



504
Athletics

2026-2027
INFORMATION GUIDE



SECTION 1: WELCOME MESSAGE

504 ATHLETICS

Founded in 2022, now entering their 5th competitive season, 504 athletics is home to Kenner, La's most successful All-Star cheerleading program in the New Orleans metropolitan area. The facility is owner-managed and operated, ensuring the highest quality training and service. In their 5th competitive season, 504 Athletics has earned NCA champion and prestigious bids to

The D2 and Youth Summit, Highlights include:

- • 2025 NCA Champion
- • 2025 Cheersport Silver Medal (2)
- • 2025 Mardi Gras National Champion
- • 2024 NCA Silver Medal
- • 2024 Mardi Gras National Champion
- • 2023 Deep South Grand Champion

504 athletics is built on family, determination, and the belief that every athlete is capable of anything they set their mind to. 504 athletics' philosophy centers on the magic of hard work and family — values that carry athletes well beyond the competition floor.

Core values: Develop competitive athletes who are upstanding individuals — teaching time management, commitment, teamwork, and self-confidence.

Overall goal: Our overall goal is to prepare athletes to achieve scholarships at the most prestigious colleges in the nation and represent 504 athletics in discipline and beyond. Currently, we have two athletes succeed through our program with full tuition scholarships in Cheer on the national level.





SECTION 2: MEET THE STAFF

GINA GERALD – OWNER

Gina Gerald is the founder and director of 504 Athletics, a competitive All-Star cheerleading program based in the New Orleans area. With more than 30 years of experience in cheerleading, tumbling, gymnastics, and coaching, Gina has dedicated her life to developing athletes, building confidence, and growing the sport she loves.

Gina began her athletic journey at New Orleans East Gymnastics, where she trained under the direction of respected gymnastics coach Eddie Reso. During this time, she competed as a four-event gymnast specializing in bars, beam, vault, and floor exercise. Her passion for coaching began very early—at just 12 years old, Gina began assisting with coaching younger athletes and quickly discovered her natural ability to teach and mentor. By age 13, she was coaching preschool gymnastics, an experience that laid the foundation for her lifelong career in athlete development and leadership.

A 1994 graduate of St. Mary's Dominican High School, Gina was a member of the prestigious Dominican Debs dance team from 1990–1994 and served as Senior Co-Captain in her final year. During this time she spent many evenings on the football field cheering on the Brother Martin Crusaders, while also participating in basketball games, dance competitions, and band events.

After graduating, Gina attended the University of New Orleans, where she studied computer science and became a member of the UNO Starlettes Dance Team, continuing her passion for performance, athleticism, and teamwork at the collegiate level.

Gina began coaching cheer and dance teams throughout the New Orleans area in the late 1990s. In 1998, she served as a coach for the Jesuit Jayettes, helping guide the team in performance and competitive preparation. Over the years she has worked with numerous school, dance, and cheer programs, mentoring athletes and helping them develop strong fundamentals in tumbling, stunting, and performance.

In 2007, Gina joined Johns Hopkins Medical Center, where she worked with SAP systems and enterprise operations within one of the nation's most respected medical institutions. During this time, she had the opportunity to live and work in several major cities including Baltimore, Houston, Dallas, and Washington, D.C., experiences that strengthened her leadership, organizational, and business management skills.

In 2013, Gina's deep love for New Orleans brought her back home, where she began working with the United States Department of Agriculture (USDA) in software and systems development, applying her technology and systems expertise in the federal sector.

In 2022, Gina turned her lifelong passion for coaching into reality by opening 504 Athletics, an All-Star cheerleading program dedicated to elite training, athlete development, and building confident young leaders.

In 2025, just two years after opening its doors, 504 Athletics achieved one of the highest honors in the sport by winning the NCA All-Star National Championship, widely regarded as the most prestigious title in All-Star cheerleading. The achievement marked a historic milestone for the young program and quickly established 504 Athletics as one of the most competitive emerging gyms in the region.

In 2023, Gina also served as a coach for East Jefferson High School and Kenner Discovery Health Sciences Academy, continuing her commitment to developing student-athletes across the New Orleans community.

Today, 504 Athletics continues to grow as one of the fastest-growing cheer programs in the region, earning national recognition while continuing the proud tradition of competitive cheer in the New Orleans area.

Gina's coaching philosophy centers on discipline, teamwork, confidence, and perseverance. She believes cheerleading is more than a sport—it is a platform that helps young athletes develop the character and determination needed to succeed in life.



ERIKA COLEMAN – FINANCE MANGER

Erika Coleman: serves as the Finance Manager for 504 Athletics, where she supports daily operations, communication, and organizational coordination for athletes, families, and staff. With a background in accounting, Erika brings strong organizational skills, attention to detail, and a commitment to helping the gym run smoothly. She is passionate about creating a positive and supportive environment that allows young athletes to grow, develop, and succeed both on and off the field.

JACI SEWARD – TUMBLING COACH/DIRECTOR

Jaci Seward is a proud graduate of Mount Carmel Academy, where she developed a strong foundation in academics, leadership, and athletics. Following high school, Jaci attended the University of Alabama, where she was a member of the Alabama Cheerleading Team.

During her time at Alabama, Jaci demonstrated exceptional dedication to both her academic and athletic pursuits, completing her degree ahead of schedule and graduating early in December 2025.

Continuing her commitment to health, performance, and helping others, Jaci will begin pursuing her Doctorate of Physical Therapy (DPT) at LSU in May 2026. Her goal is to work with athletes and active individuals, helping them recover from injuries and perform at their highest potential.

Jaci's journey reflects discipline, leadership, and a passion for athletics and healthcare, and she continues to inspire young athletes through her example.

LAILA JORDON – ALL STAR TEAMS COACH

- Spotting: Proficient in spotting up to standing and running back tucks; expert in body shaping and technique for level 1–3 tumbling.
- Stunting: Specialized in elite collegiate-level stunting, including multi-base and co-ed techniques.
- Flyer Technique: Flexibility training, air-awareness, and body position perfection.
- Jump Training: Improving height, power, and landing technique.
- STUNT Expertise: Deep understanding of STUNT the Sport

Laila has over 17 years of experience in competitive cheerleading. She brings a wealth of elite-level knowledge. At the collegiate level, she was a member of a cheer program that secured four consecutive national championships. This period of her career was marked by incredible versatility, including a national title in the Game Day division, which sharpened her ability to lead teams in both traditional competitive formats and high-energy sideline performances. In addition to traditional cheer, Laila competed on a STUNT team for four years in Texas, where her squad successfully captured a division championship. This experience in STUNT gave her a specialized edge in technical execution and strategy.

As a coach, Laila aims to translate these championship experiences into a training environment that prioritizes discipline, resilience, and growth.





SECTION 3: WHAT IS ALL-STAR CHEERLEADING?

All-Star is the sport term for competitive cheerleading. Unlike school or recreational cheer teams, All-Star teams are affiliated with a gym or studio and train and perform specifically for competition in a fast-paced, highly dynamic environment. Programs offer a range of options for all experience levels:

PROGRAM TYPE	DESCRIPTION
Recreational Tumbling (Saturdays)	Non-competitive tumbling instruction for skill building
All-Star Novice	Beginner competitive teams with less travel
All-Star Non-Travel	Intermediate commitment with local + limited travel competition
All-Star Travel	Year-round commitment competing locally and nationally

ALL STAR NOVICE/PREP NON-TRAVEL PROGRAM (NEW ORLEANS, BILOXI)

1.5 – 2.5 - hour practices, skill development, and competitive opportunities.

- Ages 6–15
- 11-month commitment
- Practice twice per week. (1.5 hours June – December and 2.5 hours January – April)
- Compete locally and at 5–6 travel events (Biloxi/Orange Beach) (1-day travel events only)

ALL-STAR TRAVEL PROGRAM (“TENTATIVE” ATLANTA, HOUSTON, ORANGE BEACH, BILOXI)

Nationally recognized competitive teams for experienced athletes.

- Ages 8 and up (year-round commitment)
- Practice (1.5 hours June - August) and up to 3-6 hours per week (September - December), up to 10-12 Hours per week January - April
- Compete both locally and nationally
- 6–7 events per season with 2 national events in Atlanta/Houston

SECTION 4: INFO MEETINGS & TRYOUT DATES

Pre-register via Zoom. Password: 504

DATE	TIME
Monday, April 27, 2026	6:00 PM
Thursday, April 30, 2026	6:00 PM
Sunday, May 10, 2026	7:00 PM





SECTION 5: EVALUATIONS & TEAM PLACEMENT

TUMBLING EVALUATION DATES

- Athletes born 2019-2023: May 12, 2026 · 6:00-8:30 PM
- Athletes born 2016-2018: May 13, 2026 · 6:30–8:30 PM
- Athletes born 6/2007-2015: May 14, 2026 · 6:30–8:30 PM

STUNTING EVALUATION DATES

- Athletes born 2017-2023: May 17, 2026 · 5:00-6:00 PM
- Athletes born 2007-2016: May 17, 2026 · 6:00–7:30 PM

WHAT HAPPENS NEXT?

- Callbacks: First email sent - callback to specific practice sessions. Stunt-focused.
- May 22: Team placement announcement via email.
- June 1: Commitment Day — June 1st payment due, Band Invites sent out after payment and portal setup.
- First official practices begin the week of June 1.

SECTION 6: FINANCIAL INFORMATION

504 athletics offers all-inclusive and/or structured pricing. While initial costs may appear higher than other activities, all-star programs include competition registration, coaches' fees, music, choreography, Uniform, Competition shoes (All-star Travel only), and practice wear top and Practice wear bottom— These costs are normally charged separately elsewhere

504 ATHLETICS — PAYMENT OPTIONS

504 Athletics offers four payment plans for all tiers. All pricing is fully inclusive — no surprise fees later in the season. Options (A-D) can be chosen on Commitment Day.

PLAN	STRUCTURE
Option A: Pay-In-Full	Full payment due June 1, 2026 (discounted)
Option B: Partial Pay-In-Full	All-inclusive fees paid June 1 + monthly (11) tuition payments
Option C: 6-Month Installments	6 equal installments of all-inclusive fees starting June 1 + monthly (11) tuition payments
Option D: 9-Month Installments	Commitment fee June 1 + 11 monthly installments due the 15th of each month including all inclusive fees





TRAVEL TEAMS ALL INCLUSIVE FEES INCLUDE:

- Annual Registration (Pays For Insurance Liability)
- Unlimited Tumbling Classes
- Competition Uniform (Top and Bottom including Socks /Bow/Jersey)
- Competition Fees
- Coaches Fees
- Competition Music
- Choreography Building and Routine
- Sponsor shirt
- NCA Shirt
- Team Sendoff Gifts
- Practice Wear (Top & Bottom), and much more!

Total - \$2,515.00

***PLEASE NOTE – RETURNING ATHLETES NOT IN NEED OF UNIFORM /SOCKS/JERSEY WILL BE CREDITED IN THE MONTH OF JULY**

NON-TRAVEL (PREP) TEAMS ALL INCLUSIVE FEES INCLUDE:

- Annual Registration (Pays For Insurance Liability)
- Unlimited Tumbling Classes
- Competition Uniform (Top and Bottom including Socks / Bow/Jersey)
- Competition Fees
- Coaches Fees
- Competition Music
- Choreography Building and Routine
- Team Sponsor Shirt
- Team Send Off Gifts
- Practice Wear, and so much more!

Total - \$1935.00

***PLEASE NOTE – RETURNING ATHLETES NOT IN NEED OF UNIFORM /SOCKS/JERSEY WILL BE CREDITED IN THE MONTH OF JULY**

ADDITIONAL COSTS (NOT INCLUDED):

- USASF fee: \$49.00
- Nfiniti travel team shoes \$109.00-\$130.00 (Ordered through the Nfiniti representative in June)
- Individual Travel expenses including Flights/hotels/food
- Parent Parking and spectator fees (typically \$40/day/event)
- "Optional" pro-shop gear including : Cheer backpack, warmups, 504 athletics sweatshirts/TShirts
- NCA/Cheersport Choreography Upgrades (February)

TIP: 504 ATHLETICS PARENT BOOSTER ORGANIZATION IS INVOLVED THROUGH FUNDRAISING TO HELP OFFSET COSTS. FAMILIES ARE ENCOURAGED TO PARTICIPATE.



TRAVEL TEAM PAYMENT OPTION

OPTION A: PAY-IN-FULL

MONTH	FEES	TUITION	TOTAL
June	\$2,515	\$1,485	\$4,000
July			
August			
September			
October			
November			
December			
January			
February			
March			
April			
TOTAL	\$2,515	\$1,485	\$4,000

OPTION B: PARTIAL PAY-IN-FULL

MONTH	FEES	TUITION	TOTAL
June	\$2,515	\$140	\$2,655
July		\$140	\$140
August		\$140	\$140
September		\$140	\$140
October		\$140	\$140
November		\$140	\$140
December		\$140	\$140
January		\$140	\$140
February		\$140	\$140
March		\$140	\$140
April		\$140	\$140
TOTAL	\$2,515	\$1,540	\$4,055

OPTION C: 6-MONTH FINANCING

MONTH	FEES	TUITION	TOTAL
June	\$420	\$290	\$565
July	\$420	\$145	\$565
August	\$420	\$145	\$565
September	\$420	\$145	\$565
October	\$420	\$145	\$565
November	\$420	\$145	\$565
December		\$145	\$145
January		\$145	\$145
February		\$145	\$145
March		\$145	\$145
April			
TOTAL	\$2,520	\$1,595	\$4,115

OPTION D: 10-MONTH FINANCING

MONTH	FEES	TUITION	TOTAL
June	\$250	\$310	\$560
July	\$226	\$155	\$381
August	\$226	\$155	\$381
September	\$226	\$155	\$381
October	\$226	\$155	\$381
November	\$226	\$155	\$381
December	\$226	\$155	\$381
January	\$226	\$155	\$381
February	\$226	\$155	\$381
March	\$226	\$155	\$381
April	\$226		\$226
TOTAL	\$2,510	\$1,860	\$4,370

TRAVEL TEAM PAYMENT OPTION

OPTION A: PAY-IN-FULL

MONTH	FEES	TUITION	TOTAL
June	\$1,935	\$1,430	\$3,365
July			
August			
September			
October			
November			
December			
January			
February			
March			
April			
TOTAL	\$1,935	\$1,430	\$3,365

OPTION B: PARTIAL PAY-IN-FULL

MONTH	FEES	TUITION	TOTAL
June	\$1,935	\$135	\$1,550
July		\$135	\$155
August		\$135	\$155
September		\$135	\$155
October		\$135	\$155
November		\$135	\$155
December		\$135	\$155
January		\$135	\$155
February		\$135	\$155
March		\$135	\$155
April		\$135	\$155
TOTAL	\$1,935	\$1,485	\$3,420

OPTION C: 6-MONTH FINANCING

MONTH	FEES	TUITION	TOTAL
June	\$325	\$140	\$393
July	\$325	\$140	\$393
August	\$325	\$140	\$393
September	\$325	\$140	\$393
October	\$325	\$140	\$393
November	\$325	\$140	\$393
December		\$140	\$160
January		\$140	\$160
February		\$140	\$160
March		\$140	\$160
April		\$140	\$160
TOTAL	\$1,950	\$1,540	\$3,490

OPTION D: 10-MONTH FINANCING

MONTH	FEES	TUITION	TOTAL
June	\$175	\$290	\$425
July	\$175	\$145	\$295
August	\$175	\$145	\$295
September	\$175	\$145	\$295
October	\$175	\$145	\$295
November	\$175	\$145	\$295
December	\$175	\$145	\$295
January	\$175	\$145	\$295
February	\$175	\$145	\$295
March	\$175	\$145	\$295
April	\$175		\$295
TOTAL	\$1,925	1,595	\$3,520



TUMBLING CLASSES

Unlimited All-Star tumbling classes are included in all inclusive fees.

1 – hour Mandatory tumbling is now required. Athletes can sign up on the portal for their chosen class time(s) . Sign up will be available with limited class sizes after June 1.

All Athletes are subject to the same “attendance” rules in all-star cheer/level practices as in tumbling.

504 ATHLETICS — FINANCIAL NOTES

- Tuition Fee (July – April) due on the 15th of every month
- \$25.00 late fee applied the 5th day after the due date (20th of the month) Fully Enforced!
- Valid credit card must be kept on file via iClassPro. Any Declined charges for the card on file due to expiration dates, fraud, insufficient balance will be subject to a \$35.00 administrative fee.
- Apparel will only be ordered via 504 Athletics App/Online portal through the ProShop link.
- All accounts must be current to order purchase optional apparel.

FUNDRAISING OPPORTUNITIES

- 504 Athletics offers 1–2 fundraisers per month, with a detailed percentage of profits applied directly to athlete accounts.
- Some families cover 50–100% of fees through fundraising.
- Some Examples include: Double good popcorn, Pelican Pointe Car Wash, Raising Caines, Game On, Vertical Raise, Airline Skate, and others.



SECTION 7: UNIFORMS, PRACTICE WEAR & SHOES

Uniform Top, Uniform Bottoms, Uniform Socks, Uniform Bow, Uniform Shoes, 504 Cosmetics
 Hair style: Fake/Straight only High Teased pony tail (Amazon)

Competition Shoes (Non Travel "Prep" Teams Only)
 Dick's Sporting Goods – buy online or in the store

SHOE MODEL	PRICE (AS OF 4/1/26)
GK Elite Women's Chase Apex /Spotlight Cheer Shoes (Black)	\$49.99-69.99

SECTION 8: GYM CLOSURES

- May 24–25: Memorial Day Weekend
- June 28–July 11: Summer Break
- Sept 6–7: Labor Day Weekend
- Nov 11: Veterans Day
- Nov 22–28: Thanksgiving (practice resumes Sunday, November 29)
- Dec 24–Jan 3: Christmas Break (practice resumes Monday, January 4)
- Jan 18: Dr. MLK Day
- Feb 7–9: Mardi Gras Break (must be in the gym February 10)
- Mar 22–30: Easter/Spring Break (practice resumes Thursday, April 1)





SECTION 9: ATTENDANCE & ABSENCE POLICIES

504 Athletics expects top priority and 100% commitment.

Athletes are permitted 5 absences for family vacations before August 1 and 5 total absences for the remainder of the season August – April). Attendance is taken before every practice.

- All absences must be reported in advance through the 504 Athletics App/Portal
- Absence Request Form must be submitted 2 weeks prior — approval not guaranteed
- No absences permitted within 2 weeks of a performance or competition – FULLY ENFORCED!
- \$35 fee FULLY ENFORCED for any no-show without a proper absence form submission or unapproved absence. Any other absence from practice must be scheduled at least 7 days in advance.
- Excessive summer absences will jeopardize team position and may lead to replacement on team
- Excused absences: school activity required for a grade (not school cheer), athlete sick with fever or doctor's note, funeral/death in family.
- Absences will NOT be allowed the weekend ad week prior to any competition

SECTION 10: BUILDING/CHOREOGRAPHY DATES

MANDATORY BUILDING CHOREOGRAPHY

PROGRAM LEVEL	BUILDING DATES
All Teams	June 11 - 12, 2026 (est. 2 hours each team)

FULL ROUTINE CHOREOGRAPHY DATES WITHOUT BUILDING

PROGRAM LEVEL	CHOREOGRAPHY DATES
All Star Travel Teams	June 11 - 12, 2026 (est. 2 hours each team)
All Star Non Travel Teams	July/ August 2026 (TBD) and October

TRAVEL TEAMS CHEERSPORT /NCA UPGRADES

PROGRAM LEVEL	CHOREOGRAPHY DATES
All Star Travel Teams	February 2027



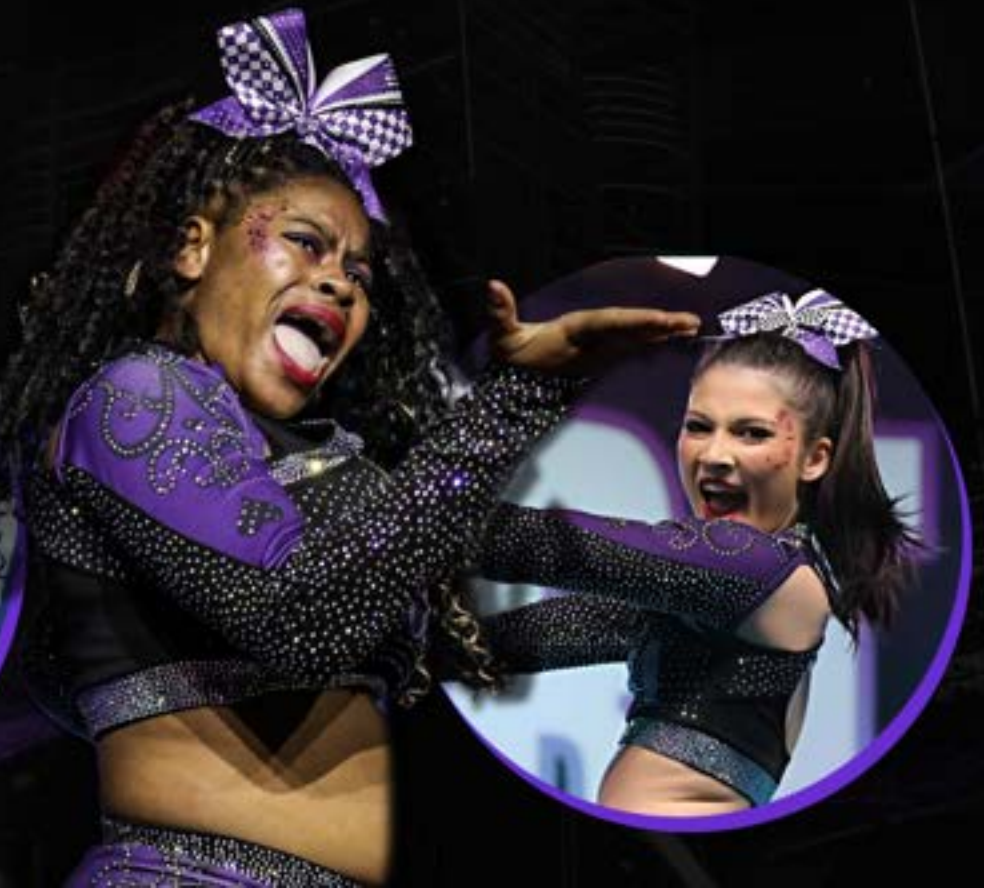
SECTION 11: LEVELS GUIDE - TUMBLING & STUNTS

The following chart summarizes the tumbling and stunt requirements for each All-Star level. All skills must be executed with proper technique — bent legs, flexed feet, arched layouts, and incomplete twists do not count as perfected skills.

LEVEL	TUMBLING	STUNTS
1	Back Walkover, Valdez, Switch Leg, Front Walkover, Back Extension Roll, Back Handspring Step Out	1-Leg Below Belly; 2-Legs at Chin; 2-Legs Extended in Pyramid; 1/4 Twisting
2	Round Off Two BHS, Back Walkover BHS, BHS Step Out.	1-Leg at Chin/Extended; 1-Leg Extended in Pyramid; 1/2 Twisting
3	Jump to BHS Series, RO BHS Back Tuck, FWO Aerial, Punch Front	1-Leg Extended; 2-Legs Extended Connected; Belly Level Flipping; Single Twisting
4	Standing Tuck, Jump BHS Back Tuck, RO BHS Layout, Front Aerial	1-Leg Extended; Extended Flipping; 1.5 Twisting; Released Skills to/from Extended

FLYER REQUIREMENTS

Selected flyers must maintain flexibility and skill requirements. Flyers must have strong flexibility, both leg variation tics, twisting and inversions, both leg body positions, an elite-level dismount, and basket toss. Athletes who do not meet ALL requirements will not be considered for flying. Athletes unable to meet level requirements must learn to base or be moved to an alternate position.





SECTION 12: FREQUENTLY ASKED QUESTIONS

DOES EVERYONE MAKE A TEAM?

Our Program has teams for all levels, including Novice/Prep for beginners. The goal is to find the right team for every athlete. However, team sizes are limited, and placement is not guaranteed at every level.

WHAT LEVEL IS MY ATHLETE?

Levels are based on tumbling skills and stunt capabilities.

How do athletes wear their hair for competitions?

A Posh Pony is required as part of the Uniform. Neat Braids can also be worn in a ponytail with Competition bow.

WHAT SHOULD ATHLETES WEAR TO TRYOUTS?

All black. T-shirts, tank tops, sports bras, and athletic shorts are acceptable. Long hair pulled back, no jewelry, light makeup allowed.

HOW DO I TRY OUT FOR A SPECIFIC TEAM?

You generally try out 504 athletics, not a specific team. Staff evaluates all athletes and builds teams to maximize competitiveness and athlete development.

ARE THERE FUNDRAISING OPPORTUNITIES?

Yes! 504 Athletics offers 1–2 fundraisers per month with profits applied to athlete accounts — some families cover 50–100% of competition fees. Families are strongly encouraged to participate.

WHAT IF MY ATHLETE IS INJURED?

Injured athletes must attend practice unless a doctor advises otherwise (provide doctor's note). Athletes may or may not be choreographed back into the routine after recovery — gym discretion. Monthly tuition continues regardless of injury or illness.

Will my Competition Routine change throughout the year?

Yes. To keep our teams competitive and ensure the success of all Novice, Prep, and Elite athletes, 504 Athletics regularly updates routines based on judges' feedback, scoring trends, and athlete progress. Routine changes may occur frequently throughout the season, and athletes are expected to learn and execute those changes promptly.

WHAT TO EXPECT:

- Reason for changes: judge critiques, rule updates, difficulty adjustments, and maximizing scoring potential.
- Frequency: updates can happen throughout the season—especially after competitions, evaluations, or choreography sessions.
- Who it affects: Novice, Prep, and Elite athletes.



SECTION 13: CODE OF CONDUCT & POLICIES

GENERAL EXPECTATIONS

- Winning goes BEYOND the mat and the routine on the stage at every competition
- We have an APP! (504 Athletics in the apple store or Google Play)
- Athletes and families must always conduct themselves with professionalism and dignity
- Negative social media posts about staff, teams, or other programs are grounds for removal
- Team Communication will be through Band only. Invites to Band sent after commitment to the program.
- No outside merchandise bearing program names or logos are allowed
- Zero tolerance for alcohol, theft, drug use, or abusive behavior
- Teammates must treat one another with respect — no cliques, gossip, or exclusionary behavior

ADDITIONAL POLICIES

- Parents, friends or family are not allowed in athlete warm up areas
- Parents and athletes must abide by all venue policies including no outside food/drink
- Athletes should arrive fully covered and leave fully covered at 504 athletics and all competitions (safety reasons)
- No food or drink allowed inside the building (504 athletics) only Water in a "clear" bottle
- No jewelry at practices or competitions (safety judge)
- No gum at practices or competitions
- No excessively long fingernails
- No tattoos of any kind
- No videotaping of practices. All videos will be uploaded to Team band
- All travel Varsity Competitions are "Stay to Play" Athletes are required to all book through a general Varsity link to participate in any Varsity competition outside our 50 mile radius
- All flights must arrive one day before prelims (Friday). Any late arrivals must be communicated immediately.
- All Athletes are required to attend all competitions, INCLUDING awards.
- Failure to attend any competition or award ceremony will result in "immediate dismissal" and competition fees will not be refunded. Athletes will also incur a \$900.00 Contract quit/dismissal fee should an athlete miss a competition/award ceremony for any reason.
- All routines and choreography are confidential — do not share with others or post online
- Anyone threatening to quit during practices or over social media may be dismissed immediately

PRACTICE RULES

- Athletes must arrive on time in proper practice wear (Practice top/Practice bottom with Shoes and bow). Competition Socks must be worn during practices beginning in August.
- All team practices are closed to outside viewing.



SECTION 14: IMPORTANT COMPETITION DAY INFO

- Athletes must arrive on time on competition day in full competition uniform including hair and makeup on competition day. *Late fee arrival: \$35.00 fully enforced*
- Athletes should eat a healthy high protein breakfast on competition day.
- Athletes may eat at competitions **AFTER** performances are done.
- It is the parent's responsibility to stay informed — check emails and group communications through Band App regularly

COMPETITION DAY ATTENDANCE POLICY

LATE ARRIVALS:

- Please be advised that arriving late to the competition for any reason affects the entire team and athletes will incur a *\$35.00 fine, which is fully enforceable*. It is crucial for athletes to be punctual to ensure a smooth warmup and organized event for all.

PARENT INSTRUCTIONS

DROP-OFF:

- During drop-off to coaches, parents are encouraged to watch the competition while athletes are with their coaches.

SEND-OFF:

- Parents are encouraged to line up at warmups at the given "sendoff" time to wish athlete's good luck. This is also a great time to remove extra clothing and handoff to parents.
- After the event, parents are invited to celebrate with their participants in the designated area.

SAFETY & FIRE MARSHAL / VENUE FINES

- It is important that teams/parents do not gather in hallways at the competition venue. *In Past seasons, this rule has not been enforced due to our small number of athletes, however we are growing!!* Once the appropriate "drop off" time has been given, Parents are encouraged to gather in the competition venue and watch beautiful cheer performances.
- The competition venue and local Fire Marshal enforce strict fire safety rules. Any fines or penalties assessed by the Fire Marshal or venue (including gym fines) resulting from blocked exits, fire-hazard violations, or similar infractions will be charged to the responsible participant's parent/guardian account.

COMPETITION DAY PRACTICES

- All teams will always practice the **FRIDAY** before any competition at 504 athletics for local/Biloxi competitions
- All teams will always practice the day of the competition **AT** the competition venue and will be given appropriate meet up times.
- **(MANDATORY)** Travel Teams - Cheersport – All teams have mandatory practice on the Friday before at the Cheersport venue/competition.
- Travel Teams - NCA – All teams will practice at *Prodigy All Star/Houston* one day before performance (30 miles from the venue) Rental fee is included in all inclusive fees.
- Please note missing any practice before the day of competition or the day of the competition for *any reason* will result in the athlete being rechoreographed **out** of the routine and we will use crossovers to perform.



SECTION 15: PROJECTED COMPETITIONS 2026-27

November 14, 2026	*Aloha – Exhibition
December 6, 2026	Deep South - Biloxi
January 9, 2027	Cheersport Nationals - Biloxi
Jan 16-17, 2027	*Mardi Gras Nationals - New Orleans
Jan 23-24, 2027	Mardi Gras Classic - Biloxi
Feb 12-14, 2027	*Cheersport Nationals - Atlanta
February 21, 2027	All Teams - Showcase - Kenner
March 6-7	*One Up Nationals – Kenner
March 13, 2027	Deep South - UNO
March 19-21	*NCA - Houston
April 24-25	The Finale Deep South – Biloxi

Competitions marked with () are for travel teams only
Travel Teams may attend Small Gym Summit May 6 - May 7 (will a full paid bid only)*

SECTION 16: REIMBURSEMENT POLICY

MONIES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Any payment for uniforms, competition fees, trips, tuition, camps, clinics, choreography, etc. are non-refundable. If your child decides to leave the program, or is asked to leave the program, you will not be reimbursed for any deposits or payments made.

SECTION 17: ATHLETE REMOVAL/QUIT FEE

Athletes who are removed due to discipline or quit for any reason will be charged a quit/removal fee. This fee will go towards rechoreographing of the routines.

DATE	QUIT FEE
May – July	\$300
August – December	\$600
January – April	\$900





SECTION 18: CONTACT INFORMATION

CONTACT TYPE	DETAILS
Program Questions	Gina Gerald - 504athletics@gmail.com
Finance Questions	Erika Coleman - coleman_erikat@yahoo.com
Location	2328 Dawson, Kenner, La 70065

BEST OF LUCK TO ALL
504 ATHLETICS FAMILIES
THIS 2026-2027 SEASON!

