

JOIN
our
LIC FAMILY

Long Island

2024 - 2025

ALL STAR

CHEER

SAVE THE DATES FOR EVALUATIONS:

EVALUATION PREPERATION

SIGN UP ON PARENT PORTAL
Review the LEVEL
requirements SKILL CHART
Attend Tumble Classes &
Open Gym to prepare your
skills for EVALUATIONS

TUMBLE EVALUATIONS

WED 5/8 OR
THUR 5/9
(SCHEDULED BY AGE)
TUMBLE EVALUATIONS = INDIVIDUAL SKILLS
ATHLETES WILL PERFORM TUMBLE SKILLS
ACROSS ALL LEVELS
WEEK 1 LEVELED OUT
PRACTICE INVITATIONS GIVEN
OUT AT TUMBLE EVAL

LEVELED OUT PRACTICE EVALS

WEEK 1 -5/13-5/16
WEEK 2 -5/20-5/23
(GYM CLOSED 5/21)
WEEK 3 -5/28-5/30
(GYM CLOSED 5/24-5/27)
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 PROGRAM



2024-2025 TEAMS ANNOUNCED 6/1!

NEW TEAMS BEGIN 6/3