

Cheer

2026 Cheer Season

Energy. Confidence. Spirit. Family.

Welcome to the next era of Tab Recreation Cheer.

The 2026 Cheer Season will be bigger, louder, and more exciting than ever as we continue building a program that combines sideline cheer for Tab Saints Football with the growing world of competitive cheer. From game days under the lights to performances and competitions, our athletes will have the opportunity to grow in skill, leadership, confidence, and teamwork throughout the entire season.

At Tab Recreation, cheer is about far more than routines and performances. It's about building strong young leaders who encourage one another, represent their community with pride, and bring positive energy everywhere they go.

Season Timeline

- Season Begins: April 2026
- Season Ends: October 2026

What To Expect

Our cheer program is designed for athletes of all experience levels, whether your child is stepping onto the mat for the first time or continuing to build advanced skills.

Athletes will focus on:

- Cheer fundamentals and technique
- Motions, jumps, chants, and dance
- Stunting and performance skills
- Conditioning, flexibility, and strength
- Teamwork, confidence, and leadership
- Sideline performance and crowd engagement

Throughout the season, cheerleaders will support Tab Saints Football during games while also preparing for performances and competitive cheer opportunities.

Two Programs. One Family.

Football Cheer

Our football cheerleaders bring the energy every game day, creating excitement and school spirit while supporting Tab Saints athletes throughout the football season. Cheerleaders will perform during games, lead crowd chants, and represent Tab Recreation on and off the field.

Competitive Cheer

Athletes interested in competitive cheer will have opportunities to learn routines, performance techniques, and advanced teamwork skills while preparing for showcases and competitions throughout the season.

The Tab Saints Cheer Experience

Tab Recreation Cheer is built on positivity, encouragement, and community. We want every athlete to feel seen, supported, challenged, and proud to be part of something bigger than themselves.

Families can expect:

- High-energy practices and performances
- Positive coaching and mentorship
- A fun, team-first environment
- Strong emphasis on confidence and character
- Opportunities for growth both on the sidelines and on the competition floor

More Than Cheer

At Tab Recreation, we believe cheerleading is one of the most powerful ways to build confidence, leadership, discipline, and community. Whether athletes are cheering under the stadium lights or competing on the mat, they will be part of a program that values hard work, encouragement, and bringing people together.

The future of Tab Saints Cheer is here, and we can't wait to watch our athletes shine this season.