

WARHAWKS FOOTBALL CHEER



29 PALMS

Season Starts July 10th



AMERICAN SPIRIT
ATHLETICS



2025

SUMMER/FALL

| LISA@AMERICANSPIRITATHLETICS.COM

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American Spirit Athletics

2025-2026 Recreational Cheerleading Programs

American Spirit Athletics has a team of experienced, trained, safety certified, background-checked staff dedicated to bringing you and your child the ultimate recreational cheerleading experience. Our founder is a Marine Corps veteran and has over 33 years 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 WorldsTM and experience as 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, and goal setting while making friends and having FUN!

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
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ASA Football Cheerleading 2025-29 Palms, CA

Updated July 21, 2025

Join the excitement of cheerleading, where kids experience teamwork, boost confidence, and build performance skills while spreading community spirit! American Spirit Athletics Warhawks Cheerleading supports the Marine Corps MCCS youth tackle football program on the USMC base. Concepts for game time and performance will be introduced. Open to both military and civilian families, our cheerleaders shine on and off the field, embracing fitness, friendship, and fun. *Information is subject to change.*

GENERAL INFORMATION

Enrollment:	June 03 through July 31, <u>2025</u> Open to military and <u>civilians</u>	Online www.americanspiritathletics.com Base access- see website
Season Dates:	July 10-Nov 22, <u>2025</u> TBD Tues Dec 5 th 5:30 pm	Travel to games required 29 Palms Holiday Parade
Squads:	Youth Junior	Ages 5-8 Ages 8-14

Age & Squad Placement Information

American Spirit Athletics Cheer Squads are grouped by both **age and school grade level** to support age-appropriate instruction, teamwork, and physical development.

- **Youth Cheer Squad** is designed for athletes entering **Kindergarten through 2nd grade** in **Fall 2025**, typically ages **5–8**.
Students must be at least **5 years old** and ready to participate in a structured, team-based environment. While our youth program emphasizes fun and fundamentals, it also requires basic listening skills, group cooperation, and a positive attitude.
- **Junior Cheer Squad** is designed for athletes entering **3rd grade and up** in **Fall 2025**, typically ages **8–14**. This team introduces more advanced skills, longer practices, and greater physical demands. No prior experience is necessary — safety-certified staff.

Crossover Age – 8 Years Old:

Age **8** is considered a **crossover age**. Squad placement for 8-year-olds is determined based on multiple factors, including:

- School grade level (as of Fall 2025)
- Emotional and physical readiness
- Ability to handle team expectations and stamina

 *Please note: Not all 8-year-olds are developmentally ready for the structure and physical demands of the Junior Squad. We make thoughtful placement decisions to ensure each athlete has a safe, enjoyable, and successful season.*

Program Alignment Note:

Cheer squad age groups may not always align exactly with the football program divisions. Final squad groupings are based on **enrollment numbers**, program design, and overall participant readiness.

Practice Location:	MCCS (Marine Corps Community Services) USMC Base Community Center Gym Bldg. 1004 Cottontail Rd, Twentynine Palms, CA 92278
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Practice Dates & Times:

Tuesday & Thursday

- Cheer Youth (5-8) 4:30-5:45 pm
- Cheer Junior (8-14) 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.

Game Day Prep Felix Field:**Outdoor Practice Notice – August**

Starting in **August** (exact start date TBA), **Thursday practices** will take place **at the field** to support **heat acclimatization** and outdoor readiness.

Athletes will gradually begin practicing for short, incremental periods **outside**, at the **MCCS Community Center gym** for safety and hydration.

Coaches will provide updates on any changes or additional details.

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. It is illegal/safety hazard for this sport.
- Must follow USMC base attire guidelines.

Program Focus:

Athletes will build skills in **cheers, chants, motions, stunts, tumbling, dance, band chants, leadership, safety**, and more — all in a positive, team-focused environment.

Families will have access to **supplemental videos via our private YouTube channel**, and students may receive light homework or bonus materials to support learning and confidence between practices.

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.

Tuition:

\$85 per month (based on a full season commitment; no monthly prorating once the month has started.)

- Coaches are trained professionals who meet and often exceed many state and industry standards. Including [U.S. Center for SafeSport™](#). Certification.
- All staff are federally background checked.

💰 Tuition Note:

Monthly cheer tuition is calculated based on the full season, including a variety of program costs such as coaching, practices, games, music licensing, administrative support, scheduled holiday breaks, holiday parade etc. No prorating or refunds during the month. Billing is July-Nov 2025.

** 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 Schedules:

Subject to change

League schedules will not be released until mid-August 2025.

- Pep Rally at Felix Field, Sept 04. Practice 5:15. Rally 6:30 pm
- Games begin Saturday, September 6th.
- Home games are held on base at Felix Field.
- Travel games are within reasonable driving distance of the league area.
- Playoffs start Nov 01
- Super Bowl Nov 22
- Cheer and Football Banquet Dec 05 6-8pm (on base)

Football Game Times:

Football games typically begin as early as **8:00 AM** (Tiny Mites) and may run as late as **2:00 PM** (Junior teams). **Exact times are TBA** and may vary week to week.

Cheer Schedule:

Once the official league schedule is released, we will review and confirm **ASA Cheerleading game assignments** based on team alignment and availability.

Base Access Reminder:

If you need **base access**, you may need to request access for **additional Saturdays** once the game schedule is finalized. We recommend reviewing your status and updating any requests to avoid delays.

SPECIAL EVENTS- waiting on details from the City.

- **Twentynine Palms Holiday Festival-TBD Tues Dec 5th 5:30 parade line up. Subject to change.**
- **Team Photos:** Friday, Oct 03, 5:30 p.m. MCCS Community Center Bldg. 1004)



Update as of June 2, 2025

The tank top style shown below is no longer in production. We are currently sourcing a suitable replacement that works well for our desert weather.

 *Veteran athletes who previously received this tank will need a new style for the upcoming season. Stay tuned for updates!*

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

We've carefully reviewed a variety of uniform styles and pricing options, taking into account the supply chain, cost, and a balance of quality, affordability, and timely delivery.

👉 ASA does not apply any markup to uniform costs.

****Any cost changes -you will be notified in advance.**

Set of pom pons

Cost: \$20.00 Group order rate, ASA.

- Sales, tax, shipping

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 Tuesday, July 29, 2025



- Payment Due: upon invoicing, 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.

Important Enrollment Note:

By enrolling in this class, you acknowledge that you have **read and understood the ASA Fall 2025 Cheerleading Packet**, available on our website. This packet includes key details about expectations, schedules, uniforms, and policies.

👉 Please review it thoroughly before the season begins to ensure a smooth and successful experience for your athlete.

Behavior Expectations

At ASA, we're all about fun, teamwork, and professionalism. We ask that everyone—athletes, families, and spectators—be supportive, respectful, and positive at all times. To keep our athletes safe and focused, please avoid coaching from the sidelines or causing distractions during practice. We take learning and safety seriously, and your partnership helps make it all possible

Questions? Just ask, we are here to help! VIPSupport@americanspiritathletics.com

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