

TO

2026 - 2027

SEASON

*BE THE
STANDARD*



ALL-STAR PACKET

TOPIC OF DISCUSSION

ALL THE INFORMATION YOU NEED REGARDING THE UPCOMING SEASON!

WELCOME TO THE TOPIC OF DISCUSSION FAMILY!

Thank you for your interest in joining the Topic of Discussion All-Star program, and welcome to Season 5! We are so excited to have you here.

Topic of Discussion was established in 2020, born from a vision to build something special. We planted our roots in Houston and this community has been home ever since. In early 2021, we broke ground on construction, and on January 5th, 2022, we officially opened our doors. We are a small, homegrown gym and every decision we make is rooted in our commitment to the athletes and families who walk through our doors.

Our mission is to cultivate a strong sense of belonging and build a community where every athlete feels safe, valued, and supported. We understand how important it is to find a gym that truly feels like home, and we go above and beyond to make sure every athlete knows they matter here. Our goal goes far beyond the sport. We strive to be mentors, helping to shape character and build confidence. Our responsibility is not only to train great cheerleaders, but to develop disciplined, confident, and resilient individuals who will excel both on and off the mat.

Our coaching staff is made up of passionate, experienced coaches who genuinely care about each and every athlete. Their love for this sport shows in the way they lead, communicate, and invest in the growth of those they coach. All staff members are USASF certified, have undergone thorough background checks, and have completed abuse prevention education, because the safety and well-being of our athletes will always be our top priority.

We are so grateful for every family who has trusted us with their athlete. You are the reason we are here, and we do not take that lightly.

We cannot wait to see what Season 5 has in store!



EVALUATION INFORMATION

Please carefully review all of the information below before attending tryouts.

HOW TO REGISTER:

Registration for tryouts must be completed online prior to your athlete's evaluation date. To register, visit topicofdiscussionports.com. On the home page you will find two separate registration links. Please select the link that corresponds to your athlete's age division. Each link will direct you to iClassPro where you will complete your registration. A \$50 tryout fee is required for all athletes, both new and returning, and must be paid at the time of registration. Your spot is not confirmed until registration and payment have been completed.

Tiny, Mini, and Youth aged athletes (birth years 2014 through 2023) should use the first registration link.

Junior and Senior aged athletes should use the second registration link. Junior birth years are 2011 through 2018. Senior birth years are 6/1/2007 through 2014.

If your athlete falls within a birth year that could qualify for more than one division, please register under whichever division you feel would best suit your athlete.

EVALUATION DATES AND TIME SLOTS:

Evaluations will take place on May 28th and May 29th. Athletes are only required to attend ONE evaluation date. Both days are open to all age divisions, so please plan to attend whichever date works best for your family.

Tiny, Mini, and Youth aged athletes will evaluate from 6:30PM to 8:00PM.

Junior and Senior aged athletes will evaluate from 7:30PM to 9:00PM.

Athletes may arrive at any point during their designated time slot. There is no need to arrive early. Upon arrival, please check in at the front desk and a staff member will direct you from there.

PRIVATE TRYOUT INFORMATION:

If you are unable to attend either of the scheduled evaluation dates, private tryouts are available. Please email info@topicofdiscussionssports.com or call or text (713) 853-5703 to schedule your private evaluation.

WHAT TO WEAR:

Athletes should come dressed in athletic clothing they can move comfortably in. A fitted top, shorts, and cheer shoes are recommended. If your athlete does not yet own cheer shoes, please wear a clean pair of non-bulky athletic sneakers that are safe and comfortable for tumbling and jumping. Proper footwear is important for the safety of your athlete during the evaluation process.

THE PROCESS:

The evaluation process is designed to be relaxed and stress-free. Each evaluation will take no longer than 45 minutes. Athletes will be evaluated individually or in small groups and are encouraged to retry any skill they are not fully satisfied with.

During evaluations, athletes will be assessed on their tumbling, jumps, and stunting abilities. New this season, all athletes will participate in a live stunting portion as part of their evaluation.

Topic of Discussion will provide all necessary positions to complete each stunt group. Athletes do not need to bring their own stunt group. Flyers will also be asked to demonstrate their body positions and flexibility throughout the process.

Junior and Senior aged athletes, along with a parent or guardian, will participate in a brief interview portion at the conclusion of their evaluation. Athletes and parents will be asked a few questions to wrap up the tryout process.

FOR PARENTS AND GUARDIANS:

Parents and guardians are welcome to observe the evaluation process from our parent lobby and viewing area. In order to maintain a focused environment, parents and guardians may not enter the gym during tryouts.

AFTER EVALUATIONS:

On May 31st, families will receive an email notifying them of their athlete's workout group placement, along with practice days and times. The front desk will confirm the email address we have on file during check-in for tryouts. Workout groups will begin the first week of June.

Official team placements will be announced at our Team Reveal on Friday, June 26th. The Team Reveal will be held at the gym, and all families will receive additional details regarding the event time through the parent group chat on BAND.

QUESTIONS? If you have any questions or need assistance at any point throughout this process, please do not hesitate to reach out. We are always happy to help!

Email: info@topicofdiscussionports.com

Call or Text: (713) 853-5703



EVALUATION FEES

ALL ATHLETES (NEW/RETURNING)	\$50
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****In the event that a team is not formed within your athlete's age division, the tryout fee will be refunded in full.**

TIER BREAKDOWN

ELITE:

Elite teams are composed of individuals with extensive training in cheerleading and a high level of technical expertise. These teams consist of athletes who are well-prepared to deliver exceptional performances at the most competitive levels.

PREP:

Prep teams offer an opportunity for individuals with limited tumbling skills to enhance their technique and performance abilities within a competitive team setting. Compared to Elite teams, Prep teams usually demand less time and financial commitment.

NOVICE:

Novice teams are tailored for individuals who are new to the All-Star scene but are prepared for performance-oriented teams that undergo evaluations at events. These teams emphasize the development of technical skills and performance abilities, serving as a training ground for athletes aiming to join competitive All-Star teams.



SKILL GRID

TUMBLING DEFINITIONS:

FWO: FRONT WALKOVER

BWO: BACK WALKOVER

CW: CARTWHEEL

RO: ROUND OFF

BHS: BACK HANDSPRING

PF: PUNCH FRONT

FHS: FRONT HANDSPRING

	LEVEL 1	LEVEL 2 (4.2)
ELITE STANDING	<ul style="list-style-type: none"> ● BWO SERIES ● BWO SWITCH LEG ● BACK EXT. ROLL - BWO/BWO SERIES ● VALDEZ 	<ul style="list-style-type: none"> ● BWO - BHS STEP OUT - BWO ● BWO SWITCH LEG - BHS ● BHS STEP OUT - BWO - BHS ● VALDEZ - BHS/BHS STEP OUT ● BACK EXTENSION ROLL - BHS/BHS STEP OUT
ELITE RUNNING	<ul style="list-style-type: none"> ● CARTWHEEL - BWO SERIES ● FWO - CW/ROUND OFF ● FWO - CW - BWO/BWO SERIES ● FWO - CW - BWO SWITCH LEG ● HANDSTAND FORWARD ROLL CW - BWO 	<ul style="list-style-type: none"> ● FHS SERIES ● BOUNDER/FLYSPRING ● CW - BHS SERIES ● RO - BHS SERIES ● FWO - RO - BHS/BHS SERIES ● CW - BHS STEP OUT - BWO - BHS/BHS SERIES
	LEVEL 3	LEVEL 4
ELITE STANDING	<ul style="list-style-type: none"> ● BHS/BHS SERIES - JUMP - BHS/BHS SERIES ● JUMP - BHS - JUMP - BHS ● BHS STEP OUT - BHS SERIES ● BHS STEP OUT - BWO - BHS SERIES ● BWO - BHS - JUMP - BHS/BHS SERIES 	<ul style="list-style-type: none"> ● BHS/BHS STEP OUT - TUCK ● JUMP - BHS SERIES - TUCK ● JUMP - BHS - TUCK
ELITE RUNNING	<ul style="list-style-type: none"> ● FWO - AERIAL ● BOUNDER/FLYSPRING - AERIAL ● RO - BHS - TUCK ● RO - BHS STEP OUT - ½ TURN - RO - TO - TUCK ● FWO - RO - TO - TUCK ● BOUNDER/FLYSPRING - RO - TO - TUCK ● FHS- PF 	<ul style="list-style-type: none"> ● FH - PF STEP OUT - RO -WHIP/TUCK - TUCK ● RO - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ● RO - ONODI - TO - LAYOUT ● FWO - RO - TO - LAYOUT ● FRONT AERIAL - RO - WHIP - LAYOUT ● PF STEP OUT - RO - TO - LAYOUT ● RO - TO - WHIP/TUCK - TO - LAYOUT ● FWO - RO - TO - WHIP/TUCK - TO - LAYOUT ● PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT ● FHS - PF STEP OUT - RO - TO - LAYOUT ● FHS - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT
	LEVEL 5	
ELITE STANDING	<ul style="list-style-type: none"> ● BHS - WHIP - TUCK ● BHS - LAYOUT ● ADVANCED JUMP - BHS / BHS SERIES - LAYOUT ● ADVANCED JUMP - BHS - WHIP - TUCK ● BHS - WHIP / TUCK - LAYOUT 	

- BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT
- ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

ELITE RUNNING

- FRONT FULL
- RO - BHS - FULL
- FWO - RO - TO - FULL
- BARANI - TO - FULL
- FRONT AERIAL - TO - FULL
- PF STEP OUT - RO - TO - FULL
- FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL
- RO - TO - WHIP - TO - FULL
- FHS - FRONT FULL
- PF STEP OUT - RO - TO - WHIP - TO - FULL
- FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL
- RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL



PROGRAM FEES

MONTHLY TUITION:

All monthly tuition payments are due on the 1st of each month. There will be 12 monthly charges from June 1st, 2026, through May 15th, 2027. Please note that the month of May will be charged at half the regular monthly rate, as the season concludes on May 15th and families will not be charged for a full month.

Monthly tuition is a fixed expense that does not change from month to month. A valid card must be kept on file for all families and will be used for monthly tuition payments.

The monthly tuition fee covers the following:

- **Unlimited team training**
- **Unlimited tumbling classes**
- **Competition fees**
- **Competition music**
- **Team competition bow**
- **Summit coaches fee**

SUMMIT FEES:

Summit fees will be discussed at the parent meeting. Additional details regarding the parent meeting date and time will be communicated to all families in advance.

BOOSTER CLUB AND FUNDRAISING OPPORTUNITIES:

We understand that the financial commitment of an All-Star season is significant, and we want to make sure every family has access to the support they need. In an effort to help reduce costs, Topic of Discussion offers a booster club that provides fundraising opportunities throughout the season. We also provide a sponsorship proposal program for families who are interested. Our goal is to present as many opportunities as possible to help bring your overall cost down. Families who take full advantage of these options will see a meaningful difference in their out of pocket expenses throughout the season.

SIBLING DISCOUNT:

We are proud to offer a 15% sibling tuition discount for families with multiple athletes enrolled in the All-Star program.

MONTHLY TUITION

TINY/MINI (NOVICE/PREP)	\$185
YOUTH (ELITE)	\$250
JUNIOR/SENIOR (ELITE)	\$385

ADDITIONAL FEES

ANNUAL REGISTRATION FEE	\$65
CHOREOGRAPHY FEE	\$150
PRACTICE WEAR 3 TOPS (2 SPORTS BRAS + 1 TANK) *BOYS: 3 TANKS/SHIRTS* 3 BOTTOMS (SHORTS AND/OR SPANX) *BOYS: 3 PAIRS OF SHORTS*	\$300
NEW UNIFORM (IF APPLICABLE) SENIOR	\$650 (MALE) \$400
NEW UNIFORM (IF APPLICABLE) YOUTH/JUNIOR	\$450 (MALE) \$300
NEW UNIFORM (IF APPLICABLE) TINY/MINI	\$175 (MALE) \$100
WARM-UP JACKET (OPTIONAL)	\$200
BACKPACK (OPTIONAL)	\$150

Existing athletes do not have to pay the Annual Registration Fee, if the fee has already been paid.

All athletes are required to create a USASF account and pay the USASF athlete registration fee directly through USASF.

This fee is typically \$50 and is separate from any fees paid to Topic of Discussion. Detailed instructions on how to create your account, payment steps, and deadlines will be provided at the parent meeting.

As part of the registration process, adult athletes must:

- **Complete a background screening through the USASF portal**
- **Complete the abuse prevention education program**

All athletes are required to be registered members of USASF in order to participate in competition. These requirements are included in the USASF membership fee and must be completed in order for the athlete to be eligible to compete.

COMPETITION SCHEDULE

Junior and Senior aged teams will attend six events during the regular season (not including Summit).

Youth aged teams will attend five events during the regular season (not including Youth Summit).

Tiny and Mini aged teams will attend four total local events.

A final schedule will be provided on or before August 1st.

CALENDAR/SUMMER SCHEDULE

All practice schedules will be provided to families at the time they are notified of their athlete's workout group placement.

The Senior team will practice twice a week, with each practice lasting a minimum of two hours. One practice will be held on a weekday and one on the weekend. Beginning in November, the Senior team will increase to three practices per week, consisting of two weekday practices and one weekend practice. Additional practices may be scheduled as needed and will be communicated to families in advance.

The Junior team will follow the same practice structure as the Senior team, practicing twice a week with one weekday and one weekend practice. Beginning in November, the Junior team will also increase to three practices per week, consisting of two weekday practices and one weekend practice. Additional practices may be scheduled as needed and will be communicated to families in advance.

The Youth team will practice twice a week, with one weekday practice and one weekend practice. Any additional practices will be communicated to families no less than two weeks in advance.

The Mini and Tiny teams will practice once a week. Any additional practices will be communicated to families ahead of time.

SUMMER VACATIONS:

We understand that during the summer there will be vacations and other commitments, and throughout the year, athletes may be involved in extracurricular activities. We're willing to work with athletes whenever possible to accommodate these situations. However, we expect 100% commitment from all team members, including attendance at all scheduled practices and competitions. Consistent participation is essential for both individual and team success.

CHOREOGRAPHY DATES:

Choreography sessions are scheduled for the first week of August. Once the teams have been finalized, we will share those exact dates to give families time to plan or adjust schedules as needed. It is extremely important that all athletes are present for choreography, as these sessions are a critical part of team preparation for the season.

NOTE: During the competition season, additional practices will be added to the calendar. If this occurs, parents will receive notice in advance. All athletes are expected to attend any extra practices added to the calendar.

The following dates are gym holidays:

- **May 25th | Memorial Day**
- **June 21st | Father's Day**
- **July 4th | Independence Day**
- **September 7th | Labor Day**
- **October 9th - October 13th | Fall Break (Katy ISD)**
- **October 31st | Halloween (NO TEAM PRACTICES)**
- **November 23rd - November 29th | Thanksgiving Break**
- **December 21st - January 3rd | Winter Holiday (MANDATORY PRACTICE: January 4th + 5th)**
- **January 19th | Martin Luther King Jr. Day**
- **February 16th | Presidents Day**
- **March 8th - March 12th | Spring Break**
- **April 5th | Easter Sunday**
- **May 10th | Mother's Day**



ABSENCE POLICY

Absences are not permitted during the week of a competition under any circumstances.

All families must submit an Absence Request Form through the parent portal by the 20th of each month. Please do not email absence requests. Only submissions through the portal will be accepted.

Please note that submitting a request does not guarantee approval. All absences must be reviewed and approved by staff. If there is any concern regarding the validity of a request, we reserve the right to verify with school administration or teaching staff. You may be asked to provide documentation from a teacher or instructor.

Falsifying an absence request will result in immediate removal from the program.

TRAVEL/AIR FARE

Athletes are required to arrive one day prior to prelims and may depart early morning following the event. ALL athletes must attend all practices and showcases listed within the calendar the week of an event. NO EXCEPTIONS!

If you choose to book your travel outside of the guidelines provided, you will be required to change your itinerary.

INJURY/ILLNESS POLICY

The health and safety of our athletes and staff are our top priority. If an athlete is unwell or injured and unable to attend practice, please notify our staff immediately. Athletes managing a non-contagious illness or minor injury are still expected to attend practice unless otherwise approved by staff.

In case of injury, the athlete must provide a doctor's note with details of the injury, treatment plan, and recovery time. Please notify us promptly if an athlete is injured outside of practice. We may adjust routines based on an individual's injury and recovery time. The decision to reintegrate the individual into the routine is at the coach's discretion.

NOTE: We fully reserve the right to replace sick or injured athletes.



IMPORTANT INFORMATION

PARENTS AND ATHLETES ARE HELD ACCOUNTABLE AT ALL TIMES FOR THE GUIDELINES SET FORTH IN THIS PACKET.

- **A member must always be a strong representative of Topic of Discussion and a positive reflection of his/her teammates.**
- **All practices and competitions are mandatory, and athletes are expected to arrive on time.**
- **Parents are expected to conduct themselves appropriately at all times while observing practice. If these expectations are not met, we reserve the right to limit or revoke viewing privileges in order to maintain a focused and productive training atmosphere for our athletes.**
- **Disrespectful or abusive behavior toward staff or teammates will not be tolerated.**
- **We have a ZERO tolerance policy for alcohol or drug use.**
- **We will not tolerate negative comments about our staff, teams, or other programs.**
- **Please remember that your actions and words reflect directly on our organization. While using social media platforms like Snapchat, Facebook, Instagram, TikTok, Twitter, Band, or any other, please be mindful of the content you post and also the content you share on your page.**
- **Sharing inappropriate or disrespectful content will result in immediate removal.**
- **It is expected that all teammates treat each other with respect. Drama, pettiness, gossiping, cliques, and private group chats that exclude or alienate some athletes will not be tolerated.**
- **Talking back, yelling, rolling eyes, or any other form of disrespect toward staff or teammates will not be tolerated. Any issues between an athlete and staff member will first be addressed between the athlete and coach. If the issue is not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the staff in solving the issue.**
- **All payments are non-refundable. This policy applies at all times and for any reason, including but not limited to injury, withdrawal, scheduling conflicts, or changes in personal circumstances.**



TEAM APPLICATION

PERSONAL INFORMATION

Athlete Name Age

D.O.B. Parent Email

Address

City/State Zipcode

Grade School

Please fill in the level that best describes you.

1 **2** **3** **4** **5**

Would you accept any position, on any team? Yes No

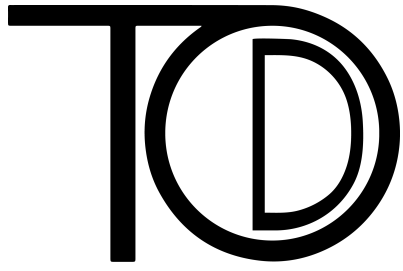
If no, what level/position are you interested in?

Would you be interested in double-teaming? Yes No

How do you contribute to a positive team environment?

What do you enjoy the most about cheer, and what keeps you motivated to continue training and competing?

How would a former teammate describe you?



FAMILY CONTACT INFORMATION

ATHLETE NAME (FIRST, LAST): _____

ATHLETE DATE OF BIRTH: _____

MOTHERS NAME (FIRST, LAST): _____

MOTHERS CELL PHONE: _____

MOTHERS WORK PHONE: _____

MOTHERS EMAIL: _____

FATHERS NAME (FIRST, LAST): _____

FATHERS CELL PHONE: _____

FATHERS WORK PHONE: _____

FATHERS EMAIL: _____

ADDRESS: _____

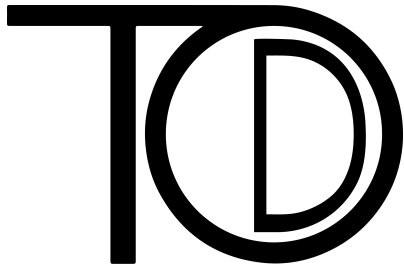
CITY, STATE, ZIP CODE: _____

PREFERRED EMERGENCY CONTACT

NAME: _____

PHONE NUMBER: _____

WORK PHONE NUMBER: _____



Medical Consent

Topic of Discussion Sports will not provide medication to any athlete without written permission and consent from a parent or guardian. If health issues arise and this form needs to be revised, please reach out to us immediately.

Please indicate your preference by checking the appropriate option with your initials.

_____ **NO, I do not want medication provided to my child.**

_____ **YES, my child may be provided any of the medications listed above.**

_____ **YES, my child may be provided and administered medicine but only from the following list:**

1. _____

2. _____

3. _____

EMERGENCY MEDICAL TREATMENT STATEMENT

I, the parent/guardian of _____, permit Topic of Discussion Sports staff and any medical team to seek emergency medical attention for my child or to transport my child for emergency medical treatment if my emergency contact or I cannot be reached.

Telephone Numbers:

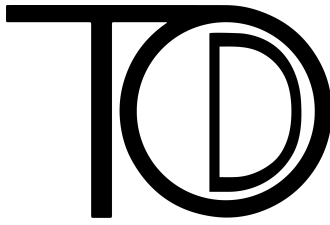
Day: () _____ - _____ Evening: () _____ - _____

Emergency: () _____ - _____

Parent/Guardian Signature: _____

Date: _____

Athlete's Name: _____



CREDIT/DEBIT/ACH AUTHORIZATION FORM

Please provide a credit/debit card number for monthly tuition payments. Tuition fees will be automatically debited on the 1st of each month. Please notify us promptly of any changes to your credit details. NOTE: A 4% transaction fee will be applied to cover credit card processing fees. ACH/e-check payments are not subject to the transaction fee.

Athlete's Name: _____

DEBIT/CREDIT CARD INFORMATION:

Name as it appears on the card:

Type of Card: _____

Credit Card Number: _____ Exp: _____

Signature: _____ Date: _____

Card Holders Address with Zip Code: _____

E-CHECK/ACH:

Bank Name: _____

Account #: _____

Routing #: _____

I hereby understand that I am required to keep a current credit card on file with "Topic of Discussion Sports Training" and that I am also required to complete and sign a credit card authorization form.

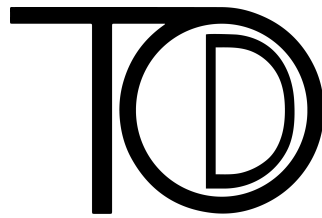
Signature: _____ Date: _____

A \$25 Fee will be applied for all returned Checks/E-Checks.

Any accounts past due more than 3 days will incur a \$30 Late Fee.

All-Star Monthly Tuition includes unlimited tumbling classes. NOTE: This fee remains the same if you choose not to attend any tumbling classes. If skill requirements have not been met, tumbling may be mandatory. Any extra classes or

outstanding balances will be billed to your account on the 1st of each month.



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

BY SIGNING THIS DOCUMENT, YOU ARE WAIVING CERTAIN LEGAL RIGHTS. PLEASE READ THIS DOCUMENT CAREFULLY BEFORE COMPLETING WITH A SIGNATURE. I, _____, ("Releasor") the parent or legal guardian of the above named athlete hereafter referred to as ("Athlete") do hereby permit the athlete to participate in classes, cheerleading, tumbling, competitions, gymnastics, programs, or any other physical activity while considered an athlete at Topic of Discussion Sports Training, LLC or its affiliates hereinafter referred to as "Topic of Discussion". By granting permission for the "athlete" to participate in any program at "Topic of Discussion Sports Training", I assume full responsibility for "athletes" own personal safety and release "Topic of Discussion Sports Training", it's employees, and supervisors from any and all liabilities that may arise due to injury including death to "athlete" by reason of "athletes" participation in any program or activity at "Topic of Discussion Sports Training" or in which "Topic of Discussion Sports Training" is participating any place else. IN CONSIDERATION OF THE "ATHLETE" BEING PERMITTED BY "TOPIC OF DISCUSSION SPORTS TRAINING" TO PARTICIPATE IN THE STATED ACTIVITIES RELEASOR AGREES TO ALL OF THE FOLLOWING TERMS AND CONDITIONS: I hereby understand there is a personal risk involved in any activity involving height, rotation, and motion and that these activities can result in serious injury, death, or disability. I hereby declare that the "athlete" has recently been seen by a physician and is cleared to participate in all physical activities such as, tumbling, cheerleading, and gymnastics. I hereby authorize "Topic of Discussion Sports Training" to use photographs, video, and/or any other forms of likenesses of "athlete" for use in "Topic of Discussion Sports Training" promotional materials or sales and waive any rights of compensation or ownership thereto. I hereby understand the 1st month's tuition will be required to be paid in full when registering for any activities at "Topic of Discussion Sports Training". I hereby understand that I must give written notice on or before the 5th day of the month, one month prior to dropping any class or activity at "Topic of Discussion Sports Training". In conclusion, I understand that if I do not provide "Topic of Discussion Sports Training" with this notice in writing and deliver it to the front desk, my tuition will be forfeited. I hereby understand that "Topic of Discussion Sports Training" does not refund tuition for any reason.

Name of Athlete: _____

Date: _____

Parent/Guardian: _____

Topic of Discussion Representative: _____