

# BASKETBALL CHEER

2024

29 PALMS



**2024**

**WINTER/SPRING**

**CHEER PACKET**

[LISA@AMERICANSPIRITATHLETICS.COM](mailto:LISA@AMERICANSPIRITATHLETICS.COM)

[AMERICANSPIRITATHLETICS.COM](http://AMERICANSPIRITATHLETICS.COM)



## American Spirit Athletics 2024 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 31 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](mailto:Lisa@americanspiritathletics.com)



## Basketball Cheerleading-29 Palms, CA

Updated Dec 19, 2023

The sideline cheer squads are part of the American Spirit Athletics Cheerleading Program. Our cheerleaders support the MCCS and The City of 29 Palms basketball programs. This program is for boys and girls who want to experience being on a team, build self-confidence, and performance skills, increase physical fitness, make friends, have loads of fun, and keep the community spirit high! Concepts for game-time and performance will be introduced. This program is open to both military and civilian families. Info subject to change.

### General Information

<b>Registration Begins:</b>	<b>Dec 19, 2023,</b> Open to military and civilians	<b>Online</b> <a href="http://www.americanspiritathletics.com">www.americanspiritathletics.com</a> See the website for the base access process.
<b>Season Dates:</b>	<b>Jan 09-May 21, 2023</b>	<b>All games &amp; performances/local area.</b>
<b>Pizza Party</b>	<b>Tues, May 21.</b>	MCCS community center gym.
<b>Age of athlete for divisions:</b>	As of January 09, 2024,	Questions-email <a href="mailto:lisa@americanspiritathletics.com">lisa@americanspiritathletics.com</a>
<b>Divisions/Squads:</b>	Youth Junior	Ages 5-8 Ages 8-14 ➤ The junior squad requires athletes to be more focused and training is more challenging. Please take note of the child's focus/development at age 8 to determine which team may be appropriate for the best experience.
<b>Team Training:</b>	Cheers, chants, motions, stunts, tumbling, dances, fight songs, cooperation, leadership, safety & and more. ➤ Families will be given access to online videos to begin learning sidelines, motion drills, and other choreography. Private YouTube Account access. ➤ Homework to learn the material is required. ➤ Additional learning materials will be released as well.	
<b>Practice Location:</b>	MCCS Marine Corps Community Services) USMC Base Community Center Gym Bldg. 1004 Cottontail Rd Twentynine Palms, CA 92278	
<b>Practice Dates &amp; Times:</b>	Tuesday & Thursday ➤ Cheer Youth (5-8) 4:30-5:45 pm ➤ Cheer Junior (8-14) 5:45-7:15 pm ➤ Attendance is key for maximum learning and safety.	
<b>Practice Attire:</b>	<b>Attire requirements are for safety.</b> ➤ Fitted/shirt, tank (with sports bra if necessary.) Shorts. Cheer shoes. ➤ Hair <u>must be secure</u> . Long hair in pony/braid. Short pulled back. No visual impairments. No hard jewelry. ➤ No jewelry as it is a safety hazard and is illegal in our sport.	



Safety notes

- No long fingernails/acrylics etc.
- No street clothes, no yoga pants. Safety hazard for stunting.

### Communications

Private Cheer Facebook group:

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

Email

Email and Facebook are the primary communication tools. Please check often for updates.

### Training Tuition & Fees

Annual registration:

All rates are reflective of a military community discount.

\$25 (if already enrolled in other classes this is not due until your anniversary date.

Training 2024:

- **\$80 month** Beginning with Jan billing for Feb
  - Dec billing for January will be billed at \$75
  - 2x week practices, game days
  - Any music, choreography
  - Rates reflect all holidays, breaks, etc.

### Game schedule Information:

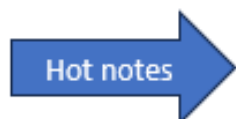
The information below is based on historical data and current information: We will be providing community spirit both on-base (West gym) and off-base (Freedom Plaza gym or 29 Palms Jr. High School,) and/or events/parade if available. Exact schedules have not yet been released. This is general information; we will select specific/appropriate games/opportunities. **It will NOT be every week. Info subject to change.** We will have updates soon.

#### MCCS/on-base/games

- 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. We try to schedule Thursdays for convenience.

#### 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 9am-4 pm. We generally select the morning time frames.
- We will attend the City of 29 Palms All-Star Game.
  - ✓ Weekend of March 22-24. We will select a date. TBD for Sat Mar 23, 2024, am.



### Event Performance

#### **Copper Mountain Community College basketball game.**

- Saturday, Feb 21, 2024. 7:00 pm game. Details TBD
- Youth not attending
- Junior attending

#### **Spring Parent Showcase Saturday, May 18<sup>th</sup> am.**

- **Both teams attend**
- **Details TBA. Local.**

Team Photos date/time

Location: **MCCS Community Center Bldg. 1004 classroom**

- Waiting on date confirmations. April TBD

New Athlete Uniform:

ASA order-Cost: **\$140.00**

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

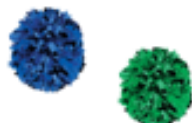


*We have optioned every type/style of uniform pricing due to supply chain cost increases. Based on quality, price, and delivery times. ASA does not mark up.*

Set of pom pons

ASA order-Cost: **\$18.00**

- Sales, tax, shipping
- Special ASA discount



Cheer Shoes:

**Purchase on your own. 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:

**Purchase on your own. White ankle sock.**

Uniform fitting/Payment:

**Uniform fitting Tuesday, January 16<sup>th</sup>** (questions/ late PCS see coach Lisa)

- **Payment is due Jan 19<sup>th</sup>.** Uniforms will not be ordered without payment. We must order promptly for arrival. Non-payment may increase the price if ordered individually.
- Uniform items will be billed to the account. Payable online
- Uniforms are non-refundable.
- Please note our pricing includes bulk discounts. Individually ordered items may increase the cost.
- Uniform fitting times will be before and after practices. Details forthcoming.