

# MIDYEAR CHEERLEADING

\*LAST UPDATED 11/30/ 2025

TRIPLE THREAT  
BRANDS



*All Star Cheer*  
**TRIPLE  
THREAT  
ATHLETICS**

**17**  
*Season*

25 WALKER WAY - SECTION 1A | ALBANY, NEW YORK 12205



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# WELCOME TO TRIPLE THREAT ATHLETICS

For the last 17 years, our mission has continued to be to help each athlete reach his or her athletic potential in a safe and positive environment. Through cheerleading and dance, members will not only have fun but will work hard to reach team goals, meet lifelong friends, build self-confidence, instill a sense of family, and reach new heights thought impossible!

Our program aims to achieve a higher purpose. The extensive hours, weeks, months, and even years dedicated to enhancing stunts, tumbling, jumps, and motions will contribute to improving their fitness, skills, and prospects of participating in collegiate-level cheerleading. Additionally, our athletes acquire valuable lessons in accountability, sportsmanship, teamwork, goal achievement, and striving for excellence.

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## OUR PROGRAM OFFERINGS

- All Star Cheer
- All Star Dance
- Camps & Clinics
- Open Gyms
- Private Lessons
- Team Training
- Event & Rentals
- Competition Events
- Cheer, Dance, Stunt & Tumbling Classes



# ATHLETE & PARENT EXPECTATIONS



## INTEGRITY

Integrity is essential for maintaining trust and achieving excellence. At Triple Threat, athletes are expected to adhere to high standards of honor, sportsmanship, and commitment. Integrity involves making ethical choices, respecting coaches, teammates, and the sport itself. It includes being accountable and consistently putting effort into practices, performances, and competitions.



## TEAMWORK

Teamwork is essential for success in cheerleading. Each athlete contributes to achieving the team's goal. At Triple Threat, the focus is on communication, collaboration, and mutual respect to foster a cohesive team environment. Teamwork involves supporting each other physically and emotionally, recognizing that trust and reliability are crucial for performing stunts, routines, and performances effectively.



## HONESTY

Honesty is fundamental to personal growth and team development. At Triple Threat, we advocate for open and truthful communication among athletes, coaches, and families. Honesty cultivates strong relationships, builds trust, and facilitates constructive feedback that leads to improvement. Whether it involves admitting mistakes, seeking assistance, or giving and receiving feedback, honesty is essential for being a successful athlete and teammate. By embracing these values, our athletes not only become more skilled cheerleaders but also develop into stronger individuals, prepared for success in all aspects of life.



**2025-26  
SEASON FINANCES  
ELITE**

Participating in our full-year all-star cheerleading program requires significant financial commitment. It is important to carefully consider the investment involved.

Billing begins February 2026 and continues through April 2026. Tuition remains consistent from month to month and is payable online through our customer portal or in person at the front desk. Tuition, required apparel, and additional fees cover team training, regular season competition fees, and other non-refundable expenses for the season.

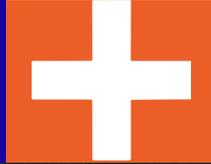
**NON-REFUNDABLE DEPOSIT  
DUE JANUARY 12TH**

**+ 3 MONTHLY PAYMENTS  
DUE 10<sup>TH</sup> OF EACH MONTH**

**MIDYEAR  
ATHLETES**



**\$75**



**\$95**

**PAYMENTS INCLUDE**

- Administration Fee
- Competition Choreography
- Competition Music
- Monthly Training
- Competition Entry Fees
- Exclusive 5 Count Rec Class Pass

**NOT INCLUDED**

- USASF Registration \$49/\$68  
Minor/Adult
- Competition Travel & Lodging

**BILLED SEPERARTLY  
(IF APPLICABLE)**

- **Annual Program Membership** \$50  
\*Automatically billed on portal
- **Competition Uniform - T-shirt & Shorts** \$60
- **Competition Bow** \$30
- **SIBLING DISCOUNT** \$50 off 2<sup>nd</sup> Child  
\$60 off 3<sup>rd</sup> Child

\*Payments are NOT all due at once, due dates can be found on the last page of this packet (Page 5)

TRIPLE THREAT ATHLETICS® IS A TUITION BASED PROGRAM and has worked very hard to come up with a fair and transparent financial policy... Our prices, payment policy, financial obligations, and late fees are non-negotiable and therefore not open for discussion.

# CLOSINGS AND IMPORTANT DATES

**\*DATES & EVENTS ARE SUBJECT TO CHANGE**

Athlete Evaluations	Thursday, January 8 <sup>th</sup> , 2026
Team Practices	The week of January 12 <sup>th</sup> , 2026
Competition Bow	Thursday, January 15 <sup>th</sup> , 2025
Mandatory Fundraising Opt Out Payment	Sunday, February 1 <sup>st</sup> , 2026
Competition Uniform Payment	Sunday, February 15 <sup>th</sup> , 2026
USASF Membership Completed by	Sunday, February 15 <sup>th</sup> , 2026
Easter Holiday - <b>CLOSED</b>	Sunday, April 5 <sup>th</sup> , 2026
Last week of practices NOVICE, PREP, MIDYEAR	Monday, April 27 <sup>th</sup> , 2026
Last week of practice ELITE	Monday, May 11 <sup>th</sup> , 2026
An Evening of Champions - EOS Banquet	May/June TBD 2026



**\*FACILITY CLOSURES  
ARE SUBJECT TO CHANGE PER RELEASE OF COMPETITION SCHEDULE**



### TERMS & CONDITIONS

(initial acknowledgment of each)

\_\_\_\_\_ I have read and fully understand my financial commitment to Triple Threat Athletics outlined in this registration packet.

\_\_\_\_\_ All payments are non-refundable. Payments are never pro-rated, refunded, and/or transferred. This includes in cases of illness, injury, and/or premature departure from the program (whether by choice of the family or Triple Threat Athletics). Athlete suspensions as a result of late payments are at the discretion of Triple Threat Athletics.

\_\_\_\_\_ Pay-in-full payments are discounted and therefore 100% non-refundable / non-transferable

\_\_\_\_\_ Merchandise (i.e., uniform, clothing, etc.) will not be distributed if ANY payment (e.g. "tuition") is past due.

\_\_\_\_\_ Service will be withheld (student suspended and or athlete sit out of practice) if payments become 5 days past due.

\_\_\_\_\_ I understand that I am giving my credit card/debit card information, that information will be used associated with ALL cost of the program if decided to use.

\_\_\_\_\_ Returned check: \$30 fee & no personal checks accepted for remainder of the season.

\_\_\_\_\_ Threat Fines could be assessed when contractual obligations have not been met.

\_\_\_\_\_ If my athlete leaves the program, whether voluntarily or involuntarily, for any reason prior to the completion of the season, any and all funds previously paid are non-refundable. This includes any deposits and/or fees including, but not limited to, tuition, choreography, uniforms, warm-ups, sneakers, and required program payments. Additionally, I will be required to pay a \$500 'early departure fee' that must be paid within 90 days of the athlete's last attended practice. If I fail to pay the \$500 'early departure fee,' within the required time period, Triple Threat Athletics reserves the right to commence a small claims action.

\_\_\_\_\_ I understand that I am entering into this program of my own free will.

I (parent / guardian) agree to be solely responsible for the above financial commitment and agree to all above Terms & Conditions. I understand my withholding payment (i.e., past due balance) will result in Triple Threat withholding service (i.e., student suspended / replaced for competition etc..).

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### AUTO DRAFT

ARE YOU INTERESTED IN BEING ON RECURRING BILLING FOR **ALL FEES**, PLEASE MAKE SURE YOUR CREDIT CARD INFORMATION IS ENTERED IN THE PORTAL ON ICLASS PRO.

- YES, our family **WILL** opt in for automatic billing payments
- NO, our family **WILL NOT** opt in for Automatic billing payments

### REFERRAL INCENTIVE PROGRAM

*FAMILY who referred you to join 3TA 2025-26 season:*

\_\_\_\_\_

### MANDATORY GYM FUNDRAISERS OPT IN

Each season the gym does 3-4 mandatory fundraisers to help offset the cost of supplies, banquets, team surprises and much more. Most fundraisers require a minimal amount to sell and have a kick back towards families. Not everyone may have people to sell to. We do give families the chance to opt out with a opt out fee.

Family Name: \_\_\_\_\_

- YES, we WILL participate in the mandatory gym fundraising.
- NO, we WILL NOT participate in the mandatory gym fundraising.

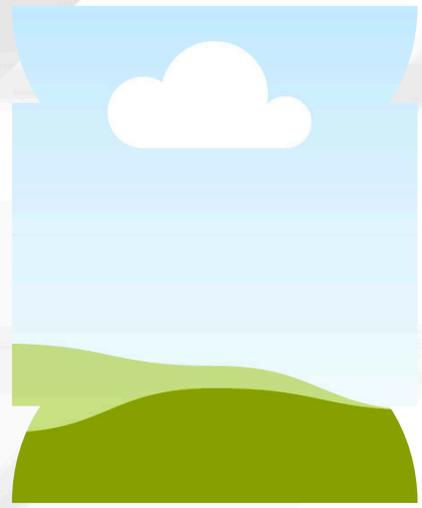
**\*\*If NO is selected there will be a \$100.00 out fee that will be due on FEB 1st\*\***

### OFFICE USE ONLY

T-SHIRT \_\_\_\_ TANK \_\_\_\_ / \_\_\_\_ PRACTICE WEAR \_\_\_\_ / \_\_\_\_ UNIFORM \_\_\_\_ / \_\_\_\_ WARM UP \_\_\_\_ / \_\_\_\_



# CHEER ATHLETE EVALUATION FORM



\_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Parent Guardian Name

\_\_\_\_\_  
Phone #

\_\_\_\_\_  
Athlete #

\_\_\_\_\_  
Gym/Program 2024-25

\_\_\_\_\_  
Team Level in 2024-25

\_\_\_\_\_  
# of Years in cheer

## TEAM/DIVISION/LEVEL GOAL FOR 2025-2026 SEASON:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## OTHER REQUEST

\_\_\_\_\_

These request will be considered, but no guarantees are made. Specific requests for ride sharing/siblings/practice times etc... that are realistic, significant, and valid are accommodated when it doesn't hinder overall team rosters. Requesting to fly, to be on an older team than your normal age group, or to be on a team with higher-level skills than the ones you currently have are unlikely to make an impact on the final roster selection.

Are you interested in being a crossover for an additional \$85 per month? \_\_\_\_\_  
*\*EOS FEES ARE NOT INCLUDED IN THIS*

### HAVE BEEN ON A CHEER TEAM BEFORE?

### IF SO, WHAT ROLE(S) DID YOU PLAY IN STUNT GROUPS?

(CIRCLE ALL THAT APPLY)

MAIN BASE

SECONDARY BASE

BACKSPOT

FLYER

**What is the HIGHEST level of stunts you have competed**  
**(Please select one)**

1

2

3

4

5

6/7

**CALLBACK:** \_\_\_\_\_ **N/A** \_\_\_\_\_



# CHEER EVALUATIONS TUMBLING CHECK LIST

## STANDING TUMBLING

## RUNNING TUMBLING

**SUPERIOR (S) - GOOD (G) - AVERAGE (A) - BELOW AVG (BA) - NEEDS WORK (NW)**

NOVICE/PREP  
 LEVEL 1  
 LEVEL 2  
 LEVEL 3  
 LEVEL 4  
 LEVEL 5

___ Back Walkover ( <b>BWO</b> ) ___ Handstand Forward Roll ___ Front Walkover ( <b>FWO</b> )	___ Foward Roll (FR) ___ Cartwheel (CW) ___ Round Off (RO)
___ BWO Series ___ Valdez / BWO Switch Leg	___ Handstand FR CW BWO (series) ___ Front WO CW BWO Switch Leg
___ BHS SO BWO BHS ___ BWO Switch Leg BHS	___ RO BHS Series ___ CW BHS SO BWO BHS (series)
___ BHS SO BHS Series ___ BHS Advanced Jump BHS (series)	___ RO BHS TK HS TK ___ RBHS SO 1/2 Turn RO to TK
___ BHS / BHS SO TK ___ Advanced Jump BHSTK	___ RO BHS LO ___ PF SO to LO ___ RO W to TK / LO
___ BHS (series) W to LO/LO SO ___ Advanced Jump BHS LO	___ RO BHS F ___ RO to Whip to F ___ RO Arabian / Half SO to F / LO

**FR** - FORWARD ROLL  
**CW** - CARTWHEEL  
**BER** - BACK EXTENSION ROLL

**BWO** - BACK WALKOVER  
**FWO** - FRONT WALKOVER  
**RO** - ROUND OFF

**FHS** - FRONT HANDSPRING  
**FB** - FRONT BOUNDER  
**BHS** - BACK HANDSPRING  
**W** - WHIP

**SO** - STEP OUT  
**FB** - FRONT BOUNDER  
**PF** - PUNCH FRONT  
**TK** - TUCK

**BT** - BACK TUCK  
**LO** - LAYOUT  
**F** - FULL  
**DF** - DOUBLE FULL