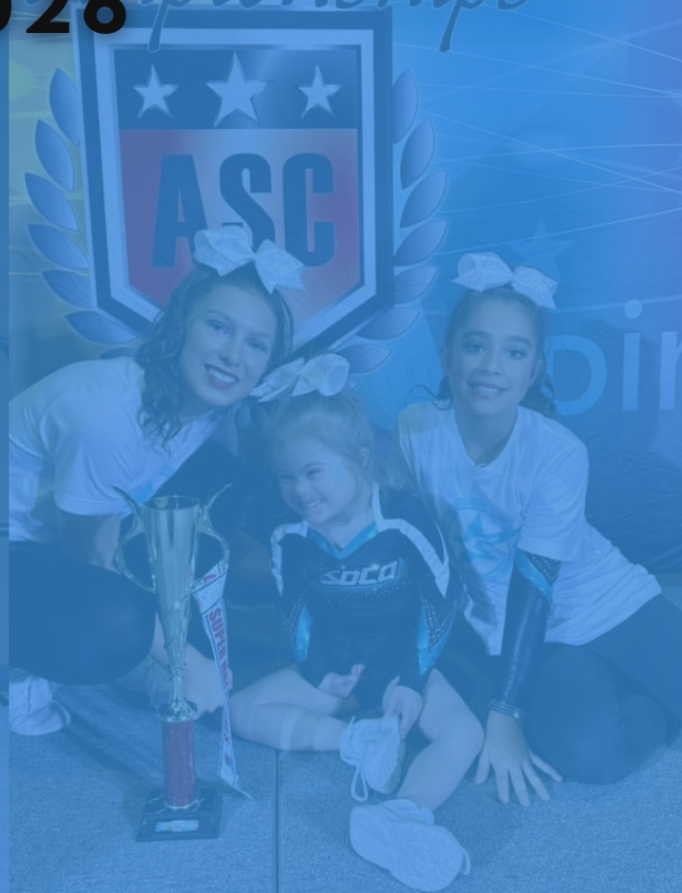




# CHEERABILITIES INFO PACKET

2025 - 2026



# WHAT IS CHEERABILITES ALL STARS?

- ★ Athletes must be ages 6 & up (born 2019 or before)!
- ★ Shock, our CheerAbilities program, is designed for exceptional athletes to experience the excitement of cheerleading alongside their peers. Our CheerAbilities team is catered to those individuals with intellectual needs. This team gives athletes the opportunity to learn a routine, compete against other CheerAbilities teams, and build friendships while gaining confidence. Just like our other competitive cheer teams, they work hard, develop skills, and celebrate their achievements in a supportive and inclusive environment. You can read more on the USASF website by clicking [HERE](#).
- ★ Shock will wear a sublimated All Star uniform with some bling and compete at local events and benefit from a challenging and exciting experience.
- ★ Each Shock team athlete will be paired with a "SoCo Buddy" athlete from one of our other SoCo teams for their entire season! They will take the floor with them in competition and help lead them through a fun, safe, and successful season of growth and love in the sport of All Star Cheerleading.

## NOVICE DIVISION

- ★ The Novice Division is free to register. Athletes/teams receive the standard gift or award that is associated with Novice performances. In this division, teams will earn a rating: Outstanding, Excellent, or Superior.

## ADDITIONAL RULES FOR CHEERABILITY NOVICE TEAMS

- ★ Routines may not exceed 1:30 minute
- ★ Teams may receive ratings for their performance (ordinal rankings not allowed)
- ★ If offered at 2-day events, Novice divisions will perform ONE TIME ONLY
- ★ Cartwheels and forward rolls are the only allowable tumbling skills
- ★ If Coaches/Buddies/Assistants are fulfilling a required position (base, back spot, top person, etc.) the group may only do waist level stunts. Exception: T-lifts are allowed
- ★ Spotted and assisted tumbling is NOT allowed. Exception: Assistants may help an athlete up after a forward roll to get to their feet.
- ★ There is no limit to the number of assistants on the floor assisting in skills but they MAY NOT be included in choreography of dance and formations.

## PRACTICE SCHEDULE

- ★ The Shock team will practice 1 day a week for 45 minutes to 1 hour on Sunday at 12:15pm.
- ★ Practices will begin June 8th, 2025 & continue through April 26th, 2026.

# COMPETITIONS

- ★ The Shock team will participate in 3-5 competitions.
- ★ Here is the TENTATIVE competition schedule:

| COMPETITION                    | DATE     | LOCATION  | VENUE                 |
|--------------------------------|----------|-----------|-----------------------|
| (ASC) OK Classic               | 12/07/25 | OKC, OK   | OKC Convention Center |
| (ASC) Super Nationals          | 01/30/26 | OKC, OK   | OKC Convention Center |
| (ASC) Spring Express Nationals | 4/12/26  | Tulsa, OK | Mabee Center          |

## COMPETITION UNIFORM

- ★ SoCo offers Varsity brand uniforms that will be purchased for each athlete.
- ★ We will have a mandatory uniform fitting on Sunday, June 22nd at practice.
- ★ Uniform fee = \$300
- ★ The uniform fee will be due by August 1st, 2025.

## USASF MEMBERSHIP

- ★ As of now, you do NOT need to register for USASF membership. If we end up competing at a Varsity event, you will need to register. We will let you know when/if that time comes.
- ★ USASF Membership Fee, \$49, must be paid in order to participate. If you have never cheered before as an All Star athlete, at any level, you must register upon accepting a role on the Shock team.
- ★ Athletes MUST upload a birth certificate or passport to the USASF website.
- ★ If you are already an All Star athlete, at any level, or from another program, you must renew your USASF membership.

# FINANCIAL OBLIGATION

- ★ A card on file is required. We will charge this card the monthly tuition on the 1st of each month.
- ★ Here is the financial obligation breakdown (see next page):

|                                                                                                                                 | Monthly Tuition | All Star Expenses Included in Monthly Tuition |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------------------------------|
| JUNE                                                                                                                            | \$250           | BOOSTER CLUB FEE                              |
| JULY                                                                                                                            | \$80            | SOCO MEMBERSHIP FEE                           |
| AUGUST                                                                                                                          | \$80            | (1) PRACTICE WEAR SHIRT                       |
| SEPTEMBER                                                                                                                       | \$80            | CHOREOGRAPHY + MUSIC                          |
| OCTOBER                                                                                                                         | \$80            | COMPETITION BOW                               |
| NOVEMBER                                                                                                                        | \$80            | COACHES FEES                                  |
| DECEMBER                                                                                                                        | \$80            |                                               |
| JANUARY                                                                                                                         | \$80            |                                               |
| FEBRUARY                                                                                                                        | \$80            |                                               |
| MARCH                                                                                                                           | \$80            |                                               |
| APRIL                                                                                                                           | \$80            |                                               |
|                                                                                                                                 | \$1050          |                                               |
| <b>Add. Fees NOT Included in the Monthly Tuition =</b> Competition Uniform (\$300)<br>Competition Fees, if needed (\$30 - \$60) |                 |                                               |

# IMPORTANT DATES

★ Here are the mandatory dates for the season:

| DATE               | EVENT                               |
|--------------------|-------------------------------------|
| June 8th, 2025     | Mandatory Meeting @ 12:00pm         |
| June 22nd, 2025    | Mandatory Uniform Fitting @ 12:00pm |
| October 26th, 2025 | Pre-Season Showcase                 |
| TBD                | Team Pictures                       |

★ SoCo will be closed on the following dates next season:

SoCo will be **CLOSED** on the following dates next season:

| DATE                                   | HOLIDAY        |
|----------------------------------------|----------------|
| June 30th - July 6th, 2025             | Fourth of July |
| September 1st, 2025                    | Labor Day      |
| October 31st, 2025                     | Halloween      |
| November 26th - 30th, 2025             | Thanksgiving   |
| December 22nd, 2025- January 3rd, 2026 | Winter Break   |
| March 16th -20th, 2026                 | Spring Break   |
| April 5th, 2026                        | Easter         |
| May 25th - 29th, 2026                  | Summer Break   |