

WINTER/SPRING CHEER

2025



HOME	6:01	GUEST
47	PERIOD 4	45
BONUS		BONUS
TIMEOUTS		TIMEOUTS
2 LEFT		3 LEFT
FOULS 9	FOULS PLAYER 5:32	FOULS 2



2025

WINTER/SPRING

CHEER PACKET

AMERICANSPIRITATHLETICS.COM



American Spirit Athletics 2025 Recreational Cheerleading Programs

American Spirit Athletics has a team of experienced, trained, safety certified, and background-checked staff dedicated to bringing you and your child the ultimate cheerleading experience. Our founder is a Marine Corps veteran and has over 32 of experience in the spirit industry as an all-star gym owner, all-star, school and recreational coach, and an international judge including The Cheerleading Worlds and a USASF safety certifier.

She has helped coach athletes to numerous national and world championship events along with athletes that have progressed to nationally recognized college cheer programs and four athletes who cheered on TEAM USA.

Our athletes will learn the fundamentals of tumbling and cheerleading along with the values of teamwork, inclusion, confidence, discipline, accountability and goal setting.

Our recreational programs are designed to be inclusive and to develop the whole athlete, physically and emotionally. Our mission is to teach kids to believe and achieve.

We understand the unique transient military community and strive to work to meet each family's needs.

If you have any questions, please reach out.

Lisa Hemmie

Director

Lisa@americanspiritathletics.com

Coach Ashley Aguilar: Ashley@americanspiritathletics.com

Coach Brooke Zelanak: IvyBrooke@americanspiritathletics.com



Winter/Spring Cheerleading-29 Palms, CA

Updated January 01/19/25

Join the excitement of cheerleading, where kids experience teamwork, boost confidence, and build performance skills while spreading community spirit! This program, part of American Spirit Athletics, supports Marine Corps Community Services and the City of 29 Palms basketball teams, and athletes are introduced to all-star cheer ending with a parent showcase in May. Open to both military and civilian families, our cheerleaders shine on and off the court, embracing fitness, friendship, and fun. *Information is subject to change.*

GENERAL INFORMATION

Registration:	Open through January 18th, <u>2025</u>	Online www.americanspiritathletics.com
	Open to military and civilians	See the website for the base access process.
Season Dates:	Jan 14-May 20, <u>2025</u>	All games & performances/local area.
Squads:	Youth	Ages 5.5-8.5
	Junior	Ages 8.5-14
	➤ The junior squad requires athletes to be more focused and training is more challenging.	
	➤ Age cutoff date:	January 14th, 2025
Practice Location:	MCCS (Marine Corps Community Services) USMC Base Community Center Gym Bldg. 1004 Cottontail Rd, Twentynine Palms, CA 92278	
Practice Dates & Times:	Tuesday & Thursday	
	➤ Cheer Youth (5.5-8.5)	4:30-5:45 pm
	➤ Cheer Junior (8.5-14)	5:45-7:15 pm
	➤ Attendance is expected for maximum learning and safety. This is a team sport.	
	➤ Unavoidable absences must be initiated through the parent portal.	
Practice Attire:	Safety Attire-Mandatory requirement	
	➤ Fitted shirt/tank (sports bra if needed). Shorts. Cheer Shoes	
	✓ No street clothes, yoga pants, or hoodies.	
	➤ Hair must be up and secured away from the face. Long hair in ponytail/braid. Short hair pulled back. No visual impairments	
	➤ No jewelry; is illegal for sport.	
Team Training:	Focus includes cheers, chants, motions, stunts, tumbling, dances, band songs, leadership, safety, and more. Families will access online videos through a private YouTube account. Homework and additional materials will be provided.	

TUITION & FEES

Annual registration:

All rates are reflective of a military community discount.

\$25 (waived for students already enrolled in classes or until their anniversary date.

Training:

\$80 per month (based on a full season commitment; no monthly prorating once the month has started.)

- Coaches Practices, game days, game day prep, etc.
- Rates reflect all holidays, breaks, etc.
- Coaches are certified professionals, meeting and exceeding many state and industry standards. Including [U.S. Center for SafeSport™](#) Certification.

COMMUNICATIONS

Private Cheer Facebook group:

<https://www.facebook.com/groups/ASAWarhawsCheer>

Email

Regular updates via email and Facebook.

BAND app

Mobile communication app. Details forthcoming

SCHEDULES

Game schedule Information:

We're bringing the spirit to life both on-base at the West Gym and off-base at Freedom Plaza or 29 Palms Jr. High—plus special events or parades when available! Schedules are not released yet, we'll keep you in the loop as soon as we know. This general info will help us plan: not every week will have a game or event. Stay tuned for updates—the excitement is coming soon!

MCCS/on-base/games- **Schedules will be emailed the week of 1/20/25**

- On base, games are generally played on Wednesdays/Thursdays games start at 5, 5:30, or 6:00 pm
- Games begin Feb TBA through March
- If you need base access, once the game schedule is out, you may need to request access in advance for a particular game day.

City of 29 Palms

- Any weekday games are played at 29 Palms Jr. High School between 5:30-7:30.
- Any weekend games are on Saturdays at the Freedom Plaza gym or 29 Palms Jr. High between 9 am-4 pm. We generally select the morning time frames.
- We will attend the City of 29 Palms All-Star Game.
 - ✓ The event is generally held on the weekend of March 21-23 with a Saturday game date typically chosen.

SPECIAL EVENTS

- **Copper Mountain College Game:** Wednesday, Feb 12, 2025, 7:00 PM (Junior Squad only)
- **Spring Parent Showcase:** Saturday, May 10th, 2025, USMC Base West Gym, drop-off at 10:30 AM, showcase at 11:45 AM
- **Team Photos:** Friday, April 11th, 5:00 p.m. MCCS Community Center Bldg. 1004)
- **Pizza Party:** Tuesday, May 20, 2025, MCCS Community Center (both teams 5:00 pm)

UNIFORMS

New Athlete Uniform:

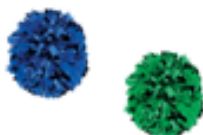


Cost: \$147.00 Group order rate, ASA.

- Includes GK quality uniform
 - Long sleeve rhinestone uniform top + logo
 - Rhinestone tank top
 - Rhinestone skort (has built-in brief)
 - Full Rhinestone green bow
 - Sales tax, shipping
 - Special ASA discount

We have optioned every type/style of uniform pricing due to supply chain cost increases. Based on quality, price, and delivery times. ASA does not mark up.

Set of pom pons



Cost: \$20.00 Group order rate, ASA.

- Sales, tax, shipping
- Special ASA discount

Cheer Shoes:

Purchase separately. Cheer shoes can be found on Amazon, Walmart, Omni Cheer, GK, etc.

- Examples/inexpensive options
 - ✓ Chasse Flip IV, Chasse Surge, Chasse Act I, Chasse Flash
 - ✓ GK Accent, GK snap,
- Any appropriate white CHEER shoe is sufficient.
 - Stunting/tumbling requires a special lightweight shoe.
 - No street shoes, Converse, Vans, Keds, etc. Safety first.

Socks/Sports bras:

Purchase separately. White ankle socks and, a black racerback sports bra if needed.

Uniform fitting/Payment:

Uniform fitting Thursday, January 23, 2025 (**sizer shipping delay**)

- Payment Due: Thursday, January 25th, 2025 (uniforms will not be ordered without payment). Late payments may result in higher costs.
- Payments will be billed to your account and can be made online.
- All sales are final—uniforms are non-refundable.
- Bulk discounts apply; individual orders may increase costs.
- Fitting times are before and after practices (details forthcoming).
- Replacement items can be ordered individually but may incur delays and additional costs.

Updated!