



LOUISIANA CHEER FORCE

INFORMATION PACKET 2025 - 2026

TEAMWORK | COMMITMENT | INTEGRITY

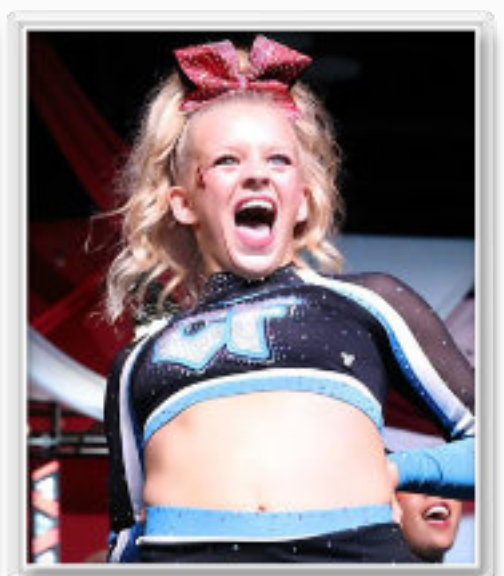
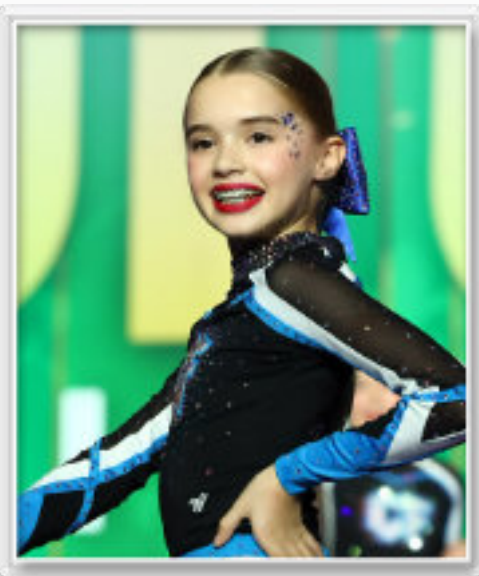
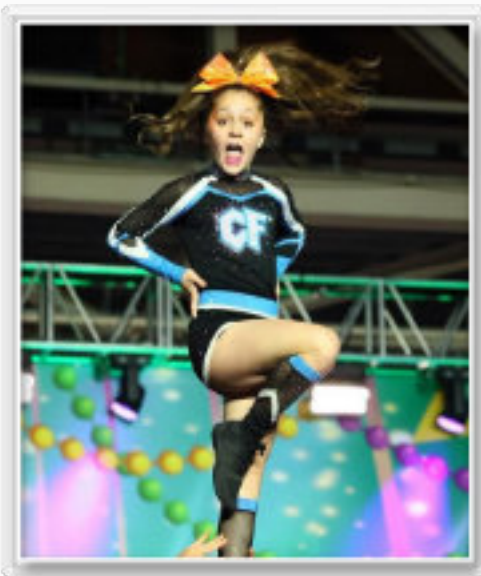
WELCOME TO LOUISIANA CHEER FORCE



Welcome to Louisiana cheer force and thank you for your interest. Our program teaches competitive cheerleading to girls and boys ages 3-18+. Our focus is to instruct athletes in tumbling, stunting, jumps, and dance at a level appropriate pace. We offer programs that range from brand new beginners (novice teams) to the very ELITE (elite teams). Please reference our different tiers on the pages to follow of this booklet.

Athletes that train with our program learn so much in just one season with us not to mention those that train with us year after year. Our athletes can learn to compete at the HIGHEST level of cheerleading and become a true expert in the sport. Our staff takes pride in watching our athletes progress through the different tiers and levels.

Our staff also knows there's so much more than just learning the sport too! We are shaping and developing our youth into hard working athletes that learn the value of hard work, goal setting and success, teamwork, dedication, commitment, integrity, and sportsmanship. We are looking forward to tryouts and team placements for the 2025-2026 season and can't wait for year number 25! Come join the CF family



TRYOUT INFORMATION TRYOUT FEE: \$45

Tryouts for Louisiana Cheer Force will be held at our location at 14050 Tiger Bend Road, Baton Rouge, LA 70817. Tryouts will be held May 13th - 18th as noted on the edit below.

Each athlete should attend both phase 1 and phase 2 and all athletes must be pre registered by scanning the QR code below

- ✦ Phase 1—Tumbling tryouts—each athlete should attend the tryout session according to their birth year
- ✦ Phase 2—Stunt tryouts—each athlete will be instructed on which level stunt evaluation to attend on Sunday May 18th after their tumbling tryout
- ✦ Athletes should attend tryouts with hair pulled back in a pony tail, wearing all black (sports bra/tank and athletic shorts/skirt), with cheer shoes on.
- ✦ LACF staff will evaluate the athlete's standing tumbling skills, running tumbling skills, jumps, stunting skills, mental mind-set, floor presence, and previous commitment if applicable.
- ✦ CF Rebel Bra for tryouts available @ www.cfproshop.com

STEP 1

CREATE AN iClassPro ACCOUNT & PAY TRYOUT FEE



STEP 2

COMPLETE THE TEAM PLACEMENT FORM



STEP 3

- ★ Each athlete will attend TWO days (with the exception of NOVICE team athletes)
- ★ PHASE 1 INDIVIDUAL TRYOUTS. Attend the correct birth year
- ★ PHASE 2 GROUP TRYOUTS. Time will be determined by your level after coach evaluations earlier that week.

PHASE 1 - INDIVIDUAL TRYOUTS

Tuesday, May 13th

✦ BIRTH YEAR 2013-2015 5:00 - 7:00 PM

Wednesday, May 14th

✦ BIRTH YEAR 2018-2020 5:00 - 7:00 PM

✦ BIRTH YEAR 2016-2017 7:00 - 9:00 PM

Saturday, May 17th

✦ BIRTH YEAR 2010-2012 10:30 - 12:00 PM

✦ BIRTH YEAR 06/01/2006-2009 12:30 - 2:00 PM

PHASE 2 - GROUP TRYOUTS

Sunday, May 18th

LEVEL 1 10:00 - 11:30 AM

LEVEL 2 11:30 - 1:00 PM

LEVEL 3 1:00 - 2:30 PM

LEVEL 4 3:30 - 5:00 PM

LEVEL 5 & 6 5:00 - 6:30 PM

***All Athletes must complete PHASE 1 in person or Fast Pass (refer to fast pass edit) AND PHASE 2**

May 19th 5:00-6:00 PM *Novice/Beginners birth year 2021-2022

✦ AVAILABLE FOR PHASE 1 TRYOUTS ONLY
(ALL ATHLETES NEW AND RETURNING MUST ATTEND PHASE 2)

✦ Available for any athletes whose tumbling skills have not changed from the previous year. Also available for non tumblers

✦ All fast pass tickets must be registered before Friday May 16th.

AGE & TEAM BREAKDOWN

NOVICE TEAMS

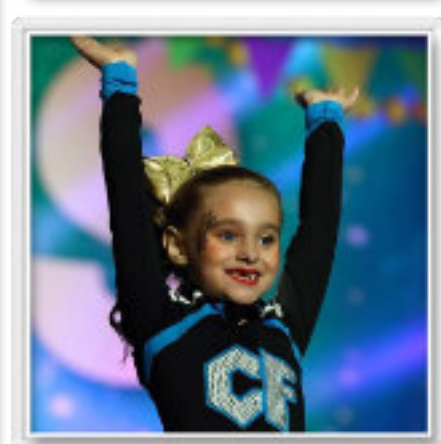
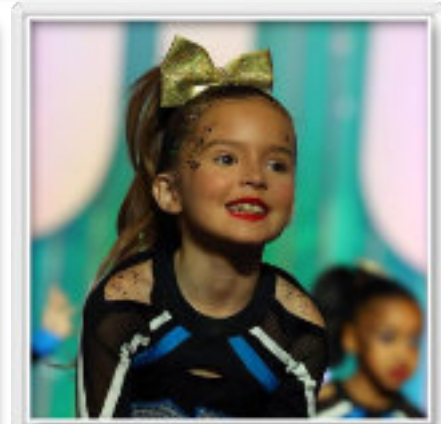
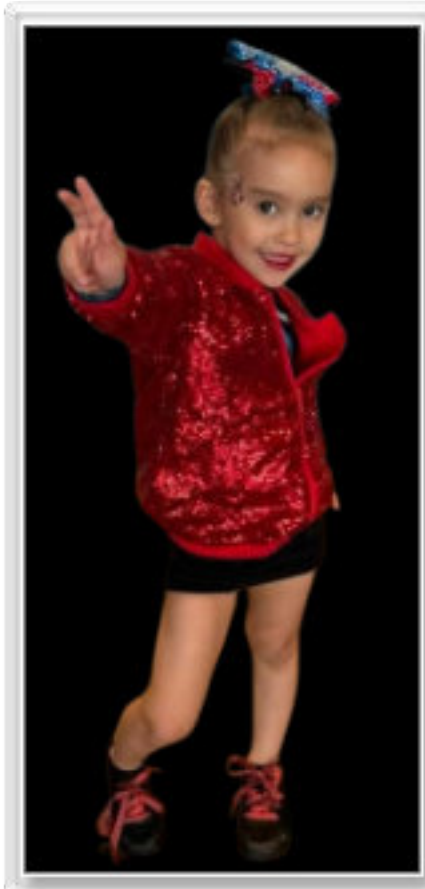
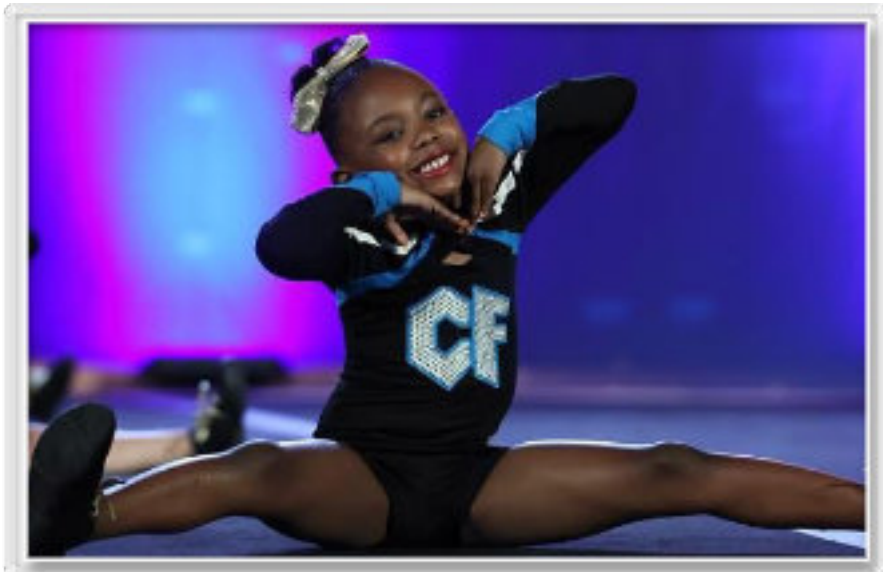
NOVICE TEAMS Want a fun way to enter into the world of competitive cheer? Our Novice Allstar cheer program is for you! This program is directed towards our younger athletes ages 3-6 (Tiny Novice) and 6-8 (Mini Novice) and/or those younger athletes with little to no previous cheer or tumbling experience.

Our Novice program introduces young/new athletes at a beginner level to the basics of cheerleading including:

Tiny novice: Tumbling (cartwheel & front/back roll), floor stunts and pyramids that introduce flyers and bases to correct positions, jumps (toe touch and/or tuck jump), dance, and how to learn and perform a routine.

Mini Novice: Tumbling (cartwheel, handstand, round off, back bend and kick over, back/front walkover), level 1 stunts & pyramids with restrictions, jumps (toe touch and/or pike), dance, and routine performance.

Novice teams have minimal financial commitment, generally practice 1 hour a week, and have 3-4 competitions in Baton Rouge, New Orleans, and Biloxi areas. These teams are a great way to introduce cheer and get those younger athletes to begin to learn the sport.



NOVICE TIER	BIRTH YEARS
TINY	2018-2022
MINI	2016-2019
YOUTH	2013-2018

NOVICE TEAM EVALUATIONS/TRYOUTS
 Monday, May 19 5:00-6:00 PM ages 3-4

AGE & TEAM BREAKDOWN

PREP TEAMS & ELITE PREP TEAMS

PREP TIER	BIRTH YEARS
TINY TEAMS	2018-2020
MINI TEAMS	2016-2019
YOUTH TEAMS	2013-2018
JUNIOR TEAMS	2010-2017

Our PREP TEAMS also serve as an introduction to all-star cheer but is directed to those more experienced beginner athletes either just being exposed to the sport or to those with some experience but not ready to move to an elite prep team. Stunting and/or stunting execution, tumbling and/or tumbling execution, and/ or routine performance as a whole, at their particular level. Mastery of their level is not achieved yet.

We currently offer prep teams in level 1. This program introduces and aims to master level 1 skills over the season including:

Tumbling (Cartwheel, round off, handstand front roll, back roll, back bend kick overs, back/front walkovers and learning to connect those skills), level 1 stunts & pyramids, jumps (toe touch and pike), dance, and overall routine performance.

Prep teams have less financial commitment than our elite prep teams and elite program also including less travel and competitions but a step more than our novice teams. Prep teams practice 1.5 hours a week and will attend 4-5 competitions in Baton Rouge, New Orleans, and/or Mississippi areas.

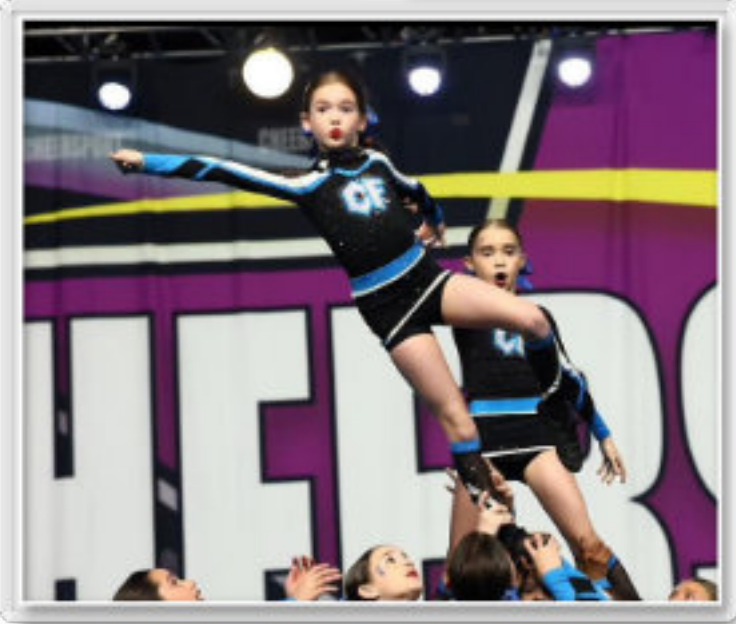
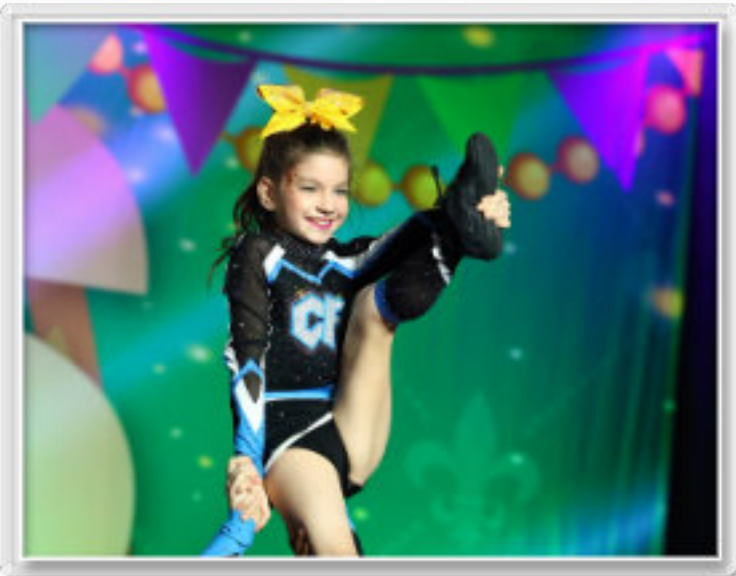
ELITE PREP TEAMS are for those athletes with experience in cheer or tumbling who are looking for the next step in the competition cheer world. These athletes generally range anywhere from ages 6-12 depending on previous experience. These athletes typically have their level well executed. Currently we offer elite prep teams in levels 1 and 2.

These teams aim to master skills over the season and be competitive at competitions in their respective level including:

Level 1 - Tumbling (cartwheels, round offs, back bend kick overs, back/front walkovers, switch kick back walkovers, valdez, and connected skills), advanced level 1 stunts & pyramids, jumps, dance, and overall routine performance.

Level 2.2 - Tumbling (standing back handspring, backwalkover back handspring, switch leg back walkover back handspring, round off multiple back handspring, front handspring/fly spring, and front walkover round off back handsprings), level 2 stunts & pyramids, jumps, dance, and overall routine performance.

Elite Prep teams practice 1.5 hours twice a week and will participate in 4-6 competitions with at least one national competition.



AGE & TEAM BREAKDOWN

ELITE TEAMS

ELITE TEAMS are for those athletes with experience in cheer or tumbling who are looking for the next step in the competition cheer world. These athletes range anywhere from ages 7-18+ depending on previous experience. These athletes have their level well executed. Currently we offer elite teams in levels 1-6!

These teams aim to master skills over the season and be highly competitive at competitions in their respective level in both tumbling and stunting. Please reference the USASF age grid (found at USASF.net) for divisions offered and please reference level appropriate skills for stunts and tumbling via the united scoring system (found on varsityallstar.com). We also have a general explanation of tumbling skills on page 6 & 7 of this magazine. Please note not all athletes placed on certain levels will have the same skills. Some will excel in tumbling to be placed on a certain level, some can be placed due to their excellence and strengths in stunting, and/or some athletes (most athletes) will excel in both. **Having certain tumbling skills (and/or certain stunting skills) does not guarantee placement on a particular level. Each athlete is evaluated individually at tryouts and placed on a team they would benefit the most. Several times athletes and teams require longer evaluations which can extend into the summer months June and/or July before final placement are made.

Elite teams practice 1.5-2 hours twice a week and will participate in approximately 6 competitions throughout the season (locally and nationally).

ELITE TIER BIRTH YEARS	
TINY TEAMS	2018-2020
MINI TEAMS	2016-2019
YOUTH TEAMS	2013-2018
JUNIOR TEAMS	2010-2017
SENIOR TEAMS	06/01/06-2013
WORLD'S TEAMS	06/01/06-2012



LEVEL 1 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •FORWARD ROLL •STRADDLE ROLL •PUSH-UP TO BACKBEND •BACKWARD ROLL (BWR) •HANDSTAND •BACKBEND KICKOVER •STANDING BACKBEND •FRONT LIMBER/BACK LIMBER 	<ul style="list-style-type: none"> •BACKWALKOVER (BWO) •BWO-BWR-BWO •BACK EXTENSION ROLL) 	<ul style="list-style-type: none"> •BACK WALKOVER SERIES •BACK WALKOVER SWITCH LEG •BACK EXTENSION ROLL-BWO/BWO SERIES •VALDEZ

LEVEL 1 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •CARTWHEEL (CW) •CARTWHEEL - BACKWARD ROLL •HANDSTAND FOWARD ROLL 	<ul style="list-style-type: none"> •ROUND OFF (RO) •FRONT WALKOVER (FWO)/FWO SERIES •CW-BWO/BWO SWITCH LEG •HANDSTAND FORWARD ROLL CARTWHEEL 	<ul style="list-style-type: none"> •CARTWHEEL -BWO SERIES •FWO-CARTWHEEL/ROUND OFF •FWO-CW-BWO/BWO SERIES •FWO-CW-BWO SWITCH LEG •HANDSTAND FORWARD ROLL CARTWHEEL BWO/ BWO SERIES

LEVEL 2 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •BACK HANDSPRING (BHS) •BACK HANDSPRING STEP OUT 	<ul style="list-style-type: none"> •BACK WALKOVER - BHS •BACK WALKOVER - BHS STEP OUT •BHS STEP-OUT - BACK WALKOVER •VALDEZ - BW) -BHS 	<ul style="list-style-type: none"> •BWO - BHS STEP OUT -BWO •BWO SWITCH LET -BHS •BHS STEP OUT -BWO -BHS •VALDEZ - BHS/BHS STEP OUT •BACK EXTENSION ROLL - BHS/BHS STEP OUT

LEVEL 2 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •CARTWHEEL - BHS •ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> •ROUND OFF (RO) - BHS STEP OUT •CARTWHEEL - BHS STEP OUT •FRONT HANDSPRING (FHS) •FWO - FHS 	<ul style="list-style-type: none"> •SERIES FRONT HANDSPRINGS •BOUNDER/FLYSPRING •CW - BHS SERIES •RO - BHS SERIES •FWO - RO - BHS/BHS SERIES

LEVEL 3 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •BHS/BHS STEP OUT - BHS/BHS STEP OUT •ADVANCED JUMP - BHS/BHS STEP OUT •BHS/BHS SERIES - ADVANCED JUMP 	<ul style="list-style-type: none"> •BWO - BHS SERIES •BHS - BHS - BHS OR MORE •ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> •BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES •ADVANCED JUMP - BHS - ADVANCED JUMP - BHS •BHS STEP OUT - BHS SERIES •BHS STEP OUT - BWO - BHS SERIES •BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES

LEVEL 3 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •ROUND OFF - TUCK •AERIAL 	<ul style="list-style-type: none"> •PUNCH FRONT (PF) •ROUND OFF - BHS SERIES - TUCK 	<ul style="list-style-type: none"> •FWO - AERIAL •BOUNDER/FLYSPRING - AERIAL •ROUND OFF - BHS - TUCK •RO -BHS STEP OUT - 1/2 TURN - RO -TO -TUCK •FWO - RO- TO - TUCK •FRONT HANDSPRING (FHS) - PUNCH FRONT

LEVEL 4 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •ONODI •BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> •BHS SERIES - TUCK •BACK TUCK •BWO - TUCK •BACK EXTENSION ROLL - TUCK •VALDEZ - TUCK 	<ul style="list-style-type: none"> •BHS/BHS STEP OUT - TUCK •ADVANCED JUMP - BHS SERIES - TUCK •ADVANCED JUMP - BHS - TUCK

LEVEL 4 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •CARTWHEEL - TUCK •FWO - CW - TUCK •ROUND OFF - LAYOUT •ROUND OFF - ONODI •FRONT AERIAL •FRONT AERIAL - RO -TO -TUCK •FRONT HANDSPRING - PUNCH FRONT 	<ul style="list-style-type: none"> •PUNCH FRONT - PUNCH FRONT •PF STEP OUT - AERIAL •ROUND OFF - BHS SERIES - LAYOUT •ROUND OFF - ONODI - TO - TUCK •AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT •FWO - AERIAL - TUCK •ROUND OFF - TO - WHIP/TUCK - TO - TUCK •FRONT AERIAL - RO - TO - WHIP - TO - TUCK •FWO - RO - TO - WHIP/TUCK - TO - TUCK •PF STEP OUT - RO -TO - WHIP/TUCK - TO - TUCK •FRONT HANDSPRING - PF STEP OUT - RO - TO -TUCK 	<ul style="list-style-type: none"> •ROUND OFF - ONODI - TO - LAYOUT •FRONT WALKOVER - RO - TO - LAYOUT •FRONT AERIAL - RO - TO - WHIP - LAYOUT •PF STEP OUT - RO - TO - LAYOUT •ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT •FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT •PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT •FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT •FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT

LEVEL 5 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •TUCK - BHS - TUCK •TUCK - BHS SERIES - TUCK •BHS/BHS SERIES - TUCK - TUCK 	<ul style="list-style-type: none"> •ADVANCED JUMP - FRONT/BACK TUCK •BHS SERIES - WHIP/TUCK - BHS - TUCK •BHS - WHIP/TUCK - BHS - TUCK •ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK •ADVANCED JUMP - BHS SERIES - WHIP - TUCK •BHS SERIES - LAYOUT •BHS SERIES - WHIP - TUCK 	<ul style="list-style-type: none"> •BHS - WHIP - TUCK •BHS - LAYOUT •ADVANCED JUMP - BHS/BHS SERIES - LAYOUT •ADVANCED JUMP - BHS - WHIP - TUCK •BHS - WHIP/TUCK - TO - LAYOUT •BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT •ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

LEVEL 5 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •BARANI •RO - HALF •RO - FULL 	<ul style="list-style-type: none"> •FHS - BARANI •RO - BHS SERIES - FULL •ROUND OFF - ARABIAN •SIDE AERIAL/FRONT AERIAL - TO - FULL •BARANI - TO - LAYOUT 	<ul style="list-style-type: none"> •FRONT FULL •RO - BHS - FULL •FRONT WALKOVER - RO - TO - FULL •BARANI - TO - FULL •PF STEP OUT - RO - TO - FULL •FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL •RO - TO - WHIP - TO - FULL •FRONT HANDSPRING - FRONT FULL •PF STEP OUT - RO - TO - WHIP - TO - FULL •FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL

LEVEL 6 STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •ADVANCED JUMP BACK TUCK 	<ul style="list-style-type: none"> •BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL 	<ul style="list-style-type: none"> • BHS - FULL • ADVANCED JUMP - BHS - FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP - FULL • BHS SERIES - DOUBLE FULL • ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

LEVEL 6 RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> •CARTWHEEL - FULL •RO - FULL •RO - BHS/BHS SERIES - FULL •FWO - TO - FULL •SIDE AERIAL/FRONT AERIAL - FULL •RO - TO - ONODI - TO - FULL •FRONT FULL 	<ul style="list-style-type: none"> • RO - BHS - KICK FULL/FULL STEP OUT • PUNCH FRONT STEP OUT - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT 	<ul style="list-style-type: none"> • RO - ARABIAN/HALF STEP OUT - RO - TO - FULL • FRONT HANDSPRING - FRONT FULL • FRONT HANDSPRING - PF - RO - TO - FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - FULL • 1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL • RO - DOUBLE FULL • RO - TO - DOUBLE FULL • FRONT WALKOVER - TO - DOUBLE FULL • PF STEP OUT - TO - DOUBLE FULL • RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

FINANCIAL OBLIGATION

NOVICE TEAMS

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2025-2026 season.

EXPENSE	AMOUNT	DUE DATE
REGISTRATION FEE	\$75.00	DUE AT REGISTRATION
COMPETITION TEAM MONTHLY PAYMENT	\$174.10 MONTHLY FEE •MONTHLY TUITION \$105 X 11 MONTHS •COMPETITION FEES \$500 (INCLUDES ALL ENTRY FEES AND COACHES FEES FOR THE 2025/2026 SEASON. •CHOREOGRAPHY & MUSIC \$210 •SHOWCASE FEE \$25 •GYM TSHIRT \$25	•1ST MONTHLY PAYMENT DUE AT REGISTRATION. •BANK DRAFTS WILL START ON THE 2ND MONTHLY PAYMENT ON JULY 1, 2025 AND ENDING ON APRIL 1, 2026 •11 MONTHLY PAYMENTS TOTAL
USASF FEE (PAID TO USASF)	\$49.00	June 1, 2025
RENEW OR SIGN UP FOR MEMBERSHIP ONLINE AT WWW.USASF.NET		
PRACTICE WEAR (Includes one program and one team specific top and one practice bow)	\$180.00	DUE AT FITTING (APPROX. JUNE 15)
COMPETITION HAIR BOW	\$45.00	August 1, 2025
COMPETITION UNIFORM	\$225.00	DUE JULY 1, 2025
VARSITY CHEER SHOES	\$124.95 AND UP INCLUDES TAX AND SHIPPING	CAN BE SIZED AND ORDERED ANYTIME IN THE OFFICE
SHOWCASE FEE	\$25 INCLUDED IN MONTHLY TUITION	N/A
GYM TSHIRT	\$25 INCLUDED IN MONTHLY TUITION	N/A

If you have any questions regarding your account, please email Charmon at charmon@lacheeforce.com or contact her by telephone (225) 337-0063.

••Competition fees are estimated. ** NOVICE teams will only attend approximately 3-4 competitions and will not travel outside of 2 hours from Baton Rouge (mainly will compete in Baton Rouge, New Orleans and/or Biloxi)

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

Refunds: If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts.

COMMITMENT: I understand this is an 11 MONTH (June 2025 to April 2026) commitment I am making. I will honor my commitment.

I have read and understand the financial commitment I am making for the 2025-2026 season.

Athlete's Name: _____

Team: _____

Parent Signature: _____

Date: _____

FINANCIAL OBLIGATION

Prep TEAMS (Kiwi/Mango)

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2025-2026 season.

EXPENSE	AMOUNT	DUE DATE
REGISTRATION FEE	\$75.00	DUE AT REGISTRATION
COMPETITION TEAM MONTHLY PAYMENT	\$233.18 COMPETITION TEAM •MONTHLY TUITION \$125 X 11 MONTHS •COMPETITION FEES \$675 (INCLUDES ALL ENTRY FEES AND COACHES FEES FOR THE 2024/2025 SEASON. EXCLUDING US FINALS COMPETITION FEES) •CHOREOGRAPHY & MUSIC \$210 •SHOWCASE FEE \$25 •SKILLS CAMP \$20 •GYM TSHIRT \$25	•1ST MONTHLY PAYMENT DUE AT REGISTRATION. •BANK DRAFTS WILL START ON THE 2ND MONTHLY PAYMENT ON JULY 1, 2025 AND ENDING ON APRIL 1, 2026 •11 MONTHLY PAYMENTS TOTAL
USASF FEE (PAID TO USASF)	\$49.00	June 1, 2025
	RENEW OR SIGN UP FOR MEMBERSHIP ONLINE AT WWW.USASF.NET	
PRACTICE WEAR (Includes one program and one team specific top and one practice bow)	\$180.00	DUE AT FITTING (APPROX. July 1, 2025)
COMPETITION HAIR BOW	\$45.00	August 1, 2025
COMPETITION UNIFORM COMPETITION SOCKS	\$493.00	\$246.50 DUE JULY 1, 2025 \$246.50 DUE AUGUST 1 2025
VARSITY CHEER SHOES	\$99 AND UP INCLUDES TAX AND SHIPPING	CAN BE SIZED AND ORDERED ANYTIME IN THE OFFICE
END OF THE SEASON SHIRT	\$25.00	TBA
SHOWCASE FEE	\$25 INCLUDED IN MONTHLY TUITION	N/A
SKILLS CAMP	\$20 INCLUDED IN MONTHLY TUITION	N/A
GYM TSHIRT	\$25 INCLUDED IN MONTHLY TUITION	N/A
US FINALS COACHES FEE	INCLUDED IN COMPETITION FEES	N/A

*Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount will be awarded for the second child of a family participating with CF. Third child will be tuition free. All other fees will apply per athlete.

If you have any questions regarding your account, please email Charmon at charmon@lacheeforce.com or contact her by telephone (225) 337-0063.

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

Refunds: If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts.

COMMITMENT: I understand this is an 11 MONTH (June 2025 to April 2026) commitment I am making. I will honor my commitment.

I have read and understand the financial commitment I am making for the 2025-2026 season.

Athlete's Name: _____

Team: _____

Parent Signature: _____

Date: _____

FINANCIAL OBLIGATION

ELITE AND ELITE Prep LEVEL 1-6

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2025-2026 season.

EXPENSE	AMOUNT	DUE DATE
REGISTRATION FEE	\$75.00	DUE AT REGISTRATION
COMPETITION TEAM MONTHLY PAYMENT	\$315.00 COMPETITION TEAM •MONTHLY TUITION \$150 X 11 MONTHS •COMPETITION FEES \$1300 (INCLUDES ALL ENTRY FEES AND COACHES FEES FOR THE 2025/2026 SEASON. EXCLUDING THE CHEER WORLDS/THE SUMMIT/US FINALS COMPETITION FEES) •CHOREOGRAPHY \$185 •MUSIC \$260 •SHOWCASE FEE \$25 •SKILLS CAMP \$20 •GYM TSHIRT \$25	•1ST MONTHLY PAYMENT DUE AT REGISTRATION. •BANK DRAFTS WILL START ON THE 2ND MONTHLY PAYMENT ON JULY 1, 2025 AND ENDING ON APRIL 1, 2026 •11 MONTHLY PAYMENTS TOTAL
USASF FEE (PAID TO USASF)	\$49.00	June 1, 2025
RENEW OR SIGN UP FOR MEMBERSHIP ONLINE AT WWW.USASF.NET		
PRACTICE WEAR (Includes one program and one team specific top and one practice bow)	\$180.00	DUE AT FITTING (APPROX. JUNE 15)
COMPETITION HAIR BOW	\$45.00	July 1, 2025
COMPETITION UNIFORM COMPETITION SOCKS	\$493.00	\$246.50 DUE JULY 1, 2025 \$246.50 DUE AUGUST 1 2025
VARSITY CHEER SHOES	\$99 AND UP INCLUDES TAX AND SHIPPING	CAN BE SIZED AND ORDERED ANYTIME IN THE OFFICE
NCA BALLROOM FEE-FOR INTERNATIONAL/ YOUTH/OR PREP TEAMS THAT COMPETE AT NCA and/or out of state National competitions.	\$25.00	TBA
OUTSIDE CHOREOGRAPHY-ELITE TEAMS ONLY.	\$50.00	TBA
END OF THE SEASON SHIRT	\$25.00	TBA
SHOWCASE FEE	\$25 INCLUDED IN MONTHLY TUITION	N/A
SKILLS CAMP	\$20 INCLUDED IN MONTHLY TUITION	N/A
GYM TSHIRT	\$25 INCLUDED IN MONTHLY TUITION	N/A
US FINALS/SUMMIT/WORLDS COACHES FEE	INCLUDED IN COMPETITION FEES	N/A

*Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount will be awarded for the second child of a family participating with CF. Third child will be tuition free. All other fees will apply per athlete.

If you have any questions regarding your account, please email Charmon at charmon@lacheeforce.com or contact her by telephone (225) 337-0063.

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach s discretion.

Refunds: If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts. You will be responsible for paying the monthly tuition for the remainder of the season. June 2025-April 2026

COMMITMENT: I understand this is an 11 MONTH (June 2025 to April 2026) commitment I am making. I will honor my commitment.

I have read and understand the financial commitment I am making for the 2025-2026 season.

Athlete's Name: _____

Team: _____

Parent Signature: _____

Date: _____

FINANCIAL OBLIGATION

MALE ATHLETES

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2025-2026 season.

EXPENSE	AMOUNT	DUE DATE
REGISTRATION FEE	\$75.00	DUE AT REGISTRATION
COMPETITION TEAM MONTHLY PAYMENT	\$155.90 COMPETITION TEAM •MONTHLY TUITION \$145 X 11 MONTHS Waived •COMPETITION FEES \$1200 (INCLUDES ALL ENTRY FEES AND COACHES FEES FOR THE 2024/2025 SEASON. EXCLUDING THE CHEER WORLDS/THE SUMMIT/US FINALS COMPETITION FEES) •CHOREOGRAPHY \$185 •MUSIC \$260 •SHOWCASE FEE \$25 •SKILLS CAMP \$20 •GYM TSHIRT \$25	•1ST MONTHLY PAYMENT DUE AT REGISTRATION. •BANK DRAFTS WILL START ON THE 2ND MONTHLY PAYMENT ON JULY 1, 2025 AND ENDING ON APRIL 1, 2026 •11 MONTHLY PAYMENTS TOTAL
USASF FEE (PAID TO USASF)	\$49.00	June 1, 2025
RENEW OR SIGN UP FOR MEMBERSHIP ONLINE AT WWW.USASF.NET		
PRACTICE WEAR (Includes one program and one team specific tank)	\$120.00	DUE AT FITTING (APPROX. JULY 1, 2025)
COMPETITION UNIFORM \$390	\$390.00	\$195 DUE JULY 1, 2025 \$195 DUE AUGUST 1 2025
VARSITY CHEER SHOES	\$99 AND UP INCLUDES TAX AND SHIPPING	CAN BE SIZED AND ORDERED ANYTIME IN THE OFFICE
NCA BALLROOM FEE-FOR INTERNATIONAL/ YOUTH/OR PREP TEAMS THAT COMPETE AT NCA and/or out of state National competitions.	\$25.00	TBA
OUTSIDE CHOREOGRAPHY	\$50.00	TBA
END OF THE SEASON SHIRT	\$25.00	TBA
SHOWCASE FEE	\$25 INCLUDED IN MONTHLY TUITION	N/A
SKILLS CAMP	\$20 INCLUDED IN MONTHLY TUITION	N/A
GYM TSHIRT	\$25 INCLUDED IN MONTHLY TUITION	N/A
US FINALS/SUMMIT/WORLDS COACHES FEE	INCLUDED IN COMPETITION FEES	N/A

*Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount will be awarded for the second child of a family participating with CF. Third child will be tuition free. All other fees will apply per athlete.

If you have any questions regarding your account, please email Charmon at charmon@lacheeforce.com or contact her by telephone (225) 337-0063.

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

Refunds: If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts. You will be responsible for paying the monthly tuition for the remainder of the season. June 2025-April 2026

COMMITMENT: I understand this is an 11 MONTH (June 2025 to April 2026) commitment I am making. I will honor my commitment.

I have read and understand the financial commitment I am making for the 2025-2026 season.

Athlete's Name: _____ Team: _____

Parent Signature: _____ Date: _____

ATTENDANCE

This is a competitive team sport and the following is extremely crucial during major national competitions. For our team's to be successful we have to have those athletes that will be **COMPETING** at all practices. Let's work together to make our teams great!! ❤️🏆. Communication is **KEY!!** The second your coach sends out an extra practice schedule... or the second you see there may be a conflict...talk to your coach! More often than not we **ARE** able to move practices around in order to have a **FULL** team.

ATTENDANCE POLICY

-**ONE** week prior to a regular competition, event, performance, and/or showcase **ALL** practices **AND** extra practices are **MANDATORY**.

-**TWO** weeks prior to a nationals competition, **ALL** practices **AND** extra practices are **MANDATORY**.

The only excused absences are contagious illness, injury, or death in the family. ***Please note—illness and injury (even if fully healed before competition) may also affect your position on the floor competing if your illness or injury falls within the time frames above for absolutely mandatory practices.

Coaches must be notified immediately and an appropriate full in must practice for you and may also compete for you.

It is coach's discretion if you will be allowed to compete if you fall into any of the instances above whether excused or unexcused. They will make this decision on what is best for the team's success.

If your practice is unexcused you will be charged a \$30 fee to the credit card/bank account on file. Coaches will relay this information to the office.

COMMUNICATION

-**ALL** parents and athletes must join the team reminds. This is how the gym owner and your coaches will communicate with you on a weekly basis with updates on practices and gym wide information. The link to join the team remind will be sent to you at the appropriate time/beginning of the season. Make sure to turn on receive text message in your remind app so you can receive a message directly to your phone

-We will follow varsity communication timeline and will post all important information in the CF band

-All info regarding that event (stay to play hotel blocks, schedules, pricing, etc) will also be posted in our own CF band for that particular event/competition. This is in an effort to have one place to find all the info you need for that particular event. We will post the link to join the band at the appropriate time via team reminds.



LOUISIANA CHEER FORCE

The Standard in the Sport of Competitive Cheerleading

2025-2026 Competitive Season

Dear Friends:

Family values are the foundation for every society. The manner in which our children learn and grow to be independent individuals is a key factor for our local communities. In order to have a stronger, more secure future, we must first start with each child. Louisiana Cheer Force supports an environment blended with individual personalities.

We place high emphasis on building self confidence, determination, team supported skills and values, with a responsibility toward performing to their fullest potential, not only for the overall visual performance, but for the development of stronger character and self esteem.

All members of our program work extremely hard for 11 months each year; training to compete at local and national competitions. Our program not only builds the athlete, but also encourages the individual to learn more about themselves, teaching that with determination, dedication and pushing toward your goals, even through the toughest adversity, you can achieve with great success what you once believed impossible.

Louisiana Cheer Force invites the community to take part in this great endeavor by supporting our youth and our young adults in their journey toward being National Champions. This is not only an invitation to attend our events, but also a plea for monetary support for those who might not otherwise be able to compete, while helping our organization to be better equipped to serve the children of our community. The decision to undertake many months of training is not an easy one. The decision is even harder when you struggle with the ability to accommodate expenses. It is amazing to not only watch the sport of competitive cheerleading, but it is much more satisfying to participate in a front row seat that helps to successfully encourage the growth of our future leaders.

I would like to thank you for your support of _____. Without the support of our community, participation in our program would have been very difficult for this athlete. Any amount would be gratefully appreciated! With your donation of **\$1000.00 or more**, we will include your business card on our website, which is viewed by many in our community and is considered the *standard* in the sport of competitive cheerleading in Louisiana. Your sponsorship may also be tax-deductible when used as an advertising expense, so please consult your tax advisor on same.

Sincerely,

Rachael Pearson
Owner/Coach
Louisiana Cheer Force

CODE OF CONDUCT

- I will not be involved in any matter of disrespect towards any members or Louisiana Cheer Force staff, parents or students. If I have a complaint I will go discuss this solely with the my team coaches, CF office personnel, or the gym owner (Rachael).
- Louisiana Cheer Force management has the right to dismiss your athlete from the Louisiana Cheer Force program for any of the following reasons (not limited to):
 - Inappropriate behavior including
 - a.This includes behavior from both the athlete and the parents or family of said athlete.
 - b. Excessive absences
 - c. A pattern of tardiness
 - d. Not showing up for a competition
 - Anyone threatening to quit or pull their child from a squad may be dismissed from the program immediately.
 - I understand that all athletes are required to wear the appropriate practice attire to every practice.
 - I understand that the coaches reserve the right to suspend any athlete's or parent's participation in activities at LACF or at LACF functions as disciplinary action.
 - I understand the important of punctuality and will arrive at all practices and scheduled events on time. If you are late to practices/events you will condition/jump after practice.
 - I will not participate in negative gossip or communications that adversely affect Louisiana Cheer Force, its athletes or staff, including posting any negative comments on social media (Facebook, Instagram, Twitter, etc.), websites or in chat rooms.
 - I will maintain all skills that were performed at try-outs and try to improve my skills during the season.
 - As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment.
 - I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.
 - I understand all athletes at Louisiana Cheer Force are expected to arrive at practices and competitions with a positive attitude and give their best effort in every endeavor.
 - I will not use inappropriate language.
 - I understand it is sometimes necessary for athletes to be moved from one team to another.
 - I understand that the parent viewing area should be a positive atmosphere, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude while there.
 - **No outside merchandise of any kind may be designed, purchased, or distributed without permission. This includes but is not limited to any items containing Team Names or CF Logo**
 - **Parents/athletes are not allowed to design apparel of any kind for the team or spectators to wear while representing CF. All CF attire will come from our pro shops**
 - I understand that my monthly billing statement is emailed to me as a courtesy. Whether I receive it or not, I am still obligated to make my payments on time.
 - I understand this is an 11 MONTH commitment I am making. I will honor my commitment.
 - If your athlete quits or is removed from the program you will not receive a refund of any kind and you will be responsible for payment of the 11 month commitment.
 - Cheerleaders, parents, relatives and friends are not allowed to contact competition companies or their officials for any reason via email or phone.

I understand and agree to this "Code of Conduct" throughout the **2025-2026** season:

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

2025-26 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																				APPROX AGES	
		2005 & before	1/1/06-5/31/06	6/01/06-12/31/06	2007	1/1/08-5/31/08	6/01/08-12/31/08	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	1/1/20-5/31/20	6/1/20-12/31/20	2021		2022
		20+	19-20	19-20	18-19	17-18	17-18	16-17	15-16	14-15	13-14	12-13	11-12	10-11	9-10	8-9	7-8	6-7	5-6	5-6	4-5	3-4	
ELITE CLUB	Senior Open (L4-5)	x	x	x	x	x																18+	
	Senior & Limited (L6)			x	x	x	x	x	x	x	x											14-19	
	Senior (L1-5)			x	x	x	x	x	x	x	x	x										13-19	
	Junior (L1-6)								x	x	x	x	x	x	x	x						9-15	
	Junior Flex (L4)								x	x	x	x	x	x	x	x	x	x	x			7-16	
	Junior Flex (L1-3)								x	x	x	x	x	x	x	x	x					8-16	
	Youth (L1-5)											x	x	x	x	x	x					8-12	
	Youth Flex (L1-3)										x	x	x	x	x	x	x	x	x	x		6-13	
	Mini (L1-2)														x	x	x	x				7-9	
	Tiny (L1)																x	x	x	x		6-7	
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x									12-19	
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x						9-15	
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)										x	x	x	x	x	x						8-12	
	Mini Prep (L1.1, 2.1, 2.2)														x	x	x	x				7-9	
	Tiny Prep (L1.1)																x	x	x	x		6-7	
NOVICE	Senior Novice (L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x									12-19	
	Junior Novice (L1-3 w/restrictions)								x	x	x	x	x	x	x	x						9-15	
	Youth Novice (L1-3 w/restrictions)										x	x	x	x	x	x						8-12	
	Mini Novice (L1-2 w/restrictions)														x	x	x	x				7-9	
	Tiny Novice (L1 w/restrictions)																x	x	x	x	x	4-7	
CheerABILITIES	CheerABILITIES Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Unified (Exhibition)	x	x	x	x	x	x	x	x	x	x	x										12+	
ELITE INTERNATIONAL	International Open (L6-7, 6-7NT)	x	x	x	x	x																18+	
	International U18 (L1-4, 6NT)				x	x	x	x	x	x	x											14-18	
	International U16 (L1-4)							x	x	x	x	x										12-16	

Use the **Birth Year** columns to verify athlete eligibility for all divisions. The **Approx. Ages** are reflective of the typical age range athletes are during the birth years listed for each division.

TIPS ON HOW WE BUILD OUR TEAMS FOR SUCCESS 🥰

Success in this sport is not only defined by winning routines/championship titles but also a feeling of importance and belonging for every athlete on every team at every level.

Our hope in sharing these thoughts outlined below is to help guide those entering the team placement process with an open mind and realistic expectations.

A small team has 22 spots.

🌟 Stunting:

- 5 Flyer positions (of which 3 must do level appropriate tosses)
- 5 Back Spot positions
- 5 Main base positions
- 5 Side base positions
- 2 "tumbler" positions

Within that mix of stunting positions, the puzzle has to work out in such a way that a coach can create 5 solid and equally as capable stunt groups for the age group and level of that particular team. This puzzle is tricky to say the least.

If your athlete is ONLY a flyer, they are competing for 5-7 spots (depending on their tumbling ability) - only 2-4 spots if they don't have toss experience at that level.

If your athlete is ONLY a main base without level tumbling, they are competing for 5 spots.

If your athlete is a flyer, a main base, a side base, and has the tumbling for their level, they are competing for a total of 17 spots.

In other words, the more well-rounded an athlete is (and the more positions they are open to trying), the more opportunity is inherently available to them.

🌟 Tumbling and jumps. On a team of 22, a standard Elite routine needs approximately:

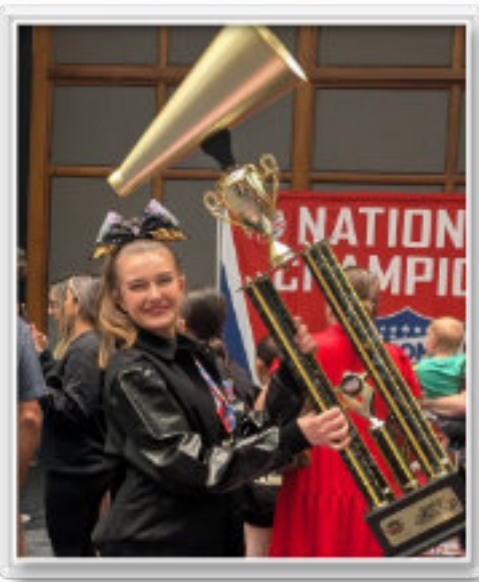
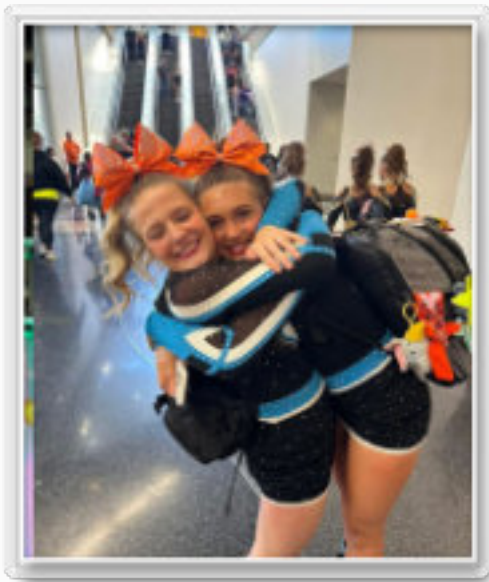
- 10 Elite Standing Passes
- 9 Advanced/Elite Standing Passes
- 18 Running passes - only 10 of which are Elite
- 18 Jumpers

There is more wiggle room when creating a successful team when it comes to tumbling than there is with stunts, as the numbers are lower. Of all 22 athletes, there is room for some really great stunters who may not have the level appropriate tumbling. The tumbling passes that will make it into a routine are the ones that can be done with perfect technique, perfect timing, and landing 10 for 10 times. That being said, you may not compete at the level of your highest tumbling ability. We intend to be competitive and that takes mastery of each set of skills

🌟 Mental readiness to do a particular skill. If a skill gives an athlete anxiety, they have to stand in the corner for multiple minutes talking themselves through it, or if they can only do the skill in certain conditions, they aren't ready to compete that skill quite yet. And that's OK! There is no skill more important than an athlete's safety. A full 2 minute and 30 second routine competed under the pressure of a major national is stressful for the most seasoned athlete. The last thing we ever want (or will allow) on the mat is an athlete questioning if they can land or will throw a pass.

🌟 Overall cheer skills such as motion technique and placement especially for dance. Ability to pick up on instruction, counts/timing, and follow along at a quick and confident pace. Ability to perform with confidence and presence. These "subjective" categories are becoming more and more important in the competitive world and thus are factors we have to consider.

When setting your and your athlete's expectations for the season, ask yourself what level your athlete will contribute to the MOST sections.



Will they have a stunting role at that level?

Will they have a tossing role at that level?

Will they contribute to standing tumbling?

Will they contribute to running tumbling?

Will they contribute to jumps?

How are their performance, dance and motion skills? Will they help raise those scores (which are extremely important)?

Are they reliable teammates that bring positive motivation to their team?

If you can only confidently answer "yes" to one or a few of those above questions, you do NOT want your athlete to compete at that level. Athletes NEED to feel like they are contributing to their team. A level might make them feel great on the day of placements, but that joy wears off the moment that athlete isn't being utilized in a majority of the routine or what is required at that level isn't within their current skillset.

One last piece of helpful information as we work to help these kids chase their dreams...

**Level 1 – 98.33
Level 2 – 99.08
Level 3 – 98.65
Level 4 – 98.57
Level 5 – 97.70
Level 6 – 97.03**

These are the average scores of the 1st place winners by level at Summit. These teams aren't just competing—they're mastering their level.

As we head into tryout season, remember that feeling you had watching someone else win and thinking, "That's going to be me someday." Hold on to that.

It's absolutely okay to stay at the same level for three or more years—we promise. And your cheer career doesn't need to end on a Worlds stage to be meaningful or successful. A level does not define you.

Your child MATTERS and their placement will be one customized to where they are right now, where they can make the biggest positive impact on a team, and where we know they can go in the future.

If anyone has any questions about the scoring system or how we create teams, just let us know in the comments or send a message! Knowledge is power. We are so excited for all that is to come in Season 25 at LACF!