

# WINTER/SPRING DANCE

2026



AMERICAN SPIRIT  
ATHLETICS

**DANCE PACKET**



**AMERICANSPIRITATHLETICS.COM**



# 2026 Recreational Dance Program

At American Spirit Athletics (ASA), our mission is to create a welcoming dance experience where every dancer can explore movement, build confidence, and express their unique voice through music and motion.

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). She has been actively involved with the **U.S. All Star Federation (USASF)**, a leading organization for All Star cheer and dance, dedicated to creating safe, fair, and positive environments for athletes. Through this work, she has judged dance divisions both nationally and internationally, including panels for teams competing for bids to **The Dance Worlds™**.

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://linkedin.com/in/lisa-hemmie)

**Lisa Hemmie**  
**Director**

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## Instructors

Erika Clipper [Erika@americanspiritathletics.com](mailto:Erika@americanspiritathletics.com)

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## ASA DANCE 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
- Dance education and Safety & Risk Management coursework

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

### PROGRAM FOCUS

Dancers will work on:

- Confidence and self-expression
- Strong technical foundations-leading to more advanced skills
- Movement, musicality and body awareness
- Class structure, etiquette and focus
- Performance awareness, teamwork, accountability, and sportsmanship
- Dance vocabulary
- Having fun!

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

Our new updated online dance 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 23, 2025 – Feb 11, 2026

#### Registration:

Online at [www.americanspiritathletics.com](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 20th, 2026

End of season showcase & events are local.

*No prior experience required.*

**Creative Movement (Pre-Ballet Foundation). Ages 3-4 40 minutes**

Creative Movement introduces young dancers to the joy of dance through imagination, music, and playful exploration. Classes are designed to build confidence and classroom readiness while nurturing creativity in a fun, supportive environment.

**Pre-Ballet/Ballet. Various classes ages 5 through 11 55 minutes**

Ballet provides a strong technical foundation while encouraging grace, discipline, and confidence. Classes follow a structured format that supports both physical development and artistic expression.

It is designed for dancers looking to build a strong foundation in classical ballet. This class focuses on **posture, strength, coordination, and musicality**, helping students develop confidence and self-discipline.

**Contemporary Pom Ages 7-13 75 minutes**

Contemporary Pom blends various modern dance techniques with traditional pom-pom skills, creating a high-energy, visually dynamic style that emphasizes both precision and expression.

**Additional Classes Consideration**

Based on enrollment/interest, ASA may consider forming (or add second day) additional age-appropriate classes to best support dancer development and safety.

**PRACTICE LOCATION**

- USMC Base – MCCS Community Center classroom 102/may use gym space as well  
Bldg. 1004 Cottontail Rd  
Twentynine Palms, CA 92278

**PRACTICE DAYS & TIMES**

**See ASA Website for all class dates & times**

## 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 dancers to train safely, understand their roles, and perform confidently.

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

### PRACTICES

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

### PERFORMANCE DAYS

- A required arrival time will be communicated for any events.
- Dancers must arrive early enough to complete full warm-ups, safety checks, and performance preparation.
- Late arrivals may impact a dancer's ability to safely participate in performance.

### COMMUNICATION NOTES

- Planned/unavoidable absences must be reported in advance through the **Parent Portal**.

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

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

### PRACTICE ATTIRE (REQUIRED)

Dancers must arrive dressed appropriately for safe participation.

#### Preschool Creative Movement:

- Girls: Ballet leotard. Pink canvas/leather ballet shoes. May wear ballet tights/tutu.
- Boys: Fitted white t-shirt, black athletic pants or shorts, black canvas/leather ballet shoes, thin white ankle socks.
- Long hair up in a slicked-back ballet bun or pony tail. Short hair must be secured away from the face.

#### Pre-Ballet /Ballet

- Girls' Dress Code: Pink leotard, ballet pink footed or conversion tights, pink ballet slippers. Dancers have the option to wear any color tutu/flowy skirt if they wish.
- Boys: Boys' Dress Code: White T-Shirt, black leggings, black ballet slippers.
- Long hair up in a slicked-back ballet bun. Short hair must be secured away from the face.

#### Contemporary Pom

- Girls-Leotard of choice (may also wear cami top cover,) black fitted shorts, or leggings (no flair). Slip on black jazz shoes. (*Black leggings/shoes will be used for performances*)
- Boys T-shirt of choice with black fitted athletic pants. Black slip on jazz shoes.
- Hair up in a bun or ponytail. Short hair must be secured away from the face.

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 25<sup>th</sup> for upcoming month)

### **Annual Registration Fee:**

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

### **Monthly Tuition:**

#### **Creative Movement**

- January Tuition: Prorated special
- February–May Tuition: **\$55.00** per month

#### **Ballet**

- January Tuition: Prorated special
- February–May Tuition: **\$65.00** per month

#### **Pom**

- January Tuition: Prorated special
- February–May Tuition: **\$75.00** per month

Dance 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 month begins.

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

## **COMMUNICATIONS**

- Private Dance Facebook Group:  
<https://www.facebook.com/groups/danceasa>
- Email updates sent regularly

## **SPECIAL EVENTS** (SUBJECT TO CHANGE)

- **Pom Squad**

Copper Mountain Community College basketball game Wed Feb 18<sup>th</sup> 5:00 pm.

A few local basketball games. The schedule will available January 2026

- **Dance Photos**

Friday, March 20 (Dance classroom on base, approx. 6:00 pm)

- **Recital Showcase (All Teams):**

Saturday morning, May 17 (details confirmed by January 2026)

- **Additional events** TBD/TBA

## **PERFORMANCE COSTUMES** *Subject to change based on the market supply chain.*

### **Creative Movement**

- Affordable, stylish. TBD upon theme selection

### **Pre-Ballet/Ballet**

- Affordable, stylish. TBD upon theme selection

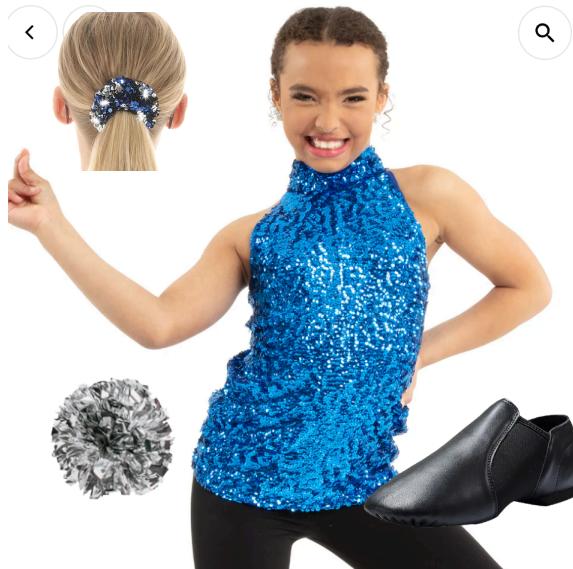
### **Pom (see end of document for photos)**

- Girls black leggings (no flair). Boys black athletic pant
- Royal blue sequin top \$32.99
- Set of dance poms \$20.00
- Royal/Silver sequin hair scrunchie \$5.49

Costume payment

- Some will have links to order
- ASA order some items (poms) TBD

### **Pom performance Costume**



## **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 events
- 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](mailto:VIPsupport@americanspiritathletics.com)

