

prestige cheer athletics

**WELCOME TO
THE 2025-2026 SEASON!**

**HALF SEASON CHEER
INFORMATIONAL
PACKET**



PRESTIGECHEERATHLETICS.COM

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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 PROVIDE A POSITIVE ATMOSPHERE WHERE ATHLETES ARE TREATED WITH COURTESY AND RESPECT TO CREATE AN ENVIRONMENT WHERE THEY CAN THRIVE IN CHEER SKILLS AND IN CHARACTER. WE PLACE A HEAVY EMPHASIS ON TECHNIQUE FOR SAFE PROGRESSIONS.

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

OUR STAFF ARE USASF MEMBERS, ARE HIGHLY TRAINED, MOTIVATED, AND ARE COMMITTED TO THE SPORT OF "ALL-STAR CHEER" AND TO THE SUCCESS OF YOUR ATHLETE(S). OUR COACHING TEAM WORKS HARD TO COACH THE PCA WAY. OUR COACHES FOCUS ON TECHNIQUE, PERFECTION BEFORE PROGRESSION, SPORTSMANSHIP, AND INSTILLING CHARACTER AND LIFE SKILLS IN A POSITIVE, FUN AND FAMILY ATMOSPHERE. OUR COACHES HAVE MANY YEARS OF EXPERIENCE AND SUCCESS IN THE INDUSTRY. OUR SUCCESSFUL HISTORY SHOWS OUR COACHES ARE THE **BEST OF THE BEST!**

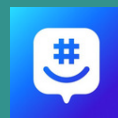


COMMUNICATION

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.

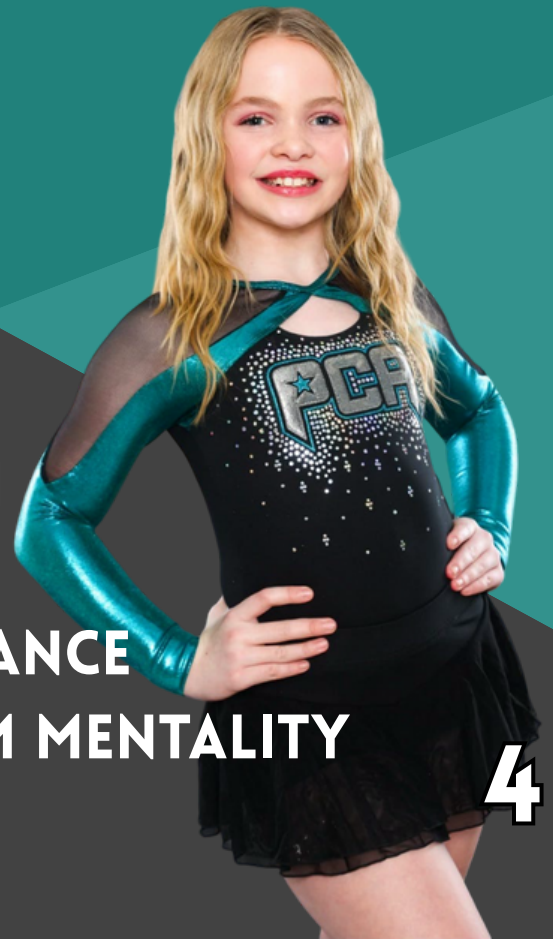
TEAMS

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**



HALF SEASON TEAMS

OUR PROCESS ALLOWS US TO GET TO KNOW YOUR ATHLETE(S) FIRST IN ORDER TO CREATE THE MOST COMPETITIVE TEAMS FOR THE 2025-2026 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 THE FIRST TEAM PRACTICE. SEE DETAILS BELOW.



WHO IS ELIGIBLE?



BIRTH YEARS

(PER USASF GUIDELINES)

2007, 2008, 2009,
2010, 2011, 2012,
2013, 2014, 2015,
2016, 2017, 2018

5

*TEAMS ARE NOT GUARANTEED AT EACH AGE DIVISION.

TEAM SIGN UP PROCESS

BEFORE TEAM
FIRST PRACTICE:

1

REGISTER FOR HALF SEASON TEAM

VISIT [PRESTIGEHEERATHLETICS.COM](https://prestigecheerathletics.com) TO REGISTER ON SPORTSENGINE. ALL ATHLETES MUST BE REGISTERED IN SPORTSENGINE PRIOR TO THE FIRST PRACTICE.



*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.

WHAT DO I WEAR AND BRING?

ATHLETIC
WEAR

CLEAN
GYM
SHOES

HAIR UP
WITH A
BOW

NO
JEWELRY

WATER
BOTTLE

FIRST PRACTICE:

WHAT CAN I EXPECT?

YOU WILL BE ASKED TO SHOW TUMBLING AND OTHER CHEER SKILLS, INCLUDING FLEXIBILITY. 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! YOU WILL JUMP AND STUNT DURING THE FIRST PRACTICE. COACHES WILL USE THE FIRST SEVERAL PRACTICES TO WORK WITH THE ATHLETES BEFORE PLACING ATHLETES ON TEAMS.

AFTER THE FIRST
PRACTICE(S):

1

PLACEMENT EMAIL

YOU WILL RECEIVE A PLACEMENT EMAIL ANNOUNCEMENT WITH YOUR TEAM PLACEMENT AND OTHER DETAILS BY SUNDAY, SEPTEMBER 21 BY 4PM.

2

REGISTRATION PAPERWORK/FEEES

ALL COMPLETED REGISTRATION PAPERWORK, REGISTRATION FEE, & FIRST INSTALLMENT WILL BE DUE PRIOR TO THE FIRST PRACTICE.

6

PRACTICES

TEAMS WILL BEGIN PRACTICE ON SEPTEMBER 7TH. TEAMS PRACTICE 1X/WEEK FOR TWO HOURS EACH PRACTICE. TEAM ATHLETES ARE ALSO REQUIRED TO ATTEND AN ADDITIONAL TUMBLING CLASS EACH WEEK.



ATTENDANCE/COMMITMENT

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 COMPETITION SEASON, ATHLETES ARE ALLOWED 3 ABSENCES (SEPTEMBER-MARCH). ATHLETES WHO PARTICIPATE IN SCHOOL CHEER MUST FOLLOW THE ATTENDANCE POLICIES FOR COMPETITION SEASON ABSENCES.

BLACKOUT PRACTICE DATES: THE 2 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

SEPTEMBER 28 / OCTOBER 5 / OCTOBER 12
4-7PM

TEAMS WILL HAVE EXTENDED PRACTICES ON THESE DAYS.
MORE DETAILS TO FOLLOW.



COMPETITION SCHEDULE

COMPETITION SCHEDULES WILL BE PROVIDED
WITH YOUR TEAM PLACEMENT EMAIL.



HALF SEASON PREP TEAMS:

- TEAMS ARE FOR BEGINNER ATHLETES
- TEAMS ARE FOR ATHLETES NEW TO THE SPORT
- PERFORM IN OUR PCA SHOWCASE
- COMPETE AT 3 COMPETITIONS
- COMPETE AT LOCAL COMPETITIONS
- COMPETITION SEASON - JANUARY-MARCH



REGISTRATION

THE ANNUAL REGISTRATION FEE IS DUE BEFORE YOUR ATHLETE'S FIRST PRACTICE. MEMBERSHIP IS PER ATHLETE.



\$50/YEAR PER ATHLETE
★ YEARLY GYM REGISTRATION

TEAM FEES

AT PCA, FEES ARE BILLED THROUGHOUT THE SEASON IN 7 MONTHLY INSTALLMENTS (SEPTEMBER-MARCH)*. IF YOU ACCEPT A POSITION ON A PCA TEAM OR TEAM(S), YOU ARE PURCHASING A HALF SEASON OF COMPETITIVE CHEER.

ONE-TIME FEES NOT INCLUDED IN THE MONTHLY INSTALLMENTS:

- USASF MEMBERSHIP FEE (REQUIRED TO COMPETE-\$49 PER ATHLETE)
- YEARLY REGISTRATION- \$50-BLACK MEMBERSHIP
- UNIFORM PACKAGE
- ANY ADDITIONAL PCA T-SHIRTS OR APPAREL
- ANY LOCAL TRAVEL COSTS



PAYMENT SCHEDULE

DUE DATE	ITEM	HALF SEASON PREP TEAMS
PRIOR TO 1ST PRACTICE	ANNUAL REGISTRATION	\$50
WEEK OF SEPTEMBER 7TH	INSTALLMENT #1 OR PAID IN FULL (PAY IN FULL AMOUNT AVAILABLE UPON REQUEST)	\$195
1ST OF THE MONTH SEPTEMBER - MARCH	MONTHLY INSTALLMENTS (INSTALLMENTS #2 - #7)	\$195
SEPTEMBER 15TH	NEW UNIFORM PACKAGE	\$290 (COST INCLUDES: MAKEUP, SHOES, AND BOW)
NOVEMBER 1	USASF MEMBER REGISTRATION *INSTRUCTIONS WILL BE SENT FOR REGISTRATION/RENEWAL.	\$49

DISCOUNTS

FAMILIES WITH MULTIPLE ATHLETES PARTICIPATING IN OUR PROGRAM WILL RECEIVE 10% OFF (TUITION ONLY) FOR ADDITIONAL ATHLETES.

RETURNING ATHLETES TO THE PCA PROGRAM WILL RECEIVE 10% OFF (TUITION ONLY).

DISCOUNTS WILL BE CAPPED AT 20%.

IMPORTANT DATES & HOLIDAY GYM CLOSURES

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

DATES ARE SUBJECT TO CHANGE.

FIRST TEAM PRACTICE	SEPTEMBER 7
CHOREOGRAPHY CAMP	SEPTEMBER 28 OCTOBER 5 OCTOBER 12
PICTURE DAY	JANUARY 5 & 6
LAST TEAM PRACTICE	MARCH 22
END OF SEASON BANQUET	TBD



**AUGUST 31 - SEPTEMBER 1
LABOR DAY**

**OCTOBER 31
HALLOWEEN**

**NOVEMBER 26 - 29
THANKSGIVING**

**DECEMBER 22 - JANUARY 2
HOLIDAY BREAK**

**MARCH 23 - MARCH 27
SPRING BREAK**

