CHEER

TWIN CITIES

2025-2026

PROGRAM PACKET

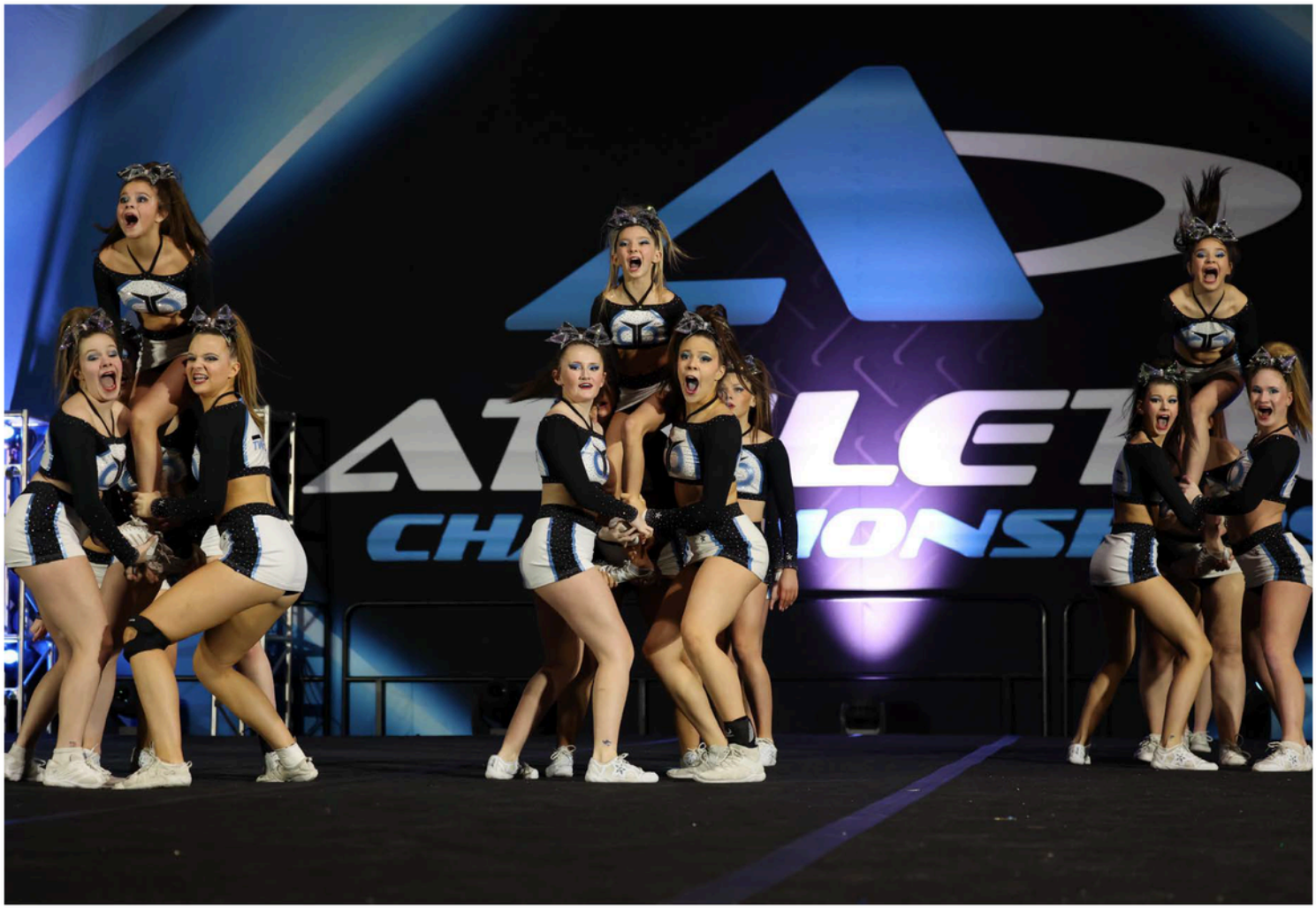
WELCOME

Thank you for your interest in becoming part of Cheer Twin Cities!

We look forward to meeting each of you and working with your athlete. When you come to Cheer Twin Cities, it is more than just learning cheerleading - It's about gaining confidence, learning the value of hard work, leadership, responsibility, and how to work as a team.

We have prepared the following information to help each family understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. Discuss the following information with not only your athlete but also with your family prior to registering to ensure this is a good fit. Together, we can have a positive impact on your athlete's life and create experiences for the entire family. we hope you find this packet informative and that it answers any questions that you might have.

We're excited to welcome you to the #BlueCrew community!



WHO WE ARE

MISSION

At Cheer Twin Cities, our mission is to build an inclusive community where athletes feel valued and cared about while developing self-confidence and grit to successfully navigate the world around them.

OUR VALUES

COMMUNITY

Cheer Twin Cities (CTC) is a place of belonging and acceptance. Our community is comprised of the coaches, athletes, families, and support systems that help the gym, teams, and individuals' reach their goals both inside the gym and out.

ACCOUNTABILITY

Our community depends on one another to show up, give their best effort, have a positive attitude, and prioritize the team over personal interests.

GROWTH MINDSET

We believe that all people can improve their skills, ability, and intellect through focused effort and resilience.

EXCELLENCE

We acknowledge and celebrate all improvements, while striving for better in all that we do through discipline, dedication, and hard work.

CONFIDENCE

At CTC, we believe that confidence is developed by building competence in one's ability to bounce back from disappointments and overcome challenges both on and off the mat.

WHAT IS ALL STAR CHEERLEADING?

All Star Cheerleading is a dynamic team sport that includes both girls and boys. They perform a 2:30 minute routine consisting of stunting, pyramids, dance, showmanship, acrobatics, tumbling and a number of other types of choreographed maneuvers utilizing a spring floor.

While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

All Star Cheer differs from traditional school cheer teams in that its primary purpose is competition, while school cheer involves crowd leading and other school roles, as well as the option for competition. All Star cheer teams are most often organized and based out of a club and have teams that are open to all area cheer athletes.

TEAM PLACEMENTS

The All Star program fields teams of athletes ages 4+ and ranging in levels 1-6. The full year season begins in June and lasts through March for our Novice and Prep teams. We do plan on attending end of season events which teams will then practice through mid April or the first week of May, depending on the event.

All Star Cheer is divided into categories by age and experience so that an athlete may participate in a way that fits them perfectly. These divisions allow programs to place athletes on teams where they can grow, be inspired and be challenged throughout the season ahead.

Teams are formed based on tiers for every ability level, from Novice to Elite. All Star rules are leveled based on progressions of skills commonly performed in cheer and are developmentally appropriate for the age of the competitor.

TEAM INFORMATION

We have a comprehensive monthly price that covers most of the expenses throughout the year. During the 25/26 season, monthly charges will begin in September 2025. The first month of tuition will be charged on September 7th. For the remaining months, tuition is payable on the 1st of each month. (October tuition due on October 1, etc.)

This monthly fee covers tuition, competition fees, choreography, music, and most other expenses and does not fluctuate from month-to-month. Tuition does not change based on the number or length of practices in any particular month. Multiple fundraising opportunities are offered throughout the year to help offset the cost of the season.

All athletes registered will be placed on a team. If an athlete chooses to decline a roster spot, no refunds will be made.

APPAREL

The only item that is required but not included in our apparel package is white cheer shoes as everyone looks for something different in their footwear. If this is your first year or you're ready to retire the torn up shoes you've had for a few seasons, we've got you covered!

We have chosen Rebel Athletic as an industry partner, who has given us a discount on all Rebel Athletic footwear to pass along to our families. We like that their shoes are durable, super lightweight, and best of all - comfortable. We will have the different styles and sizes available to try on at the gym and we will be placing orders at team fittings.

FEES

Registration Fee: $49

Practices begin the week of September 7th

PARENT MEETINGS

Burnsville: Monday, September 8th at 6:45pm
Champlin: Sunday, September 7th at 6:15pm
Woodbury: Wednesday, September 10th at 7:00pm

PROGRAM COSTS

NOVICE

Our Novice All Star teams are a great introductory training program that focus on the skill building, technique, and performance factors needed in competitive cheer.

Novice Teams:

Ages 3-6 (birth year 2018-2022)

Ages 7-14 (birth year 2010-2017)

Practices: 1 per week (1 hour 15 minutes)

Competitions: 2 local performances

Novice Team Costs:

$139/month (Semptember - March)

- Payment Option 1: $139 monthly
- Payment Option 2: $973 due 9/1

Included Apparel

	Uniform	Practice T-shirt	Bow*	Backpack
Novice	✔	✔	✔	Optional

*Items marked with a * will be NEW this season and required for all athletes.

PRACTICE SCHEDULE

BURNSVILLE

TINY

Mondays: 5:30 - 6:45pm
First Practice: September 8th

JUNIOR

Mondays: 7:00 - 8:15pm
First Practice: September 8th

CHAMPLIN

TINY

Sundays: 5:00 - 6:15pm
First Practice: September 7th

JUNIOR

Sundays: 6:15 - 7:30pm
First Practice: September 7th

WOODBURY

TINY

Thursdays: 5:00 - 6:15pm
First Practice: September 10th

JUNIOR

Wednesday: 7:00 - 8:15pm
First Practice: September 10th

FULL/HALF YEAR PROGRAM OFFERINGS & COMMITTMENTS SUMMARY

Lowest Committment ← → Highest Committment

	Novice	Prep	Hybrid	Youth Elite	Jr/Sr Elite
Season	September through March	June through March	June through April	June through April	June through early May
Practices Per Week	1 Team Practice	1 Team Practice	2 Team Practices 1 Tumbling Practice	2 Team Practices 1 Tumbling Practice	3 Team Practices
Practice Length	1 hour 15 minutes	2 hours	2 hours each + 1 tumbling class	2 hours each + 1 tumbling class	2 hours each
Monthly Cost	$139 September - March	$239 June - March	$355 June - April	$355 June - April	$355 June - May
Apparel	Included in Monthly	New Athletes: $450	New Athletes: $860	New Athletes: $860	New Athletes: $860
Local Competitions	2	4	3	3	3
Regional Competitions	No	1	3	3	2
National Competitions	No	No	No	No	1
End of Season Event	No	Kalahari Nationals	US Finals	US Finals	D2 Summit

GYM BREAKS

NO PRACTICES	
4th of July	July 4-6th
Labor Day	August 29th - September 1st (Gym Closed)
MEA	October 16-17th (Practice will be adjusted to another day this week)
Halloween	October 31st (Practice will be adjusted to another day this week)
Thanksgiving	November 26-29th (No team practices)
Holiday Break	December 23rd - January 1st (No team practices)

IMPORTANT DATES	
Team Pictures	Monday, November 17th at CTC Burnsville
Choreography	TBD
Ultimate Championship	March 1st at Xcel Energy Center
Star Spirit	April 5th at TBD

CHEER
TWIN CITIES

VISIT **WWW.CHEERTWINCITIES.COM** TO REGISTER FOR YOUR EVALUATION TODAY!

BURNSVILLE **WOODBURY**

CHAMPLIN

STILL HAVE QUESTIONS? REACH US AT:

CHEERTWINCITIES@GMAIL.COM

952-595-5498

CHEER_TWINCITIES