



*"leader of the pack"*

**2025-2026**

**SEASON INFORMATION**

# WELCOME



Can you hear us *roar*?! We are thrilled to be starting season two of **IOWA AMBUSH CHEER!**

Whether your child is just beginning to learn the basic skills of tumbling and cheer or is ready to take the first steps into competition, we have a spot on our teams for them!

Our recreational programs are built as stepping stones to learn the foundation of the sport while creating an exciting and fun environment to participate with a team! These teams are created based on age and skill level. They will practice once a week and perform at a minimum of 3 local events throughout our season!

Our prep-level competitive program is perfect for those athletes with a passion for cheer who are looking to participate on a larger scale! These teams will practice at least twice a week and will compete at a minimum of 3 cheer competitions taking place across the Midwest as well as several local showcases! We hope to have three comp groups this season separated by age and skill levels! Team placements will be dependent on enrollment.

Our Ambush family continues to get stronger and we are looking forward to it continuing to grow! Are you ready to join us as the *Leader of the Pack*!?

# CHEER TEAMS



## **RECREATION**



### **TINY TIGERS**

PreK & Kindergarten  
Rec Team  
Season runs August-February  
1- 40 min practice per week  
Perform at least 3x this season



### **STREAK**

Rec Team  
Season runs August-February  
1- 50 min practice per week  
Perform at least 3x this season



### **ROAR**

Rec Team  
Season runs August-February  
1- 1 hr practice per week  
Perform at least 3x this season

## **COMPETITION**



### **FIERCE**

Youth Prep level competition team  
Age minimum is 7 years old  
Season runs August-March (last possible comp early April)  
Practice 2x/week for 1 hr  
Additional practices may be added as needed-around competition time  
Perform at a minimum of 2 competitions  
Out of state travel possible  
Perform in local showcases



### **PRIDE**

Junior Prep level competition team  
Age minimum is 9 yrs old  
Season runs August-March (last possible comp early April)  
Practice 2x/week for 1 hr  
Additional practices may be added as needed-around competition time  
Perform at a minimum of 2 competitions  
Out of state travel possible  
Perform in local showcases



### **VICIOUS**

Senior Prep level competition team  
Ages 12-18 years old  
Season runs August-March (last possible comp early April)  
Practice 2x/week for 1 hr  
Additional practices may be added as needed-around competition time  
Perform at a minimum of 2 competitions  
Out of state travel possible  
Perform in local showcases

Team plans are dependent on enrollment for the year, and may have to change as needed. Cheer is a team sport, and does require commitment to a full season from each member for a successful year!

# PRACTICE & GYM RULES

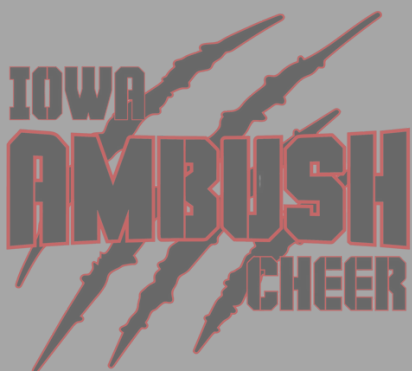
- Practices may be changed or added during the season with proper notice. If a practice is cancelled due to holidays, weather, etc, make-up practices may or may not be added at the discretion of the coaches.
- In the case of inclement weather, call the gym and check our website or Facebook page on the status of team practice. We will follow the ADM school for inclement weather closings so if school is cancelled, we will also cancel. Any closing due to inclement weather, or any other reason, may be made up, but is not guaranteed.
- If your athlete is sick (and not contagious) or has an injury, s/he still needs to attend team practice. It is important to watch from the sidelines for any changes that may impact them.
- PLEASE NOTIFY COACHES IMMEDIATELY IF AN INJURY OCCURS.
- If you are running late to practice, you must notify your coach.
- No food, gum, candy, or sodas are permitted in the mat area. Only water is allowed.
- WE ARE A NUT FREE FACILITY-Please leave all nut-based products at home.
- Pets are not allowed in the facility.
- All lost items will be placed in our lost and found. Iowa Ambush Cheer is not responsible for any theft to personal property or unattended items.
- Under no circumstances should any athlete be on or near any equipment without a coach or instructor present.
- NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition.
- Athlete cell phones must be placed on silent and put away during practices.
- Each athlete is expected to be on time, ready to practice when practice starts. Ready to practice means shoes on, hair pulled back, nails trimmed, and jewelry removed (to include stud earrings).
- All team routine decisions are left to the discretion of the coaching staff.
- It is the parents' responsibility to know what is going on with your athlete's team. Please check and read your emails and/or team Facebook regularly.
- If you have an issue with a coach, please send an email or call the office to schedule a private meeting with them.
- No videotaping allowed at the gym.
- All practices will be closed to visitors to limit distractions for our cheerleaders. Parents and friends will have the opportunity to view our progress and skills at our showcase events throughout our season.



# COSTS & BILLING

## TUITION

TEAM	FULL SEASON	MONTHLY
TINY TIGERS	\$550	\$85
STREAK	\$705	\$107
ROAR	\$755	\$115
FIERCE	\$1255	\$175
PRIDE	\$1255	\$175
VICIOUS	\$1255	\$175



## ADDITIONAL EXPENSES (ESTIMATE)

UNIFORM <small>(COMPETITION)</small>	\$200-300
UNIFORM <small>(REC TEAMS)</small>	\$50-100
SHOES <small>(COMPETITION)</small>	\$75-100
SHOES <small>(REC TEAMS)</small>	\$30-50
COMP FEES <small>(competition)</small>	\$100/COMP + TRAVEL
USASF MEMBERSHIP <small>(competition)</small>	\$49
EVAL DAY REGISTRATION <small>(competition &amp; Rec teams)</small>	\$25
MUSIC & CHOREOGRAPHY <small>(competition)</small>	\$150-\$200
OPEN GYM <small>(optional)</small>	\$5

\*We are in the second year of a 2 year uniform rotation, so if you have last seasons uniform, you won't need to buy a new one unless it doesn't fit.

Tuition can be paid in full at the beginning of the season, split up into two payments, or broken down into a monthly payment. Monthly tuition will be due on the 1st of every month. If payment is not received by the 10th, a \$25 late fee will be added. Payments may be made via cash or check. Payments by credit card will be accepted with an additional 3.5% service fee.

A \$250 fee will be charged to anyone who drops out mid-season.

Iowa Ambush cheer reserves the right to adjust any price listed above due to unforeseen expense increases. We will notify you if this occurs. No refunds will be given for any reason.

# UNIFORM INFORMATION



We are in year two of a 2 season rotation for uniforms. That means, if you cheered with us last season and the uniform still fits, you won't need to purchase a new one! If you are new to our program, we will do a fitting day and order any uniforms that are needed for the upcoming season. There may be options to purchase used items from the previous year based on availability. Date and time for fitting day to be announced!

Clean white cheer shoes are required for all cheerleaders. Rec teams are allowed to choose and purchase any style, however competition cheerleaders are required to order the team shoes through our uniform rep.

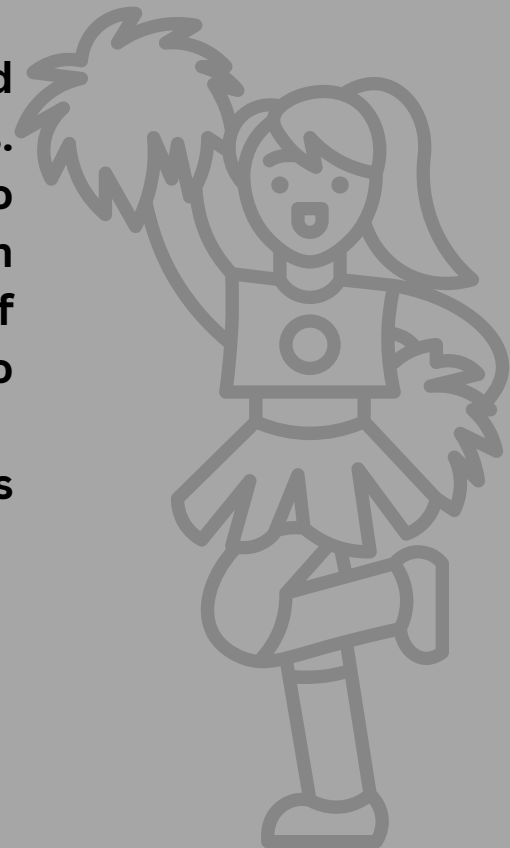
Our rec teams wear the Ambush cheer top with black compression shorts. Those shorts can be any brand you like, just please make sure they do not have a visible logo on the front.

# FUNDRAISING OPPORTUNITIES



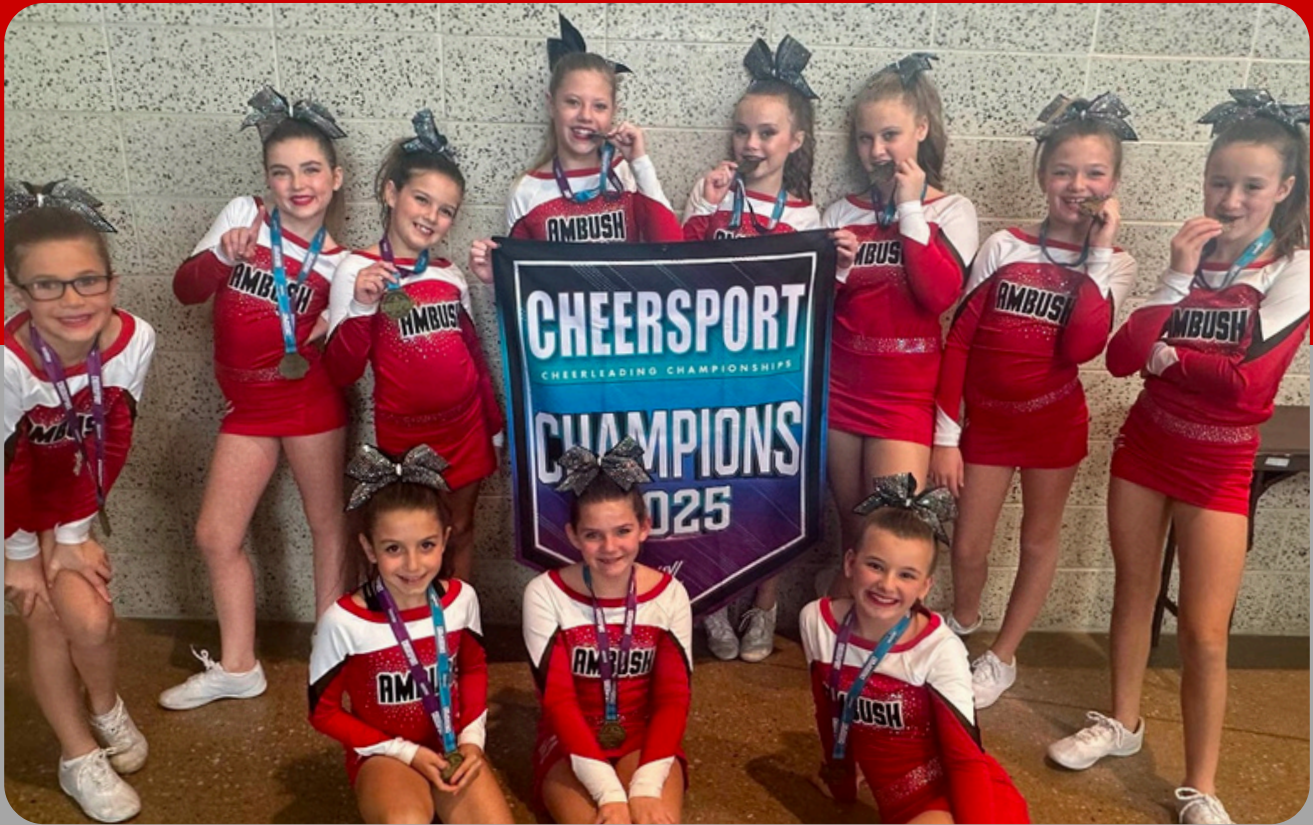
All cheerleaders are strongly encouraged to participate in our fund raising activities. You can use your fundraising dollars to help pay for uniforms, tuition, competition fees, apparel etc. It's a fun way to show off our teamwork while earning money to reach our cheerleading goals.

Details to come on opportunities for this season!





# TUMBLING & OPEN GYM



Additional tumbling classes are offered throughout the year at Iowa Ambush Cheer. These are not required but strongly encouraged to improve and strengthen skills needed to elevate our cheer routines! Reach out to Coach Sarah about both group and private lessons!



Optional “open gym” practices will be available throughout our season. These are typically held on the weekends and open to anyone! This will be an opportunity for cheerleaders to work on any skills they’d like to in an independent, non-structured way. Open Gym is a \$5 cash fee and must have at least 4 people signed up prior to the day. These will be announced via Facebook and the GroupMe app.

# SCHEDULE

This is a *TENTATIVE* practice schedule for our season. It could change after teams are made and we will notify you asap.

**M**

Tiny Tigers (5-5:40); Streak (5:45-6:35);  
Roar (6:40-7:40); Vicious (7:45-8:45)

**T**

Fierce (6-7); Pride (7-8)

**W**

**T**

Fierce (5-6); Pride (6-7); Vicious (7-8)

**F**

**S**

Optional Open Gyms  
(announced as scheduled)

**S**



TEAM PLACEMENT DAY

**JUNE 7TH**



FIRST WEEK OF PRACTICE

**AUG. 4TH**



SWEETCORN FESTIVAL PARADE

**AUG. 9TH**

Attendance is crucial in the success of our teams! A 3 absence policy will be enforced. Please inform coach Sarah of any planned absences as soon as possible.

We will follow the ADM school calendar for holidays and breaks.

All practices will be held in our Iowa Ambush Cheer gym located at 27759 Fairground Rd, Adel, IA 50003



# COMMUNICATION



Please sign up to be on our email list and follow us on social media for recent updates and information!



***Sarah McKinney***

OWNER, IOWA AMBUSH CHEER



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Iowa Ambush Cheer

*Thank you for joining our cheer family!*