

# WELCOME PARENT PACKET

2024-2025 | Celebrating 14 years!

COWGIRL ATHLETICS



**JOIN US THIS SEASON**

We are incredibly excited to be releasing our tryout packet for the 2024-25 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!



# INTRODUCTION



## ABOUT US:

CCA has been a trusted facility since 2010, with a reputation for excellence! With our 5,500 square foot facility and our excellent trained staff, we have all of the components needed to help your child succeed. Our mission is to develop athletes both on the mat and in their daily lives - ALLSTAR & STUNT



# COWGIRL ATHLETICS PROGRAMS



## Year Around Team Enrollment opens 3.1.2024

Half Year Enrollment opens 9.1.2024

### NON-TRAVEL CLASSIC

Ages 3 - 16 yrs



1 hour 2 Days per Week

Monthly Investment: \$129.00  
Uniform Fee: \$225.00



No Travel Required  
3 competitions  
4 competitions (Tinys)

No Arizona  
No Utah  
No Florida

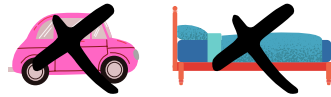
### LIMITED TRAVEL PREMIER

Ages 5 - 19 yrs



1.5 hours 2 Days per Week

Monthly Investment: \$169 - \$179  
Uniform Fee: \$225 - \$300



#### Cheer Teams

No hotel required for cheer  
Hotel Required for Hip Hop  
4 local competitions  
(200 m radius)

#### Hip Hop Teams

Hotel Required for Hip Hop  
6 local competitions  
(200 m radius)

### FULL TRAVEL ELITE

Ages 7 to 19yrs



2 or 2.5 hours 2 Days per Week

Monthly Investment: \$199 - \$209  
(includes 1 additional class)  
Uniform Fee: \$395-\$450



Travel & Lodging required  
5 local competitions (200 m radius)  
plus  
2 travel competition  
1 extra practice per month

Dance  
Cheer

Dance  
Cheer

Stunt  
Cheer



## 951-207-3525



# HIP HOP DANCE

## PROGRAM OPTIONS

### DEBUT DANCE TEAMS

**Birth Years: 2016 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
- 2 in-house performances
- MONTHLY TUITION: \$129



YEAR AROUND



### PREMIER DANCE TEAMS

**Birth Years: 2008-2020**  
LIMITED TRAVEL

- Season: June 1-April 2025
- 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
- MONTHLY TUITION: \$169
- ADDITIONAL PROGRAM OPTIONS: Add STUNT or Allstar for \$65/mo.

### PREMIER PLUS DANCE TEAM

**Birth Years: 2008-2020**  
TRAVEL REQUIRED

- Season: June 1-April 2025
- 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
- 6 competitions and performances
- MONTHLY TUITION: \$169

YEAR AROUND



ADDITIONAL PROGRAM OPTIONS: Add STUNT or Allstar for \$65/mo.

# CCA STUNT



## AGE GRID

- 8U-** 5-8 years old June 1, 2024
- 11U-** 8-11 years old June 1, 2024
- 14U-** 11-14 years old June 1, 2024
- 18U-** 14-18 years old June 1, 2024

## GAME SQUAD STUNT

- Practice 2 days a week
- Mandatory 1 week during the summer
  - 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-April 30, 2024

**PRACTICES:** 1.5 to 2 1/2 hours, 2 days per week

**TUMBLING CLASS:** Level-appropriate class of your choice included in tuition. Consistent attendance at tumbling is required.

**MONTHLY TUITION:** \$199-\$209

**ADDITIONAL PROGRAM OPTIONS:** Add All-stars or Hip Hop for \$65/mo.

**GAMES:** Includes 5 games, 1 semi-local (within a few hours)

## BATTLE SQUAD STUNT

### IN-HOUSE TRAINING TEAM!

- 1 Game Jerseys
- 1 Practice Jersey
- 1/2 season July- December
- 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-April 30, 2024

**PRACTICES:** 1.5 hours, 1 days per week

**TUMBLING CLASS:** optional

**MONTHLY TUITION:** \$139.00

**ADDITIONAL PROGRAM OPTIONS:**

**GAMES:** Includes 1 game, 1 Performance



# TINY NOVICE

- Practice 1-2 Days
- Cheer Teams
- males and females
- ages 3-4 years old
- 1- hour
- 2 coaches
- beginners okay
- No experience
- 4 Performances
- Non-Travel (100 mile)
- uniform \$200.00
- monthly \$99.00



Call/Text 951.207.3525



## Tiny Empire Classic

- Practice 2 Days
- Step up from Tiny Novice
- Season June-April
- Cheer Teams
- males and females
- No Tryout Required
- ages 4-7
- 1- hour
- beginners okay
- No experience
- 2-Performances
- 4 Competitions
- Non-Travel (100 mile)
- uniform \$225.00
- monthly \$139

## Mini Nation

- Practice 2 Days
- Season June-April
- Non-Travel Teams
- Cheer Teams
- Dance Teams
- males and females
- 1.5 hours per week
- ages 7-9.5 yrs
- beginners okay
- no experience needed
- 4 Competitions
- 2 Performances
- Limited Travel (200 mile)
- uniform \$225.00-\$375.00
- Monthly \$139-\$169



# CCA ALLSTAR CHEERLEADING

## → CLASSIC TEAMS



**NON-TRAVEL/NOVICE**  
**Ages 4 to 16**

**SEASON:** June 1- April 2024

**PRACTICES:** Tiny teams practice 1 hours, 2 days per week; Youth and up teams practice 1.5 hours, 1 day per week.

**TUMBLING CLASS:** Level-appropriate class not included, but highly recommended.

**MONTHLY TUITION:** \$99-\$139

**ADDITIONAL PROGRAM OPTIONS:** Add STUNT or Hip Hop for \$65/mo.

**COMPETITIONS:** Includes 3 local competitions.



## → PREMEIR TEAMS



**LIMITED TRAVEL**  
**Ages 5 to 19**

**SEASON:** June 1- April 2025

**PRACTICES:** Tiny teams practice 1 hours, 1-2days per week; Youth and up teams practice 1.5-2 hours, 1-2 day per week.

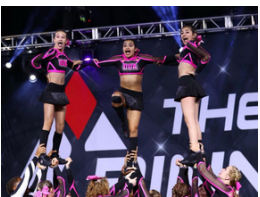
**TUMBLING CLASS:** Level-appropriate class not included, but highly recommended.

**MONTHLY TUITION:** \$139-\$169

**ADDITIONAL PROGRAM OPTIONS:** Add STUNT or Hip Hop for \$65/mo.

**COMPETITIONS:** Includes 4 local events 2 semi-local (within a few hours)

## → ELITE TEAMS



**FULL TRAVEL**  
**Ages 5 to 20**

**SEASON:** June 1-April 30, 2025

**PRACTICES:** 2 1/2 hours, 1-3 days per week

**TUMBLING CLASS:** Level-appropriate class of your choice included in tuition. Consistent attendance at tumbling is required.

**MONTHLY TUITION:** \$199-\$209

**ADDITIONAL PROGRAM OPTIONS:** Add STUNT or Hip Hop for \$65/mo.

**COMPETITIONS:** Includes 5 competitions, 2 Destination Comp

## TIME COMMITMENT

All stars and STUNT truly is like no other sport. Every teammate has an integral role in the routine, and there are no benchwarmers or alternates. As a result, it's important that athletes take practice times seriously so as to not delay the progress of the team as a whole. We also believe it's important for athletes to participate in after-school activities and other pinnacle moments in their childhood and young adulthood. When we have adequate notice, coaches can adjust lesson plans to meet the needs of both the individual and the team. For that reason, we ask that absences are kept to a minimum (no more than 2-3 absences) Sept. 1, 2024 through April 15, 2025. Absences should be submitted to the director a minimum of two weeks in advance, and that parents take into consideration the team's ability to practice without every athlete. We've taken vacation times into account as you'll see in the Important Dates section below. Please schedule all other vacations and conflicts outside of this schedule as much as possible. Competition schedules will be released in July, and all competitions require 100% attendance. Please submit any commitments you've already made in writing when you turn in your contract so we can deconflict those areas prior to releasing the schedule (ie: Vacations outside of the schedule below.) \*Note: March competitions typically fall the week before or after Spring Break, and we cannot always offer an alternate option that month. Please plan your Spring Break accordingly.



COWGIRL ATHLETICS PRESENTS



# SUMMER PERFORMANCE TEAMS

- 10-WEEKS SESSION
- LEARN HOW TO BE ON A TEAM
- AGES 4 TO 14 YEARS OLD
- 1 PERFORMANCES IN-HOUSE
- OPTIONAL UNIFORM \$75.00
  - INCLUDES TOP, BOTTOM
- LEARN A CHEERLEADING ROUTINE
  - PRACTICE DAYS
    - TUESDAY 5-6 AGES 4-8
    - THURSDAY 6-7 AGES 8 & UP
- LEARN STUNT PLAYS
  - MOCK GAME
- LEARN A HIP HOP ROUTINE
  - PRACTICE DAY
  - MONDAY 5-6
- TEAM SESSIONS DATES
  - MAY 21-AUG 1

**\*\$99.00 PER MONTH**



**INFORMATION**

**BEACH**

\*\$99.00 If pre-paid & \$129.00 IF BILLED Monthly. Registration \$39.99

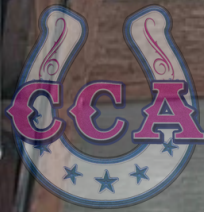


809 E Parkridge Ave 101 Corona ca



CALL OR TEXT 951-207-3525

2024



# SUMMER DATES

|                               |             |
|-------------------------------|-------------|
| SIGN UPS & REGISTRATION OPENS | 3/15*       |
| TRAINING CLASSES BEGIN        | 5/1         |
| PARENT INFO MEETING           | 4/24 & 5/23 |
| RETURNERS PARENT MEETING      | 5/21 7PM    |
| OPEN HOUSE                    | APR & MAY   |
| GYM CLOSED                    | 6/3         |
| WELCOME DAY & SWAGG PICK UP   | 6/4         |
| IN-HOUSE BOOT CAMP            | 6/5-6/7     |
| CHEER PLACEMENTS              | 6/11        |
| DANCE AUDITIONS               | 6/12        |
| STUNT PLACEMENTS              | 6/13        |
| TEAM ANNOUCEMENTS             | 6/15        |
| CCA COACHES TRAINING          | 6/21-6/23   |
| HEROES DREAM CHEER CAMP       | 6/25-6/26   |
| FITTINGS & SIZING DAY         | 6/27-6/29   |
| SUMMER BREAK                  | 7/8-7/13    |
| STUNT CAMP                    | JULY 2024   |
| CHOREOGRAPHY                  | 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 2024 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.



# PLACEMENT DATES



**CCA Welcome Week  
&  
Boot Camp  
June 4-7**



**ALL-STAR CHEER**

**JUNE 11 500PM-800PM**

**HIP HOP AUDITIONS**

**JUNE 12 600PM-800PM**

**STUNT TEAM**

**JUNE 13 500PM-900PM**





# IMPORTANT Dates



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, 2024
- NEW\*\* Dream Super Camp - June 21 - 23rd, 2024
- Cheer Team Skills Camp
  - July 8th-12th, 2024- Level 1 Teams
  - July 15th-19th, 2024 - Level 2 + Teams
- Stunt Cheer Camp
  - July 2024
- Choreography
  - July 26-29, 2024
  - August 2024
- Start of Fall Practices (added practice Day) - August 3rd
- Fall Pep Rally - November 2024
- All competitions (schedule releases in August)
- Year End Pep Rally and Banquet - May 2025
- 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 8-July 13
- Halloween - October 31st
- Thanksgiving - November 25-November 29
- Winter Break - December 22nd - January 2nd
- President Day Weekend - February 17th
- Spring Break Mach 27-April 3rd
- Easter - April 20th

## 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.

**WORK  
HARD  
CHEER**

# SHORT CUT GUIDE TO CCA SIGNUPS

CHEER  
STUNT  
HIP HOP

- 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*



# 2024-2025 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.



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

[CLICK HERE TO BEGIN TEAM PLACEMENT REGISTRATION](#)

