

JOIN
our
LIC FAMILY

Long Island

CHEER

2023-2024

ALL STAR

SAVE THE DATES FOR EVALUATIONS:

EVALUATION PREPERATION

ATTEND OPEN GYM:
SAT 4/29
SEASON 23-24
TRYOUT PACKET
COMING MID APRIL!

TUMBLE EVALUATIONS

FOR ANY NEW ELITE OR RETURNING ELITE ALLSTARS WANTING TO
ADD TEAM OR CHANGE LEVELS FOR THE UPCOMING SEASON

WED 5/10 OR
THUR 5/11

(SCHEDULED BY AGE)

TUMBLE EVALUATIONS = INDIVIDUAL SKILLS.
ATHLETES WILL PERFORM TUMBLE SKILLS ACROSS ALL LEVELS.

FOLLOWING YOUR TUMBLE EVAL YOU WILL BE GIVEN
INVITATIONS TO ATTEND LEVELED OUT PRACTICES - THESE
PLACEMENTS WILL BE DETERMINED BY YOUR AGE AND SKILL
SET. YOU WILL LIKELY BE INVITED TO MULTIPLE PRACTICES
AND MOVED AROUND THROUGHOUT THE 3 WEEKS.

LEVELED OUT PRACTICE EVALS

WEEK 1 - 5/15-5/18

WEEK 2 - 5/22-5/25
(GYM CLOSED 5/23)

WEEK 3 - 5/30-6/1
(GYM CLOSED 5/26-29)

EXACT PRACTICE TIMES TBA
LEVELED OUT PRACTICE = GROUP BASED SKILLS.
ATHLETES WILL PERFORM ALL SKILLS IN "TEAM" SETTING.
ATHLETES MAY BE ASKED TO ATTEND MULTIPLE
PRACTICES - BASED PRIMARILY ON AGE & SKILL SET
NEEDED FOR EACH TEAM/PROGRAM.



2023-2024 TEAMS ANNOUNCED 6/2!

NEW TEAMS BEGIN 6/5