

BASKETBALL & SHOWTEAM CHEER

2026



CHEER PACKET



AMERICANSPIRITATHLETICS.COM



2026 Recreational Cheerleading Program

American Spirit Athletics (ASA) is proud to offer a high-quality, recreational cheerleading experience focused on confidence, teamwork, skill development, and FUN.

Our founder, **Lisa Hemmie**, is a Marine Corps veteran with **34 years of experience** in the spirit industry as a gym owner, coach (all-star, school, and recreational), USASF safety certifier, and international judge, including **The Cheerleading Worlds™**, where she continues to serve annually in a leadership role. She has coached athletes to national and world championship events, collegiate cheer programs, and TEAM USA™.

ASA programs are designed to support the whole athlete – physically, emotionally, and socially – while creating a positive, inclusive, and structured environment. We understand the unique needs of military and civilian families in a transient community and strive to support each family throughout the season.

Families who would like to learn more about Lisa's professional background and ongoing industry involvement are welcome to view her LinkedIn profile:

[linkedin.com/in/lisa-hemmie](https://www.linkedin.com/in/lisa-hemmie)

Lisa Hemmie
Director

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ASA BASKETBALL & SHOW TEAM 2026

Programs are open to military and authorized civilian families through a base access process. Information is subject to change based on enrollment and facility availability.

This packet is designed to answer common questions. Information subject to change.

COACH TRAINING & SAFETY STANDARDS

ASA coaches and staff undergo **ongoing training beyond basic requirements** to ensure a safe, professional, and supportive environment for all athletes.

This training includes, but is not limited to:

- Mandatory Reporter training
- Sexual Harassment Prevention
- Safety & First Aid / CPR
- USA Cheer and USAG Skills, Safety & Risk Management coursework

Additional training and education are completed regularly to stay aligned with **current best practices in youth sports safety, athlete development, and risk management**.

PROGRAM FOCUS

Athletes will work on:

- Cheer motions, technique, and uniformity
- Chants and sideline performance
- Introductory and advanced stunting and tumbling
- Dance and performance skills
- Leadership, teamwork, accountability, and sportsmanship
- Having fun!

Instruction is delivered in a positive, structured, safety-first environment. Families may receive supplemental videos or practice resources.

Our new upcoming online cheer skill charts give dancers, families, and coaches a shared roadmap for safe, progressive development—supporting clear expectations, visible progress, and goal-oriented learning in a fun, structured environment.

ENROLLMENT INFORMATION

Enrollment Period:

December 22, 2025 – **January 22, 2026** *Rising Stars (ages 4-5 must be age 4 by Feb 02, 2026)*
enrollment Jan 18-Feb 06, 2026

Registration:

Online at [www.americanspiritathletics.com_\(Classes/Sign Up\)](http://www.americanspiritathletics.com_(Classes/Sign Up)).

Base Access:

Required for practices and events held on base. Please review base access information on our website prior to enrollment. Base access is granted only for the specific date(s) and time(s) of a scheduled practice or special event. Families are responsible for monitoring and managing their access expiration dates.

SEASON DATES

January 12 – May 19th, 2026 *Rising Stars (ages 4-5) Feb 02-May 18, 2026*

All games and events are local (base and city programs).

SQUADS & AGE GROUPS *No prior experience required.*

Rising Stars Cheer Ages 4-5 NEW!

Rising Stars Cheer introduces young athletes to the foundations of cheer in a fun, age-appropriate way. Classes focus on building confidence, coordination, listening skills, and teamwork while exploring all elements of cheer — including motions, cheers, tumbling, and beginner stunting — through play, repetition, and positive encouragement.

The curriculum reflects the same values as our cheer program, thoughtfully adapted to support developing bodies and growing social skills.

This program includes occasional performance opportunities and a spring showcase to celebrate growth.

Youth Cheer Squad Ages 5-8

Designed for athletes enrolled in kindergarten and above who are ready for a structured, team-based environment

Junior Cheer Squads. Ages 8-14

Designed for students in third grade and above.

Additional Team Consideration

Based on enrollment numbers, ASA may consider forming an additional age-appropriate team between the Youth and Junior squads to best support athlete development and safety.

Final squad groupings are determined by:

- Enrollment totals
- Age and grade alignment
- Physical and emotional readiness

Cheer squad groupings may not always align exactly with basketball program divisions. Final placements are based on enrollment, safety considerations, and overall program design.

PRACTICE LOCATION

- USMC Base – MCCS Community Center Gym
Bldg. 1004 Cottontail Rd
Twenty-nine Palms, CA 92278

PRACTICE DAYS & TIMES

Mondays

- Rising Stars Cheer (Ages 4-5) 4:45-5:35 p.m.

Tuesday & Thursday

- Youth Cheer (Ages 5-8) 4:30-5:45 p.m.
- Junior Cheer (Ages 8-14) 5:45-7:15 p.m.

ATTENDANCE, ARRIVAL & SAFETY EXPECTATIONS

Consistent attendance is essential for safety, skill progression, and team readiness. Each practice builds on the last, and reliable participation allows athletes to train safely, understand their roles, and perform confidently as a team.

- Missed practices do not result in make-ups or credits.

PRACTICES

- Regular attendance is expected, particularly during weeks with scheduled games or performances.
- Warm-ups are a critical part of injury prevention and safe skill execution.
- Athletes who miss practices leading up to a scheduled game may have limited or modified participation in halftime performances due to safety considerations.

GAME DAYS

- A required arrival time will be communicated for all games and events.
- Athletes must arrive early enough to complete full warm-ups, safety checks, and performance preparation.
- Late arrivals may impact an athlete's ability to safely participate in halftime routines.

COMMUNICATION NOTES

- Planned unavoidable absences must be reported in advance through the **Parent Portal**.
- Last-minute issues or day-of changes must also be communicated through the **REMIND app**.

Consistent communication helps coaches make informed planning decisions around formations, routines, and performance readiness—ensuring a safe and cohesive team experience.

These guidelines will be applied consistently by ASA staff and coaches.

PRACTICE ATTIRE (REQUIRED)

Athletes must arrive dressed appropriately for safe participation.

Required Practice Attire:

- Fitted athletic shirt or tank/sports bra if needed
- Athletic shorts
- Cheer shoes

Additional Requirements:

- Hair up and secured away from the face
- Long hair: ponytail or braid
- Short hair: pulled back and secured
- No jewelry (including earrings, necklaces, bracelets, or smart watches)
- No street shoes/clothes (hoodies, jeans, or yoga pants etc.)
- Must follow all USMC base attire guidelines

PROGRAM FOCUS

- Cheer motions, technique, transitions and uniformity
- Sideline/half time performance
- Introductory and progressively advanced stunting and tumbling
- Dance and performance skills
- Leadership, teamwork, accountability, and sportsmanship

Instruction is delivered in a positive, structured, safety-first environment. Families may receive supplemental videos or practice resources.

TUITION & FEES (billed mid month due by 25th for upcoming month)

Annual Registration Fee:

\$25 per athlete (*assessed annually on the enrollment anniversary date.*)

Monthly Tuition: Rising Stars Cheer

- Feb-May tuition: **\$69.00** per month

Monthly Tuition: Youth & Junior Teams

- January Tuition: **\$85.00**
- February–May Tuition: **\$89.00** per month

Cheer is a season-based program. Monthly payments are a billing structure and do not represent a per-class or per-month rate. Season fees are divided into monthly payments for convenience. No prorating, refunds, or make-ups are offered once the season begins.

Tuition covers coaching/staff, games/practices/events, music licensing, choreography, administration and is reflective of scheduled gym breaks.

COMMUNICATIONS

- Private Cheer Facebook Group:
<https://www.facebook.com/groups/ASAWarhawksCheer>
- Email updates sent regularly
- REMIND app details shared during the season

SCHEDULES (SUBJECT TO CHANGE)

- Base and City schedules released after the New Year
- All games are local
- Base games: West Gym, Bldg. 1518, 6th St, Twentynine Palms
- City games: Freedom Center Plaza or local schools
- City All-Star Games: March 20–22, 2026 (exact day TBA)
- Weekday games typically late afternoon or early evening

SPECIAL EVENTS

- **Team Photos:** Friday, March 20 (Dance classroom on base, approx. 6:00 pm)
- **Copper Mountain College Basketball Game (Junior Only):**
Wednesday, February 18 | 7:00 pm Men's Game
- **Show Team-Style Showcase (All Teams):**
Saturday morning, May 09th or May 16th (details confirmed by January 2026)
- Additional events TBD

UNIFORMS *Subject to change based on the market supply chain. Sales tax & shipping included.*

★ Rising Stars Cheer (Ages 4–5)

Season Uniform Package

Cost: \$37.00

Includes:

- ASA T-shirt
- Sparkly red hair bow
- Poms (set)

Purchased separately:

- White cheer or sneaker shoes
- White no-show / low-cut ankle socks
- Black cartwheel shorts (mid-thigh length)

► Youth & Junior Cheer Teams (Basketball Season)

Season Uniform Package

Uniform Cost: \$126.00

Includes:

- Long-sleeve rhinestone uniform top with ASA logo
- Rhinestone skort (built-in brief)
- Full rhinestone hair bow
- Skort

Poms:

- \$20 (set)

Purchased separately:

- White cheer shoes (required for stunting)
 - Suggested brands: Chassé, GK, Fierce Feats, Kaepa
 - Approx. cost: \$30–\$45
 - Available at Amazon, Walmart, and similar retailers
- White no-show / low-cut ankle socks
- Black sports bra (if needed)

⌚ Replacements & Questions

If replacement uniform items are needed, please email lisa@americanspiritathletics.com

UNIFORM FITTING & PAYMENT

Youth & Junior Uniform Fitting: Thursday January 20th
(Before and after practices; details emailed in advance)

- Uniforms are ordered as a group for discounts. Payment is due upon invoicing. Uniforms will not be ordered without advance payment. Billed to your account. Paid online.
- Late orders may result in pricing differences.
- Bulk discounts apply. Individual orders may result in additional costs.
- All uniform sales are final.

STANDARDS & CULTURE

This is how we keep training safe, focused, and respectful for everyone.

ASA is committed to a positive, respectful, and supportive environment.

Please: Parents and athletes:

- Avoid sideline coaching or interruptions during practices or games.
- Follow staff direction
- Support all athletes positively
- Parents: drop off and pick up students promptly

IMPORTANT ENROLLMENT ACKNOWLEDGMENT

By enrolling, families acknowledge they have read and agree to the policies and expectations outlined in this packet.

QUESTIONS?

✉ VIPsupport@americanspiritathletics.com