

**CHEER
STATION**

26-27

Cheer
Station

TEAM INFORMATION PACKET





WHY PARENTS CHOOSE CHEER STATION

STRONG VALUES & ELITE TRAINING

When you train with Cheer Station, your athlete gets the best of both worlds —strong technical training with an emphasis on sportsmanship, combined with world-class choreography and coaching.

Our program provides positive role models in a supportive, family-oriented environment where athletes work together to achieve personal and team goals while building confidence, character, and discipline.

Cheer Station athletes are known nationwide not only for being top teams at every level, but also for their sportsmanship, team spirit, and positive attitudes. Our teams are consistently complimented and frequently recognized with spirit awards.

Our staff is among the most knowledgeable and well-trained in the industry. All coaches are USASF credentialed, SafeSport certified, and trained through the Positive Coaching Alliance. Our owner serves on the USASF Rules Committee, Disciplinary Committee, and Regional Advisory Board.

Many of our coaches have competed at top universities and elite programs, including Baylor University, Stephen F. Austin, Hawaii Pacific, Trinity Valley, Indiana University, the University of Texas, NC State, Navarro, the University of North Texas, and other top all-star programs.

We are committed to balancing family life and team commitment by adjusting summer schedules and avoiding competitions near major holidays whenever possible.

Cheer Station is proud to be the longest-running all-star program in the United States. We are a family, and we are honored to share our values and tradition of excellence with your athlete year after year.

If you have any questions, please feel free to call or email us at any time.

The first round of Cheer Station Team Tryouts for 2026 will be held May 12–16 for Elite, year-round Prep, and Novice teams. If an athlete is unable to attend in person, video tryouts are welcome.

For more information, please contact:

brad@cheerstation.com

katie@cheerstation.com



WELCOME TO THE CHEER STATION ALL-STAR TEAM PROGRAM

We are delighted that you have chosen to become part of one of the most prestigious all-star programs in the country. We welcome you to our family. In the following pages, you will find an outline of:

- Cheer Station Policies
- Important Dates
- Frequently Asked Questions (FAQs)
- Financial Commitment
- Additional important program information

REGISTRATION REQUIREMENTS

Please complete the following after reading and understanding this packet:

- Team Registration Form
- Team Registration & Eligibility Form
- Team Payment / Financial Commitment Form
- Tryout Form
- \$75 Team Registration Fee

All paperwork and payment must be completed prior to attending clinics or tryouts.

IMPORTANT DEADLINES

To be placed on a team roster by May 17, all forms and the \$75 registration fee must be submitted.

Submit your registration packet before May 1 to receive \$20 off your team registration fee.

Athletes trying out after May 17 must schedule an evaluation with a head coach for placement.

FINAL NOTES

Please keep this packet as a reference guide throughout the season. We are always available to answer any questions you may have.

Brad Page
brad@cheerstation.com

Katie Rebers
katie@cheerstation.com



TRYOUT PROCESS

Athletes must sign up for one tumbling evaluation between May 12–16. Evaluation requirements include:

- 2 standing tumbling passes
- 1 running tumbling pass
- 3 jumps

Flyers must demonstrate:

- Heel stretch
- Arabesque
- Scale
- Scorpion



WORK GROUPS & TEAM PLACEMENT

Work groups will be announced May 18 after 10:00 AM.

Athletes will be assigned to work groups May 18–21 for stunting evaluations (bases, back spots, and flyers).

Teams will be announced on May 26, and practices will begin that same week.

**If it doesn't
challenge
you it doesn't
change you.**

CLINICS (REQUIRED)

All athletes must attend at least one clinic May 12–14:

- Birth years 2014–2021 → 4:30–6:00 PM
- Birth years 2011–2016 → 6:00–7:30 PM
- Birth years 2009–2014 → 7:30–9:00 PM

If birth years overlap, athletes may choose the time that best fits their schedule.

Athletes will be grouped based on age, skill level, and program (Novice, Prep, or Elite).

You must indicate which program your athlete is trying out for.



PRIVATE TRYOUTS

Private tryouts are available by request.

Email katie@cheerstation.com to schedule.

Cost: \$40 additional fee

TRY-OUT INFORMATION

REGISTRATION & SIGN-UP

Athletes must create an account at:

www.cheerstation.com

Sign up for a tryout time slot under Camps in the customer portal.

MEET & GREET (OPTIONAL)

Sunday, May 3
12:00–1:00 PM

TRYOUT SCHEDULE

All athletes must attend a tumbling tryout/evaluation on May 15–16.

NOVICE & PREP TEAMS

• Friday, May 15 → 5:00–6:30 PM

ELITE TEAM TRY-OUTS

Saturday, May 16

- Level 1 → 9:00 AM
- Level 2 → 10:00 AM
- Level 3 → 12:00 PM
- Level 4 → 1:30 PM
- Level 5 & 6 → 3:00 PM

ALTERNATE TRYOUT OPTION

If unable to attend scheduled times:

• Sunday, May 17 → 11:00 AM–12:00 PM

Pre-registration is required.

Please email:

katie@cheerstation.com

CHEER STATION TEAM PROGRAMS 2026-2027

Cheer Station offers four team programs. All programs require commitment, as consistent attendance is necessary to build strong stunts and pyramids. Program placement is based on the athlete's level of commitment and skill level. **Mini and Youth will practice twice during the week, Junior and Senior will practice 1 weekday and 1 weekend day)

All-Star Elite (May-April)	Level 1-6	**2 hour practice twice per week	5 -6 competitions and may travel out of state	2.5 minute routine	\$389 per month
Full Season Advanced Prep (May-April)	Level 1-3	1.5 hour practice twice per week	5-6 competitions	2 minute routine	\$324 per month
Full Season Prep (May-April)	Level 1-3	2 hour practice once per week	5 one day competitions	2 minute routine	\$259 per month
Full Season Novice (May-April)	Level 1-3	1.5 hour practice once per week	4 one day competitions	1.5 minute routine	\$195 per month
Express Novice or Prep *Half Season Team and will have tryouts in September (Sept. 15 -April)	Level 1-3	2 hour practice Once per week *Half Season Team	3 one day competitions	1.5 Minute routine	\$225 per month

Team tuition includes extra practices before each competition. It does not include end-of-season events such as The Summit, All Star Worlds, or Worlds. Team selection is based on age, standing and running tumbling, and the athlete's contribution to stunting. Tumbling is used as a guideline.

USASF LEVELS & AGES

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Tiny 2019-2021	x					
Mini 2017-2020	x	x				
Youth 2014-2019	x	x	x	x	x	
Youth Flex 2013-2021	x	x	x			
Junior 2011-2018	x	x	x	x	x	x
Junior Flex 2010-2020	X	X	x			
Senior 6/1/07- 2014	x	x	x	x	x	x

Senior Age is determined by 06/01/2007-2014 but Level 6 will be 06/01/2007-2013.

Senior Prep and Novice teams ages are 12-19 and can go up to level 3 with restrictions.

TEAM SELECTION

Team placement is based on age, skill level, and stunt group performance. Teams will be announced:

Tuesday, May 26 after 6:00 PM

Teams will begin as early as:

Wednesday, May 27

Please allow 24 hours after team announcements before reaching out with questions.



SUGGESTED SKILLS FOR EACH LEVEL

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Cartwheel	Roundoff Back handsprings	Round off Back Handspring Back Tuck	Round off Back handspring Layout	Round off Back Handspring Full	Round off Back Handspring Double
Round off	Round off 2-3 Back handsprings	Roud off Back handspring stepout Roundoff to tuck	Front Walkover Round off Back handspring Layout	Alternate (whip or punch front) To a full	Alternate (whip, arabian or punch front) To a double
Back Bend Kickover	Front Walkover Round off Back handspring	Front Handspring Front	Alternate (whip or punch front) to a Layout	Arabian to Layout or Full	Round off Back Handspring Full to Full
Back walkover	Standing Back walkover Back handspring	Standing Back Walkover Back Handspring Series	Standing Series to Tuck	Standing Back handspring Layout	Standing Backhandspring (s) To a full/double
Front walkover	Standing Back handspring step out Back walkover	Jump To Back Handspring Series	Jump Back Handspring Back Tuck	Standing Whip To Layout	Standing Full
Valdez	Valdez BHS	Standing Back Handspring Stepout to series	Standing Back Handspring Stepout Tuck	Standing Back Handspring Layout	Standing Back handspring Full or Double

Athletes must demonstrate the minimum skill for each level with good technique to qualify. Remember, tumbling is only a GUIDELINE to help us determine team placements.

CHOREOGRAPHY CAMP

All teams will attend a mandatory Team Choreography Camp where they will learn their competition routines.

- Elite Levels 3–6: July 25 – August 2
- Elite Levels 1–2, Prep & Novice: August 3 – August 9

Each team will receive approximately 10–12 hours of choreography. Exact schedules will be sent closer to camp dates.

Failure to attend will result in a \$55 per day fee, in addition to your choreography fee. This fee will be used to pay the coach responsible for teaching missed choreography.

GYM HOLIDAYS

The gym will be closed on the following dates:

- Memorial Day: May 22–25
- Fourth of July: July 2–5
- Labor Day: September 4–7
- Thanksgiving: November 25–28

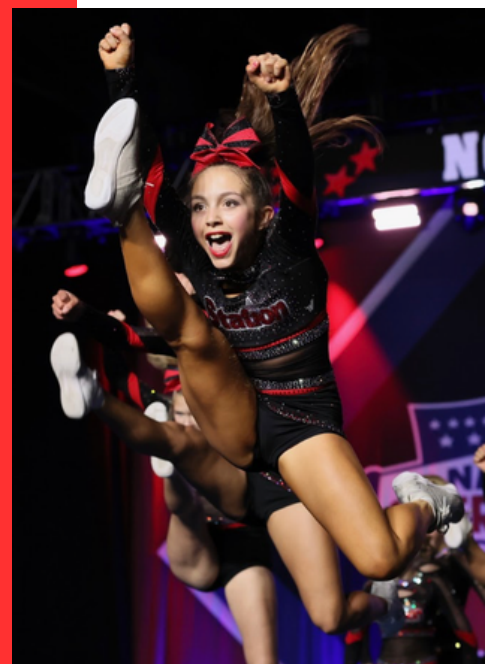
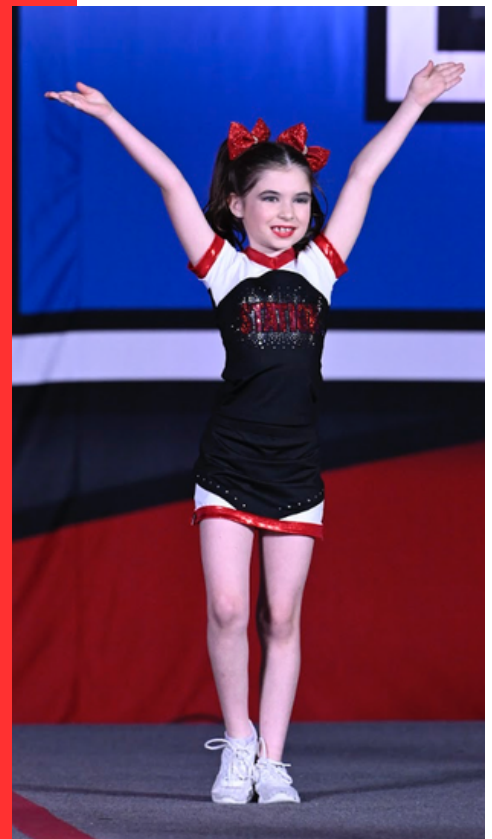
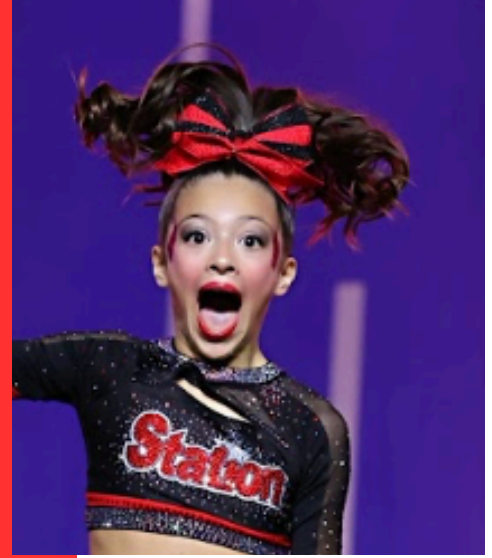
Practice will be held Sunday, November 29

- Christmas Break: December 20 – January 2
Practice will resume Sunday, January (date TBD)

- Spring Break: March 13–16

Elite teams will practice March 16–17 due to NCA Nationals (March 18–20, Houston)

- Easter Sunday: March 28



**Believe in
yourself and you
can do unbelievable
things.**



COMPETITION SCHEDULE

The competition schedule is typically finalized as early as possible but may be released as late as August 1.

Please note: Tuition covers training and coaching, not the right to compete. Athletes earn competition eligibility through:

- Attendance
- Effort
- Positive attitude
- Skill maintenance

Athletes competing with school teams on the same day may only participate in both if events are at the same venue. Competing at different locations on the same weekend will not be permitted.

All Elite athletes are required to:

- Travel to two-day competitions
 - Practice the night before competition
- This may require leaving school early or missing school for travel.

END-OF-SEASON EVENTS

If a team receives a bid to:

- Youth Summit
- Summit
- All-Star Worlds
- The One
- Cheerleading Worlds

The season may extend through May.

Additional tuition, competition, and travel fees may apply. We plan to accept bids and attend at least one end-of-season event.

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TRAVEL REQUIREMENTS

Many events follow a “Stay to Play” policy, requiring teams to book hotels through the event’s designated blocks.

- Hotel booking within team blocks is required for national events
- Families are responsible for travel for one-day events
- We strongly recommend booking early, as blocks fill quickly

Athletes are expected to:

- Travel early
- Stay through team awards
- Arrive up to 2 hours before warm-up times

One-day events may begin early (as early as 6:30 AM), so overnight travel is often required for team preparation and meetings.

Competition schedules are typically released the week of the event, and updates will be shared as soon as possible.



SPECTATORS, FAMILIES & GUESTS

A parent viewing room is available, and periodic “show-off” performances will be scheduled.

To speak with a coach:

- Please wait until after practice or
- Schedule a meeting via the Band App
- Meetings are limited to 15 minutes and must include a specific topic
- Discussions about other athletes are not permitted

At times, parent viewing will be closed to maintain team focus. On these days, parents will be asked to drop off and leave the facility.

Guests and recruits must receive coach approval before attending practice.

Athletes from other programs may not visit during competition season without program director approval.

Any parent, athlete, or guest displaying:

- Disrespectful behavior
- Negative talk
- Gossip
- Poor sportsmanship

Will be asked to leave the gym or viewing area.



CLASS, OPEN GYM & TEAM TUMBLING

- Team members receive \$20 off each class
- Open gym: \$10 per visit
- 1 free open gym per month (dates announced)

TEAM SIBLING DISCOUNTS

Elite Teams:

- \$50 discount for 2nd child
- \$75 discount for 3rd child

Prep/Novice OR mixed programs:

- \$20 sibling discount

UNIFORMS

We are in year two of our uniform cycle, and uniforms will remain the same this season.

Uniform Fittings:

- July 22–23
- 3:00–7:30 PM

These are the only fitting dates due to our vendor's travel schedule.

During fittings:

- Order uniforms
- Order backpacks and warmups

If you cannot attend:

- Take measurements and send to

Amara@cheerstation.com

- Contact Amara for measurement instructions
- Assistance is available from Katie or Amara

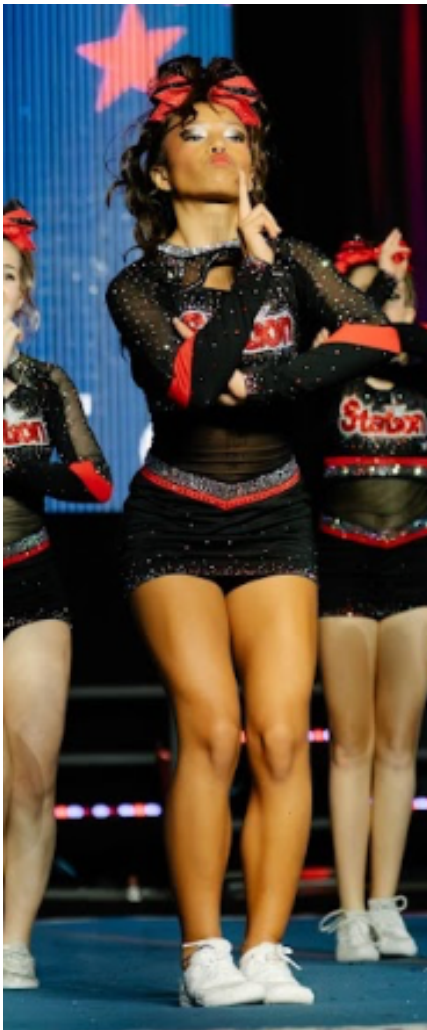
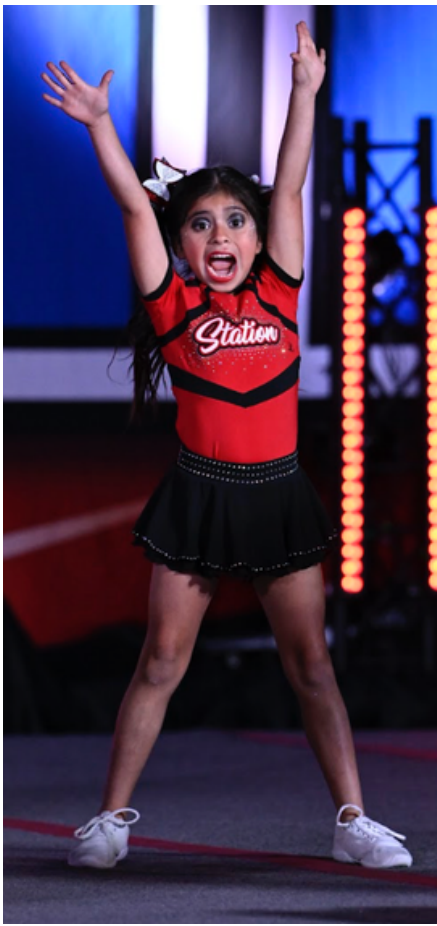
Payment Schedule:

- \$400 due at fitting
- Remaining balance due October 1

Replacement pieces may be ordered if needed.

A Band App group will be available for buying, selling, or trading uniform items.





PRACTICE EXPECTATIONS

- Athletes must arrive 5 minutes early
- No athlete may be in the gym unsupervised
- A CSI staff member must supervise all athletes at all times

If an athlete needs to leave early:

- Approval must be given by the head coach in advance
- Requests may be denied if full team participation is required

PARENT VIEWING

Parent viewing is available on a first-come basis, but may be closed at times to maintain team focus.

- Closed viewing days will be posted on the Band App and via email
- All practices the week of competition are closed
- Practices two weeks prior to national competitions are also closed

PRACTICE SCHEDULING

Practice days and times will be assigned after team placements.

Typical schedule:

- Tiny, Mini, Youth → weekdays
- Junior/Senior → one weekday + Sunday

During summer months, weekend practices may be moved to weekdays to support family time and improve attendance.

ADDITIONAL PRACTICES & TEAM CALENDAR

Additional practices will be scheduled prior to competitions. You will be given advance notice to plan accordingly.

A Team Calendar will be provided to track:

- Practices
- Competitions
- Schedule updates

Please refer to the Team Calendar regularly for the most up-to-date information.

PRACTICES & ATTENDANCE

Attendance is mandatory for all Cheer Station teams.

Athletes are allowed:

- 4 missed practices (summer) — June 1 to August 15
- 3 excused absences (season) — September 1 to May 1

Missed practices are intended for family emergencies and unforeseen events. During competition season, any missed practice must be made up with a 30-minute private lesson with the stunt group and a team coach.

- The athlete is responsible for the cost of the coach's time
- Make-up must be completed within 7 days
- Athletes 30+ minutes late must also make up missed time

SCHOOL SPORTS & CONFLICTS

We support athletes participating in school cheer and sports; however, team practices cannot be missed. Athletes who miss practices for school activities may:

- Be moved to another team, or
- Be moved to an alternate position

This ensures safe and consistent routines.

ABSENCE POLICY

Please notify the gym in advance if your athlete will miss practice.

Excused Absences (3 allowed):

- School-related academic activities
- Illness with a fever over 100°
- Wedding
- Funeral
- Family emergency

Unexcused Absences:

- Concerts
- Charity events
- Recreational sports
- Family vacations

Notify the gym via:

- Band App
- Phone call to the gym

If running late, please call or text your coach.

Important:

Athletes may not be eligible to compete if they miss practice the week of an event.

THE WILL TO WIN CANNOT BE BEAT!