

# EXPRESS CHEER

## Information Packet 2023

### CheerAbilities



# Cheer Abilities Program - Shining Stars

**August 2023 – April 2024**

Express Cheer's goal is to provide these exceptional athletes with the true experience of all-star cheerleading, from working in a team atmosphere to the thrill of performing in front of a large crowd.

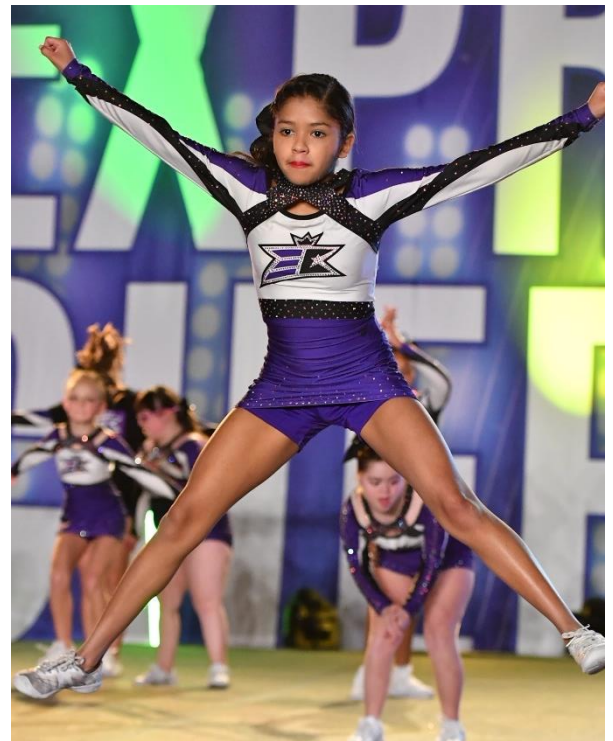
We are incredibly proud of the growth and success of our program over the past several years and look forward to continuing to expand our Cheer Abilities program.

## Shining Stars:

1 Team Practice/ Week  
5 Exhibitions- No Travel Required  
Competition Bow  
Uniform Rental Fee is Waived.  
All Competitions fees are waived.

## Required To Participate:

CheerAbilities Enrollment Forms  
Registration Fee: \$40



Practices will begin the week of August 21<sup>st</sup>, 2023.

Exact Practice Days and Times will be determined at the beginning of August and will be communicated through posts and email.



## **2023-2024 Important Dates**

Please Check ALL CLOSING Dates Carefully

### **Important Events and Closing Dates:**

May 29<sup>th</sup> – June 2<sup>nd</sup> – Gym Closed

July 3<sup>rd</sup> - 14<sup>th</sup> – Closed for 4<sup>th</sup> of July

**August 20<sup>th</sup> – Practices Start This Week**

September 1<sup>st</sup>-4<sup>th</sup> – Closed for Labor Day

October 6<sup>th</sup> – 9<sup>th</sup> – Closed for Fall Break

November 20<sup>th</sup>-24<sup>th</sup> – Closed for Thanksgiving Break

December 22<sup>nd</sup>- January 6<sup>th</sup> – Closed for Winter Break

March 10<sup>th</sup> -17<sup>th</sup> – Closed for Spring Break

March 29<sup>th</sup> - 31<sup>st</sup> – Closed for Easter

### **Competition Dates:**

December 9<sup>th</sup> or 10<sup>th</sup> – Christmas Classic -TBD

January 20<sup>th</sup> or 21<sup>st</sup> – Express Fest – Frisco, TX

February 10<sup>th</sup> or 11<sup>th</sup> – NTGU MEGA Nationals – Irving, TX

February 24<sup>th</sup> – TBD

April 6<sup>th</sup> or 7<sup>th</sup> – NTGU Spring –Denton, TX

**Please remember that these dates are tentative.  
Practices and Events can be added, deleted, or substituted without  
notice.**



## **Cheer Abilities Enrollment Information**

Athlete's Name: \_\_\_\_\_

Athlete's Date of Birth: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

Grade: \_\_\_\_\_

School: \_\_\_\_\_

Do You cheer for your School?    Yes            No

If yes, Which Squad \_\_\_\_\_

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**Please List any Medical Conditions/Needs/ Requirement:**