



# COMPETITIVE CHEER PACKET



PREPARED FOR:

*2026/2027 Season*

# WHAT IS ALL STAR CHEERLEADING?



All Star Cheer is a performance based sport with routines including jumps, tumbling, stunting and dance. Teams are categorized by skill tiers, ranging from Novice to Elite, with rules tailored to ensure age-appropriate progressions. In the United States, most All Star programs operate under the U.S. All Star Federation, with divisions based on age and experience to help athletes find the best fit for their growth and challenges throughout the season.

## **FUNdamentals**

Created for individuals who want to discover All Star cheer in a fun, non-competitive, technique-centered atmosphere. FUNdamentals prepares young athletes for more competitive and performance-based teams.

## **Novice**

For individuals who are new to All Star but ready for performance-based teams that are evaluated at events. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All Star teams. Routines are 2min. in length (36, 8 counts)

## **Prep**

For individuals with limited tumbling who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams typically require less time and cost commitments than are required of All Star Elite teams. Routines are 2min. in length (36, 8 counts)

**Main Street Athletics Competitive Teams Compete in the Level 1 or Level 2 Prep Division**

## **Elite**

For individuals with strong cheer training and solid technical ability. Elite teams are comprised of athletes who are ready for highly competitive performance levels. Routines are 2 min. 30 sec. in length (45, 8 counts)

## **CheerABILITIES**

Empowers Exceptional Athletes with an “I can do” attitude in an All Star environment that is: safe and fun; builds independence and self-confidence; and provides a place for positive social interaction and peer support.

# TEAM EVALUATIONS

May 13<sup>th</sup>, 17<sup>th</sup>, 20<sup>th</sup>

5pm - 8pm

LOCATION: HOFFMAN SQUARE

COST: \$25/ATHLETE



Athletes interested in our competitive program will participate in a 3-day evaluation process. During this time, athletes will demonstrate individual skills including tumbling, jumps, arm motions, and dance. They will also participate in team-based stunting to help coaches determine appropriate stunt groups.

## Why 3 Days?

Choreographing a score-worthy routine is a detailed process. To do this effectively, our coaches need a clear understanding of athlete strengths, including tumbling abilities and stunt group potential. A 3-day evaluation allows us to thoughtfully assess athletes and begin forming stunt groups, which helps us create strong formations for the season.

## What Determines Teams

Our staff is looking at not only skill ability but also age range, athlete's willingness to learn and try new things, along with taking into consideration past attendance and commitment.

## Parent Meeting

On the final day of the evaluations we will have a parent/athlete meeting at 5pm.

## Team Announcement

Parents will be notified of teams on Sun. May 24th.

## Schedule

- 5 - 5:15pm Warm Up & Stretch
- 5:15 - 5:45pm Individual Skills
  - Day 1: Jumps /Dance & Motions
  - Day 2: Tumbling
  - Day 3: Parent Athlete Meeting
- 5:45- 6:15pm Meal Break
- 6:15- 6:30pm Stretch & Flyer Positions
- 6:30 - 7:50pm Stunting
  - Day 1: Level 1 Appropriate Stunts
  - Day 2: Level 1 Advanced/Elite
  - Day 3: Level 2 Appropriate Stunts
- 7:50 - 8pm Cool Down

# MEET THE COACHES



## *Micaela Volker*

**OWNER, COACH**

Coach Micaela is onto her 5<sup>th</sup> year of coaching and choreographing competitive teams for MSA. She plans to choreograph routines and head the Junior/Senior Team, and individuals.



## *Makenna Reiten*

**COACH**

Coach Makenna is on her 3<sup>rd</sup> year of coaching competitive teams at MSA. She will be focusing on Tiny/Mini and Youth Team(s) this year, along with offering a few individuals.



## *Shayla Mitchell*

**COACH**

Coach Shayla is on her 3<sup>rd</sup> year of coaching competitive teams at MSA. She will be assisting coach Makenna with our Tiny/Mini team along with the Junior/Senior Team.



## *Brittany Shervey*

**COACH**

Coach Brittany is on her 4<sup>th</sup> year of coaching at MSA. She is a great asset to all teams with helping provide a sharp eye for choreography and technique. She has also taken on the roll of competitive registrations and schedule tracker.

# SUMMER COMMITMENT

## *Summer Schedule*

June 8<sup>th</sup> - July 31<sup>st</sup>:

- athletes are required to attend 2- 2hr stunt practices with their stunt group (flexibility scheduling available) COST \$50/athlete/time
- Our competitive athlete(s) must attend a minimum of 4 drop in tumbling classes or 2 private lessons
  - \$16.50/class time
  - \$55/private lesson time

June 24<sup>th</sup>: TEAM BONDING DAY AT ELK LAKE

- athletes & coaches will meet at Elk Lake beach outside of Hoffman for stunting and swimming fun
- 1pm - 4pm, Optional Event (Free)

July 15<sup>th</sup>: Team Bonding Day at ELK LAKE

- athletes & coaches will meet at Elk Lake beach outside of Hoffman for stunting and swimming fun
- 1pm - 4pm, Optional Event (FREE)

August 10, 11, 13: Choreography Camp

- Practice 5pm - 8pm @ MSA

August 16<sup>th</sup>: Hoffman Harvest Festival Parade & Performance

- Meet Time TBD (typically 12:30pm)

August 19<sup>th</sup>: Uniform Try Ons & Fees Due

August 24<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup>, Sept. 2<sup>nd</sup>: Practices Times TBD

## *Summer Fundraisers*

**This year each Competitive Athlete is responsible for 3 fundraising shifts.**

### **Pizza Ranch Fundraiser**

- June 8<sup>th</sup>, 5pm - 8pm
- Morris Pizza Ranch (8 volunteers)

### **Root Beer Floats**

- Wednesdays 5 -7 pm (2-3 volunteers/shift)
- Hoffman Farmers Market (City Park)

### **Hoffman Farmer's Market**

- serve a meal at Hoffman Farmers Market
- August 5<sup>th</sup>, 2026
- 6 volunteers needed

### **Business Sponsorships**

# FALL COMMITMENT

## *Fall Schedule*

### **Weekly Practices**

Exact Dates & Times for practices not set, looking at Mon., Wed., Fri. or Sun. evening for practices throughout the school year.

- Sept. 8 - Nov. 22<sup>nd</sup> : Practices
- Mini/Youth Division- 2 times/week ( 2 hrs each practice)
- Junior/Senior Division- 2 times/week (2 ½ hrs)
- All Competitive Athletes are required to take a 1 hr tumbling class weekly (Sept.- Nov., Jan. - March)

### **Cheer Camp with Forte Spirit Solutions**

- Saturday, Sept. 26<sup>th</sup>
- Hoffman Square
- Youth/Mini Division: 8:30am - 12pm
- Junior/Senior Division: 12:30pm - 4pm

### **Team Picture Day**

- **Nov. 22<sup>nd</sup>**
- **Meet at 12pm for Pizza, pin decorating, & get ready for pictures together at Hoffman Square**

### **Choreography Practices**

*Choreography practices take place at Hoffman Square and allow our athletes to practice on a larger floor to work formations and transitions throughout the routines. THESE ARE REQUIRED!!*

- Sunday, Sept. 27<sup>th</sup> : Mini/Youth Division 2pm - 4:30pm, Junior/Senior Divisions 5pm - 7:30pm
- Sunday, Oct. 25<sup>th</sup>: Mini/Youth Division 2pm - 4:30pm, Junior/Senior Divisions 5pm - 7:30pm
- Sunday, Nov. 22<sup>nd</sup>: Mini/Youth Division 2pm - 4:30pm, Junior/Senior Divisions 5pm - 7:30pm

### **Break**

- **Nov. 23<sup>rd</sup> - Nov. 29<sup>th</sup>**

## *Fall Competitions*

In the past years we have pushed to compete in November and have always felt the girls were not ready. This year we will not be doing any competitions in the fall. Our first competition will be January.

## *Fall Fundraisers*

### **September Butter Braid Fundraiser**

- entire gym
- **Used towards equipment**

### **Pizza Ranch Fundraisers**

- 1 Date in September
- 1 Date in October

# WINTER COMMITMENT

## *Winter Schedule*

### **December:**

- Weekly team practices Nov. 30<sup>th</sup> - Dec. 21<sup>st</sup>
- No Weekly Tumbling Classes
- Individual Routine Practices will start Nov. 30<sup>th</sup> - Dec. 21<sup>st</sup> as well
- December 28th: Team Christmas Party!!
  - We will rent the golf den and enjoy some christmas festivities

Breaks: Dec. 22<sup>nd</sup> - 27<sup>th</sup> : Dec. 29<sup>th</sup>- Jan. 3rd

### **Jan. 4<sup>th</sup> - March 28th:**

- Weekly Team Practices (schedule should remain the same from fall to winter)
- 1 Weekly Tumbling Class

No Practice Days: Jan. 11<sup>th</sup>, Jan. 25<sup>th</sup>, Feb. 15<sup>th</sup>, March 1<sup>st</sup> (I find everyone needs that extra day after competition weekend to rest & recover.)

### **Choreography Practices**

*Choreography practices take place at Hoffman Square and allow our athletes to practices on a larger floor to work formations and transitions throughout the routines. THESE ARE REQUIRED!!*

- Sunday, Dec. 20th : Mini/Youth Division 2pm - 4:30pm, Junior/Senior Divisions 5pm - 7:30pm

## *Winter Competitions*

- **Jan. 9<sup>th</sup> & 10<sup>th</sup> (Both Days)**
  - Royal Events
  - Sioux Falls, SD
- **Jan. 23<sup>rd</sup> & 24<sup>th</sup> (1st is individuals, 2<sup>nd</sup> team)**
  - Valentine's Classic
  - Sioux Falls, SD
- **Feb. 13<sup>th</sup> & 14<sup>th</sup> (Both Days)**
  - The Forge Cheerleading Championship
  - Minnesota (exact location not set)
- **Feb. 27<sup>th</sup> & 28<sup>th</sup> (Both Days)**
  - Royal Events
  - St. Paul, MN
- **Looking for 1 more competition in March**
- **March 27<sup>th</sup>: 8<sup>th</sup> Annual Showcase at MSA**
  - Hoffman, MN

## *Winter Fundraisers*

- **Tastefully Simple**
  - Paper & Online Orders
- **Parent's Night Outs**
  - Dec. 18th
  - Jan. 22nd
  - Feb. 19th

## *Team Banquet*

- **Sunday March 28<sup>th</sup>, 2027**
- **4pm - 8pm**

# INDIVIDUAL EXPENSES

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Items with an \* are required for each athlete

**\*USASF MEMBERSHIP-** \$49/ATHLETE

**\*UNIFORM-** \$350/ATHLETE (SAME UNIFORM AS LAST YEARS)

- Bow \$29
- Body Suits \$163.50 (new) \$125 used
- Sports Bra \$26
- Skirt- \$86.50
- Cheer Shoes & socks- \$45 new, \$20 used shoes/not socks

**TEAM JACKET-** \$95/ATHLETE

**CHEER BACKPACK -** \$30/ATHLETE

**MAKE UP -** \$95/FULL KIT REPLACEMENT PIECES AVAILABLE

(WILL BE THE SAME AS LAST YEARS)

## EXTRA EXPENSES

### HAIR PIECES + SUPPLIES

Brush, Comb, Hair Spray, Binders/Hair Ties, Bobby Pins, Hair Piece

### TEAM PICTURES

**TRAVEL EXPENSES-** FUEL, FOOD

**HOTEL FEES-** LOOKING AT 5 WEEKENDS, WE WILL AIM TO HAVE THE ROOM BLOCKS AGAIN

**COMPETITION SPECTATOR FEES-** \$20 TO \$30/COMPETITION/SPECTATOR

## MONTHLY TUITION

### SUMMER CLASS REQUIREMENTS

- 4 DROP IN CLASSES \$65
- 2 STUNT PRACTICES \$100

### MONTHLY TEAM TUITION (AUG. - MARCH)

- TINY- \$110/MONTH
- MINI/YOUTH- \$160/MONTH
- JUNIOR/SENIOR- \$180/MONTH

### MONTHLY TUMBLING TUITION (SHOWING COST AFTER DISCOUNT)

- TUMBLING 2- \$59.50/MONTH
- TUMBLING 3- \$63.75/MONTH
- TUMBLING 4- \$68.00/MONTH
- TUMBLING 5- \$76.50/MONTH

# TEAM EXPENSES

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Team expenses in the past have been covered by fundraisers and business sponsors. Each athlete is required to volunteer for 3 fundraisers throughout the summer, other fundraisers are available as well. Business sponsorships have helped a great deal financially as well.

**MUSIC-** \$100 - \$200/TEAM

**AT HOME CHEER CAMP WITH FORTE SPIRIT SOLOUTIONS:** \$2,475 +\$50 SPACE RENTAL  
*I DECIDED TO MOVE THE CHEER CAMP INTO THE FALL TO GIVE US MORE OPPORTUNITY TO FUNDRAISE FOR THIS EVENT.*

**ROUTINE REVIEW-** \$150/TEAM

*WE CAN SEND A VIDEO IN FOR EXPERT ADVISE ON CHOREOGRAPHY AND MAXIMIZING THE SCORE.*

**CHEER GIFTS-** \$70/ATHLETE

*(\$10/GIFT/COMPETITION)*

Competition Expenses		
	Early Pricing	Late Pricing
Jan. 9 <sup>th</sup> & 10 <sup>th</sup> : Royal Events	\$114/athlete Due Nov. 28th	\$129/athlete
Jan. 24th: Dakota Spirit	Pricing not out last year was \$350/team	
Feb. 13 <sup>th</sup> & 14th: The Forge Championship	\$55/athlete or \$600/ team (whichever is less)	
Feb. 27 <sup>th</sup> & 28th: Royal Events	\$114/athlete Due Jan. 16th	\$129/athlete

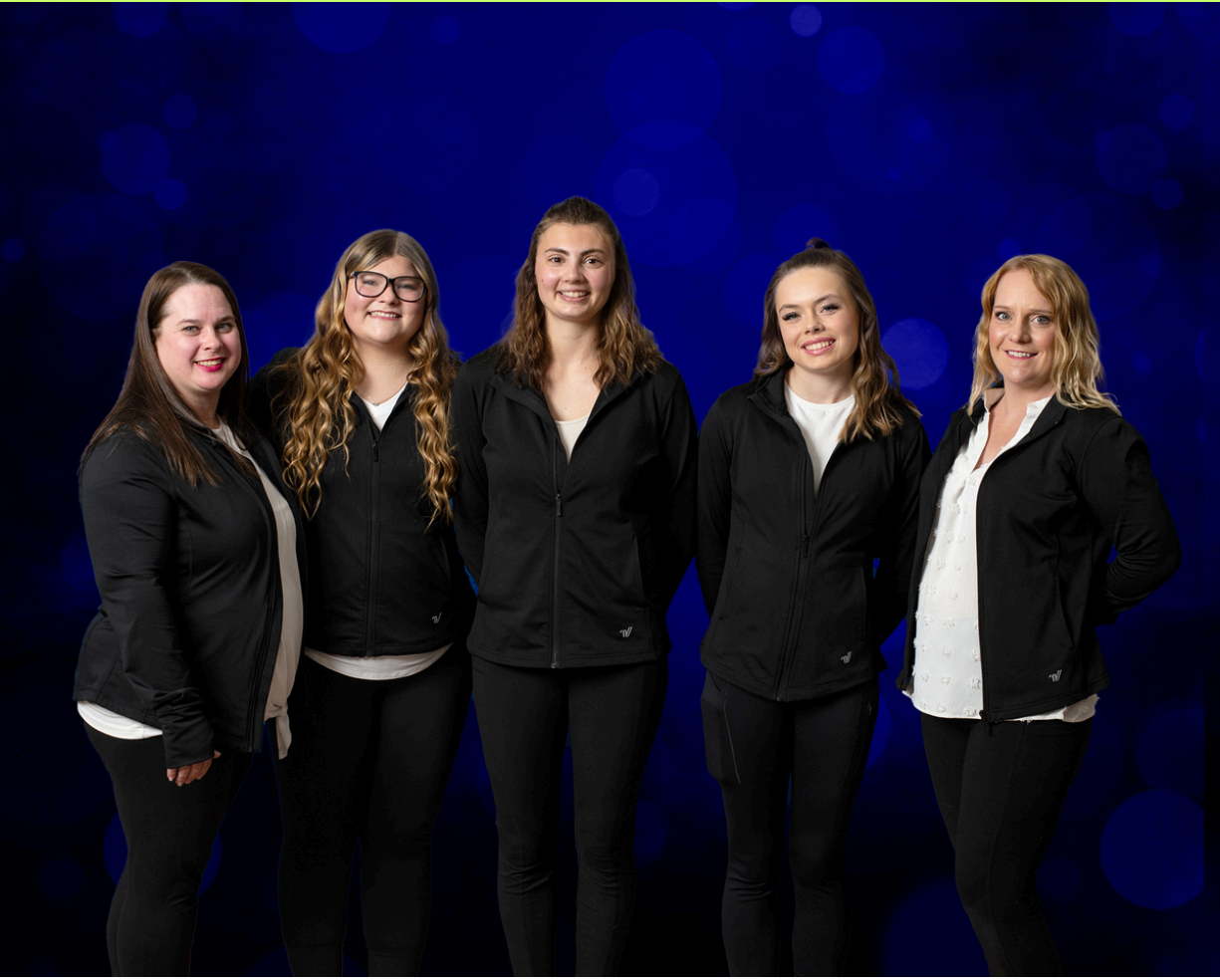
# INDIVIDUAL ROUTINES

## OVERVIEW

Individual Routines are separate from Cheerleading Teams. Anything competed with less than 5 people is considered an individual event.

Types of Individual Routines						
	Cheer Solo	Cheer Duet	Cheer Trio	Jump Solo	Tumble Solo	Stunt
# of Athletes	1	2	3	1	1	4-5
Length	45 seconds - 1 minute			few 8 counts	few 8 counts	45sec. - 1 min.
What is included in routine	<ul style="list-style-type: none"> <li>• Running Tumbling</li> <li>• Standing Tumbling</li> <li>• Jumps</li> <li>• Dance</li> <li>• Showmanship Skills/Performance</li> </ul>			3 connected + 1 single jump	1 running pass 1 starting pass 1 full pass	<ul style="list-style-type: none"> <li>• partner stunts</li> <li>• showmanship</li> </ul>

- Sept. 1<sup>st</sup>: Registration Due
- Sept. 15<sup>th</sup>: Music & Update Skills Emailed to Coach & Choreographer
  - Parents are responsible for purchasing music
  - athletes need to meet with their coach or send in an updated video of tumbling & jumps
- Oct. 15<sup>th</sup>: 1<sup>st</sup> payment due
- Nov. 15<sup>th</sup>: 2<sup>nd</sup> payment due & Choreography Video Issued
  - athletes & parents will receive a video of their routine to work on at home/ during open gym
- Dec. 1<sup>st</sup>: 3 weeks of practices (6 total) to work routine with their coach
- Dec. 15<sup>th</sup>: Competition Entrance Fees Due
- Jan., Feb., March: 1 extra 30min. lesson per month with their coach



# CONTACT US



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