

*prestige cheer athletics*

**WELCOME TO  
THE 2026-2027 SEASON!**

**CHEER  
INFORMATIONAL  
PACKET**



**PRESTIGECHEERATHLETICS.COM**

# TABLE OF CONTENTS

**WHAT IS ALL STAR CHEER?  
THE "PCA" WAY  
STAFF & COMMUNICATION  
TEAMS & COMPETITION SCHEDULE  
TEAM PLACEMENT PROCESS  
REGISTRATION  
TEAM FEES  
PAYMENT SCHEDULE  
DISCOUNTS  
ATTENDANCE & COMMITMENT  
POLICIES & EXPECTATIONS  
PRESTIGE PRIVATE PASS  
CROSSOVERS  
INJURIES  
IMPORTANT DATES & GYM CLOSURES**



# WHAT IS ALL STAR CHEER?

ALL-STAR CHEER IS AN INTENSE COMPETITIVE SPORT THAT CONSISTS OF TUMBLING, STUNTS, JUMPS, DANCE, AND CHOREOGRAPHY. ROUTINES ARE COMPETED THROUGHOUT THE SEASON AT COMPETITIONS. PCA FOLLOWS THE UNITED STATES ALL-STAR FEDERATION (USASF) AGE AND LEVEL RULES. PREP AND ELITE DIVISION TEAMS PLACE AT COMPETITIONS, WHILE THE NOVICE DIVISIONS ARE RANKED.



THROUGH ALL STAR CHEER, PRESTIGE CHEER ATHLETICS STRIVES TO TEACH ATHLETES INVALUABLE LIFE LESSONS SUCH AS:

- THE VALUE OF WORKING TOGETHER
- BUILDING UP OTHERS & DOING YOUR PERSONAL BEST
- TIME MANAGEMENT & ORGANIZATIONAL SKILLS
- MAKING GOOD FITNESS & HEALTH CHOICES
- DISCIPLINE, RESPONSIBILITY, & ACCOUNTABILITY

# THE "PCA" WAY

WELCOME TO PRESTIGE CHEER ATHLETICS! WE ARE EXCITED THAT YOU ARE CONSIDERING BECOMING A PART OF THE PCA FAMILY. AT PRESTIGE CHEER ATHLETICS, WE DEDICATE OURSELVES EACH DAY TO TEACH OUR ATHLETES THAT THROUGH HARD WORK, DEDICATION, AND COMMITMENT, THEY CAN ACHIEVE SUCCESS ON AND OFF THE CHEER FLOOR AND SERVE AS ROLE MODELS TO INSPIRE OTHERS.

## ABOUT US

WE CREATE A POSITIVE, ENCOURAGING ATMOSPHERE WHERE ATHLETES ARE TREATED WITH COURTESY AND RESPECT, ALLOWING THEM TO THRIVE BOTH IN CHEER SKILLS AND IN CHARACTER DEVELOPMENT. WE PLACE A STRONG EMPHASIS ON PROPER TECHNIQUE AND SAFE PROGRESSIONS TO HELP EVERY ATHLETE BUILD CONFIDENCE, IMPROVE SAFELY, AND REACH THEIR FULL POTENTIAL.

## OUR REPUTATION

OUR CHEER PROGRAM HAS A REPUTATION IN THE INDUSTRY FOR GREAT TECHNIQUE, HIGH SCORING ROUTINES, AND STRONG SPORTSMANSHIP. OUR COACHES HAVE MANY YEARS OF EXPERIENCE AND SUCCESS IN THE INDUSTRY, AND ARE DEDICATED TO EVOLVING IN THE SPORT. OUR COACHES, PARENTS, AND ATHLETES ARE HELD TO A HIGH STANDARD OF SPORTSMANSHIP.



AT PRESTIGE CHEER ATHLETICS, YOU WILL BE AN IMPORTANT PART OF OUR GYM FAMILY WHICH PRIDES ITSELF ON INTEGRITY AND GOOD SPORTSMANSHIP, INSIDE AND OUTSIDE OUR FACILITY. COME JOIN THE PRESTIGE FAMILY AND LET US EMPOWER YOUR ATHLETE TO BECOME NOT ONLY A GREAT CHEERLEADER, BUT A CONFIDENT AND POSITIVE INDIVIDUAL!



# STAFF

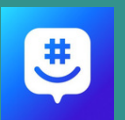
PCA COACHES ARE PROUD USASF MEMBERS WHO ARE HIGHLY TRAINED, MOTIVATED, AND DEDICATED TO THE SPORT OF ALL STAR CHEER AND THE SUCCESS OF EVERY ATHLETE. OUR COACHING STAFF IS COMMITTED TO TEACHING "THE PCA WAY," EMPHASIZING STRONG TECHNIQUE, PERFECTION BEFORE PROGRESSION, SPORTSMANSHIP, AND THE DEVELOPMENT OF CHARACTER AND LIFE SKILLS IN A POSITIVE, FUN, AND FAMILY-ORIENTED ENVIRONMENT. OUR COACHES HAVE MANY YEARS OF EXPERIENCE AND SUCCESS IN THE INDUSTRY. WITH YEARS OF EXPERIENCE AND A PROVEN HISTORY OF SUCCESS IN THE INDUSTRY, OUR COACHES ARE PASSIONATE ABOUT HELPING ATHLETES GROW BOTH ON AND OFF THE MAT. THEY ARE SIMPLY THE BEST OF THE BEST!

## COMMUNICATION

WE PRIDE OURSELVES ON BUILDING STRONG RELATIONSHIPS AND COMMUNICATION WITH OUR FAMILIES.

### STAFF HOURS & COMMUNICATION:

OUR COACHES WORK OUTSIDE THE GYM DURING THE DAY. HOURS VARY BY COACH, BUT THE MAJORITY OF OUR STAFF HAVE EVENING AND SUNDAY (WEEKEND) HOURS. GROUPME IS THE PRIMARY AND PREFERRED METHOD OF COMMUNICATION.



### STAFF RESPONSE RATE:

PLEASE ALLOW UP TO 48 HOURS FOR STAFF TO RESPOND DURING WORKING HOURS.

# TEAMS

TEAMS ARE CREATED **NEW** EACH SEASON. THERE ARE A VARIETY OF AGE, SKILL LEVELS, AND DIVISIONS FOR TEAMS TO COMPETE IN. THE SAME TEAMS MAY OR MAY NOT BE OFFERED EACH SEASON, AS PCA CREATES TEAMS BASED ON THE AGE AND SKILL LEVEL OF THE ATHLETES FOR THE CURRENT SEASON.

---



## WHAT DOES PCA TAKE INTO CONSIDERATION FOR TEAM PLACEMENTS?

- ☆ **TUMBLING ABILITY**
- ☆ **STUNTING ABILITY**
- ☆ **JUMPS**
- ☆ **CHOREOGRAPHY ABILITY**
- ☆ **POSITIONS NEEDED ON A TEAM**
- ☆ **SCORESHEET REQUIREMENTS**
- ☆ **COMMITMENT LEVEL & ATTENDANCE**
- ☆ **ATTITUDE, WORK ETHIC, & TEAM MENTALITY**
- ☆ **ATHLETE MATURITY**
- ☆ **COACHABILITY**



# COMPETITION SCHEDULE

COMPETITION SCHEDULES WILL BE PROVIDED WITH YOUR TEAM PLACEMENT EMAIL FOLLOWING TEAM PLACEMENTS.



## TINY NOVICE TEAMS:

- PERFORM IN OUR PCA SHOWCASE
- COMPETE AT 3-5 COMPETITIONS
- LOCAL OR LIMITED TRAVEL, GENERALLY STAYING IN THE TRI-STATE AREA
- NO END OF SEASON NATIONALS EVENT
- COMPETITIONS TAKE PLACE USUALLY BETWEEN DECEMBER-MARCH

## FULL SEASON PREP TEAMS:

- PERFORM IN OUR PCA SHOWCASE
- TYPICALLY COMPETE AT 4-5 COMPETITIONS
- MIX OF LOCAL COMPETITIONS WITH SOME LIMITED TRAVEL
- COMPETITIONS TAKE PLACE USUALLY BETWEEN OCTOBER-APRIL, WITH NATIONAL COMPETITION (FLORIDA) IN EARLY MAY (WILL COMPETE 1 DAY IN FL)

## FULL SEASON ELITE TEAMS:

- PERFORM IN OUR PCA SHOWCASE
- TYPICALLY COMPETE AT 6-7 COMPETITIONS
- MIX OF LOCAL COMPETITIONS WITH SOME TRAVEL
- COMPETE AT AN END OF SEASON NATIONALS EVENT
- COMPETITIONS TAKE PLACE USUALLY BETWEEN OCTOBER-APRIL, WITH NATIONAL COMPETITION (FLORIDA) IN EARLY MAY (WILL COMPETE 2 DAYS IN FL)

# TEAM PLACEMENT PROCESS

OUR PLACEMENT PROCESS ALLOWS US TO GET TO KNOW YOUR ATHLETE(S) - GIVING THEM AN OPPORTUNITY TO SHOW US THEIR VERY BEST AND TO ENSURE WE CREATE THE MOST COMPETITIVE TEAMS FOR THE 2026-2027 SEASON. WE WILL OFFER TEAMS FOR AGES AND LEVELS BASED ON USASF REQUIREMENTS. ATHLETES WILL BE PLACED ON A TEAM ACCORDING TO THE COACH'S DECISION. PCA STRATEGICALLY CREATES TEAMS THAT SET YOUR ATHLETE UP FOR SUCCESS BOTH PHYSICALLY AND MENTALLY. ALL PLACEMENT DECISIONS ARE FINAL. TRUST THE PROCESS!

ALL ATHLETES MUST BE REGISTERED ON SPORTSENGINE PRIOR TO ATTENDING PLACEMENTS. SEE DETAILS BELOW.

## WHEN ARE TEAM PLACEMENT EVALUATIONS?

BIRTH YEARS (PER USASF GUIDELINES)	DATE
2019, 2020, 2021, 2022, 2023 <small>*2022 &amp; 2023 CAN ONLY BE TINY NOVICE / MUST BE FULLY POTTY-TRAINED*</small>	SATURDAY, MAY 30TH @1:00-2:00PM
2014, 2015, 2016, 2017, 2018	SATURDAY, MAY 30TH @2:00-4:00PM
6/1/2007, 2008, 2009, 2010, 2011, 2012, 2013	SATURDAY, MAY 30TH @4:00-6:00PM

\*ATHLETES MAY BE ASKED TO COME TO ADDITIONAL SESSIONS (BY INVITE ONLY).

## FLYER TRYOUTS

BIRTH YEARS (PER USASF GUIDELINES)	DATE
FLYER TRYOUTS: 6/1/2007-2021	SATURDAY, MAY 30TH @12:00-1:00PM

\*IF YOU WANT TO BE CONSIDERED FOR A FLYER POSITION ON A TEAM, YOU MUST ATTEND THE FLYER TRYOUT SESSION. THIS DOES NOT GUARANTEE YOUR ATHLETE A FLYING POSITION ON A TEAM.

## BASIC FLYER REQUIREMENTS:

BODY POSITIONS	BALANCE & FLEXIBILITY
HEEL STRETCH (BOTH SIDES) SCALE (BOTH SIDES) SCORPION BOW/ARROW	HOLD BODY POSITIONS FOR 1 FULL 8 COUNT  SPLITS, STRADDLES, HIP/SHOULDER/BACK FLEXIBILITY WILL BE EVALUATED



# TEAM PLACEMENT PROCESS

BEFORE TEAM EVALUATION DAY:

1 ATTEND TEAM PLACEMENT & TUMBLING CLINICS

2 REGISTER FOR TEAM PLACEMENTS



# \$50

TEAM PLACEMENT FEE

\*INCLUDES TSHIRT\*  
(WITH REGISTRATION BY 5/14)

VISIT [PRESTIGEHEERATHLETICS.COM](http://PRESTIGEHEERATHLETICS.COM) TO REGISTER ON SPORTSENGINE. ALL ATHLETES MUST BE REGISTERED IN SPORTSENGINE PRIOR TO EVALUATION DAY.

\*PLEASE MAKE SURE THE ATHLETE'S LEGAL FULL NAME, DATE OF BIRTH, AND PARENT EMAIL ADDRESS ARE CORRECT IN SPORTSENGINE. THIS INFORMATION WILL BE USED FOR PLACEMENTS AND COMPETITION REGISTRATION THROUGHOUT THE SEASON.

COMPLETE ALL REQUIRED QUESTIONS ON SPORTSENGINE TO COMPLETE REGISTRATION.

## WHAT DO I WEAR AND BRING?

ATHLETIC WEAR

CLEAN GYM SHOES

HAIR UP WITH A BOW

NO JEWELRY

WATER BOTTLE

DURING TEAM EVALUATION DAY:

## WHAT WILL I BE ASKED TO SHOW?

YOU WILL BE ASKED TO SHOW TUMBLING, JUMPS, STUNTS, AND OTHER CHEER SKILLS, INCLUDING FLEXIBILITY. YOU WILL LEARN A JUMP SEQUENCE, A DANCE, AND OTHER CHEER CHOREOGRAPHY AT YOUR PLACEMENT TIME. ALL TUMBLING SKILLS WILL NEED TO BE PERFORMED SAFELY ON A SPRING FLOOR WITH NO ADDITIONAL MATS OR COACH SPOTS. TECHNIQUE IS ALWAYS MOST IMPORTANT!



1 TEAM PLACEMENT EMAIL

YOU WILL RECEIVE A PLACEMENT EMAIL ANNOUNCEMENT WITH YOUR TEAM PLACEMENT AND PRACTICE DETAILS BY 5PM ON JUNE 2ND.

AFTER TEAM EVALUATION DAY:

2 ATTEND TEAM COMMITMENT DAY - WHAT CAN I EXPECT?

ATHLETES WILL SHOW THEIR COMMITMENT TO THEIR PCA TEAM BY ATTENDING COMMITMENT DAY.

- ☆PAY ANNUAL GYM MEMBERSHIP + FIRST INSTALLMENT
- ☆COMPLETE/SIGN ALL SPORTS ENGINE FORMS
- ☆COMPLETE PAYMENT SETUP
- ☆SELECT ADDITIONAL PACKAGES (PRESTIGE PRIVATE PASS - OPTIONAL)
- ☆SIZE FOR PRACTICE WEAR, SHOES, UNIFORMS
- ☆PLACE ORDER FOR BOW/MAKEUP
- ☆COMPLETE FORMS FOR TSHIRT + SWEATSHIRT/RINGS (FOR COMPETITIONS)

# REGISTRATION

THE ANNUAL REGISTRATION FEE IS DUE BEFORE YOUR ATHLETE'S FIRST PRACTICE. MEMBERSHIP IS PER ATHLETE. THERE ARE 2 OPTIONS FOR MEMBERSHIP PACKAGES. THESE REGISTRATION PACKAGES ARE PER ATHLETE. ATHLETE CANNOT SPLIT/SHARE REGISTRATION PACKAGE PERKS.

**BLACK**

\$50/YEAR PER ATHLETE  
★ YEARLY GYM REGISTRATION

**TEAL**

\$225/YEAR PER ATHLETE  
★ YEARLY GYM REGISTRATION  
★ FREE ADMISSION TO ALL OPEN GYMS ONLY (7 EVENTS)  
★ 4 PRIVATE LESSONS WITH PRIORITY BOOKING

REGISTER  
NOW



## TEAM FEES

AT PCA, FEES ARE BILLED THROUGHOUT THE SEASON IN MONTHLY INSTALLMENTS (JUNE-MARCH/APRIL)\*. IF YOU ACCEPT A POSITION ON A PCA TEAM OR TEAM(S), YOU ARE PURCHASING A FULL SEASON OF COMPETITIVE CHEER. MONTHLY TEAM COSTS FOR THE 2026-2027 SEASON WILL DEPEND ON WHAT TEAM AN ATHLETE IS PLACED.

### ONE-TIME FEES NOT INCLUDED IN THE MONTHLY INSTALLMENTS:

- USASF MEMBERSHIP FEE (REQUIRED TO COMPETE-\$49 PER ATHLETE)
- YEARLY REGISTRATION - SEE ABOVE FOR MEMBERSHIP PACKAGES)
- CHOREOGRAPHY CAMP - COST VARIES PER TEAM, PER SEASON
- UNIFORM PACKAGE
- ANY ADDITIONAL PCA TSHIRTS OR APPAREL FROM PCA PRO SHOP
- TRAVEL EXPENSES AND COSTS FOR ANY SEASON EXTENSIONS

# PAYMENT SCHEDULE

DUE DATE	ITEM	TINY NOVICE (ONLY AS AVAILABLE)	FULL SEASON PREP TEAMS (ONLY AS AVAILABLE)	FULL SEASON ELITE TEAMS (TINY, MINI, YOUTH, JUNIOR, SENIOR) (ONLY AS AVAILABLE)
COMMITMENT DAY	MEMBERSHIP (BLACK OR TEAL)	\$50/\$225	\$50/\$225	\$50/\$225
COMMITMENT DAY	INSTALLMENT #1	\$155	\$245	\$325
JUNE 12TH	CHOREOGRAPHY CAMP FEE	\$150	\$400	\$400
1ST OF THE MONTH JULY-APRIL	MONTHLY INSTALLMENTS (PREP/ ELITE#2 - #11) (TINY NOVICE = #2 - #10)	\$155	\$245	\$325
JULY 10TH	75% NEW UNIFORM	\$187.50-225 ESTIMATE	\$187.50-225 ESTIMATE	\$375-450 ESTIMATE
AUGUST 10TH	SHOES BOW MAKEUP *ALL REQUIRED*	SHOES \$70 BOW \$40 MAKEUP \$45	SHOES \$125 BOW \$40 MAKEUP \$55	SHOES \$125 BOW \$40 MAKEUP \$55
SEPTEMBER 1ST	25% NEW UNIFORM	\$62.50-75 ESTIMATE	\$62.50-75 ESTIMATE	\$125-150 ESTIMATE
8 WEEKS PRIOR TO EVENT	END OF SEASON FINALS FEES	N/A	\$575-675 ESTIMATE (PLUS BID)	\$575-\$675 ESTIMATE (PLUS BID)

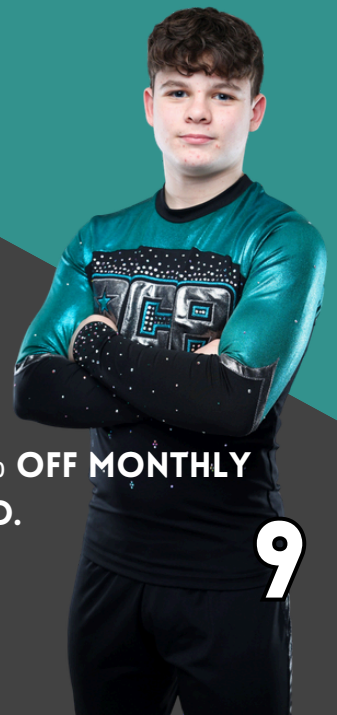
\*END OF SEASON FINANCIAL COMMITMENTS ARE REQUIRED FOR ALL ATHLETES, REGARDLESS OF INJURY STATUS (EFFECTIVE APRIL 1, 2027).

**REBEL UNIFORM, SHOES, BOW, AND MAKEUP PAYMENTS WILL NOT BE ON AUTO-PAY.**

**REBEL WARM UPS AND BAGS WILL BE OPTIONAL PURCHASES.**

## DISCOUNTS

**ALL RETURNING ATHLETES FROM THE 25-26 SEASON WILL RECEIVE 5% OFF MONTHLY INSTALLMENT. NO OTHER DISCOUNTS WILL BE OFFERED.**



# ATTENDANCE/COMMITMENT

TEAMS WILL BEGIN PRACTICES THE WEEK OF JUNE 8. TEAMS PRACTICE 1- 2X/WEEK, DEPENDING ON THE TEAM AGE/LEVEL. ELITE FULL SEASON CHEER TEAMS PRACTICE 2X/WEEK FOR TWO HOURS EACH PRACTICE. TEAM ATHLETES ARE ALSO REQUIRED TO ATTEND AN ADDITIONAL TUMBLING CLASS EACH WEEK. STARTING IN AUGUST, PLEASE PREPARE FOR ONE WEEKNIGHT PRACTICE AND ONE SUNDAY PRACTICE. FURTHER 2026-2027 PRACTICE SCHEDULE DETAILS WILL BE INCLUDED IN THE TEAM PLACEMENT EMAIL FOLLOWING PLACEMENTS.

THE SPORT OF ALL STAR CHEER TAKES SIGNIFICANT COMMITMENT. EACH ATHLETE HAS A SPECIFIC POSITION AND JOB ON THE TEAM. ALL ASPECTS OF THE ROUTINE ARE TEAM ORIENTED. ATHLETES ARE EXPECTED TO ATTEND PRACTICES AND COMPETITIONS ACCORDING TO PCA POLICY. ATTENDANCE AT ALL CHOREOGRAPHY CAMP DATES IS MANDATORY. DURING THE SUMMER MONTHS (JUNE/JULY), ATHLETES ARE ALLOWED 6 ABSENCES (INCLUDING SUMMER VACATION) AND 6 ABSENCES DURING THE COMPETITION SEASON (AUGUST-APRIL). UNEXCUSED PRACTICES INCLUDE: FAMILY VACATIONS, WORK, BIRTHDAY/FAMILY PARTIES, HOMEWORK, AND ALL EXTRACURRICULAR ACTIVITIES INCLUDING SCHOOL CHEER. ATHLETES WHO PARTICIPATE IN SCHOOL CHEER MUST FOLLOW THE ATTENDANCE POLICIES FOR SUMMER/COMPETITION SEASON ABSENCES. ONCE AN ATHLETE REACHES THE MAXIMUM NUMBER OF ALLOWED MISSED PRACTICES, THEY MAY BE REPLACED BY AN ALTERNATE ON THE TEAM. ATHLETES INVOLVED WITH BAND, CHOIR, OR ANY OTHER SEASONAL CONCERT FOR SCHOOL MUST PROVIDE AT LEAST A 2 WEEK NOTICE TO TEAM COACHES FOR THE ABSENCE TO BE EXCUSED, REGARDLESS IF THE CONCERT IS FOR A GRADE.



## BLACKOUT PRACTICE DATES

THE 4 PRACTICES LEADING UP TO COMPETITIONS ARE MANDATORY FOR ALL ATHLETES. FAILURE TO FOLLOW THROUGH WITH THIS COMMITMENT COULD RESULT IN AN ATHLETE'S ROLE ON THE TEAM BEING ADJUSTED/FILLED BY AN ALTERNATE.

CHOREOGRAPHY CAMP: JUNE 18, 2026 - JUNE 25, 2026  
SPECIFIC CHOREOGRAPHY DAYS BY TEAM WILL BE PROVIDED AT A LATER DATE.

# POLICIES/EXPECTATIONS

AT PCA, WE ARE COMMITTED TO FOSTERING A POSITIVE, RESPECTFUL, AND PROFESSIONAL ENVIRONMENT FOR ALL ATHLETES, FAMILIES, AND STAFF.

## ATHLETES

- MAKE PCA A PRIORITY BY CONSISTENTLY ATTENDING WEEKLY TEAM PRACTICES AND TUMBLING CLASSES.
- REPRESENT PCA WITH INTEGRITY BY AVOIDING ILLEGAL ACTIVITIES, INCLUDING DRUG USE, VAPING/TOBACCO, AND ALCOHOL CONSUMPTION.
- REVIEW AND FOLLOW ALL ATHLETE SOCIAL MEDIA/BULLYING POLICIES/GUIDELINES.
- TO ENSURE CONSISTENCY IN TRAINING, ATHLETES SHOULD COMPLETE ALL TUMBLING AND PRIVATE LESSONS WITHIN PCA. ADDITIONAL OPPORTUNITIES ARE AVAILABLE THROUGH A SECOND CLASS OR THE PRESTIGE PRIVATE PASS.
- SUPPORT AND ENCOURAGE YOUR TEAMMATES, AND DON'T HESITATE TO ASK YOUR COACHES QUESTIONS.

## PARENTS

- MAINTAIN OPEN AND RESPECTFUL COMMUNICATION WITH COACHES.
- ALLOW AT LEAST 24 HOURS BEFORE REACHING OUT REGARDING COACHING DECISIONS.
- HELP CREATE A POSITIVE ENVIRONMENT BY AVOIDING GOSSIP AT PRACTICES AND COMPETITIONS.
- REPRESENT PCA POSITIVELY ON SOCIAL MEDIA AND AT EVENTS.
- SUPPORT PROGRAM AND COACHING DECISIONS.
- ENCOURAGE YOUR ATHLETE AND STAY ENGAGED BY ASKING ABOUT THEIR PRACTICES.

## PROGRAM GUIDELINES

- PRACTICES ARE CLOSED TO SPECTATORS, WITH THE EXCEPTION OF THE FINAL 15 MINUTES.
- PCA TEAM NAMES, LOGOS, AND "PRESTIGE" OR "PCA" BRANDING MAY NOT BE REPRODUCED FOR SPIRIT WEAR.
- COMPETITION SCHEDULES ARE MANAGED BY OUTSIDE ORGANIZATIONS; THEREFORE, REFUNDS WILL NOT BE ISSUED FOR SCHEDULE CHANGES OR EVENT CANCELLATIONS.
- TO SUPPORT TEAM PLANNING AND COMMITMENTS, ATHLETES WHO WITHDRAW AFTER JUNE 18, 2027 WILL HAVE A \$250 WITHDRAWAL FEE APPLIED TO THEIR ACCOUNT. ALL BALANCES SHOULD REMAIN CURRENT TO ENSURE CONTINUED PARTICIPATION.



# PRESTIGE PRIVATE PASS

\$350/YEAR PER PASS (SIBLINGS WITHIN FAMILY MAY SHARE)

★10 PRIVATE LESSONS WITH PRIORITY BOOKING

-VALID BEGINNING JUNE 8, 2026 - MARCH 25, 2027

-DOES NOT GUARANTEE SPECIFIC COACH/TIME PREFERENCES

-MUST BE PURCHASED PRIOR TO NOVEMBER 30, 2026

-PRIVATE LESSONS EXPIRE AT END OF 2027 CHEER SEASON

*new!*

## CROSSOVERS

A CROSSOVER ATHLETE IS ONE WHO COMPETES ON MORE THAN ONE PCA TEAM. ATHLETES WHO CHOOSE TO PARTICIPATE AS A CROSSOVER MUST BE IN GOOD FINANCIAL STANDING AND DEMONSTRATE THE ABILITY TO FULLY COMMIT TO THE RESPONSIBILITIES OF EACH TEAM. THEY ARE ALSO RESPONSIBLE FOR ANY ADDITIONAL COMPETITION FEES BEYOND THOSE ASSOCIATED WITH THEIR PRIMARY TEAM. BECAUSE OF THE SIGNIFICANT TIME COMMITMENT REQUIRED, CROSSOVER POSITIONS ARE BEST SUITED FOR ATHLETES WHO CAN PRIORITIZE PCA. PARTICIPATION MAY BE LIMITED FOR ATHLETES WHO ARE HEAVILY INVOLVED IN OTHER SPORTS OR EXTRACURRICULAR ACTIVITIES.

## INJURIES

CHEERLEADING IS A HIGHLY COMPETITIVE AND PHYSICALLY DEMANDING SPORT. SKILLS SUCH AS STUNTING, JUMPING, AND TUMBLING CARRY AN INHERENT RISK OF INJURY. AT PCA, WE TAKE EVERY PRECAUTION TO HELP MINIMIZE THESE RISKS. HOWEVER, MANY INJURIES OCCUR OUTSIDE OF THE GYM—SUCH AS AT TRAMPOLINE PARKS, DURING RECREATIONAL ACTIVITIES, OR WHILE PRACTICING AT HOME. PLEASE BE MINDFUL OF THESE SITUATIONS TO HELP KEEP ATHLETES SAFE. IF AN INJURY DOES OCCUR, NOTIFY YOUR COACH AS SOON AS POSSIBLE. INJURED ATHLETES MAY NOT PARTICIPATE IN PRACTICE UNTIL THEY HAVE BEEN CLEARED BY A PHYSICIAN. IF AN ATHLETE HAS BEEN OUT FOR MORE THAN 4 WEEKS, PCA CANNOT GUARANTEE CHOREOGRAPHY/ROLES TO REMAIN THE SAME. ATHLETES ARE STILL EXPECTED TO ATTEND PRACTICES AND COMPETITIONS WITH THEIR TEAM UNLESS OTHERWISE RESTRICTED BY A PHYSICIAN.

# IMPORTANT DATES & HOLIDAY GYM CLOSURES

\*\*ADDITIONAL DATES WILL BE LISTED IN IMPORTANT DATES DOCUMENT.

DATES ARE SUBJECT TO CHANGE.

FULL SEASON TEAM PLACEMENTS	MAY 30
SUMMER CHEER PRACTICE SCHEDULE BEGINS	WEEK OF JUNE 8
UNLIMITED SUMMER TUMBLING	JUNE 8 - AUGUST 2
CHOREOGRAPHY CAMP	JUNE 18 - 25
FALL CHEER PRACTICE SCHEDULE BEGINS	WEEK OF AUGUST 3
FULL SEASON SHOWCASE	NOVEMBER 7
PICTURE DAY	DECEMBER 15 - 17 (TIMES TBD BY TEAM)
END OF SEASON BANQUET	TBD

MAY 25 MEMORIAL DAY
JULY 4 INDEPENDENCE DAY
SEPTEMBER 6 - 7 LABOR DAY
OCTOBER 31 HALLOWEEN
NOVEMBER 25 - 27 THANKSGIVING BREAK
DECEMBER 22 - DECEMBER 26 DECEMBER 31 - JANUARY 1 HOLIDAY BREAK
MARCH 26 - APRIL 2 SPRING BREAK