

HOME OF THE 2019 AND 2022 SUMMIT CHAMPIONS

# PALM BEACH LIGHTNING EVALUATIONS

JOIN THE STRIKE

SEASON 19

## MAY 13TH

WE HAVE A TEAM FOR EVERYONE!

**WORLDS  
AND  
SUMMIT  
TEAMS**

**NOVICE  
AND  
PREP  
TEAMS**

**BOYS  
NO TUITION**

## NO EXPERIENCE NECESSARY!

**ATHLETE REGISTRATION**  
THROUGH OUR CUSTOMER PORTAL  
ON [PALMBEACHLIGHTNING.NET](http://PALMBEACHLIGHTNING.NET)

⚡ CLINICS 5/8 – 5/11

⚡ EVALUATIONS 5/13

⚡ PARENT MEETING TEAM REVEAL 5/16

⚡ COMMITMENT DAY 5/17

DESIGNS  
IMAGES BY  
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# **PALM BEACH LIGHTNING ALLSTARS**

## **2023 EVALUATIONS**

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### **JOIN THE STRIKE**

2023-2024 MARKS PALM BEACH LIGHTNING'S 19TH SEASON. WE ARE EAGER TO RELEASE OUR TENTATIVE DATES, ALONG WITH PRICING, TO HELP OUR FAMILIES PLAN AHEAD AS MUCH AS POSSIBLE. PBL'S STAFF PLANS TO MAKE THIS SEASON ONE TO REMEMBER!

PBL STRIVES ON PROGRAM FIRST, TEAM SECOND, & ATHLETE THIRD. WE BELIEVE IN PERFECTION BEFORE PROGRESSION. THIS ALLOWS OUR ATHLETES TO SAFELY PROGRESS THROUGH EACH SKILL & LEVEL CORRECTLY. PBL BUILDS HEALTHY, STRONG, & CONFIDENT ATHLETES. WE INSTILL SPORTSMANSHIP, TEAMWORK, & VALUABLE LIFELONG LESSONS IN OUR ATHLETES. WINNING IS JUST A REWARD FOR ALL THE HARD WORK THEY HAVE PUT IN.

EVERYONE MAKES A TEAM AT PBL EVALUATIONS. WE OFFER NOVICE, PREP & ELITE TEAMS. NOT READY FOR THE FULL COMMITMENT & OUT OF STATE COMPETITIONS? MAKE SURE TO CHECK OFF THE RED LINE ON THE EVALUATION PAPER!

### **TEAM EVALUATIONS**

TEAM EVALUATIONS ARE STRESS FREE. DURING THESE EVALUATIONS ATHLETES WILL SHOW SKILLS THEY HAVE MASTERED & DEMONSTRATE SKILLS THEY HAVE POTENTIAL IN LEARNING.

NEW THIS YEAR ! WE WILL BE ADDING A SHORT DANCE CHOREOGRAPHY THAT ATHLETES WILL PERFORM ON THE FINAL EVALUATION DAY.

AFTER FINAL EVALUATION, THE STAFF ASSEMBLES ROSTERS FOR THE UPCOMING SEASON. ONCE ROSTERS ARE SET, WE WILL CONTACT FAMILIES WITH DETAILS ON THE TEAM REVEAL. PLEASE REMEMBER TEAMS ARE **NOT** PLACED SOLELY BY TUMBLING SKILLS.

IF FOR ANY REASON YOU CAN NOT ATTEND ANY OF THE EVALUATIONS, PLEASE EMAIL US AT [PBLALLSTARS@AOL.COM](mailto:PBLALLSTARS@AOL.COM) TO SET UP A PRIVATE EVALUATION.



# **PALM BEACH LIGHTNING ALLSTARS**

## **2023 EVALUATIONS**

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### **PRACTICES & ATTENDANCE**

TEAMS WILL PRACTICE TWICE (ONCE FOR NOVICE) A WEEK REGULARLY THROUGH OUT THE SEASON. EVERY TEAM WILL ALSO COME IN AN ADDITIONAL DAY ( SATURDAY OR SUNDAY ) STARTING OCTOBER 2023.

**ATHLETES MISSING PRACTICE THE WEEK OF COMPETITION ( 2 WEEKS BEFORE BIG NATIONALS) WILL BE NOT BE ELIGIBLE TO COMPETE.**

ALL PRACTICES ARE MANDATORY! MANDATORY SCHOOL EVENTS, FAMILY EMERGENCIES, AND CONTAGIOUS ILLNESSES ARE THE ONLY EXCUSED ABSENCES. ALL ABSENCES NEED TO BE REQUEST THROUGH A VACATION FORM AT LEAST 2 WEEKS PRIOR TO THE DAY. IF THERE IS AN ISSUE WITH THE REQUESTED DATE, YOU WILL BE NOTIFIED ASAP.

AS COMPETITION SEASON APPROACHES, ADDITIONAL PRACTICES MAY BE SCHEDULED. THESE PRACTICES ARE TYPICALLY SCHEDULED AT LEAST TWO WEEKS IN ADVANCE.

### **COST/TUITION**

COMPETITIVE CHEER, WHILE NOT AS COSTLY AS ALL YOUTH SPORTS, CAN STILL BE EXPENSIVE. PLEASE CONSIDER THE FINANCIAL COMMITMENT INVOLVED PRIOR TO COMMITTING.

PBL HAS A ONE OF A KIND STAFF, A FULLY AIR-CONDITIONED FACILITY, & PROVIDES THE BEST TRAINING PALM BEACH COUNTY HAS TO OFFER. WE PRIDE OURSELVES IN “NO HIDDEN COSTS” WHAT YOU SEE IS WHAT IT COSTS.

WE HAVE A COMPREHENSIVE MONTHLY PRICE THAT COVERS MOST OF THE SEASON’S EXPENSES. UNIFORMS, WARM UPS, BOWS, SHOES, & MAKE UP ARE NOT INCLUDED. THERE WILL BE 12 MONTHLY CHARGES BEGINNING MAY 2023 THROUGH APRIL 2024. MAY’S PAYMENT WILL BE DUE BY THE 1ST PRACTICE, ALONG WITH ALL SIGNED PAPERWORK. THE REMAINING MONTHS WILL BE BILLED BY THE 1ST AND DUE BEFORE THE 15TH OF EACH MONTH.

THE MONTHLY FEE COVERS TUITION, ALONG WITH ALL EXPENSES THAT NEW AND RETURNING ATHLETES INCUR. TUITION DOES NOT CHANGE BASED ON THE NUMBER, OR LENGTH OF PRACTICES IN A PARTICULAR MONTH. PLEASE REFERENCE OUR RULES & REGULATION PACKET FOR COMPLETE BREAKDOWN.



# **PALM BEACH LIGHTNING ALLSTARS**

## **2023 EVALUATION INFO**

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### **EVALUATION FEES**

*REGISTER EARLY & SAVE*

**BEFORE 5/1 - \$55 AFTER - \$65**

**VIDEO/PRIVATE EVAL- \$75**

*\*SUBTRACT \$10 AGES 6 & UNDER\**

### **OPEN HOUSE**

*MEET THE STAFF*

**FRIDAY, MAY 12TH 6:00-7:30PM**

**FREE OPEN GYM TO FOLLOW**

**7:30 - 9:30PM**

### **STEP 1: REGISTER**

**VISIT PALMBEACHLIGHTNING.NET**

**SIGN IN OR CREATE AN ACCOUNT THROUGH THE CUSTOMER PORTAL**

*\*ALL ATHLETES THAT WANT TO BE CONSIDERED FOR A FLYER POSITION ON A TEAM NEED TO REGISTER FOR THE FLYER CLINIC AS WELL!*

### **STEP 2: CLINICS MAY 8TH-11TH**

**FOLLOW REGISTRATION DETAILS FOR CLINIC INFORMATION.**

**CLINICS WILL BE SEPARATED BY SKILL LEVEL & OR AGE!**

*\*THIS GIVES ATHLETES A CHANCE FAMILIARIZE THEMSELVES WITH THE GYM!*

### **STEP 3: EVALUATIONS MAY 13TH**

**ARRIVE TO THE GYM @ DESIGNATED TIME SET AT REGISTRATION.**

**ATHLETES ARE TO ARRIVE IN PBL COLORS WITH SNEAKERS, HAIR UP IN HIGH PONY WITH BOW OR SCRUNCHIE & ANY COLOR LIP STICK.**

*\*NEW TO CHEER ATHLETES, DON'T STRESS, WE WILL ASSIST YOU !*

### **TEAM REVEAL MAY 16TH**

**FOLLOWING THE PARENT MEETING,**

**TEAMS WILL BE POSTED ON OUR WEBSITE!**

**PLEASE MAKE SURE TO REMEMBER YOUR TRYOUT NUMBER!**

*EMAIL PBLALLSTARS@AOL.COM IF YOU FORGOT YOUR TRYOUT NUMBER*

### **\*\* COMMITMENT DAY MAY 17TH**

**FROM 5-8:30PM, COME REGISTER**

**YOUR ATHLETE FOR THE 2023-2024 SEASON\*\***

*FIRST 100 RECIEVE A GIFT!*



# PALM BEACH LIGHTNING ALLSTARS

## 2023 EVALUATION FORM

NAME: \_\_\_\_\_ BIRTH YEAR: \_\_\_\_\_

HAVE YOU CHEERED BEFORE? \_\_\_\_\_ YES \_\_\_\_\_ NO

IF SO WHERE? \_\_\_\_\_ HIGHEST LEVEL COMPETED \_\_\_\_\_

INTERESTED IN BEING ON TWO TEAMS? \_\_\_\_\_ (Addt charges apply)

Less Travel & Expenses (Novice & Prep Teams) \_\_\_\_\_ GREAT FOR BEGINNER!

### TUMBLING SKILLS (Check mark for all skills MASTERED)

#### LEVEL 1

##### LEVEL APPROPRIATE

\_\_\_ Forward Roll  
\_\_\_ Backward Roll  
\_\_\_ Cartwheel  
\_\_\_ Back Bend/ Kickover

##### ADVANCE

\_\_\_ Front Walkover  
\_\_\_ Back Walkover  
\_\_\_ Cartwheel BWO  
\_\_\_ Roundoff

##### ELITE

\_\_\_ Back Walkover Switch  
\_\_\_ FWO Cartwheel  
\_\_\_ Valdez  
\_\_\_ CW BWO

#### LEVEL 2

##### LEVEL APPROPRIATE

\_\_\_ Back Handspring  
\_\_\_ BHS Step Out  
\_\_\_ Round Off BHS

##### ADVANCE

\_\_\_ Back Walkover BHS  
\_\_\_ BWO BHS Step Out  
\_\_\_ RO BHS Step Out

##### ELITE

\_\_\_ BWO BHS Step Out BWO  
\_\_\_ BWO Switch Leg BHS  
\_\_\_ FWO Round Off BHS

#### LEVEL 3

##### LEVEL APPROPRIATE

\_\_\_ BHS BHS Step Out  
\_\_\_ Jump BHS \_\_\_ Aerial  
\_\_\_ RO Tuck

##### ADVANCE

\_\_\_ BWO BHS Series  
\_\_\_ BHS Series

##### ELITE

\_\_\_ BHS Series Jump BHS  
\_\_\_ BHS Step Out BHS Series  
\_\_\_ FWO Aerial \_\_\_ FWO RO Tuck

#### LEVEL 4

##### LEVEL APPROPRIATE

\_\_\_ Standing Tuck  
\_\_\_ CW Tuck  
\_\_\_ RO Layout

##### ADVANCE

\_\_\_ BHS Series Tuck  
\_\_\_ BWO Tuck  
\_\_\_ RO BHS Layout

##### ELITE

\_\_\_ BHS/BHS SO Tuck  
\_\_\_ FHS Punchfront  
\_\_\_ Whip Layout \_\_\_ PF Layout

#### LEVEL 5

##### LEVEL APPROPRIATE

\_\_\_ Jump to Tuck  
\_\_\_ RO Full

##### ADVANCE

\_\_\_ 2 BHS Layout  
\_\_\_ RO BHS Full  
\_\_\_ RO Arabian

##### ELITE

\_\_\_ BHS Layout  
\_\_\_ Jump 2BHS Layout  
\_\_\_ PF/Whip RO BHS Full

#### LEVEL 6

##### LEVEL APPROPRIATE

\_\_\_ Jump to Tuck  
\_\_\_ RO Full

##### ADVANCE

\_\_\_ 2 BHS Full  
\_\_\_ PF/Whip RO BHS Full

##### ELITE

\_\_\_ BHS Full  
\_\_\_ Standing Full  
\_\_\_ Double