

Five Star Cheer Training 26-27

Show Teams available for athletes ages 2 - 9 years old

Our Cheer Training Program is an introduction program to competitive cheerleading. You can start your athletes as young as 2 years old to learn the basics and fundamentals of cheerleading. (Tumbling, jumps, dance, coordination, and following direction.)

SHOW TEAMS:

Twinkle Purple - 2 & 3 Year Old

Twinkle Black: 4 & 5 Years Old

Starlites: 6 - 9 Years Old

What if my athletes birthday is during the session?

Example: If you have a 5 year old that will be turning 6 in the session you can sign them up for Twinkles or Starlites. If it will be their first time in the program or doing cheer/ gymnastics, Twinkles would probably be a better start. You know your kid best, pick the group that best benefits them!

Session 1 Fall 2026

September - November

9 weeks/ session

Practices start week of Sunday, September 13th

(1 week off for fall break Friday, October 9th- Thursday, October 15th)

Showcase November 20th, 21st, or 22nd - TBD early Sept

(Full tuition paid in at Sign-ups)

Session 2 Winter 2027

January - March

9 weeks/ session

Practices start week TBD

Showcase TBD

(Full tuition paid in at Sign-ups)

PRACTICE DAY/ TIME WILL COME OUT DECEMBER

TUITION PER SESSION: \$225

****NO REFUNDS. Only refunds given will be at the discretion of coach due to lack of participation for 2 or 3 year olds.****

Choose 1 of the Practice Days Options for Fall Session:

TWINKLE PURPLE (2 & 3 Years Olds)

Sunday 10:00am-11:00am
Monday 6:00-7:00pm

TWINKLE BLACK (4 & 5 Years Olds)

Sunday 10:00am-11:00am
Monday 6:00-7:00pm
Tuesday 5:30-6:30pm

STARLITES (6 - 9 Years Olds)

Sunday 12:00pm-1:00pm
Thursday 5:30-6:30pm

What our Cheer Training Program Offers:

- ★ Practice 1 hour a week.
- ★ They will learn a routine to music for end of session performance for friends and families to watch at the gym

Twinkle Coaches & Athlete Assistants:

- ★ We will have 2-5 adult coaches running practices. YES it seems like a lot but we like all hands on deck for the younger groups.
- ★ We also have a number of our current competitive cheerleaders volunteer to assist our little ones.
- ★ We love providing an opportunity to our competitive athletes to work with our Twinkle program to help them teach the little ones skills they once learned in our program, but most importantly, it helps keep the little ones on task and provides one-on-one attention to our youngest Twinkles to ensure growth and safety.

What Do They Need For Practices?

- ★ Athletic wear of any kind gym shoe
- ★ A water bottle they recognize. We have them bring drinks into the gym so they will not need to go out into the lobby area during practices unless they need to use the restroom.

FYI: We have competitive cheerleading, competitive gymnastics, and recreation gymnastics & tumbling classes running nightly. The lobby and gym area will be filled as the kids are back to school and our services can only be offered 5:00-9:00pm. If you'd like a quieter experience, Sunday mornings would be the best fit. We also offer classes for 2-6 year olds M/W/TH 10:00-11:00am & nightly.