



# TEAM PLACEMENT

INFORMATION PACKET

SEASON 5 • 2026-2027

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# WELCOME TO

# *North* STAR ATHLETICS

Thank you for your interest in joining the North Star Athletics family! We are so excited to meet each of you during Season 5 evaluations. At North Star, we believe cheerleading is a powerful tool to help athletes grow into confident, strong, and motivated individuals. Through training, teamwork, and dedication, our athletes learn valuable life skills that extend far beyond the gym. Our goal is to create an environment where athletes feel encouraged, supported, and inspired to reach their full potential — both in cheerleading and in life.

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## WHAT WE OFFER

North Star Athletics provides a variety of programs designed for athletes of all ages and experience levels:

- Competitive All Star Cheer Teams
- Private Lessons
- Tumbling Classes
- Clinics
- Jumps Classes
- Flyer Flexibility Training
- Strength & Conditioning Classes
- Open Gyms
- Birthday Parties

Whether your athlete is brand new or experienced, there is a place for them to grow, improve, and be part of something special.

## IMPORTANT INFORMATION FOR FAMILIES

This packet has been created to help families understand the expectations and commitment of joining a North Star team. Please take time to carefully review all information and discuss it as a family prior to evaluations and team placements. When athletes and families are aligned in their commitment, it allows us to create the best possible experience for everyone involved.

We are so excited to welcome new athletes and families into our community. Good luck at evaluations — we can't wait to see you!



# THE NORTH STAR DIFFERENCE

At North Star Athletics, we offer more than just cheerleading — we create an experience that builds confidence, character, and lifelong memories. As a proud Varsity All Star competition gym, our athletes have the opportunity to compete at some of the most respected events in the industry. Our Elite teams also have the chance to earn bids to The D2 Summit at Walt Disney World in Orlando, Florida — one of the most prestigious championships in All- Star cheerleading.

While our results speak for themselves, what truly sets North Star apart is how we build our program from the inside out — focusing on athlete development, strong team culture, and an environment where every athlete is supported, challenged, and inspired to grow.

## WHAT SETS US APART:

### **STRONG, COMPETITIVE TEAMS**

We build teams that are focused, driven, and committed to excellence — while also emphasizing teamwork, trust, and unity.

### **A FAMILY ATMOSPHERE**

North Star is a place where athletes feel supported and valued. We create a positive environment where lasting friendships and strong connections are built.

### **ACCOUNTABILITY & GROWTH**

Our athletes are challenged to be their best. We emphasize responsibility, commitment, and resilience — helping athletes grow both on and off the mat.

### **CONFIDENCE THAT CARRIES BEYOND CHEER**

The lessons learned at North Star go far beyond routines. Athletes gain confidence, leadership skills, and a mindset that helps them succeed in all areas of life.

### **UNFORGETTABLE EXPERIENCES**

From competitions to team bonding moments, we create memories that last a lifetime while maintaining a high standard of training and performance.

At North Star Athletics, athletes don't just join a team — they become part of something bigger. We are North Star.





# TEAM PLACEMENTS

## INDIVIDUAL ASSESSMENTS

At North Star Athletics, our tryout process focuses on building competitive and well-rounded teams by emphasizing stunting and tumbling. Our experienced coaching staff evaluates athletes based on their mastery of skills within their level. However, a strong team is built on more than just skills. Throughout the evaluation process, we also consider:

- Athlete personalities and leadership qualities
- How athletes communicate with teammates in challenging situations
- Respect for the North Star brand, staff, and team culture

Each athlete will register for one tryout session within their designated age group — only one session is required.

## GROUP ASSESSMENTS (CALLBACKS)

After initial tryouts, athletes may be placed into a group that aligns with their current skill set. During scheduled assessment days, athletes will train alongside their assigned group, focusing on stunting, tumbling, and overall performance. These sessions provide coaches with the opportunity to evaluate individual strengths, teamwork, coachability, and consistency in a structured environment. Placement within a specific group is not final. Throughout the assessment process, adjustments may be made based on each athlete's progress, effort, and ability to execute skills safely and effectively. Athletes may be moved to a different group as needed.

The goal of this process is to ensure that each athlete is placed in the best position to succeed while building strong, competitive teams. This is also a great opportunity for athletes to push themselves, take feedback, and showcase their work ethic and potential. Coaches will provide guidance and corrections throughout the assessment days, and athletes are encouraged to give their best effort to maximize their placement opportunities.

## TEAM REVEALS

Team placements will be revealed via email & social media.

## EVALUATION DATES

### *Monday, May 18*

- Ages 3–6: 5:00–6:00 PM
- Open Team (18+): 6:30–8:00 PM

### *Tuesday, May 19*

- Ages 7–11: 5:00–6:30 PM
- Ages 12–18: 7:00–8:30 PM

*Call Backs: May 20/21*

*Teams Announced: May 23*

*Parent Info Meetings: May 26-28*

*Season 5 Kick Off Party: May 30*





# VARSITY DIVISIONS

North Star Athletics offers teams for all ages and skill levels. Athletes are placed based on both age and ability to ensure they are in the best environment to grow and succeed. Age divisions are determined by birth year using the USASF age grid for the 2026–2027 season. All athletes will be placed on an age-appropriate team, with some athletes having the opportunity to join an additional team based on skill level, experience, and team needs.

## TEAM

## ELIGIBLE BIRTHYEAR

|                     |                   |
|---------------------|-------------------|
| TINY NOVICE         | 2019-2023         |
| MINI NOVICE         | 2017-2020         |
| YOUTH NOVICE        | 2014-2019         |
| MINI PREP           | 2017-2020         |
| YOUTH PREP          | 2014-2019         |
| JUNIOR PREP         | 2011-2018         |
| SENIOR PREP         | JUNE 1, 2007-2015 |
| YOUTH ELITE         | 2014-2019         |
| YOUTH ELITE - FLEX  | 2013-2021         |
| JUNIOR ELITE        | 2011-2018         |
| JUNIOR ELITE - FLEX | 2010-2019         |
| SENIOR ELITE        | JUNE 1, 2007-2014 |
| OPEN TEAMS          | 2009 AND BEFORE   |





# NORTHSTAR TEAMS

At North Star Athletics, we offer several program levels designed to meet athletes where they are in their cheer journey. We proudly offer opportunities for both boys and girls and strive to create teams that support athlete development while building confidence, teamwork, and leadership. At North Star Athletics, there is a place for every athlete who wants to work hard and shine bright.

## ★ NOVICE TEAMS

Designed for athletes who are newer to All-Star cheer or building foundational skills. These teams focus on learning the fundamentals of stunting, tumbling, jumps, and performance in a supportive environment.

## ★ PREP TEAMS

Prep teams provide athletes with the opportunity to develop more advanced skills while continuing to build confidence and experience in All-Star cheer. Practice 2x a week with 1.5 hr practices.

## ★ ELITE TEAMS

Elite teams compete at the highest level of All-Star cheer within our program and require a greater level of commitment, training, and skill progression. Practice 2x a week, 2 hr practices with Sunday practices in March/April.

## ★ CHEERABILITIES TEAMS

CheerAbilities teams provide athletes with physical or developmental disabilities the opportunity to experience the excitement of All-Star cheer in a supportive and inclusive environment. These teams focus on teamwork, confidence building, and performance while adapting skills to meet each athlete's abilities.







# IMPORTANT DATES

## **MAY 18-21** • Team Evaluations

## **MAY 23** • Team Announcements

*Teams will be announced on social media & via email*

## **MAY 30** • Season 5 Kick Off Open House

*Celebrate the start of Season 5 with us! This fun-filled event is a great opportunity for athletes and families to meet their coaches and teammates, enjoy music with a live DJ, and grab a treat from the ice cream truck. It's the perfect way to kick off the season and start building team connections.*

## **JUNE 1** • Practices Begin

*Practices will begin the first week of June*

## **NOV 14** • Showcase (Elite & Prep)

*Our Season Showcase marks the official kickoff to competition season! Athletes will perform their routines in full uniform, hair, and makeup in front of family and friends. This exciting event gives teams the opportunity to debut their routines, build confidence, and celebrate all the hard work put in leading up to the season.*

## **DEC 6** • North Star Gala

*The North Star Gala is our gym-wide fundraiser and one of the most exciting events of the season! This special night brings together athletes and families to support our program through an online auction and raffles, all while enjoying food, music from a live DJ, and time together as a community. It's a fun and meaningful way to celebrate and show support for North Star Athletics.*

## **JAN 9** • Media Day (4:00-7:00pm)

*Media Day is when our athletes get their moment to shine! Athletes will have professional photos taken both individually and with their teams. Come camera-ready—this is your time to get all glammed up and capture memories from the season.*

## **JAN 30** • Novice Showcase

*Our Season Showcase marks the official kickoff to competition season! Athletes will perform their routines in full uniform, hair, and makeup in front of family and friends. This exciting event gives teams the opportunity to debut their routines, build confidence, and celebrate all the hard work put in leading up to the season.*

## **MAY 16** • Season 5 Banquet

*Our End of Season Banquet is a special celebration to close out the year and recognize all the hard work, growth, and achievements of our athletes. Held at Twin Hills Country Club in Longmeadow, this event brings our entire gym together for an evening of celebration, memories, and team recognition.*



# HOLIDAY SCHEDULE

North Star Athletics will be closed on the following dates:



*Please note: We will be OPEN during April vacation.*

*All Elite teams have mandatory attendance during this week, as well as in the weeks leading up to Summit.*





# COMPETITION SCHEDULE

## 2026-2027 SEASON

North Star Athletics teams compete at a variety of local Varsity All Star events throughout the season. We intentionally select competitions that are close to home to help keep travel time and expenses manageable for our families. All teams compete locally, with the exception of our Elite teams, who have the opportunity to compete at:

- Junior/Senior: The D2 Summit – ESPN Wide World of Sports, Walt Disney World (Orlando, FL)
- Youth: Youth Summit (Tampa, Florida)

*\*Attendance at all competitions for your team are required.*

### NORTH STAR SEASON 5 SCHEDULE

| DATE          | LOCATION    | COMPETITION                | ELITE | YOUTH ELITE | PREP | NOVICE | CHEERABILITIES | TINY | FREEZE | COOL CATS |
|---------------|-------------|----------------------------|-------|-------------|------|--------|----------------|------|--------|-----------|
| NOV 14        | NORTH STAR  | ELITE & PREP SHOWCASE      | X     | X           | X    |        |                |      |        |           |
| DEC 5         | SPRINGFIELD | AMERICA'S BEST             | X     | X           |      |        |                |      |        |           |
| DEC           | VIRTUAL     | VIRTUAL COMPETITION SERIES | X     | X           |      |        |                |      |        |           |
| DEC 12 & 13   | WORCESTER   | SPIRIT SPORTS              | X     | X           |      |        |                |      |        |           |
| JAN           | VIRTUAL     | VIRTUAL COMPETITION SERIES | X     | X           |      |        |                |      |        |           |
| JAN 9 (4-7PM) | NORTH STAR  | MEDIA DAY                  | X     | X           | X    | X      | X              | X    | X      | X         |
| JAN 16        | WORCESTER   | ALOHA                      | X     | X           | X    |        |                |      |        |           |
| JAN 30        | NORTH STAR  | NOVICE SHOWCASE            |       |             |      | X      | X              | X    | X      | X         |
| FEB 6 & 7     | WORCESTER   | ASC                        | X     | X           | X    | X      | X              |      | X      |           |
| MARCH 12-14   | PROVIDENCE  | SPIRIT FEST                | X     |             |      |        |                |      |        |           |
| APRIL 10      | SPRINGFIELD | AMERICAN LEGACY            |       |             | X    | X      | X              | X    | X      | X         |
| APRIL 17      | WORCESTER   | US FINALS                  | X     | X           | X    | X      | X              | X    | X      | X         |
| APRIL 21-25   | TAMPA       | YOUTH SUMMIT               |       | X           |      |        |                |      |        |           |
| MAY 5-10      | FLORIDA     | D2 SUMMIT                  | X     |             |      |        |                |      |        |           |

**NEW THIS YEAR:** Select Elite teams may be offered the opportunity to attend ONE of the following events. Final decisions will be shared by October 1st.

Please be sure to hold ALL of the following dates until selections are finalized:

- Cheersport (Atlanta): February 11-15
- Coastal at the Capital Super Nationals (Washington): February 19-22
- NCA (Houston): March 18-22





# CHOREOGRAPHY

Choreography is a critical part of the team's preparation for the season and is mandatory for all athletes to attend. During these sessions, athletes learn the structure of their routine, including stunts, tumbling, jumps, dance, and transitions that are essential to the team's performance. Because choreography builds the foundation of the routine, missing these sessions can significantly impact both the athlete and the team. For this reason, all choreography practices are required, and absences will not be permitted unless approved by the gym prior to the scheduled dates. Families should plan ahead and ensure athletes are available for all choreography sessions so the team can learn and build their routine together successfully

**JUNE  
27/28**

Elite Stunt  
Choreography

**JULY  
11/12**

Prep  
Choreography

**JULY  
18/19**

**JULY  
25/26**

**AUG  
1/2**

Elite Choreography

**AUG  
8/9**

**OCT  
3/4**

**NOV  
15**

Novice Choreography

Half Year  
Choreography





# FUNDRAISING

At North Star Athletics, we are proud to offer extensive fundraising opportunities to help families offset the cost of their season. Many of our families are able to significantly reduce — and in some cases fully cover — their season costs, with some even earning credits toward the following season through consistent participation. We are committed to providing multiple flexible options so every family has the opportunity to participate in a way that works best for them.

## OUR FUNDRAISING PROGRAM

We offer a wide variety of fundraising opportunities throughout the season, including both individual and team-based options:

### RAFFLES

- Three annual raffles throughout the season
- Opportunities for both individual ticket sales and tabling at local businesses

### COMMUNITY & LOCAL BUSINESS FUNDRAISING

- Tabling at local businesses to sell raffle tickets
- Restaurant fundraiser nights
- Bingo fundraisers

### GILLETTE STADIUM CONCESSIONS

- Families have the opportunity to work concession stands at Gillette Stadium in Foxboro
- One of our highest-earning fundraising opportunities

### SPONSOR MY UNIFORM

- Athletes can seek out individual sponsorships to help cover uniform and season costs

### DIRECT SALES FUNDRAISERS

- Popcorn fundraisers
- Pies
- Mums
- Other seasonal offerings throughout the year

### PAIL SHAKES

- Team-based fundraising events held at local businesses and community locations

### GYM FUNDRAISERS

- Movie nights
- Car washes
- Additional in-house fundraising events throughout the season

### SUMMIT SPONSORSHIPS

- Opportunities to seek sponsorships specifically to help offset Summit-related expenses

*We believe fundraising should be accessible, flexible, and impactful. With the variety of options available, families can choose the opportunities that best fit their schedules and goals. At North Star Athletics, we don't just offer fundraising — we provide a system where families can actively reduce costs and invest in their athlete's experience.*



# SEASON COST SUMMARY

## ELITE TEAMS

Tuition: \$1870

Comp Fees: \$1785

*Music, Choreo & Competitions*

Gear: \$926

*Practice Wear, Rebel Shoes, Uniform, Comp Bow & Practice T-Shirt*

## PREP TEAMS

Tuition: \$1485

Comp Fees: \$1080

*Music, Choreo & Competitions*

Gear: \$590

*Practice Wear, Rebel Shoes, Uniform, Comp Bow & Practice T-Shirt*

## NOVICE TEAMS (MINI/YOUTH)

Tuition: \$1210

Comp Fees: \$690

*Music, Choreo & Competitions*

Gear: \$590

*Practice Wear, Rebel Shoes, Uniform, Comp Bow & Practice T-Shirt*

## TINY TEAMS

Tuition: \$825

Comp Fees: \$570

*Music, Choreo & Competitions*

Gear: \$590

*Practice Wear, Rebel Shoes, Uniform, Comp Bow & Practice T-Shirt*





# ELITE TEAM PAYMENT PLAN

| DATE    | ITEM & COST                                                       |
|---------|-------------------------------------------------------------------|
| June 1  | \$155 Tuition                                                     |
| June 15 | \$120 Practice Wear, \$125 Shoes, \$40 Practice T-Shirt, \$46 Bow |
| July 1  | \$155 Tuition                                                     |
| July 15 | \$595 Uniform                                                     |
| Aug 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Sept 1  | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Oct 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Nov 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Dec 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Jan 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| Feb 1   | \$155 Tuition & \$255 Comp Fee (Music, Choreo, Comp)              |
| March 1 | \$200 Tuition                                                     |
| April 1 | \$200 Tuition                                                     |
| May 1   | \$75                                                              |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)
- Team bonding fee (\$20)
- End of season competition (Summit)
- Crossover Fees for Athletes on Multiple Teams (\$450)
- Additional crossover fees at Summit



# PREP TEAM PAYMENT PLAN

| DATE    | ITEM & COST                                                      |
|---------|------------------------------------------------------------------|
| June 1  | \$135 Tuition                                                    |
| June 15 | \$120 Practice Wear, \$75 Shoes, \$40 Practice T-Shirt, Bow \$30 |
| July 1  | \$135 Tuition                                                    |
| July 15 | \$325 Uniform                                                    |
| Aug 1   | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Sept 1  | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Oct 1   | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Nov 1   | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Dec 1   | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Jan 1   | \$135 Tuition & \$180 Comp Fee (Music, Choreo, Comp)             |
| Feb 1   | \$135 Tuition                                                    |
| March 1 | \$135 Tuition                                                    |
| April 1 | \$135 Tuition                                                    |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)
- Team bonding fee (\$20)
- Crossover Fees for Athletes on Multiple Teams (\$450)



# NOVICE TEAM PAYMENT PLAN

| DATE    | ITEM & COST                                                      |
|---------|------------------------------------------------------------------|
| June 1  | \$110 Tuition                                                    |
| June 15 | \$120 Practice Wear, \$75 Shoes, \$40 Practice T-Shirt, Bow \$30 |
| July 1  | \$110 Tuition                                                    |
| July 15 | \$325 Uniform                                                    |
| Aug 1   | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Sept 1  | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Oct 1   | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Nov 1   | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Dec 1   | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Jan 1   | \$110 Tuition & \$115 Comp Fee (Music, Choreo, Comp)             |
| Feb 1   | \$110 Tuition                                                    |
| March 1 | \$110 Tuition                                                    |
| April 1 | \$110 Tuition                                                    |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)
- Team bonding fee (\$20)
- Crossover Fees for Athletes on Multiple Teams (\$450)



# TINY TEAM PAYMENT PLAN

| DATE    | ITEM & COST                                                      |
|---------|------------------------------------------------------------------|
| June 1  | \$75 Tuition                                                     |
| June 15 | \$120 Practice Wear, \$75 Shoes, \$40 Practice T-Shirt, Bow \$30 |
| July 1  | \$75 Tuition                                                     |
| July 15 | \$325 Uniform                                                    |
| Aug 1   | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Sept 1  | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Oct 1   | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Nov 1   | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Dec 1   | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Jan 1   | \$75 Tuition & \$95 Comp Fee (Music, Choreo, Comp)               |
| Feb 1   | \$75 Tuition                                                     |
| March 1 | \$75 Tuition                                                     |
| April 1 | \$75 Tuition                                                     |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)
- Team bonding fee (\$20)



# CHEERABILITIES PAYMENT PLAN

| DATE   | ITEM & COST                                                                 |
|--------|-----------------------------------------------------------------------------|
| Sept 1 | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Nov 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Dec 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Jan 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Feb 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Mar 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |
| Apr 1  | \$70 All Inclusive (Tuition, Uniform, Practice T-shirt, Shoes, Bow & Music) |



# HALF YEAR JUNIOR TEAM PAYMENT PLAN

| DATE  | ITEM & COST                                                                       |
|-------|-----------------------------------------------------------------------------------|
| Oct 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Nov 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Dec 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Jan 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Feb 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Mar 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Apr 1 | \$250 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)



# HALF YEAR MINI TEAM PAYMENT PLAN

| DATE  | ITEM & COST                                                                       |
|-------|-----------------------------------------------------------------------------------|
| Oct 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Nov 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Dec 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Jan 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Feb 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Mar 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |
| Apr 1 | \$225 All Inclusive (Music, Choreography, Comp, T-Shirt, Uniform, Shoes, Tuition) |

**Additional Costs:**

- Annual USASF Registration Fee (\$50)





*North*  
**STAR**  
ATHLETICS