

504 ATHLETICS

BEEHIIV EMAIL CONTENT PACKAGE

Off the Mat: Your July Newsletter

Use this as your first Beehiiv send — it introduces the newsletter to current families and gives new subscribers a reason to stick around. Fill in the bracketed dates before sending.

NEWSLETTER NAME:

Off the Mat — the 504 Athletics newsletter

SUBJECT LINE:

504 This July: New Classes, Uniforms & a Car Wash!

PREVIEW TEXT:

Tumbling & All-Star class openings and schedules for July

OFF THE MAT

THE 504 ATHLETICS NEWSLETTER · JULY 2026



Our 4Hantom family celebrating another National Champions season

Hi 504 Athletics Family,

It's a busy July here at 504 Athletics! Here's what's going on this month — and what's coming up next.

Rec Tumbling resumes Thursday, July 9, 2026. All-Star practices resume Sunday, July 12.

Schedules at a Glance

All All-Star Cheerleading practices for the month of July.

All-Star Team Practice — Violet, M2 & 4Hantom

Team	Sunday	Tuesday	Wednesday
Violet	1:15–2:30 PM	6:00–7:30 PM	—
M2	1:00–2:30 PM	—	5:45–7:15 PM
4Hantom	2:00–3:30 PM	—	6:30–8:00 PM

Rec Tumbling — \$79.99/mo	Tuesday	Thursday	Saturday
Preschool REC (Ages 3–5)	—	—	9:00–9:45 AM
Beginner REC (Ages 5–12)	6:30–7:30 PM	—	10:00–11:00 AM
Advanced REC (Ages 5–12)	6:30–7:30 PM	5:30–6:30 PM	11:00–12:00 PM
All-Star Open Gym (Ages 10+)	—	5:30–7:30 PM	10:00–12:00 PM

All-Star Cheer Tumbling	Tuesday	Wednesday	Thursday	Saturday
Level 1	5:30–6:30 PM	—	6:30–7:30 PM	—
Level 2	5:30–6:30 PM	—	6:30–7:30 PM	—
Level 3 & 4	—	5:45–6:30 PM	—	11:00–12:00 PM
All-Star Open Gym (Ages 10+)	—	—	5:30–7:30 PM	10:00–12:00 PM

- All-Star athletes may choose (1) tumbling class included with tuition.



4Hantom teammates all smiles

2026-2027 All-Star Cheer Annual Contract

All contracts must be signed and submitted to attend practices in July.

USASF Registration – July 12-20

All All-Star athletes must be registered with USASF between July 12 and July 20 at www.usasf.net. A complete birth certificate must be attached to the registration.

All-Star Competition Uniform Sizing – July 19-25, 2026

Athletes on Violet, M2, and 4Hantom will be sized for competition uniforms during the week of July 19-25 during practice. Please make sure your athlete attends their scheduled practice that week so we can get an accurate fit. Make-up sizing will be done the first week of August. (Athletes who do not need a new uniform will receive a \$300 credit toward their account.)

July Fundraiser: Car Wash at Pelican Pointe

Join us for a car wash fundraiser at Pelican Pointe from July 12 through August 1. Athletes get half of the sold proceeds credited directly to their accounts — come get a clean car and support the gym! We'd love extra hands to help out; reply to this email if you can volunteer.

Upcoming Gym Closures

- Back to School Closure: **Sunday, August 9 - Saturday, August 15, 2026**

This gives our athletes time to prepare ahead for school and the exciting upcoming 2026-2027 school year!

Team Moms

NEW this year: every mom will serve as a team mom! This is the first time we're having every family actively involved. Assignments will go down the roster alphabetically by last name, starting in August, with multiple team moms toward the end of the season for extra help.

If you do not wish to be a team mom, please email 504athletics@gmail.com.

Tumbling – New Class Days & Times

We've added new class days and times for Recreational Tumbling and All-Star this July! Classes are 60 minutes, \$79.99/month, with a \$75 annual registration fee. Only 8 students per class — waitlists available once a class fills. Full schedules are on the Schedules at a Glance page.

504 ATHLETICS REC Tumbling Classes

	TUESDAY	THURSDAY	SATURDAY
PRESCHOOL REC Ages 3-5	—	—	9:00-9:45 AM
BEGINNER REC Ages 5-12	6:30-7:30 PM	—	10:00-11:00 AM
ADVANCED REC Ages 5-12	6:30-7:30 PM	5:30-6:30 PM	11:00-12:00 PM
ALL STAR OPEN GYM Ages 10 and up	—	5:30-7:30 PM	10:00-12:00 PM

\$79.99 PER MONTH

★ ONLY 8 STUDENTS PER CLASS
★ WAITLIST AVAILABLE

FOR REGISTRATION VISIT 504ATHLETICS.COM

TUMBLING SCHEDULE

504 ATHLETICS ALL-STAR Cheerleading Classes

	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
LEVEL 1	5:30-6:30 PM	—	6:30-7:30 PM	—
LEVEL 2	5:30-6:30 PM	—	6:30-7:30 PM	—
LEVEL 3 & 4	—	5:45-6:30 PM	—	11:00-12:00 PM
ALL STAR OPEN GYM Ages 10 and up	—	—	5:30-7:30 PM	10:00-12:00 PM

★ ONLY 8 STUDENTS PER CLASS

FOR REGISTRATION VISIT 504ATHLETICS.COM

CHEERLEADING SCHEDULE

Register at 504athletics.com.

Upcoming Event: Tumbling Clinic — September 19-20, 2026

Save the date! We're hosting a Tumbling Clinic on Saturday, September 19 and Sunday, September 20, 2026, with special guests **Liam Potolsky (Top Gun Double O)** and **Jayda Redden (Pro Cheer Miami Metal)**.

- Ages 8-18 · Levels 1-6 · 2.5 hours each day
- 1 Day: \$95 (504 athletes) / \$110 (non-members)
- 2 Day: \$150 (504 athletes) / \$175 (non-members)
- Private lessons offered · registration online only · limited space!

Sign up at 504athletics.com — all athletes receive a commemorative t-shirt.

Refer a Friend, Earn \$150

Know a friend who's been wanting to try tumbling or cheer? When you refer a family and they enroll, you get \$150 credited toward your own tuition. Forward this email or have them mention your name at sign-up.

Coaches Corner

Get to know the coaches shaping our athletes this season!



Jourdan Rodgers — Head Coach for Level 1 Team Violet Jeremy Knott — Head Coach for Level 4 Team 4Hantom

Don't Forget the 504 Athletics App

Enroll, check attendance, and get push notifications for gym announcements — all from your phone.

- Download for iOS
- Download for Android

Absences

All absences should be recorded in your 504 Athletics app portal to be approved.

Practice Wear

- Rec Tumbling: tight tank top or sports bra with athletic shorts.
- All-Star Teams (Violet, M2, 4Hantom): team bra top, bling practice shorts, and team bow. Uniform socks required starting in September.
- Cheer shoes: Chassé Apex (\$39.99) (Dick's Sporting Goods or omnicheer.com).

A Few Friendly Reminders

- Only clear liquids are allowed in the gym, one water bottle per athlete. Soda, coffee, and outside drinks from fast food restaurants are not permitted.
- For everyone's safety, please help keep little ones off the equipment, including the trampoline, while they're waiting or watching.
- All-Star parents only: no videos during practice, please.
- All-Star practices are closed.
- Please help us protect our equipment: parents should not sit on the trampoline mat or trampoline, so we can keep it in great shape for our athletes as long as possible.
- No gum, please.
- All athletes must enter and leave the gym fully covered.

Important Dates

- July 1 — Recreational tuition due
- July 15 — All-Star tuition due
- Wednesday, July 15 — All-Star stunt choreography for M2 and 4Hantom with Brantly Jittu

Privates

Want some extra one-on-one attention? Privates can be booked on the Customer Portal under "Privates."

Quick Links

- Check out our website — 504athletics.com
- All-Star Cheerleading families: find any additional or missed information in our All-Star Hub at 504athletics.com/cheerleading/all-star-hub

Registration

- Step 1: Create a parent account at 504athletics.com or use the 504 Athletics app to create an account on the portal.

Additional information can always be found by asking your question on 504athletics.com under the Coach Gina AI agent.

Upcoming Competition

Save the date! Violet, M2, and 4Hantom will compete on **Saturday, December 6**, at the **Mississippi Coast Coliseum and Convention Center, 2350 Beach Blvd., Biloxi, MS 39531**.

A room block will be available for families who'd like to book (optional).



One last friendly ask: we'd love for every All-Star Cheerleading parent to be on both the **Band app** and the **Remind app** for their team, so you never miss an important update. Thank you for being such an amazing part of our 504 Athletics family!

See you at the gym!

— *The 504 Athletics Team*

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