*LAST UPDATED 5/20/2026

TRIPLE THREAT ATHLETICS

18 SEASON



MIDYEAR CHEER

Full Year Competitive Cheer Season

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WELCOME TO TRIPLE THREAT ATHLETICS

For the past 18 years, our mission has been to help every athlete reach their full potential in a safe, positive environment. Through cheerleading and dance, members have fun while working hard to achieve team goals, build lasting friendships, grow in confidence, develop a sense of family, and accomplish things they once thought were impossible.

Our program is about more than athletic performance. The time and dedication athletes invest in improving stunts, tumbling, jumps, and motions help strengthen their fitness, sharpen their skills, and prepare them for opportunities such as collegiate cheerleading. Along the way, they also learn accountability, sportsmanship, teamwork, how to achieve goals, and the value of striving for excellence.

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 essential to personal growth and team development. At Triple Threat, we encourage open, truthful communication among athletes, coaches, and families. It strengthens relationships, builds trust, and supports the kind of feedback that helps athletes improve. Whether admitting mistakes, asking for help, or giving and receiving feedback, honesty is a key part of being a strong athlete and teammate. By living out these values, our athletes grow not only as cheerleaders, but also as confident, capable individuals prepared for success in all areas of life.

UNDERSTANDING COMPETITIVE TIERS

At Triple Threat, we offer three tiers of competitive cheerleading to accommodate athletes of all experience levels and commitment abilities.



All Star **Novice** & **Tiny Tygers** welcomes athletes with some past cheerleading experience or no cheerleading experience. The program continues to build a love for All Star, while focusing on skill building and growth in a low-pressure, evaluation-only environment

• Time Commitment: LOW
• Practice Schedule: December - May (1) 1.5 hr (novice) practice/week
• Competitions: Local/Regional Performances - Non-Competitive



All Star **PREP** is perfect for the athlete ready to take it to the next level! Introducing a competitive environment drives excellence in skill building. Athletes begin to be held to high expectations with the true introduction to the competitive side of All Star Cheer.

Time Commitment: Moderate
Practice Schedule: December - May (1) 2 hrs. practice/week (1) 1.5/2 hrs.
Competitions: Local/Regional Competitions – Competitive

EVALUATION PROCESS

New to cheerleading? No problem! Let us know on the Cheer Evaluation Form and our coaches will help you through the evaluation process.

PHASE I

REGULAR SKILL EVALUATION
SUNDAY, NOVEMBER 15TH

3:00-5:00pm | Ages 5- 29

Once registered for this session athletes will perform the evaluation mini routine for whichever level that suits them best. The mini level routine 8 count track and video examples can be found on our website. Skill levels will consist of the following.

Standing tumbling pass, running tumbling pass, jump sequence and dance

*Suggested skills can be found on the Cheer Evaluations Tumbling Checklist

EVALUATION PROCESS – FEES

Evaluation Fee $25
Annual Gym Membership $50

REGISTER ONLINE ON THE TRIPLE THREAT WEBSITE/MOBILE APP

Season Pricing

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

Billing begins in December 2026 and continues through April 2027. 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. Monthly tuition is due on the 1st of each month, and required additional charges are due on the 20th.

SEASON LAUNCH - COMMITMENT FEE

MID YEAR

Includes: Comprehensive custom music mixes, licensing fees, professional routine choreography, and annual athlete administrative overhead.

$200
DUE AT THREAT NIGHT | NOV 22ND 3PM
NON-REFUNDABLE DEPOSIT

Note: *This fee is 100% non-refundable once team placements are accepted. Due at THREAT NIGHT parent meetings.*

TUITION PRICING 2026-27

MID YEAR

MONTHLY TRAINING
COMPETITION ENTRY FEES
EXCLUSIVE SATURDAY OPEN PASS

$110
PER MONTH

All-Inclusive: Training billed on the 1st of each month. Includes all core team practices, guaranteed floor time, expert coaching staff season competition fees, Saturday open gym & exclusive 1 time season punch pass for recreational classes.

REQUIRED APPAREL & ADDITIONAL COST

COMPETITION UNIFORM $200
**THIS UNIFORM WILL BE WORN FOR THIS SEASON AND WILL BE SPLIT INTO 2 PAYMENTS

COMPETITION BOW $30

COMPETITION HAIR PIECE .....$30/$180

USASF ATHLETE MEMBERSHIP: PAID DIRECTLY TO USASF

MINOR ATHLETE $49

ADULT ATHLETE $68

STAFF COMPETITION TRAVEL $175

COMPETITION TRAVEL AND LODGING

FUNDRAISING OPT-OUT $100

OPTIONAL CROSSOVER .....$85 ADDITIONAL PER MONTH, END-OF SEASON FEES ARE NOT INCLUDED

Discounts & Savings

SIBLING DISCOUNT

2ND CHILD	3RD CHILD
$50 OFF/MONTH	$60 OFF/MONTH

TRIPLE THREAT ATHLETICS® IS A TUITION BASED PROGRAM! TO ENSURE FAIRNESS AND CONSISTENCY FOR ALL FAMILIES, PRICING, PAYMENT POLICIES, AND FINANCIAL OBLIGATIONS APPLY EQUALLY TO ALL ATHLETES AND ARE NOT SUBJECT TO ADJUSTMENT.

CLOSINGS AND IMPORTANT DATES

*DATES & EVENTS ARE SUBJECT TO CHANGE

Athlete Evaluations PHASE I	Sunday, November 15th, 2026
THREAT NIGHT	Thursday November 22nd, 2026, 3:00pm
Team Practices Begin	Week of Monday, November 30th, 2026
Choreography Sessions	During team practices December/January
Thanksgiving Break - **CLOSED**	Thursday, November 26th - 27th, 2026
Athlete Picture Day	December 2026
Christmas Holiday - **CLOSED**	Thursday - Saturday, December 24th - 26th, 2026
New Years Eve/Day - **CLOSED**	Thursday - Friday, December 31st - January 1st, 2026/2027
Easter Holiday - **CLOSED**	Sunday, March 28th, 2027
Last week of practices	Week of Monday, April 26th, 2027
An Evening of Champions - EOS Banquet	May/June TBD 2027

2026-2027 TENT Competition/Event Schedule

As we have developed the best championship experience for all our families.
THIS SCHEDULE IS SUBJECT TO CHANGE! Please note events may switch dates, venues and or to virtual formats. We will do our ultimate best to accommodate what is BEST for the entire program.

Jan 30, 2027 All Star Championships

Feb 13, 2027 Schenectady High School

Feb 14, 2027 Broadalbin-Perth High School

Feb 18, 2027 Niskayuna High School

Mar 27–28, 2027 Deep South Spirit

Apr 25, 2027 Spring Showcase

TRIPLE THREAT ATHLETICS®

FACILITY CLOSURES
ARE SUBJECT TO CHANGE PER RELEASE OF COMPETITION SCHEDULE

TERMS & CONDITIONS

Please initial each item to acknowledge your understanding and agreement.

FINANCIAL RESPONSIBILITY

_____ I have read and fully understand the financial commitment to Triple Threat Athletics outlined in this registration packet.

_____ I understand that I am entering this program voluntarily.

_____ As the parent/guardian, I accept full responsibility for this financial commitment and agree to all terms and conditions listed above.

PAYMENT POLICIES

_____ No Pay, No Play: Late or missed tuition payments may result in suspended participation in practices. Athletes will not be sized for or receive custom apparel if July and August balances are not current.

_____ All payments are non-refundable, non-prorated, non-transferable, and will not be refunded for illness, injury, or early departure from the program, whether initiated by the family or Triple Threat Athletics.

_____ Pay-in-full amounts are discounted and are therefore 100% non-refundable and non-transferable.

_____ Merchandise, including uniforms and other apparel, will not be distributed if any payment is past due,

_____ Services may be withheld if payments become more than 5 days past due, including suspension from practice or being held out of participation.

_____ Athlete suspensions related to late payments are at the discretion of Triple Threat Athletics.

PAYMENT METHOD AND ADDITIONAL FEES

_____ I understand that if I provide credit card or debit card information, it may be used for all program-related charges if I choose that payment method.

_____ Returned checks are subject to a $30 fee, and no personal checks will be accepted for the remainder of the season after a returned check.

_____ Threat fines may be assessed if contractual obligations are not met.

Withdrawal Policy

_____ If an athlete withdraws from the program, voluntarily or involuntarily, before the end of the season, all previously paid amounts remain non-refundable. This includes deposits and fees such as tuition, choreography, uniforms, warm-ups, sneakers, and other required program payments.

_____ I understand that a $500 early departure fee is due within 14 days of the athlete's last attended practice. If this fee is not paid within that time, Triple Threat Athletics reserves the right to pursue a small claims action.

_____ I understand that withholding payment or allowing an account to become past due may result in Triple Threat Athletics withholding services, including suspension or replacement for competition participation.

Signature: _____

Date: _____/_____/_____

RECURRING BILLING

IF YOU WOULD LIKE TO HAVE RECURRING BILLING "AUTO DRAFT" FOR **ALL** FEES, PLEASE ENTER YOUR CREDIT CARD INFORMATION IN THE ICLASS PRO PORTAL WITH SELECTING ***"THIS PAYMENT METHOD IS AUTHORIZED FOR RECURRING BILLING".***

◯ *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 2026-27 season:

_____

MANDATORY GYM FUNDRAISERS OPT IN

Each season the gym does 3-5 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.

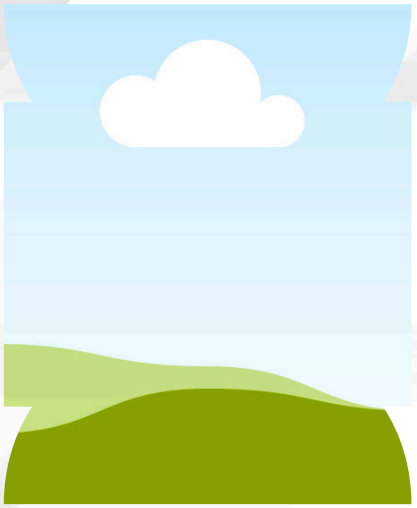
◯ NO, we WILL NOT participate in the mandatory gym fundraising.

*****If NO, you can opt out with an opt-out fee. opt-out fee for the season is $100.00 that will be due on February 1st*****

OFFICE USE ONLY

T-SHIRT _____ TANK _____ PRACTICE WEAR (T)_____/ (B) _____

CHEER ATHLETE EVALUATION FORM



Athlete Name _____ Age _____ Date of Birth _____

Parent Guardian Name _____ Phone # _____

Athlete # _____ Gym/Program 2025-26 _____ Team Level in 2025-26 _____ # of Years in cheer _____

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

1._____ 2._____ 3._____

OTHER REQUEST

_____

These requests 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 $100 per month? _____

** EOS FEES ARE NOT INCLUDED IN THIS*

HAVE YOU 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: _____

CHEER EVALUATIONS TUMBLING CHECK LIST

TRIPLE THREAT ATHLETICS

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

	STANDING TUMBLING	RUNNING TUMBLING
NOVICE/PREP	___ Back Walkover **(BWO)** ___ Handstand Forward Roll ___ Front Walkover **(FWO)**	___ Forward Roll (FR) ___ Cartwheel (CW) ___ Round Off (RO)
LEVEL 1	___ BWO Series ___ Valdez / BWO Switch Leg	___ Handstand FR CW BWO (series) ___ Front WO CW BWO Switch Leg
LEVEL 2	___ BHS SO BWO BHS ___ BWO Switch Leg BHS	___ RO BHS Series ___ CW BHS SO BWO BHS (series)
LEVEL 3	___ BHS SO BHS Series ___ BHS Advanced Jump BHS (series)	___ RO BHS TK HS TK ___ RBHS SO 1⁄2 Turn RO to TK
LEVEL 4	___ BHS / BHS SO TK ___ Advanced Jump BHSTK	___ RO BHS LO ___ PF SO to LO ___ RO W to TK / LO
LEVEL 5	___ 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

CHEER EVALUATIONS STUNT CHECK LIST

ATHLETES MUST SHOWCASE (1) STUNT SKILL, (1) DISMOUNT AND (1) BASKET

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

	STUNTS	DISMOUNTS/BASKETS
LEVEL 1	____ QUARTER TWISTING TICK TOCK AT PREP LEVEL BODY POSITION TO BODY POSITION WITH BRACER ____ QUARTER UP TO PREP ____ TIC TOC AT PREP LEVEL WITH BRACER BODY POSITION TO BODY POSITION ____ QUARTER TWISTING RELEASE FROM GROUND LEVEL "SWITCH UP" TO PREP LEVEL LIB WITH BRACER ___ QUARTER TWIST GROUND LEVEL INVERSION TO PREP	___ STRAIGHT RIDE CRADLE
LEVEL 2	___ QUARTER TWISTING TICK TOCK AT PREP LEVEL LIB TO BODY POSITION ___ HALF UP TO EXTENSION ___ TIC TOC AT PREP LEVEL STRETCH TO STRETCH ___ SWITCH UP TO PREP LEVEL STRETCH (NON-RELEASED) ___ INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION	___ QUARTER TWISTING DISMOUNT FROM PREP/ EXTENSION TO CRADLE ___ STRAIGHT RIDE TOSS
LEVEL 3	___ PREP TO PREP FULL TWISTING TICK TOCK, LIB TO ARABESQUE (NON-RELEASED) ___ FULL UP TO EXTENSION ___ TIC TOC FROM WAIST PREP LEVEL STRETCH TO STRETCH ___ SWITCH UP TO PREP LEVEL STRETCH ___ FULL TWISTING INVERSION FROM BELOW PREP TO PREP LEVEL ONE LEG STUNT	___ SINGLE TWIST DISMOUNT FROM 2 FEET ___ SINGLE TWIST TOSS ___ OPTIONAL TOE TOUCH, PIKE, BALL ARCH
LEVEL 4	___ FULL TWISTING SWITCH UP FROM GROUND LEVEL TO PREP LEVEL ARABESQUE ___ FULL UP TO EXTENDED LIB ___ HIGH TO LOW TIC TOC STRETCH TO STRETCH ___ PREP LEVEL TICK TOCK, LIB TO EXTENDED STRETCH ___ RELEASE INVERSION FROM PREP LEVEL TO EXTENDED STUNT	___ DOUBLE TWIST DISMOUNT FROM 2 FEET ___ KICK SINGLE TOSS, HITCH KICK TOSS