



2019 Lightning Bolt Explosion Team Information

Organization: _____

Coach: _____

E-mail: _____

Cell Phone: _____

Dance - School Teams

- Elementary (grade 5 & under)
- Middle School (grade 8 & under)
- Junior Varsity
- Small Varsity (7-12 athletes)
- Medium Varsity (13-16 athletes)
- Large Varsity (17+ athletes)

Dance – Studio / All Star

- Tiny (6 years and younger)
- Mini (9 years and younger)
- Youth (12 years and younger)
- Junior (15 years and younger)
- Senior (18 years and younger)

Dance – Solos

- Tiny (5-6 years old)
- Mini (7-8 years old)
- Youth (9-11 years old)
- Junior (12-14 years old)
- Teen (15-16 years old)
- Senior (17-18 years old)

Dance – Ensembles

- Tiny (6 years and younger)
- Mini (8 years and younger)
- Youth (11 years and younger)
- Junior (14 years and younger)
- Teen (16 years and younger)
- Senior (18 years and younger)

Dance - Super Stars

- Special Needs

Cheer - School & Recreational Teams

- Recreational (grades 5-8 / not school or all star)
- Elementary School (grade 5 & under)
- Middle School (grade 8 & under)
- Non-Stunt
- Non-Tumble
- Cheer Dance
- Junior Varsity
- Super Small Varsity (5-9 athletes)
- Small Varsity (10-12 athletes)
- Medium Varsity (13-16 athletes)
- Large Varsity (17+ athletes)
- Coed / # of males _____

Cheer - All Star Clubs

- Tiny (6 years and younger)
- Mini (8 years and younger)
- Youth (11 years and under)
- Junior (14 years and under)
- Senior (18 years and under)
- Specify USASF level(s) _____

Cheer – Solos

- Tiny (5-6 years old)
- Mini (7-8 years old)
- Youth (9-11 years old)
- Junior (12-14 years old)
- Teen (15-16 years old)
- Senior (17-18 years old)
- Specify School or All Star _____

Cheer – Stunt Groups

- Mini (grade 4 & under)
- Youth (grade 6 & under)
- Junior (grade 8 & under)
- Senior (grade 12 & under)
- Coed (grade 12 & under)
- Specify School or All Star _____

Cheer - Super Stars

- Special Needs

