are NO REFUNDS of any kind or PARTIAL MONTHLY CREDITS of cheerleading fees if you choose not to continue (or unable) to participate or are removed from a team.** Your monthly payments are for your annual commitment, not payments for monthly or a la carte services. Athletes that are injured must still pay monthly fees. If you leave a team during the season, the remaining balance on your annual fee is payable immediately.

## Uniforms

We will be getting new uniforms for the 25-26 season. All uniform costs and additional items purchased are non-refundable. **Parents are required to attend the uniform fitting and sign a confirmation of their athlete's order. GEA will not be responsible for uniforms that do not fit upon arrival.** Please note if an athlete's uniform is not paid for by time of arrival, they will not receive it till payment has been completed in full.

Please be aware that our uniforms may have scripture on them. "**John 3:16**" and our gym shirts also have scripture on it as well. It cannot be removed or altered in any way.

## Practices

Once selected for a Golden Elite Allstars team, it is your obligation to attend ALL practices, including extra added practices. When one member is absent, it can keep a whole team from achieving their goals for that practice.

### **Practices start Tuesday June 3<sup>rd</sup> (exact times will be determined after Try-outs)**

We will have practices in the month of June to get the teams together and begin skill building. Those days and times will be emailed asap following placements. Your team will practice on Tuesdays and Thursdays or Monday and Wednesday. Practice times will be 4:00-6:00 for Tiny/Mini teams. 5:00-7:00 will be for Youth teams. 6:00-8:00 will be for Junior teams and 7:00-9:00 for Senior teams. This will be subject to change according to the number of teams and levels. \* Subject to change

Please know that practice times are for team related activities, such as perfecting the routine, learning the pyramid, stunting, choreography, and routine related tumbling. Limited time is spent with individual athletes. Golden Elite Allstars recommends participation in additional tumbling classes, or tumbling privates to enhance and grow individual skills.

## Attendance/Sick Policy

You must fill out an absence request form on the website at least one month in advance. Simply filling out a request form will not constitute it being an excused absence. Family parties/events, conflicting sports or activities are not considered an acceptable reason for missing team practices. We take attendance very seriously. *Athletes will incur a \$50 fine for any unexcused absence. If you miss a practice 2 weeks prior to a competition, you will incur a \$200 fine.* Your account will automatically be charged for the fine. **Excessive absences will result in removal from the team.** After 2 unexcused practices a meeting will be held with the athlete, athlete's parents & coach/gym owner. *Just because an absent request form is filled out doesn't mean it's excused. Absolutely no absentees after Aug 11<sup>th</sup>.*

**All Athletes MUST attend practices during competition weeks. Missing a practice during competition week can result in your athlete not being able to compete at that week's competition.**

Excessive tardiness will not be tolerated. An athlete may be removed from a team or program for violating the attendance policy. Thank you for your support with practice attendance. During competition season, Golden Elite Allstars reserves the right to schedule extra practices, which are mandatory, if necessary. There is no additional cost.

## CLOSURE DATES

MEMORIAL WEEKEND	May 23 <sup>rd</sup> -26 <sup>th</sup> ,2025
FATHER'S DAY	June 15th, 2025
JULY 4TH BREAK	June 30 <sup>th</sup> -July 6th, 2025
SUMMER BREAK	Aug 4 <sup>th</sup> – August 10 <sup>th</sup> ,2025
LABOR DAY WEEKEND	August 29 <sup>th</sup> - September 1 <sup>st</sup> 2025
HALLOWEEN	October 31 <sup>st</sup> 2025
THANKSGIVING BREAK	November 26 <sup>th</sup> – November 30 <sup>th</sup> ,2025
CHRISTMAS BREAK	December 22 <sup>nd</sup> - January 1 <sup>st</sup> 2026
EASTER	April 20 <sup>th</sup> 2026
SPRING BREAK	We do not close for spring break because not everyone has the same week off and we are still in season.

### **2025-2026 Season-Best Time to Take Vacation**

**Best Time to Vacation for next season** (only 2 absences allowed next summer).

June 30<sup>th</sup> - July 6<sup>th</sup>, 2025

Aug 4<sup>th</sup> - August 10<sup>th</sup>, 2025

December 22<sup>nd</sup>-January 1<sup>st</sup>, 2026

**No Vacations after August 11<sup>th</sup>, 2025.**

**Choreography** -TBA ....Choreography is mandatory. You must attend even if you are sick.

## Competitions

Our teams participate in both 1-day and 2-day competitions. There are multiple costs incurred when attending competitions, which include competition registration fees, food, travel, and other expenses. Team members must be current with their payments, to participate in competitions. Travel arrangements are the responsibility of the athlete's family. The gym is not responsible for travel accommodations.

As a GEA team member, you are obligated to attend ALL competitions both locally and out of town. There are no exceptions, attendance is mandatory. It is the team member's responsibility to adhere to the competition schedule. **Not showing up to a competition will result in immediate termination.**

**If one or more team members are unable to attend a competition, the competition may be forfeited based on the coach's decision. There are no competition fee refunds.** Please do not schedule vacations or family functions after August 11<sup>th</sup>. Remember that extra practice is mandatory. You will be given a schedule of all the competitions as soon as possible and with plenty of time to make future arrangements. Please refer to the competition schedule when scheduling other functions outside of cheer as well as scheduling vacations. This also goes for doctor's appointments. Doctor appointments should be made on non-practice days.

## Stay to Play

This means you must stay in designated hotels that the event requires. Links will be sent in an email, and you are expected to use the link given to book your hotel. Not all events are "stay to play", but when they are, we will let you know.

## GOLDEN ELITE ALLSTARS COMMUNICATIONS

To maintain open lines of communication, we will give you many avenues to contact us with your concerns and suggestions. Please do not contact coaches for any needs or concerns. We strive to continuously improve communication channels. Please speak to us directly or send an e-mail to [yvonne@goldeneliteallstars.com](mailto:yvonne@goldeneliteallstars.com). This gives you an opportunity to voice your opinion positively, express concerns for your athlete, give us new information that we may need to know, etc. You may indicate if you would like someone to call you back or if you would like to make an appointment. We will try to get back to you in a timely manner.

Our office staff can assist you with general Golden Elite Allstars information. They are not always informed of specifics for each team. It is your responsibility to keep up with any specific team information. Team coaches can assist with team-related questions. Billing questions can be directed via email to [richard@justtumble.com](mailto:richard@justtumble.com)

### Parent's Information

We have rules and regulations for competing GEA athletes. This is what we ask of our GEA families:

Parents & spectators are not allowed to watch practice unless invited by the Staff. Practices are closed for a reason, and we ask that you respect our policies and procedures. Window viewing is not acceptable. The best way you can help is to support and reinforce the coaches' decisions. We encourage you to drop off and pick up your cheerleader at the beginning and end of each practice. Name calling, bullying and disrespecting other parents or children, and down talking to a coach from parent or athlete is not permitted. **WE DO NOT TOLORATE BAD BEHAVIOR.** If such actions take place, the individual(s) will be asked to leave the program. **WE HAVE A 2 STRIKE RULE.** Parents are never to address an athlete personally. If you or your child has an issue with another team member, you must go to Richard and Yvonne.

Please be respectful of our practice times. Practices may go over practice times if the coach feels that it is necessary. We are always happy to listen to any new ideas you feel may be helpful to our program. During practice or at a competition is not the appropriate time for these discussions. Please find time prior to or after practices. Parents may also find emailing a useful way to resolve minor issues.

Athletes are not allowed to bring valuables to the gym as we (gym owners and coaches) will not be responsible for lost or stolen things. Athletes are responsible for keeping track of all their own items.

Jewelry is not allowed to be on during practices, therefore should not be on when your athlete walks through the door.

Athletes are not allowed to have long or sharp nails. Please make sure they are always trim and smooth.

As a parent your support is crucial, without you there are no kids, and thus no program. GEA will not show favoritism to any child. We feel each child is an important part of the entire program, and that no one person is bigger than the GEA Allstar Spirit. You may not agree with every decision made here, but you have chosen to be part of this competitive cheer program. In essence this means that you have chosen to follow the rules and regulations as stated in this contract.

Remember, we are all part of the GEA Family. Every athlete is here to learn, have fun and win championships. Together and only together can GEA Allstars be successful. It takes a strong and serious effort by everyone involved to build positive, confident, successful individuals and award-winning teams. Once you become part of the GEA family, we know you will understand the Determination, Feel the Passion and be Rewarded with the Support of one of the largest and most successful cheer program in the Metro Area! We are thrilled that you have chosen to be part of our family.

## **FULL SEASON ELITE LEVEL**

**\*\*\*\*\*Birth Years 6/1/06 to 2020\*\*\*\*\***

- Monthly Tuition \$229 a month starting 6/1/2025 for NEW ATHLETES
- Monthly Tuition \$199 a month starting 6/1/2025 for RETURNING ATHLETES
- Registration \$95 6/1/2025
- Practice Wear \$150 6/15/2025
- Uniform \$650 7/15/2025
- Music/Choreography \$365 8/15/2025
- Team Bow \$50 9/15/2025
- Gym Shirt \$30 10/15/2025
- Coaches fee \$280 11/15/2025
- Competition Fees 4 payments of \$297.25; Dates: 8/15,9/15,10/15,11/15/2025
- Warmups \$250 TBD for NEW ATHLETES ONLY
- Rebel Cheer Shoes \$120 Approx. (Will furnish code to buy directly from Rebel Athletics)

Teams chosen to go to NCA Houston will have an additional fee of \$600 that will be due on 12/1/2025. These teams will be announced by September 1st, 2024.

## **FULL SEASON Limited Travel PREP (Practices 2 days a week) Driving Distance Competitions**

**\*\*\*\*\*Birth Years 6/1/06 to 5/31/20\*\*\*\*\***

- Monthly Tuition \$179 a month starting 6/1/2024
- Registration \$95 6/1/2024
- Uniform \$250 7/1/2024
- Music/Choreography \$200 8/15/2024
- Team Bow \$50 9/15/2024
- Gym Shirt \$30 10/15/2024
- Coaches Fee \$150 11/15/2024
- Competition Fees- 4 payments of \$162.50; Dates: 8/15,9/15,10/15,11/15/2025
- Practice Wear (Optional) \$150 TBD
- Warmups (Optional) \$250 TBD

## **FULL SEASON TINY NOVICE ( Practice one day week)**

**\*\*\*\*\* (Birth years- 2017 through 2021)\*\*\*\*\***

- Monthly Tuition \$149 a month starting 6/1/2025
- Competition Fees \$350 8/15/2025
- Team Bow \$35 9/15/2024
- Uniform \$150 (Tank Top and Skirt) 9/15/2025

## **OPITIONAL COSTS**

- Unlimited Tumbling at Just Tumble is \$129 a month
- GEA Custom Water Bottle \$45 Insulated with athlete name engraved
- Travel to Competitions—You are responsible for all travel costs

5% discount if you pay in full for the season (does not include monthly tuition) ( Elite Teams Only)  
Must be paid in full all at one time

\$25 a month sibling discount for the first additional athlete (Does not include Prep or Novice teams)  
\$40 a month sibling discount for every additional athlete after (Does not include Prep or Novice teams)

## **Frequently Asked Questions and common topics**

### **WHEN DO PRACTICES BEGIN?**

Practices for all teams will start around the first week of June. Actual practice days for each team will be set by GEA coaching staff after tryouts. Full season teams will practice 4 hours a week. However, more practices may be added at any time but mainly prior to competitions. These are added at coaches' discretion. \*\*All paperwork and down payments must be received for team members to start practicing.

### **WHAT IS THE LENGTH OF THE SEASON?**

All competition teams are a year around commitment. Our season runs from June through April (May- if going to Summit/Allstar Worlds), with competitions beginning in November.

### **WHAT IF MY CHILD MISSES PRACTICE?**

Extreme family emergencies or a graded school event are the only excused absences. If your cheerleader misses a practice one week prior to any competition or two weeks prior to a National Competition, GEA staff has the option to replace them in that competition and/or change their position in his/her routine.

### **WHAT ABOUT HOLIDAYS AND VACATIONS?**

No vacations after August 11th, 2025. Please understand that if you miss, it affects a stunt group, pyramid and team. You must commit 110% or this team is not for you, period. The gym will post closed holidays and typically emails are sent out to notify cheerleaders of gym closing dates. We encourage all cheerleaders to take their summer vacations when the gym is closed. Cheerleaders must submit their request for vacation to GEA coaching staff at least 2 weeks prior to the vacation dates. GEA coaching staff reserves the right to move a cheerleader's team placement based on excessive absences during the summer months or no longer performing skills they had at try outs.

### **WHAT HAPPENS IF MY CHEERLEADER MISSES A PRACTICE?**

We take attendance very seriously. *Athletes will incur a \$50 fine for any unexcused absence.* Your account will automatically be charged for the fine. Excessive absences will result in removal from the team. After 2 unexcused practices a meeting will be held with parents & cheerleader.

### **WHAT DOES MY CHEERLEADER WEAR TO PRACTICE?**

Typically, practice wear will be handed out in August or September; so, until that time, cheerleaders are required to wear black on black sports bra and shorts or other GEA approved apparel. (No additional colors, i.e. pink stripes, swooshes, waistbands, etc.) Additional practice wear is available for purchase at the GEA spirit shop. Bows must be worn with hair pulled up in a high pony. Bows can be worn in any color, but our GEA colors of black/gold/white are preferred. No jewelry can be worn at any time. Appropriate cheer shoes (black Revolutions is preferred) must be always worn to practice, with black no show socks. Comp shoes will be specific shoes that the whole team is required to wear.

### **WHAT HAPPENS IF I AM BEHIND IN MY MONTHLY PAYMENTS?**

If for any reason a cheerleader's family falls behind in payment, it is the family's responsibility to contact GEA accounting to resolve the matter. GEA coaching staff reserves the right to bench any cheerleaders for delinquent accounts. The Cheerleader will be required to attend all practices but will be benched during this time until the account is in good standing. There will be a \$50 late fee for accounts 5 days behind. **You will not be allowed to do private lessons, cheer clinics, tumbling classes or competitions until you are current**

### **WHAT HAPPENS IF MY CHEERLEADER IS NOT PERFORMING AT THE SKILL LEVEL REQUIRED OF HIS/HER ASSIGNED TEAM?**

All cheerleaders must perform at the highest level of the skills required for the level of his/her team. If for any reason, the cheerleader's skills are not meeting these expectations, GEA coaching staff reserves the right to move the cheerleader down to the team of his/her appropriate level.

## **WHAT HAPPENS IF MY CHEERLEADER QUILTS OR IS REMOVED FROM THE TEAM FOR ANY REASON?**

There are no refunds from any fees paid for any reason, including illness or injury.

**\$600 Termination fee if you are removed from the program or you quit.**

## **CAN THE ATHLETE STILL TAKE TUMBLING CLASSES OR PRIVATE LESSONS AT JUST TUMBLE IF THEY LEAVE AND GO TO ANOTHER ALLSTAR PROGRAM?**

No, you will not be allowed to return to Just Tumble for 2 full seasons.

## **WHAT HAPPENS IF MY CHEERLEADER'S TEAM QUALIFIES FOR THE SUMMIT OR ALLSTAR WORLDS IN ORLANDO?**

When a team qualifies for the Summit or ALLSTAR Worlds competitions, we as a gym will go if we feel the team is ready. By signing up for a travel team, you must agree to go, and it will not be put up for a vote. A revised practice schedule will be set by GEA coaching staff, and all practices will be mandatory. Any cheerleader missing a Summit or ALLSTAR Worlds practice could result in removal from the team, with an alternate substituting in for your cheerleader. In addition, there will be extra fees incurred for coaching, travel and comp fees and/or additional practice wear or uniform costs.

## **IS MY CHILD ALLOWED TO DYE HER HAIR?**

No! Your child will not be allowed to color his/her hair any color that could become a distraction to the judges. Example: Green, Blue, Hot Pink, Purple, Red, etc.

## **PREFERRED AIRLINE TRAVEL?**

We recommend flying Southwest because it's easier to switch flights if needed. I also recommend purchasing a flight if we do a Reno competition in the winter months. Traveling by car might not be feasible due to heavy snow.

## **WHEN ARE TRAVEL DAYS?**

Travel days are always Fridays before comps and Mondays after comps for away competitions needing airfare; with the exception of NCA Dallas, when which we travel on Wednesday due to practice in Dallas on Friday

## **DO WE HAVE TO STAY IN TEAM HOTELS?**

Most of the time, YES. Many events are **Stay to Play** meaning you must stay in the designated hotels offered by the Event producer. **We will inform all families of "stay to play" hotel requirements for each competition once we know.**

## **PROMOTIONAL MATERIAL**

Golden Elite All Stars has the right to use, for promotional purposes, any photographs or videos taken at the facility, any event, or during any Activity. Such images may be used in Just Tumble/Golden Elite All Stars brochures, posters, website, social media, or other promotional materials without liability or payment.



Private Tryout Fee Paid \_\_\_\_\_

# \_\_\_\_\_



**TURN IN THE FOLLOWING WITH THIS FORM:  
HEADSHOT & COMPLETE ONLINE WAIVER FOR GOLDEN ELITE  
ALLSTARS**

Name: \_\_\_\_\_ Birth Year: \_\_\_\_\_

Athlete's Cell: \_\_\_\_\_ Parent's Cell: \_\_\_\_\_

Email address(es): \_\_\_\_\_

Any medical conditions or previous injuries? \_\_\_\_\_

Are you willing to be on 2 teams team:    **YES**    **NO**    **MAYBE**

**Tell Us About Your Skills... (levels, years of experience, Rec, Allstar or School)**

Base: \_\_\_\_\_

Backspot: \_\_\_\_\_

Flyer: \_\_\_\_\_

Standing Tumbling: \_\_\_\_\_

Running Tumbling: \_\_\_\_\_

**AUTHORIZATION TO PARTICIPATE IN TRY-OUTS...**

*I give my child, whose name appears above, permission to try-out for the 2025-26 GOLDEN ELITE ALLSTARS Team. I understand that the sport of cheerleading is a dangerous sport and will not hold GOLDEN ELITE ALLSTARS, it's owners or employees liable for any injury incurred as a result of my child participating in the clinic or try-out. Parent/Guardian Signature Required is athlete is under 18 years of age.*

Parent / Guardian Signature X \_\_\_\_\_ Date \_\_\_\_\_

**FOR TRY-OUT EVALUATORS ONLY**

Evaluation Category	Level 1	Level 2	Level 3	Level 4	Level 5R/5	Notes:
Flexibility						
Standing Tumbling						
Running Tumbling						
Jumps						

**Coaches Recommendation: Final Team** \_\_\_\_\_ **Position:** \_\_\_\_\_

**Crossover Team** \_\_\_\_\_ **Position:** \_\_\_\_\_



# 2025-2026 ATHLETE SKILLS SHEET

ATHLETE NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_

TEAM/LEVEL IN 24-25 \_\_\_\_\_

# YEARS IN CHEER \_\_\_\_\_

If you have been on a team before, what role(s) did you play in stunt groups? (Check all that apply)

- MAIN BASE  
  SIDE BASE  
  BACKSPOT  
  FLYER  
  FRONT SPOT

What is the highest level of stunts you have competed? 1 2 3 4 5 6 7

What's your team placement wishlist? (please list up to three in preference order)

\_\_\_\_\_

Please put a check mark next to any skills you can currently perform safely without a spotter:

	Beginner	Intermediate/Advanced	Elite
<b>Level 1</b>	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backwards Roll <input type="checkbox"/> Cartwheel (CW) <input type="checkbox"/> Handstand	<input type="checkbox"/> Standing Backbend <input type="checkbox"/> Backbend Kickover <input type="checkbox"/> Round Off (RO) Back <input type="checkbox"/> Walkover (BWO)	<input type="checkbox"/> Back Walkover Switch Leg <input type="checkbox"/> Front Walkover (FWO) <input type="checkbox"/> CW BWO <input type="checkbox"/> FWO CW BWO
<b>Level 2</b>	<input type="checkbox"/> Back Handspring (BHS) <input type="checkbox"/> RO BHS <input type="checkbox"/> BHS Step Out <input type="checkbox"/> Dive Roll	<input type="checkbox"/> RO BHS Series <input type="checkbox"/> Front Handspring <input type="checkbox"/> BWO BHS <input type="checkbox"/> Back Extension Roll BHS	<input type="checkbox"/> FWO RO BHS <input type="checkbox"/> FWO RO BHS Series <input type="checkbox"/> BHS Step Out BWO BHS <input type="checkbox"/> Bounder/Flyspring
<b>Level 3</b>	<input type="checkbox"/> Standing 3 BHS <input type="checkbox"/> Toe Touch BHS <input type="checkbox"/> Toe Touch 3 BHS <input type="checkbox"/> Round Off Tuck	<input type="checkbox"/> Aerial Cartwheel <input type="checkbox"/> RO BHS Tuck <input type="checkbox"/> Punch Front <input type="checkbox"/> BWO BHS Series	<input type="checkbox"/> FWO RO BHS Tuck <input type="checkbox"/> Jump BHS Jump BHS <input type="checkbox"/> BHS Step Out BHS Series <input type="checkbox"/> FWO Aerial
<b>Level 4</b>	<input type="checkbox"/> Standing Tuck <input type="checkbox"/> Cartwheel Tuck <input type="checkbox"/> RO Layout <input type="checkbox"/> RO BHS Layout	<input type="checkbox"/> FWO RO BHS Layout <input type="checkbox"/> BHS Tuck <input type="checkbox"/> 2 BHS to Tuck <input type="checkbox"/> Front Aerial	<input type="checkbox"/> Punch Front to Layout <input type="checkbox"/> Jump 2 BHS Tuck <input type="checkbox"/> BWO Tuck <input type="checkbox"/> Whip Pass to Layout
<b>Level 5</b>	<input type="checkbox"/> Jump to Tuck <input type="checkbox"/> 2 BHS to Layout <input type="checkbox"/> RO Full <input type="checkbox"/> RO BHS Full	<input type="checkbox"/> Jump 2 BHS to Layout <input type="checkbox"/> FWO RO BHS Full <input type="checkbox"/> 2 BHS Whip Tuck <input type="checkbox"/> RO Arabian	<input type="checkbox"/> BHS Whip BHS Layout <input type="checkbox"/> BHS Whip Layout <input type="checkbox"/> Punch Front to Full <input type="checkbox"/> Whip Pass to Full
<b>Level 6</b>	<input type="checkbox"/> 2 BHS to Full <input type="checkbox"/> Cartwheel Full <input type="checkbox"/> BHS Whip Full <input type="checkbox"/> FWO RO BHS Full	<input type="checkbox"/> BHS Full <input type="checkbox"/> Jump BHS Full <input type="checkbox"/> RO Double Full <input type="checkbox"/> Specialty to Full	<input type="checkbox"/> Standing Full <input type="checkbox"/> 2 BHS to Double Full <input type="checkbox"/> RO BHS Double Full <input type="checkbox"/> Specialty to Double Full