

# 2026-2027

# **FIERCE**

## CHEERLEADING

# HANDBOOK



### Contact Info

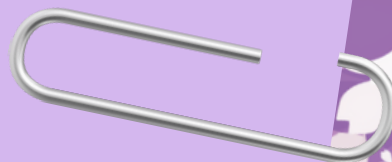
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# Overview & Mission

Our mission is to develop young athletes into confident and empowered individuals who achieve their full potential both on and off the mat. We believe that every athlete has unique strengths and talents, and our goal is to provide a safe and inclusive environment where they can develop their skills and express themselves fully.



## Physical & Mental Growth

We are committed to helping our athletes grow physically and mentally.

## Family Environment

We are committed to creating a family environment where everyone feels welcome and is accepted for who they are.

## Sportsmanship

We are committed to teaching good sportsmanship, including supporting other teams and winning and losing respectfully.

## Transparency

We are committed to full transparency with our families from finances to coaching decisions.



# Team Options

Athletes are grouped throughout the summer based on a combination of age, stunting ability, and tumbling skills. As athletes continue to train and develop, they may move between groups to ensure they are placed where they can grow and succeed. Final team placements will be determined at the end of August. Please note that the teams listed in this handbook are subject to change depending on enrollment numbers and the overall skill levels of the athletes who register. Our top priority is always to place each athlete on a team where they are both challenged and supported, ensuring the best experience for their development and success.



- No Experience Required
- 1 Practice/Week
- Ages 5-10
- Semi-Local
- May-March

**Commitment Level: Low**



- No Experience Required
- Back Walkover Encouraged
- Ages 10-15
- 2 Practices/Week
- May-April

**Commitment Level: Medium**



- Back walkover required
- Back handspring encouraged
- 2 Practices/Week
- Semi-Local
- May-April

**Commitment Level: High**

| Team                 | Register Before July 31            | Register After July 31             |
|----------------------|------------------------------------|------------------------------------|
| <b>Revolution</b>    | \$185/month                        | \$200/month                        |
| <b>Vengeance</b>     | \$220/month                        | \$235/month                        |
| <b>Karma</b>         | \$220/month                        | \$235/month                        |
| <b>Cross Compete</b> | Highest level tuition + \$50/month | Highest level tuition + \$75/month |

# Practice Schedules

## Summer Schedule (May - September)

### Stunting Schedule

|                      |                    |
|----------------------|--------------------|
| Novice Stunting      | Sunday 9am-11am    |
| Level 1 Stunting     | Sundays 11am - 1pm |
| Open Gym             | Sundays 1pm - 3pm  |
| Level 2 & 3 Stunting | Sundays 3pm - 5pm  |

### Tumbling Schedule

|                       |                   |
|-----------------------|-------------------|
| Rolls & Cartwheels    | Thursdays 6 - 7pm |
| Walkovers             | Thursday 7 - 8pm  |
| Springs, Tucks & More | Friday 6 - 7pm    |
| Flight School         | Friday 7 - 8pm    |

## In-Season Schedule (Oct- Apr)

|            |                     |
|------------|---------------------|
| Revolution | Sunday 9am-11am     |
| Vengeance  | Sundays 11am - 1pm  |
|            | Fridays 6pm - 8pm   |
| Karma      | Sundays 3pm - 5pm   |
|            | Thursdays 6pm - 8pm |

## Closed Dates

|                |                         |
|----------------|-------------------------|
| July 3-5       | 4 <sup>th</sup> of July |
| August 27-31   | Deep Clean              |
| September 1-7  | Labor Day               |
| November 26-29 | Thanksgiving            |
| December 24-25 | Christmas               |
| December 31    | New Years Eve           |
| January 1      | New Years Day           |
| March 28       | Easter                  |

## Tentative Choreography Schedule

|                   |                            |           |
|-------------------|----------------------------|-----------|
| <b>Revolution</b> | September 27th             | 9am - 3pm |
| <b>Vengeance</b>  | September 25 <sup>th</sup> | 6pm - 8pm |
|                   | September 26th             | 9am-1pm   |
| <b>Karma</b>      | September 24 <sup>th</sup> | 6pm - 8pm |
|                   | September 26th             | 2pm-6pm   |

This schedule is subject to be changed.

# Summer Tumbling & Flight School



Included  
with  
tuition!!



## Rolls & Cartwheels

Athletes will learn foundational tumbling skills including handstands, forward and backward rolls, handstand forward rolls, and cartwheels. Instruction focuses on proper technique, body control, and safe progressions. This class is designed for beginners who are just starting their tumbling development.



## Walkovers

Athletes will work on bridge-based tumbling skills including bridge kickovers, front walkovers, back walkovers, switch-leg back walkovers, and valdez progressions. Emphasis is placed on flexibility, strength, and proper technique. Athletes should already be comfortable with rolls and cartwheels.



## Springs, Tucks & More

Athletes will focus on running and standing tumbling, including skill connections, back handsprings, and tucks. Instruction emphasizes power, technique, and safe progressions for advanced skills. Athletes must be able to perform a back walkover to participate.



## Flight School

Athletes will work on flexibility, core strength, balance, and body positions that support flyer development. This class focuses on conditioning and technique needed for strong stunt positions. No stunting will take place during this class.

# Competition Schedule

## January 23-24

- Lansing, MI
- ALL TEAMS

## February 27-28

- Toledo, OH
- ALL TEAMS

## February 13

- Lansing, MI
- ALL TEAMS

## March 14

- Akron, OH
- Vengeance
- Karma

## March TBD

- Detroit, MI
- ALL TEAMS

## April TBD

- Nationals
- Vengeance
- Karma

## Our Competition Partners:



This schedule is subject to be changed.

# Apparel Packages



## Uniform Package

*Last Day to Order: 10/31/26*

*Required for all new athletes*

Includes:

- Body Suit
- Skirt
- Black Cheer Shoes
  - Shoes can be ordered separately for \$110

**\$325**

## Practice Package

*Last Day to Order: 10/31/26*

*Optional*

Includes:

- Sports Bra
- Shorts
- Tank top

**\$100**



## Warm Up Package

*Last Day to Order: 10/31/26*

*Optional*

Includes:

- Warm Up Jacket
- Leggings

**\$95**



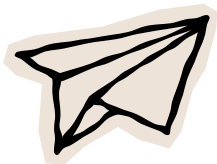
## Team Bag

*Last Day to Order:  
10/31/26*

*Optional*

**\$195**





# Gym Policies



## Attendance

- All pre-planned absences must be communicated to the coaching staff at least 2 weeks in advance to allow for proper planning.
- Absences due to illness or emergency must be communicated immediately and followed up with a doctor's note when applicable.
- Absences will not be acknowledged without direct parent communication.
- Unexcused absences will result in a **\$25 fee per missed practice**, invoiced separately from tuition.

## Competition

- All competitions are mandatory.
- 30 days written notice from a parent/guardian is required if an athlete must miss a competition.
- A **\$350 missed competition fee** will be assessed to cover the cost of securing a replacement.
- Failure to provide proper notice may result in immediate dismissal from the program.

## Dress Code

- Athletes must wear Fierce Cheer practice wear or all black to all practices.
- Athletes must arrive at competitions in full uniform.
- Cheer shoes are considered part of the uniform and must be worn at all practices and competitions.
- Failure to meet dress code expectations will result in a **\$25 fee for improper practice attire**.

## Payment

- Fierce Cheer operates on an all-inclusive pricing model, meaning families commit to one flat monthly tuition rate for the duration of the season.
- Tuition is due by the 5th of each month.
- A **\$25 late fee** will be applied beginning on the 6th of the month for any unpaid balance.
- Optional apparel may be offered throughout the season but is not required.
- All payments made are non-refundable.

## Fundraising

- The gym will host several personal fundraising opportunities throughout the season. Participation is optional.
- Fierce Cheer will host one mandatory gym fundraiser. Families who choose not to participate must pay a **\$100 fundraiser waiver fee**.
- Any fundraiser using the Fierce Cheer name must be approved by the gym in writing at least two weeks in advance.
- If an athlete leaves the program prior to the end of the season, all fundraising funds are forfeited to the gym.

# Athlete Expectations

- Athletes are expected to commit to the full season and may not quit mid-season, as this impacts the team and program.
- Athletes must maintain a positive attitude, strong work ethic, remain focused and engaged, and follow all coaches' instructions at all times.
- Athletes are expected to attend all practices and events, arrive on time, and give full effort at every practice.
- Athletes must come to practice prepared, wearing proper practice attire, athletic shoes, and with hair secured. Fake nails and new piercings are not permitted prior to competitions.
- Athletes must demonstrate respect, positivity, and compassion when speaking about themselves, teammates, coaches, and the program. Negative behavior, gossip, bullying, or inappropriate discussions—in person or through text, social media, or other platforms—will not be tolerated.
- Athletes may not post inappropriate content while in uniform, at competitions, or at any time they may be associated with Fierce Cheer.
- Profanity, bullying, inappropriate behavior, or negative conduct may result in disciplinary action, up to and including removal from the team and/or program.
- Smoking, vaping, alcohol use, drug use, contraband, or weapons are strictly prohibited at all times and will result in immediate dismissal from the team.
- Athletes must respect and accept all coach decisions regarding team placement, stunt positions, and choreography.
- Athletes must report any injuries, illnesses, or physical limitations to coaches immediately.
- Athletes are expected to take accountability for their actions, effort, and progress and actively work to improve their skills both in and out of the gym.
- Athletes are expected to put the success of the team ahead of individual interests.
- Failure to adhere to these expectations may result in disciplinary action, up to and including removal from the program.



# Parent Expectations



- All financial obligations must be fulfilled on time. If you are unable to meet a payment, you must communicate with staff immediately.
- All choreography (including cheers, dance, stunts, transitions, tumbling, and music) is the exclusive property of Fierce Cheer, LLC and may not be shared or discussed outside of the program. Routine videos may not be posted on social media (including YouTube, Facebook, Instagram, Snapchat, etc.) until after April 15, 2025.
- All communication must come directly from the parent/guardian. Do not pass information through your athlete or another parent. Absences or tardiness must be reported directly to coaches and will not be acknowledged without parent communication. Parents are responsible for checking email and the website regularly for updates.
- Athletes are expected to attend all practices and events and arrive on time, fully dressed and ready to begin 5 minutes prior to the scheduled start time. Coaches may request athletes or teams to stay up to 15 minutes past the scheduled end time or add an additional practice if needed.
- Practices are closed unless permission is given by the coach or gym owner. Parents are not permitted in the training area, as athletes perform best when they can focus independently. Children under 10 may not be left unsupervised outside of practice times.
- Please allow a 24-hour cool-down period after competitions before addressing concerns. All concerns must be brought directly to the coach or owner. Staff cannot resolve issues they are not aware of, and other parents are not appropriate points of contact.
- Parents must respect coaches' decisions, staff, athletes, and other families at all times. Negative behavior, gossip, or actions that create division within the program will not be tolerated. Good sportsmanship is expected at all practices, events, and competitions.
- Parents should not coach their athlete or other athletes during practices, competitions, or events. Please allow coaches to coach.
- Parents are expected to encourage and support their athlete while helping uphold the standards and culture of Fierce Cheer.
- Failure to adhere to these expectations may result in disciplinary action, up to and including removal from the program.