



Cowcipi ATHLETICE

INFORMATION PACKET

2025-2026 | Celebrating 14 years!

JOIN US THIS SEASON

We are incredibly excited to be releasing our tryout packet for the 2025-2026 season and we thank you for your interest in Cowgirl Athletics Cheerleading, Stunt and Hip Hop Program. No matter the age or skill level, we have a program that can meet your athletes needs!

WELCOME

Thank you for choosing Cowgirl Athletics as your premier Athletic program. We offer competitive cheerleading for males and females, club Stunt teams and Competitive Dance Teams. We are embarking on our 14th competitive season, and we are very excited. Cowgirl Athletics has become a well-recognized name in the all-star cheerleading industry due to our clean technique, creative choreography and consistent program direction. In just eight years, we have accumulated hundreds of titles, receiving prestigious bids to The Summit, U.S. Finals, The One and the Amazing Championships. Hard work, perseverance, positive reinforcement and the dedication of our cheerleading families is what makes Cowgirl Athletics truly a unique place to learn and enjoy the sport of all-star cheerleading.

More importantly than any title or award, our athletes learn skills that benefit them throughout every area of their lives. Never does our desire to win stand in the way of making decisions that benefit the team as a whole.

Our coaching staff is committed to developing competitive athletes who are not only superb on the competition floor, but also upstanding individuals in everyday life. We create leaders and build confident athletes who have self-discipline and excellent work ethic. We hope that when it comes time for our athletes to graduate and move on to a new phase in life, they take with them the integrity, character, work ethic and self-confidence they have gained by being a part of the Cowgirl Athletics family.

In this packet, you will find all the information needed to become a competitive athlete for Cowgirl Athletics We have a variety of commitment levels so you can make the best decision for your family. You will see a section on tryout information, parent and athlete policies, financial obligations and other important information. If you have questions over the information in this packet, feel free to contact us.

Sincerely,

Kaleina J

Cowgirl Athletics Owner





SUMMER DATES

SIGN UPS & REGISTRATION OPENS TRAINING CLASSES BEGIN PARENT INFO MEETING RETURNERS PARENT MEETING **OPEN HOUSE** GYM CLOSED WELCOME DAY & SWAGG PICK UP **IN-HOUSE BOOT CAMP** CHEER PLACEMENTS DANCE AUDITIONS STUNT PLACEMENTS TEAM ANNOUCEMENTS CCA COACHES TRAINING HEROES DREAM CHEER CAMP FITTINGS & SIZING DAY SUMMER BREAK STUNT CAMP CHOREGRAPHY

3/150 5/1 4/24 & 5/23 5/21 7PM APR & MAY 6//3 6/4 6/5-6/7 6/11 6/12 6/13 6/15 6/21-6/23 6/25-6/26 6/20-6/29 7/8-7/13 JULY 2024

JULY-AUG

ccastrong

*1st 20 signups & PAID registration will be entered to win a new uniform or practice gear set. Only 1 winner per household.





Summer Practice

In the summer athletes are required to practice 1 day per week. That way families can travel and enjoy the amazing weather and visit family & friends. Beginning in August 2025 athlete will begin preparing for Competition and Game season. At which time practice days and times will increase. Athletes that do not travel in the summertime can take additional training classes at CCA.

CCA Important Pates



CCA Welcome Week & Boot Camp June 4-7



HIP HOP EVAULATIONS

JUNE 10

5:00PM-8:00PM

ALL-STAR CHEER

JUNE 11

6:00PM-8:00PM

STUNT TEAM

JUNE 12

5:00PM-9:00PM



COWGIRL ATHLETICS PROGRAMS

Year Around Team Enrollment opens 3.15.2025



NON-TRAVEL

CLASSIC CLASSIC PLUS

Ages 3 - 17 yrs

June Jan

1/2 Season

Nov April

June

Full Season

Apr

1 hour



1-2 Days per Week

Monthly Investment: \$139.00

Tumbling: 1/2 off classes

Cheer Uniform Fee: \$200.00

Dance Costume: \$75.00

Stunt Uniform Fee: \$60.00





No Travel Required 3-4 competitions

No Arizona No Utah No Florida

LIMITED TRAVEL

PREMIER PREMIER PLUS

Ages 5 - 19 yrs

Cheer Dance

June



Apr

1.5 hours



2 Days per Week

Monthly Investment: \$169.00

Tumbling: 1/2 off classes

Cheer Uniform Fee: \$275.00 Dance Costume: \$150.00





No hotel required 4 local competitions (200 m radius)

> No Arizona No Utah No Florida

FULL TRAVEL

ELITE ELITE PLUS

Ages 7 to 19 yrs

Cheer Stunt

June



MAY

2 or 2.5 hours



2-3 Days per Week

Monthly Investment: \$209.00

(includes 1 additional class)

CHEER Uniform Fee: \$350.00-\$450.00

Stunt Uniform Fee: \$160.00







Travel & Lodging required 5 local competitions (200 m radius)

2 travel competition









IMPORTANT DATES:

Placements: 06.10.2025-06.12.2025

Camp: June and July

Cheer Choreography: July-Aug 2025

*exact day depends on the teams

Hip Hop Choreography: TBA

*exact day depends on the teams

PLACEMENT CHECKLIST:

- Participation Waiver
- Tryout Information Form
- PAID registration

No fee to tryout!!!!





WELCOME DAY 06.02.2025

Please come prepared to complete all of your registration paperwork if it has not been completed. Athletes who have not made their initial payment toward the season will not be able to order uniforms or receive their practice gear at signing.

Additionally, we want you to take part in the process, Celebrate your athletes placement, join all of the team Band groups so you do not miss out on communication, and ensure all of your contact information and ICLASS account are correct. Signing day is the first step in being fully set up for success all season.

Athlete Welcome day Is not a MANDATORY event but is highly encouraged. Athletes will be signing the acceptance of a position on the team, and ensure they and their families have joined the Team and Gym Band.

Athlete Welcome day is a fun experience for all athletes as they get to socialize with their official teammates, get great photos, and overall capture the fantastic excitement of being placed on the teams they will find success on all season! It is truly a celebration.

TRYOUTS / TEAM PLACEMENTS:

The tryout process is to be as non-stressful as possible. Athletes will have their skill level assessed by demonstrating their best quality of jumps and highest level of tumbling.

BOOT CAMP

Boot camp is a 3-day camp designed to help athletes get prepared. Camp will begin on 06.03.2025 and conclude on 06.06.2025

Team placements are final once posted.

Athletes may be asked to be a cross over or an alternate. Crossover = Participate on two teams Alternate = Potential fill-in for another team.

CCALPAINCE PROGRAMOPHORS

DEBUT DANCE TEAMS

Birth Years: 2020 AND UP

Non-Travel

- Practice 1-2 days per week
- males and females
- ages 4 to 14 years old
- practice 1 hour
- no travel required
- Full year teams
- Session Teams that run for 5 months
- Recitals and in-house performances only!
- MONTHLY TUITION: \$99.00



Birth Years: 2007-2021

LIMITED TRAVEL



PREMIER COMP DANCE TEAMS

- Season: June 1-April 2026
- Practice 2 days per week
- males and females
- · ages 6-9 years old and up
- practice 1-1.5 hours
- limited travel required
- 4 local competitions
- 3 Performances
- 2 Conventions
- MONTHLY TUITION: \$139
- ADDITIONAL PROGRAM OPTIONS: Add STUNT or Allstar for \$65/mo.

ELITE COMP DANCE TEAMS

- Season: June 1-April 2026
- · Practice 2 days per week
- males and females
- Ages 7 years old and up
- practice 2 hours
- travel required
 - Las Vegas and 1 additional
- · Season runs for June-May
- 5 competitions
- · 3 performances
- 2 Conventions
- MONTHLY TUITION: \$169

Birth Years: 2007-2021

TRAVEL REQUIRED



CCA STUNT









AGE GRID

8U- 5-8 years old June 1, 2025

110- 8-11 years old June 1, 2025

14U- 11-14 years old June 1, 2025

18U- 14-18 years old June 1, 2025

BATTLE SQUAD STUNT

IN-HOUSE TRAINING TEAM!

- 1 Game Jerseys
- 1 Practice Jersey
- 1/2 season June-November
- 1/2 season January-May
- No experience needed
- ages 6 to 18 years old
- Females and Males only
- 1 Performance
- 1 In-House Game

SEASON: June 1-May 1, 2026

PRACTICES: 1.5 hours, 1 days per week

TUMBLING CLASS: optional MONTHLY TUITION: \$139.00 REGISTRATION: \$129.00

ADDITIONAL PROGRAM OPTIONS: Add All-stars or

Hip Hop for \$65/mo.

GAMES: Includes 1 game, 1 Performance

GAME SQUAD STUNT

- Practice 2 days a week
- Mandatory 1 week during the summer
 - o allow families precious vacation time.
- 2 Game Jerseys & 1 Practice Jersey
- 8U/11U/14U/16U/18U
- Full season June May
- No experience needed
- ages 6 to 18 years old
- Females only
- Fun Family Destination Tournament

SEASON: June 1-May 1, 2026

PRACTICES: 1.5 to 2 1/2 hours, 2 days per week **TUMBLING CLASS:** Level-appropriate class of your choice included in package. Consistent attendance at

tumbling is also included in the package.

MONTHLY TUITION: \$209.00

ADDITIONAL PROGRAM OPTIONS: Add All-

stars or Hip Hop for \$65/mo.

GAMES: Includes 5 games, 1 semi-local (within a

few hours)







RAMOPHONS

TINY NOVICE CHEER Ages 3.5 years -5 years

Tiny Pearls This program is perfect for athletes entering the world of cheerleading ages 3.5-5 years old! No team placement required. There are two sessions; Sept to Dec and January to April. Practice once a week for 1 hour. These are recreational teams, athletes are not required to try out. athletes will learn a 1:30-minute routine.

Athletes will perform at an end-of-session event. Their routines will include elements of:

Stunting and Pyramid

- Tumbling and Jumps
- **Motions and Dance**

Monthly Tuition: \$99.00-\$109.00 Non-Travel







CLASSIC CHEER Birth Years: 2018 + OLDER

This program is perfect for athletes entering the world of cheerleading! No team placement required. There are two sessions; June to Dec and January to April. Practice once a week for 1.5 hours; age group dependent. Athletes will learn and compete a 2-minute routine. Classic athletes will compete at 3 events throughout the session. These are Classic teams, athletes are not required to try out. Classic athletes will learn a 2-minute routine. Athletes will perform at an end-of-session event. Their routines will include elements of:

- Stunting and Pyramid
- Tumbling and Jumps
- Motions and Dance

Monthly Tuition: \$139.00 Non-Travel

Teams: Burberry & Juicy & Armani

PREMIER CHEER

Birth Years: 2019 + OLDER

Prep athletes are not required to try out for a team. This is a semi-competitive team that runs from September to April. Teams practice are once a week for 1.5-2 hours; age group dependent. Athletes will learn and compete a 2minute routine. Prep athletes will compete at 4 events throughout the season, which may require athletes to attend a few extra practices throughout the season for routine upgrades. Routine elements are similar to that of a novice team, but stunting and tumbling play a much bigger role on the scoresheet. Cheer practices are mandatory and tumbling training is highly recommended

LITE Travel

Monthly Tuition: \$169.00

Teams: Gucci Girls



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Birth Years: 2019-2008 PREMIER PLUS CHEER

The Prep Plus Program is the stepping stone between Prep and Elite. Although no team tryouts are required, it is built for those with previous experience on a Prep team or will require an evaluation. This is similar to a Prep team, however Prep Plus Teams practice twice a week for 1.5-2 hours beginning in September-April. Athletes will learn and compete a 2-minute routine or a 2.5 minute routine. Routine elements are the same to that of a Prep team. The commitments are the same to that of an Elite team. Prep Plus athletes will compete at 4-5 events within California throughout the season with the potential of 1 out of state competition and strive to attend Regional Summit. Cheer practices are mandatory and tumbling training is highly recommended.

> **Monthly Tuition: \$169.00 Teams: Miss Paris and Versace**

Limited Travel

ELITE CHEER Birth Years: 2018 + OLDER

Our All Star Elite Program is our competitive program. The season runs from June to April. Teams practice twice a week for 2 hours. Athletes will be required to attend our new Dream Camp in June, skills camp in July, choreography camp in over the summer and a few extra practices throughout the season for routine upgrades. Elite athletes will compete a 2 - 2 1/2 minute routine at 5-6 events throughout the year with 1 out of state competition. While we will always support additional sports and school activities, our athletes will need to be equally as focused on their cheer teams at CCA. These athletes will be in the most competitive divisions and will require focus and dedication. Cheer practices and tumbling are mandatory and training is highly recommended.

Monthly Tuition: \$199.00-\$209.00 Lite FULL Travel

Team: Coco Chanel





Birth Years: 2018 + OLDER

ELITE CHEER PLUS

Our Elite Plus Program is for our most driven athletes. The season runs from June to May. Athletes will be required to attend our new Dream Camp in June, skills camp in July, choreography camp in over the summer and a few extra practices throughout the season for routine upgrades. Teams practice twice a week for 2 hours. Athletes will compete a 2-2 1/2 minute routine at 5-6 events within California throughout the year, in addition 2 out-of-state competitions along with striving to end the season at the D2 Summit in Orlando, Fl. While we will always support additional sports and school activities, our athletes will need to be equally as focused on their cheer teams at CCA. These athletes will be in the most competitive divisions and will require focus and dedication. Cheer practices, skills classes, tumbling training are mandatory and included in the package.

Monthly Tuition: \$199.00-\$209.00 FULL Travel

Team: Prada, Tiffany, Fendi, Spades, Dior

PREPOSELITE PLUS Information



NEW

PREP & ELITE PLUS TEAMS:

New this season we will be fielding Prep Plus and Elite Plus teams. These teams are meant to give athletes who want a more competitive environment compared to All Star Prep and All Star Elite (respectively). We know that a high level of commitment is not for everyone, but if it is, these teams are for you!

PREP PLUS

- For your athlete to be placed on a Prep Plus team, they must be a returning prep athlete and posses some experience in cheerleading
- High Standards: We expect these teams to be a priority. While we want everyone to be able to enjoy family time, etc, please make sure practice attendance is prioritized and missing practice needs to be kept to a minimum.
- Prep Plus is an excellent stepping stone for those who are looking for more, but aren't quite ready for an Elite team yet and/or Elite team traveling requirements.

ELITE PLUS

- For your athlete to be selected for an Elite PLUS team, they must have ALL skills at that level. If they truly want to be on an Elite PLUS team, they should consider going down a level from their current tumbling level, as the goal of these teams is to be the most competitive possible.
- High Standards: We expect these teams to be your #1
 priority. While we want everyone to be able to enjoy
 family time, etc, please make sure this team is a
 priority and missing practice needs to be kept to a
 minimum.
- These teams will have an accountability system in place, which may alter athlete's position on the team.
- In June-July athlete are required to practice 1 day per week. From August until season ends, there are two required team practices. Included in this package is 1 tumbling class and/or skills class per week. Athletes who do not maintain tumbling skills throughout the season will be moved to another team.
- National Travel & End of the Season Events These teams will attend National events and will accept bids for events if allocated to them. We will decide at the time the bids are received if they are the best fit for the teams' success. Extra costs and commitments may come up with little notice.

FLYER PROGRAM

All athletes who are selected as Flyers for an Elite or Elite Plus team will be required to participate in the Flyer Program, which consists of:

- · Weekly online training
- · Monthly progress pictures
- Optional participation in in-person flyer class

Cost: \$10/month

	Required Tumbling Skills for
	Elite Plus
Level 1	Standing- Front Walkover, Back Walkover, BWO Switch, Valdez Running- Roundoff, Cartwheel BWO, FWO Cartwheel BWO
Level 2	Standing- BWO BHS, BWO BHS Step out BWO, T jump to BHS, Back Extension Roll to BHS Running- FWO Roundoff 2 BHS, Power Hurdle FHS, Roundoff BHS Rebound Roundoff 2BHS
Level 3	Standing- 3 BHS connected, Jump to BHS, BHS Step out to BWO 2BHS Running- FWO Roundoff BHS Tuck, Punch Front, Roundoff BHS Step out Roundoff BHS Tuck, FHS Punch Front
Level 4	Standing- BHS BHS Tuck, BWO Tuck, Standing Tuck, Jump to BHS Tuck Running- FWO Roundoff BHS Layout, Punch Front through to Layout, Roundoff Whip BHS Layout



FINAL Commitment



TUITION

Down payment:

This secures your spot for the 2025-2026 season AND saves you money. Make sure to take advantage of the discounts and register early! *Non refundable*.

Tuition Fees Include:

- Weekly Practices & Staffing
- Additional Practices

All-Star Team Fees Include (Monthly September to December):

- Local Competition registration fee
- Local Competitions staffing & accommodation
- Outsourced Choreography or Coaching
- Elite & Elite Plus Super Camp
- Team Music
- Team Bonding Budget (\$20/Prep Athlete & \$35/Elite Athlete)

Travel Fees End of the Season Events Include: **Charged to accounts closer to the travel event**

- Away Competition Registration Fee
- Commemorative Travel Shirt
- Coaches Flights/Travel & Accommodations
- Rental of Practice space when applicable
- Transportation when required for team activities

Potential costs not covered by tuition (estimates)

- Banquet Tickets
- Admission tickets for spectators to competitions & showcases
- Cheer USASF (\$49.00)
- STUNT membership \$39.00
- Travel, meals and accommodations
- Uniforms (varies by team)
- Cheer shoes (\$75 \$175)
- Team Jacket (approx \$85)



FEES:

Tuition and fees are processed on the 25th of the month by automatic process from the credit card provided. All members must have a valid credit card or Visa debit/MasterCard Debit on the account.

Any fees left unpaid by the 5th of the month will result in the athlete not being able to participate in practice/classes until the balance is paid. Additionally, a \$25 late fee will be applied if not paid by the 5th of the month.

If a participant wishes to withdraw partway through the season, the following policy applies:

- · Cancellation form must be submitted
- Tuition fees are non-refundable once they have been processed
- All-Star, STUNT and Team fees are nonrefundable once they have been processed
- Downpayment is non-refundable
- No refunds or discounts for missed practices
- Clothing and uniform fees are nonrefundable once ordered





Pates



Please read through the following and mark your calendar accordingly.

Please notify our staff within 48 hours if any scheduled practices or events conflict with your already-scheduled activities so we can readjust lesson plans accordingly.

IMPORTANT DATES/PARTICIPATION REQUIRED

- Spring Training May 1, 2025
- NEW** Dream Super Camp June 21 23rd, 2025
- Cheer Team Skills Camp
 - July 8th-12th, 2025- Level 1 Teams
 - July 15th-19th, 2025 Level 2 + Teams
- Stunt Cheer Camp
 - July 2025
- Choreography
 - July 26-29, 2025
 - August 2025
- Start of Fall Practices (added practice Day) August 3rd
- Fall Pep Rally November 2025
- All competitions (schedule releases in August)
- Year End Pep Rally and Banquet May 2026
- Any extra practices when 2 weeks notice is provided unless notified of unavailability within 48 hours.
- All regularly scheduled practices pending illness, excusal or graded event***.

GYM CLOSURES/HOLIDAYS

- Coaches Training-June 3rd
- Independence Day- July 4th
- Summer Break -July 7-July 13
- Halloween October 31st
- Thanksgiving November 25-November 29
- Winter Break December 22nd January 2nd
- President Day Weekend February 17th
- Spring Break Mach 24-April 2nd
- Easter April 2026

COMPETITION & GAME SCHEDULE

We typically expect to release a draft in August, but delays in this information may occur. See your program of choice for a range of how many events we plan to attend. Events may be live or virtual.

Competition selection can change throughout the season. Some reasons may be: lack of preparation due to athlete attendance or injury, event date or policy changes, elite teams already having or needing bids, etc.









HOLYTO Join a team



PLACEMENT DATES

BOOT CAMP IN-HOUSE CLINIC

Let us help you prepare for the upcoming team placements in one of our BOOT camp clinic.

JUNE 5-7

PLACEMENT DAYS

Placements will take place the week of June 11- 13th.

Level 1 - 4 All-Star athletes may need to try out - based on information on next page

*Novice athletes do not need to try out for team placement!

TEAM SIZING DAYS

Our Team Welcome days are a required part of team placements. Each athlete can select to attend one of our Team Sizing days with their parents. On this day athletes will:

- Get their practice shirt
- Get sized for practice wear and shoes
- Get sized for uniforms if necessary
- Get sized for shoes
- Much more...

Team Welcome Days: June 2 from 530pm-830pm

STEP # 1 REGISTER EARLY AND SAVE!

Register for team placements and pay your down payment before April 30th and save on both the down payment AND monthly tuition fees for the season!

There will be a \$50.00 team placement fee that will be applied to the first month of tuition for those who wish to wait to register for teams until after team placements.

STEP #2 ATTEND TRYOUTS

The NEW format of team placements is explained on the following page.

Novice teams do NOT need to attend Tryouts.

Can't make it to Tryouts? Reach out to us at cowgirlcheer@live.com to set up an individual evaluation.

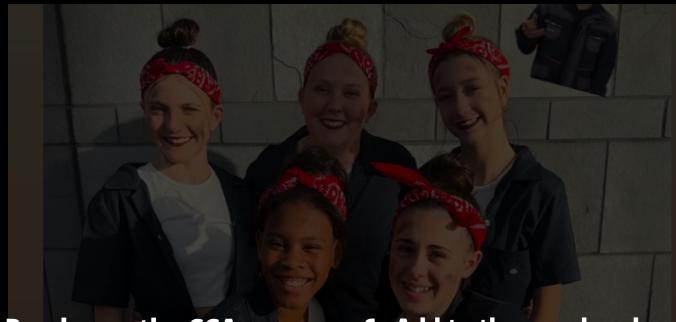
STEP #3 WELCOME DAY

Meet your coaches, finalize registration documents and get your Swagg gear on 6.02.2025!!! Sign up for your placement time, Dream camps and much much more. Do not worry about team placements. Everyone who signs up for a team will make a team.

IMPORTANT TRYOUT DATES:

- Register by March 30th to be entered for a
 - Free Practice Set
 - Uniform
 - o Only can Win one or the other
- Early Registration ends: April 30th, 2025
- ON Time Registration Begins: April 31st, 2025
- · Team Welcome Day: June 2nd
- Placement Boot Camp begin: June 3rd to June 6th
- Placement Days: June 10- June 13th
- Preliminary Team Announcements: June 15th
- Team Practices Begin: June 16th
- CCA Dream Camp: June 23 and June 24
- CCA Heroes Stunt Camp: July 2025

SHORT CUT GUIDE TO CCA SIGNUPS



- 1. Read over the CCA Parent info Packet
- 2. Fill out the Athlete Registration Google Doc
- 3. Determine if you want to do Cheer, Hip Hop or STUNT this season
- 4. Determine if you want to do limited travel or a full travel team this season.
 - non-travel- in-house performances
 - Limited Travel traveling 2 hours driving only
 - Full Travel- 2 Destination Competition
- 5. Go to iclass customer portal and update athlete information and enroll in classes.

- 6. Add to the new bandapp for Parent Communication and info
- 7. Fill out the Google order form for athlete swagg gear items
- 8. Attend the Open house and Parent Meeting in April or May
- 9. Attend Level Up Classes in the month May.
- 10. Save the Date for Team Placement and Sizing Day

Coach Kaleina

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LOGO

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APPAREL

Apparel is available for purchase through our proshop. Parents wanting spirit wear in different styles or sizes may request it through the director. This is a great way to cheer on your child throughout the season.



2025-2026 Registration

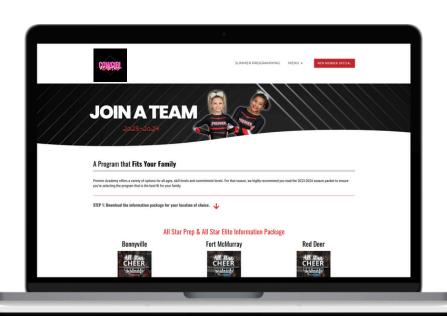
NEXT STEPS:

STEP 1: READ THIS PACKET.

STEP 2: CLICK THE BUTTON BELOW & COMPLETE THE TEAM PLACEMENT

REGISTRATION FORM ON OUR WEBSITE.

STEP 3: KEEP AN EYE ON YOUR EMAIL FOR FURTHER DETAILS.





CLICK HERE TO BEGIN TEAM PLACEMENT REGISTRATION

Viewing a paper copy? Scan this QR code to be brought to the info registration page!





