



FAQ about the Rock Solid Allstar Program

Q. What is Rock Solid?

A. Rock Solid is a Pinellas County based company who offers training in cheerleading, tumbling, stunting, summer camps, gym rentals and open gym to ages 3 and older.

Q. What kind of training is available?

A. Classes are offered for stretch and conditioning, tumbling and stunting to the general public on a weekly basis. All-star team training is two-three nights per week. Summer Camps are available to the general public, elementary, middle and high schools as well as youth league teams. Private Camp gym rentals are available for all teams. Open Gym is every Friday night 6-8 p.m. \$8 cash.

Q. How do I get involved?

A. To register for a team, class, private, semi-private, summer camp or open gym call 727-548-7625 or log on to Rocksolidallstars.com and click "Join"

Q. How much does it cost?

A. As little as \$8.00 for a 2 hour session for open gym, \$55-\$75 weekly classes, to \$75.00-\$125.00 per month for team plus cheer fees.

Q. How old do you have to be?

A. We start at 3years old (with a good attention span) thru adults.

Q. Do I have to join the all-star program?

A. Although we are focused primarily on All-Star Cheerleading at Rock Solid, we do help cheerleaders reach their goals for school and youth leagues teams through training in a stunt, tumble or cheerleading private lesson or class.

Q. If I want to join the Rock Solid All-Stars, what do I do?

A. Pick up a sign up packet. Register for an individual evaluation, which are done daily Monday-Thursday 5-7pm. Once your skills are assessed you will be placed on a team.

Q. How do I get a sign up packet?

A. Sign up packets are available at the Rock Solid All Star Gym or accessible on the website www.rocksolidallstars.com Complete the forms: medical release, financial agreement and policy agreement form in the packet and return to gym with appropriate fees.

Q. What skills do I need to have to make a team?

A. We accept all levels, beginner through advanced skills. (We suggest a private lesson or class to boost your current skill level.)

Q. What is the skill makeup of your team?

A. At Rock Solid All-Stars we follow the skill guidelines of the USASF. Please log on to www.usasf.net to see the required skill level of each division.

Q. Do you have qualified coaches?

A. All Rock Solid Staff are experienced members of the USASF and background checked.

Q. Do you offer fundraising?

A. Yes, we have a large number of families that pay their entire tuition and competition fees through fundraising alone!