



NORTHERN LIGHTS 2026-2027 SEASON

Welcome to Northern Lights!

Welcome to Northern Lights All-Star Cheer! We are thrilled to have you join our program and become part of our growing community. Whether this is your athlete's first season or they are returning for another year, we are excited to begin a new season filled with growth, teamwork, and unforgettable experiences.

We are proud to foster a culture where athletes support one another, families feel welcomed, and everyone works together toward shared goals. From practices and competitions to team bonding and special events, we are excited to create a season full of memorable moments.

About Our Program

Northern Lights is dedicated to providing a positive, structured, and athlete-focused environment for cheerleaders of all ages and skill levels. Our program is designed to promote athletic development, teamwork, sportsmanship, and personal growth.

We offer a variety of team levels to ensure each athlete is placed in an environment where they can safely develop skills and build confidence. Our experienced coaching staff focuses on proper technique, progression, and creating routines that highlight each athlete's strengths while encouraging growth.

Our program emphasizes:

- Teamwork and sportsmanship
- Skill development and progression
- Confidence and leadership
- Commitment and accountability
- Positive and supportive team culture

At Northern Lights, we believe success is measured not only by scores and placements, but by the growth of our athletes and the strength of our community. We are proud to create an environment where athletes feel challenged, supported, and inspired to shine both on and off the mat.

Teams and Age Descriptions

Novice- For individuals who are new to All Star but ready for performance-based teams that are evaluated at events. Novice teams focus on strengthening technique and performance skills that help prepare athletes for competitive All Star teams. Expect to practice once per week and compete in three to five local competitions per season.

Prep- For individuals with limited tumbling who want to strengthen technique and performance skills in a competitive team atmosphere. Prep teams typically require less time and cost commitments than are required of All Star Elite teams. Expect to practice twice per week and compete in five to seven competitions per season.

Elite- For individuals with strong cheer training and solid technical ability. Elite teams are comprised of athletes who are ready for highly competitive performance levels. Expect to practice twice per week and compete in five to seven competitions per season.

Tiny- birth year 2019 and later

Mini- birth year 2017 and later

Youth- birth year 2013 and later

Junior- birth year 2010 and later

Senior- birth years 2007- 2016

Just because your athlete may qualify for an older aged team does not mean they will be placed on one. All team placements are made with the program's and athlete's best interests in mind. We are always happy to discuss placements with you and your athlete.

Level Descriptions (not inclusive and not all levels will be offered at NL)

Level 1: Focuses on basics. Tumbling includes forward/backward rolls, cartwheels, round-offs, and bridge kickovers. Stunts are restricted to waist/prep level, with two-footed stunts and straight cradles. Braced single leg stunts at prep level and braced extensions allowed.

Level 2: Introduces back handsprings, front handsprings, and connection tumbling (e.g., round-off back handspring). Stunts include unbraced, prep-level single-leg stunts and extended two-footed stunts.

Level 3: Tumbling advances to back tucks and standing back handspring series. Stunts include extended one-legged stunts, full-twisting mounts, and basket tosses.

Level 4: Features advanced tumbling like standing tucks and layouts. Stunts include released moves to extended single-leg positions and advanced twisting, though no full-twisting tumbling.

Level 4.2: A hybrid level combining Level 4 stunts with Level 2 tumbling.

Level 5: Known for higher speed and difficulty, including standing fulls, running twists, and advanced release moves.

Cost

Tiny

- Tuition \$90
- Monthly Cheer Fees \$100*

Novice

- Tuition \$110
- Monthly Cheer Fees \$140*

Prep

- Tuition \$135
- Monthly Cheer Fees \$135*

Elite

- Tuition \$150
- Monthly Cheer Fees \$165*

* does not include uniform, bow, mandatory practice wear, skills camp, and sneakers

Crossovers will have an additional \$25 monthly fee.

Payment Schedule

Payment Options

Families may choose from the following payment options:

- Pay in Full (cash only and receive one month free)
- 8-Month Payment Plan
- 11-Month Payment Plan

Tuition and cheer fees begin in June and will run for either eight or eleven months, depending on the selected payment option.

Annual Registration Fee: An annual \$50 registration fee is required for all athletes.

Monthly Tuition: Monthly tuition is billed on the 15th of the month prior. For example, April tuition will be billed and due on March 15th.

Cheer Fees: Cheer fees will be billed at the end of the current month. Cheer fees include choreography, music, coaching, competition entry fees, coach travel, and administrative costs. This list is not all inclusive of every costs associated with competitive cheer.

Team Placement Fee: \$100 due upon acceptance of team placement in late August

Mandatory Skills Camp Fee: \$300 due July 1st, Youth through Senior teams only

Uniform Fee: \$400-500 half due September 15th and October 15th

Practice Wear Fee: \$75-100 due August 15th

Sneakers: White cheer sneakers will be required. We prefer brands like GK or Nfinity/Varsity, but they are not mandatory.

Late Payments

A non-refundable \$25 late fee will be applied to any invoice that remains unpaid five days past the due date. Any account carrying a balance of \$500 or more will not be able to participate in practice or activities until the balance is paid.

Fundraising

All athletes are required to participate in at least one fundraiser during the season. At the owners' discretion, for most fundraisers, the first \$25 raised by each athlete will go toward the gym's general fund, which helps support athletes throughout the season.

Funds raised may be used to offset gym-related costs for families, as well as to provide special events, team experiences, and additional items for athletes.

If a team qualifies for a postseason event, participation in fundraising becomes mandatory for all athletes on that team.

If an athlete withdraws or is removed from the program, all monies raised are non-refundable.

Important Dates

May 17 5p- Informational Parent Meeting at the gym

May 30 & 31: Level Evaluations: only need to attend one. Determines class level for the summer leading into team placements in August

July 10, evening- Required Parent Meeting for all team athletes

July 10-12: Mandatory Skills Camp at Northern Lights (Youth-Senior Teams only)

August 22: Team Placements (Youth through Senior levels)

August 23: Team Placement Call backs- not everyone will need or be asked to be called back. :)

September 10-13: Routine Choreography

Rough Competition and Appearances Schedule (subject to additions and change):

These competitions are not confirmed and not all teams may go to all the events listed below. The final competition schedule will be released this fall.

October 17- Pumpkins & Poms at Plymouth South Middle School (select teams)

December TBD- Night With The Stars in Keene (Prep and Elite teams) and Plymouth (all teams)

January 9 & 10 Providence, RI

January 30- Feb 1 Springfield, MA

February 20 & 21 Myrtle Beach, SC

February 27 & 28 Portland, ME

March 13 & 14 Foxwoods, CT

March 27 Boston, MA (Tiny/Novice teams only)

April 3 & 4 Boston, MA

April TBD Shrewsbury, MA (Tiny/Novice teams only)

May TBD- Summit Send off in Keene (select teams)

May TBD- End of Season Showcase (all teams)

End of Season Events

End Of Season Events- these events are not definite. Performing at All Star Worlds or the Prep & Rec Grand Nationals is not guaranteed, but we will conduct our season like we ARE going.

ASWC Orlando, FL 4/14-18

PRGN Orlando, FL 4/29-5/2

End-of-season events will require a \$150 deposit upon accepting a bid. Once event details and final pricing are confirmed, families will be notified of the total cost, with the remaining balance due April 1, 2027. We will share updated pricing information as soon as it becomes available.

Attendance Expectations

Consistent attendance is essential for team success. Cheerleading is built on timing, trust, and teamwork, and when even one athlete is absent, it affects formations, stunts, and the overall effectiveness of practice. Teams that train together consistently perform stronger and more confidently. For this reason, athletes are expected to attend all scheduled practices. Frequent absences may result in adjustments to an athlete's position in the routine or, in extreme cases, removal from the program.

Additional practices may be scheduled throughout the season as needed, particularly leading up to competitions or to address routine changes. We will provide as much advance notice as possible to allow families time to plan accordingly.

Excused Absences

Because each athlete plays an important role, absences will only be excused under the following circumstances:

Serious Illness or Injury

Absences due to significant illness that is highly contagious, or symptoms such as vomiting, will be excused. Minor illnesses such as headaches, mild colds, or stomach aches do not qualify as excused absences. If an athlete is injured but able to attend, they are still expected to be present at practice to support the team and learn changes.

Academic Requirements

School-related commitments that directly impact a grade will be excused. This does not include heavy homework loads, studying for exams, or optional school activities such as talent shows, dances, plays, or similar events. Athletes are expected to manage their time effectively to balance both school and cheer commitments.

Religious Observances

Absences for religious observances involving the athlete or their immediate family will be excused.

Unexcused Absences

Attendance policies are in place to ensure fairness and consistency across all teams. Unexcused absences may result in athletes being withheld from competitions. Repeated absences may lead to further consequences, including possible removal from the program at the discretion of coaches and gym leadership.

Competition attendance is mandatory. Athletes are expected to attend all scheduled competitions.

School Cheer Participation

Athletes may participate in both school cheer programs and all-star cheer during the fall season. If scheduling conflicts arise, athletes are expected to balance commitments as evenly as possible. Open communication with coaches is required to manage scheduling and minimize impact on the team. Participation in winter school cheer is discouraged and NL practices/events take priority over all of school cheer games/events.

Prime Time Weeks

The week leading up to a competition is considered Prime Time. Attendance during this period is especially critical, and athletes are expected to attend all practices. Missing a Prime Time practice may result in the athlete being asked to sit out of the upcoming competition, at the discretion of coaches and gym leadership.

Athletes are expected to arrive on time and ready to begin practice. Repeated tardiness may result in changes to an athlete's role or other consequences at the discretion of coaches and gym ownership.

Discounts

1. Bring your Bestie: When you and your bestie register for full year cheer, you both get half off your team placement fee.
2. Sibling Discount: Monthly tuition discount of 50% for second child
3. Tumbling Class Discount: 50% off tumbling classes when on a team, restrictions apply for Learn to Cheer and half year Tiny Novice programs.
4. Pay in Full Discount: Pay your entire program's cheer fees cost in cash, upon registration, and receive one month free. Balance must be paid by the first practice.

Team Culture & Behavior

At Northern Lights, we're more than a gym. We're a team, a community, and a family that shows up for one another. We celebrate every routine, cheer the loudest, and support every athlete who steps onto the mat. That spirit is a big part of what makes our program special.

Before each competition, we will host a Team Send Off. These events serve as a dress rehearsal and an opportunity for athletes to perform their routines in front of a supportive home crowd. Families and friends are encouraged to attend, especially those who may not be able to travel to competitions. Each Send Off will feature a fun theme and create an exciting, high-energy atmosphere to help athletes feel confident and prepared.

At competitions, we encourage families to arrive early to support other Northern Lights teams or stay afterward, when possible. Athletes truly feel the energy from the stands, and a loud, supportive crowd helps create stronger, more confident

performances. Your encouragement makes a meaningful difference.

During awards ceremonies, athletes are expected to remain in full uniform. Sweatpants, jackets, or other cover-ups should not be worn during this time so that all athletes present a polished and unified team appearance.

Logo & Brand Usage Policy

Our logo and brand materials are an important part of our identity and are reserved for official Northern Lights use only. To maintain consistency and protect our brand, the Northern Lights logo may not be used, altered, reproduced, or distributed without prior written permission from gym ownership.

This includes, but is not limited to:

- Creating homemade apparel or merchandise
- Ordering custom items from third-party vendors
- Modifying or recreating the logo in any way
- Using the logo for team gifts, fundraising items, or personal use
- Used to create unofficial pages, merchandise, or graphics on social media

All spirit wear, team gear, and branded merchandise must be purchased through approved Northern Lights vendors or through official gym offerings. This ensures quality, consistency, and appropriate representation of our program.

Unauthorized use of the Northern Lights logo may result in requests to discontinue use and remove items. We appreciate your cooperation in helping us maintain a professional and unified brand for all athletes and families.

Social Media Policy

Northern Lights is proud of our athletes, teams, and community. To maintain a respectful and supportive environment, we ask all athletes and families to follow these guidelines.

Positive Representation

Athletes and families are expected to represent Northern Lights in a positive and respectful manner at all times. This includes:

- Showing good sportsmanship toward other teams, gyms, coaches, and judges
- Celebrating achievements without negative comparisons
- Avoiding criticism, complaints, or negative commentary about the gym, staff, athletes, or families

Negative, inappropriate, or disrespectful posts regarding Northern Lights, other programs, competitions, or individuals may result in disciplinary action at the discretion of gym ownership.

Team Content

We love seeing athletes share their experiences. When posting:

- Be respectful of teammates and families
- Avoid posting content that could embarrass or exclude others
- Do not share private team information, schedules, or announcements before they are officially released

Photos & Videos

Families are welcome to share photos and videos of their athletes. Please be respectful when posting images of other athletes and avoid posting content that may be considered unsafe, inappropriate, or unprofessional.

Failure to follow the social media policy may result in removal from team chats, suspension from activities, or additional consequences as determined by gym ownership.

Communication Policy

Clear and respectful communication helps our program run smoothly and ensures a positive experience for all athletes and families.

24-Hour Rule

We ask families and athletes to follow the 24-Hour Rule for any concerns or frustrations. If an issue arises, please wait 24 hours before reaching out. This allows time for emotions to settle and helps ensure productive, respectful conversations.

Chain of Communication

If a concern arises, please follow the communication process below to ensure concerns are addressed respectfully and effectively:

1. Allow 24 hours before addressing the concern
2. Athlete speaks directly with the coach
3. Parent contacts the coach if additional clarification or support is needed
4. Athlete, parent, and coach meeting may be scheduled to work toward a resolution
5. Owner involvement will be requested when further support is needed

Coach Communication

Coaches dedicate significant time and energy to supporting athletes and teams. To respect their time and maintain professional boundaries. Please do not text or call coaches on their personal cell phones, please use Full Out direct messaging. Coaches may communicate practice-related information, but any issues or concerns should be handled through the Chain of Communication outlined above.

Official Communication Platforms

To ensure everyone receives consistent and accurate information:

Full Out App

- Used for all official gym communication through bulletins and team chat thread
- Billing, schedules, announcements, and important updates
- Families are responsible for having notifications enabled and checking regularly.

Band App

- Used for team communication
- Team reminders
- Photos and videos
- General team updates

Please note that communication through social media, personal messages, or word-of-mouth should not be considered official.

Respectful Communication

We expect all communication to remain respectful and constructive. Disrespectful or aggressive communication toward staff, coaches, or other families will not be tolerated and may result in further action.

Agreement & Acceptance of Terms

Acceptance of a position on a Northern Lights team confirms your commitment to the program and acknowledgment of all policies and expectations outlined in this handbook. By accepting a team placement, families and athletes also agree to the terms and conditions outlined in the program contract available through the Full Out app.

It is the responsibility of each family to review all materials carefully. Participation in the program indicates understanding of and agreement to abide by all policies, procedures, and financial commitments for the season.

