



# 2025-2026 Pre-Season Information

## What teams did we have last season?

Tiny 1.1 Prep  
Tiny 1  
Mini 1.1 Prep  
Youth 2.2 Prep  
Youth L2  
Junior L3  
Junior L5  
Senior L4  
Senior L6

## Program Practice Schedule:

SUMMER	FALL/ WINTER/ SPRING
June 2nd- August 17th	August 18th - End of May
All teams will practice 2 day a week.	<b><u>Prep Teams</u></b> - 2 days a week <b><u>Tiny &amp; Youth Elite Teams Teams</u></b> - 2 days a week <b><u>Junior &amp; Senior Elite Teams Teams</u></b> - 2 days a week, plus mandatory Strength & Conditioning (3rd day) <b><u>Senior Worlds Team</u></b> - 3 days a week
Practice will be Monday - Thursday	Practices will be Sunday - Friday  Sunday-Thursday: August - December/ January Sunday-Friday: January - May

**\*\*If this is not a commitment you can make, you make want to reconsider joining our competitive cheer program.\*\***

## Five Star Kick-Off Camp for All Athletes:

We will teach all athletes gym standards for tumbling and stunting techniques.

<u>MONDAY, JUNE 2ND</u>	<u>TUESDAY, JUNE 3RD</u>
5th Grade and Below 5:15-6:45	5th Grade and Below 5:15-6:45
6th Grade and Older 7:00pm-8:30pm	6th Grade and Older 7:00pm-8:30pm

# Summer Practice Schedule EXAMPLE:

Summer Practices start Wednesday, June 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00-7:30 (Elite Team)	5:00-7:30 (Elite Team)	5:00-7:30 (Elite Team)	5:00-7:30 (Elite Team)
5:00-6:30 (Prep)	5:00-6:30 (T/M Elite or PREP)	5:00-6:30 (Prep)	5:00-6:30 (T/M Elite or PREP)
6:30-8:00 (Prep)	6:15-7:30 (Tiny PREP)	6:30-8:00 (Prep)	6:15-7:30 (Tiny PREP)
6:30-9:00 (Elite Team(s))	6:30-9:00 (Elite Team(s))	6:30-9:00 (Elite Team(s))	6:30-9:00 (Elite Team(s))

## Summer Choreography / Stunt Camps - June, July, & August

Choreography / Stunt Camps will start the month of June and are **MANDATORY**.

**Choreography Camp:** Usually 2-3 days. 10:00am-3pm. Teams learn their competition routine!

**Stunt Camp:** Usually 1-2 days. Teams learn and work elite stunts.

(TIMES MAY VARY)

*Tiny, Mini, & Youth Teams may get a choreographer hired or Sam will do in house Choreo. This will be decided after team placements.*

## ***SUMMIT (JUNIOR & SENIOR) & WORLDS TEAM CHOREOGRAPHY***

### STUNT CHOREOGRAPHY by Brendan for Summit/Worlds Teams

#### Monday, June 16th

Team A - (Warm-up 30 minutes before) 4 hours

Team B - (Warm-up 30 minutes before) 4 hours

#### Tuesday, June 17th

Team C - (Warm-up 30 minutes before) 4 hours

Team D - (Warm-up 30 minutes before) 4 hours

### FULL ROUTINE CHOREOGRAPHY by Brendan for Summit/Worlds Teams

September 16th - Team A (4.5 hours)

September 17th - Team B (4.5 hours)

September 18th - Team C (4.5 hours)

September 20th - Team A (8 hours)

September 21st - Team B (8 hours)

September 22nd - Team C (4 hours)

September 23rd - Team C (4 hours)

# PRACTICES & ATTENDANCE POLICY

## SUMMER PRACTICE & SUMMER VACATIONS:

The summer is the foundation of our season; productive practices are a must for a successful season. We do encourage families to enjoy vacation time and other summer activities as long as they are communicated in advance. **These communications should be done via JotForm by June 7th.** We are closed for two weeks in the summer and encourage vacation during June 27th- July 14th. If you are in town, we expect that you will be at practice. If you're on vacation, enjoy your time!

**\*We are asking that all Summit and Worlds athletes (Junior and Senior Elite teams) take their vacation during our June 27th -July 14th break. Missing outside of this window may jeopardize their stunt position.\***

Jotform Summer Vacation Submission Link: <https://form.jotform.com/241404955349057>

Link will not be active until June 1st.

## SCHOOL PRACTICE ATTENDANCE

To excel at competitions, we need consistent and high-quality practice. High-quality practices require MAXIMUM ATTENDANCE. THE TEAM'S SUCCESS DEPENDS ON EVERYONE'S PARTICIPATION. Practices are mandatory.

Absences, such as contagious illnesses (with a doctor's note), school graded events, and family emergencies will be excused with proper communication.

All other absences will incur fees: \$15/ practice. Fees are enforced after School resumes in August. More detailed information will be given at parent meeting.

Unplanned, day of absences need to be text to Sam at 859-801-7030 promptly.

Planned absences need two weeks' notice. They are not exempt from fee. If we are not given proper notice, your athletes spot may be in jeopardy for the next event or the remainder of the season. These absences need to be submitted to Jotform, Link will be via Band in August.

Exceeding 5 or more absences is grounds for possible removal from program when school schedule starts in August.

## SCHOOL CHEER CROSSOVER ATTENDANCE POLICY

While we would love to say we work around school cheer, we cannot. Planned competitions will be the only thing we will do our best to schedule around. These events include UCA Bluegrass & Nationals. States competition can fall on the same weekend as one of our events and there is usually flexibility on both ends to make it work.

We cannot and will not schedule around practices, games, or showcases. Athletes are not to miss practices or competitions for Five Star for any of the reasons stated above. Please communicate your all-star practices and commitments to your school coaches. Allstar should be first priority and if it is not, we are not the program for you. If you have questions regarding this, please talk to Sam or Steff.

# FIVE STAR Pre-Season CALENDAR 2025-2026

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2 & 3 - Kick off Camp!

June 16 & 17 - Summit & Worlds Stunt Choreo

June 27-July 13 - Summer Break (No Practice)

August 17th - School Schedule Starts

August 29th - Sept 1st - Labor Day Break

Sept 16-23 - Summit & Worlds Routine Choreo

Oct 10-13 - Fall Break (No Practice)

Oct 25-26 - The Purple Preview (Choreo Showcase) TENTATIVE

Oct 31 - Halloween (No Practice)

Nov 22-23 — The Purple Premiere Showcase TENTATIVE

Nov 26-Dec 1 - Thanksgiving Break (No Practice)

April: No Spring Break has been determined, If we a-lot one it will be a long weekend, NOT A FULL WEEK.

April - MANDATORY SUMMIT/ WORLDS PRACTICES

April 24th - 27th The Cheerleading Worlds - Wicked

May 8th - 11th D2 Summit for Junior & Senior Teams

## Cheer Shoes:

We'd prefer the kids to wear a Rebel shoe but it is NOT mandatory this season.  
You can order individual or add to the gym order. More info on gym order coming soon!

Female Shoe color: White

Male shoe color: Black

Flyers: No Nfinity Flytes or Vengeance

(They are really thin and you can feel their toes through them when stunting, not ideal)

Acceptable competition Shoe Brands:

Rebel, Nfinity, Varsity

Kids are NOT allowed to compete in shoes with holes in them. I'd prefer they not practice like this either as it is dangerous. Rebel shoe's definitely hold up better than Nfinity. We also prefer them to NOT be in Nfinity Flytes. They fall apart the quickest and have very little support and structure.

Acceptable brands to wear: Rebel, Varsity, Nfinity

<https://rebelathletic.com/collections/all-shoes>

<https://www.nfinity.com/collections/cheerleading-shoes-white-light-weight-cheer-shoes-nfinity-athletics>

[https://shop.varsity.com/collections/shoes?](https://shop.varsity.com/collections/shoes?utm_source=website&utm_medium=varsitydotcom&utm_campaign=shop-varsity_hp_nav-24)

[utm\\_source=website&utm\\_medium=varsitydotcom&utm\\_campaign=shop-varsity\\_hp\\_nav-24](https://shop.varsity.com/collections/shoes?utm_source=website&utm_medium=varsitydotcom&utm_campaign=shop-varsity_hp_nav-24)

## Uniforms

New Uniform Year! More info coming soon.

## Ankle Weights

This season we are going asking that all Youth, Junior, and Senior teams bring a pair of ankle weights to practices. 2 lbs each

## 2025-2026 Competitions

We are still working on our tentative competition schedule.

Our first competition will be December.

Teams will typically compete at 4 - 7 competitions depending on the team and event type.

Cities we typically travel to for competitions, but are not limited to:

Lexington, KY  
Louisville, KY  
Cincinnati, OH  
Columbus, OH  
Indianapolis, IN

### L6 TRAVEL POSSIBILITIES

Nashville, TN  
Washington DC

### **End of Year Event Possibilities but not limited too**

Nashville, TN  
Gulf Shores, AL

2026 The Cheerleading Worlds - Senior L6 Team  
(bid needs to be earned)  
April 24th - 27th  
Orlando, Florida

2026 The D2 Summit - Junior & Senior Teams  
(bid needs to be earned)  
May 8th - 11th  
Orlando, Florida