

Five Star Cheer Training 25-26

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 2 Winter/Spring 2026

January - March

10 weeks/ session

Practices start week of January 11th

NEW DATE! Showcase: Friday, March 20th at 6PM

(Full tuition paid in at Sign-ups)

Practice Days Options for Winter/ Spring Session:

TWINKLE PURPLE (2 & 3 Years Olds): Monday 5:30pm-6:30pm (Coach Sam)

TWINKLE BLACK (4 & 5 Years Olds):

Monday 5:45-6:45 (Coach Lauren & Lilly)

Tuesday 6:15pm-7:15pm (Coach Isabella & Mylie)

STARLITES (6 - 9 Years Olds): Thursday 5:30-6:30 (Coach Dani)

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.****

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.

ADDITIONAL EXPENSES

Any White Cheer/ Athletic Shoe: Approximately \$20-\$45

[Link to Sample Basic White Athletic Shoe on Amazon](#)

Cheer Shoes also available in our Spirit Shop. Sizes start at Y8

Showcase Black Showcase Bow:

\$5 Black Bow from Spirit Shop

Showcase Uniform:

WILL BE NOW OUTFIT THIS SEASON!

(Approximately \$75)

How to Register: Registration Opens December 1st 2025

Registration is officially open for both sessions! Click the link below and follow the instructions to get signed-up!

<https://www.gomotionapp.com/team/fsky/page/system/classreg-shopping>

1. Click “Add to Cart” under Cheer Training Show Teams.
 - - Make sure to select the correct session, day, and time you’d like to sign up for!
2. Click “Checkout Now.”
3. Create new account or sign-in if you have an existing account.
4. Sign waiver & pay for the session.

Have a question?
E-mail: Fivestarcheercoaches@gmail.com