

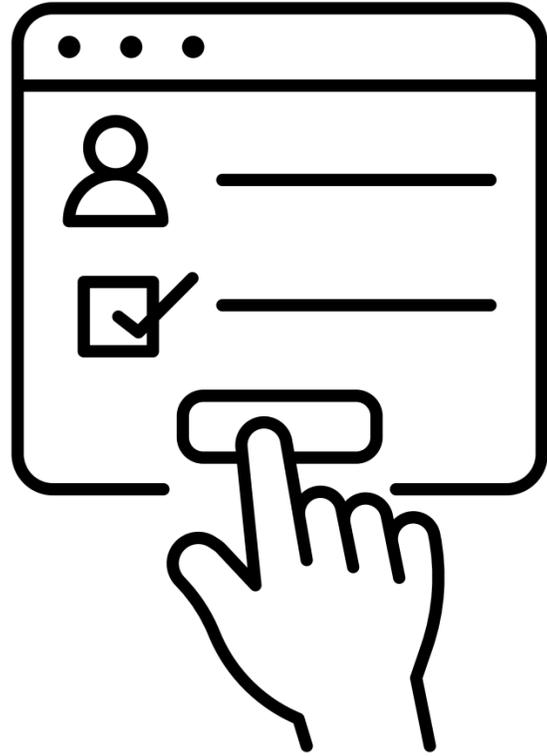
Exceptional Athletes

COACHES CALL

February 25, 2026

Agenda

- Background Check Update
- Communicating with Event Producers
- Parent Communication
- Coach Checklist
- Fundraising Ideas
- Questions?
- Sharing Ideas!



Background Check Update - Vanessa/Sarah



Communicating with Event Producers - Justin





Parent Communication - Becky/Melissa



AMERICAN CHEER POWER



SATURDAY, JANUARY 17TH 2026

Rochester Riverside Convention Center
123 E Main St Rochester NY, 14604

SPECTATOR TICKETS

[CLICK HERE TO PURCHASE](#)

On the day of the event, bring your tickets to the admissions location to be scanned to receive your wristband. **No cash sales will be available at the event.**

PRICES

Adult \$29.75
Child \$24.35
Military \$24.35
Ages 5 & under FREE

SCHEDULE

TEAM	ARRIVAL TIME	MEET TIME	PERFORM	AWARDS
STARCATS	7:10A	7:25A	8:18A	10:20A
FLOWER CITY POM CATS	7:10A	ATHLETES WILL GO RIGHT FROM STARCATS PERFORMANCE TO WARMUPS!	9:00A	10:20A
METROCATS	8:00A	8:20A	9:12A	Following Performance

ARRIVAL TIME:

Arrival time is the time to arrive at the venue. Please use this time to use the restroom, get comfortable with the venue, and ensure your athlete is in full uniform.

MEET TIME:

Meet time is when athletes will meet with their coaches. From there, we will head together as a team to warm-ups.

WHAT TO WEAR

→ Wear your UNIFORMS!
if your skirt does not have attached black shorts, please wear any black athletic shorts underneath!

Hair: Ponytail and bow (if possible)
Shoes: White Sneakers & White Socks

JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				Happy New Year! 1	2	3 UNIFIED OPEN GYM 12-12:45 METRO 1-2 STARCATS 2-3:30
4	5	6 FLOWERCITY POM 6-7	7	8 PURRFORMANCE POM 6-6:45 UNIFIED TUMBLE 7:30-8:15	9	10 UNIFIED OPEN GYM 12-12:45 METRO 1-2 STARCATS 2-3:30
11	12	13 FLOWERCITY POM 6-7	14	15 PURRFORMANCE POM 6-6:45 UNIFIED TUMBLE 7:30-8:15	16	17 UNIFIED OPEN GYM 12-12:45 American Cheer Power- Rochester
18	19	20 FLOWERCITY POM 6-7	21	22 PURRFORMANCE POM 6-6:45 UNIFIED TUMBLE 7:30-8:15	23	24 UNIFIED OPEN GYM 12-12:45 NO PRACTICE
25	26	27 FLOWERCITY POM 6-7	28	29 PURRFORMANCE POM 6-6:45 UNIFIED TUMBLE 7:30-8:15	30	31 UNIFIED OPEN GYM 12-12:45 METRO 1-2 STARCATS 2-3:30

TO ENSURE THE SAFETY AND SECURITY OF ALL ATHLETES, PLEASE BE AWARE OF THE FOLLOWING GUIDELINE:

Staff Identification:

- All official staff members will be wearing a designated shirt. This is a crucial part of our identification process. The 2025-2026 is pictured below.

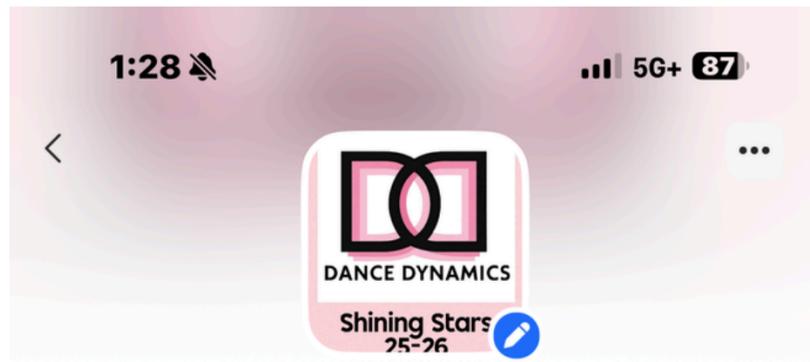


Athlete Handover:

- Please do not hand over your athlete to anyone not wearing the official staff shirt. This measure is in place to protect our athletes and ensure they are always in safe hands.

We appreciate your cooperation and understanding in adhering to this important protocol. Thank you for helping us maintain a secure environment for everyone involved.





Shining Stars 2025-2026

Dance Dynamics

Share Mute Find

- Members 21
- Topics Organize your group [Create](#)
- Albums [Create](#)
- Gallery
- Calendar 2
- Polls
- Highlights

Group Me App

Calendar

Upcoming Past

March

Sun 3/29 All day
Just Dance
TH A8 3 going

[I'm in](#) [Can't go](#)

April

Sun 4/12 All day
Recital
A8 2 going

[I'm in](#) [Can't go](#)

Polls

Active Completed

Asked by you
Are you interested in Shining Stars attending Dance Worlds 2026

Winner	votes:
YES	15

Total votes: 17
Voting closed

[View results](#)

Asked by you
Would you be interested in Summer Stars, 45 min class, 3 weeks in June, 3 weeks in July

Winner	votes:
No	5

Total votes: 7
Voting closed



Melissa Powell 2:14 Feb 18

Here is the information that you need for this weekend.

Venue: Hyatt Regency Cohen
1001 Grand Central Parkway, Conroe, TX 77304

Arrival: 10:15 AM
Meet with coach 10:30 AM

Dancers will be performing in the Regency ballroom at 11:27 AM

Dancers are free to leave after the performance

Pricing for Sunday is \$25 per person. There are no online sales. Everything is cash or credit in person. There will be a \$2 processing fee for all credit card usage. Child and active military or seniors have a discounted rate of \$20. The child fee is for all children ages 11-15.

if you want to stay and watch our Dance Abilities soloists, Janelle, Jonah and Reese... I'll be posting times below.

 **Summary** 



Melissa Powell 5:39 PM

Entry fee is for spectators, only dancers or complementary

I have not heard anything about entry fees, being waived for our Dance Abilities families

Sadee and Tommy need to fill out the waivers before 9 PM tonight otherwise they will not be eligible to dance



Melissa Powell 5:39 PM



dancebug.com

DanceBUG

DRC

EA Competition Checklist - Melissa





Event & Venue Accessibility

- ❑ Elevator access near warm-up, stage, and seating
 - ❑ Escalators can be avoided if needed
 - ❑ Accessible restrooms nearby
- ❑ Wide hallways/doors for wheelchairs & equipment
- ❑ Quiet or low-sensory space available



Sensory Environment

- ❑ No strobe or flashing lights (or team notified)
- ❑ No fog machines or special effects (or team notified)
 - ❑ Music volume consistent and appropriate
 - ❑ Sudden loud noises identified ahead of time

Performance Details

- ❑ Clear stage entry method (walk-on / roll-on / ramp)
 - ❑ Clear stage exit method
 - ❑ Adequate time for safe entry and exit
- ❑ Performance surface confirmed (marley / spring / hard)
 - ❑ Start positions clearly marked or practiced



Schedule & Awards

- Performance time confirmed
- Awards immediately after performance or later
 - Long wait times planned for
- Team allowed to leave and return for awards if needed
 - Accessible and/or quiet seating during awards

Parent & Family Logistics

- Tickets or wristbands distributed
- Seating is wheelchair accessible
- Caregiver access approved if needed
- Parking and drop-off plan shared
 - Sibling guidelines reviewed

Athlete Support Items

- Visual schedule or social story
 - Comfort items (headphones, fidgets, etc.)
- Adaptive equipment (wheelchair, braces, supports)
 - Snacks and water (if permitted)
- Team identifiers (shirts, wristbands, badges)



 **Coach Final Check**

- Event schedule & contact info saved
 - Emergency contacts list
 - Music backups available
- Staff/volunteer roles assigned
- Extra time built into transitions

♥ Reminder A successful competition day is about preparation, flexibility, and celebrating every athlete—exactly as they are.

Click below for link

[EA Competition Checklist](#)



Fundraising - Vanessa/Melissa



START FUNDRAISING

Fundraising can make so much possible for your team! It can help cover the costs of uniforms, competition fees, and more!

Fundraising not only supports the financial needs of the cheerleaders, but also allows families and community members to feel connected and invested in the team's success.



FIRST STEPS

1. **Set a goal** – decide how much money you need and what it will be used for (uniforms, travel, competitions). This should be communicated with your team so they can share what the funds will go towards with others!
2. **Ask for parent volunteers** – involve coaches, parents of your athletes, and other gym parents. We had SO many gym parents from other teams that wanted to help – we just had to ask!
3. **Choose fundraising ideas** – pick activities that fit your team. Not everything makes sense for your team and that is okay!
4. **Reach out to local organizations and businesses** – ask for sponsorships or donations in exchange for advertising on banners or t-shirts.
5. **Promote events** – use flyers, social media, and word of mouth to spread the word.

Individual FUNDRAISERS

- DoubleGood Popcorn or other company fundraisers!
 - DoubleGood is easy to set up and after you share the link, they handle the rest!
- Local Universities or Sports Team Concessions
 - Gyms can connect to local event spaces and universities. Parents can work these for donations to their accounts.

Here is an example of the DoubleGood dashboard for an athlete!



×

Ashlyn Schlake

Your 9
Upload yo
to your

📷 A

\$213 / \$300

Share Link

EVENT HAS ENDED

Help support my journey to ICU Worlds 2024!!! Going for a back to back win ❤️🧡💙

My Store Event Team Chat

Individual FUNDRAISERS

- Calendar Dates or Bingo Board Donations
 - These can be made for free online. Use social media to share!
- Organization Grants
 - Challenged Athletes Foundation
 - They do a yearly grant program to help athletes cover costs for their sports.
 - Hanger Clinic - for athletes with prosthetics

2025 ICU Worlds!

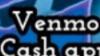
\$5	\$5	\$5	\$5	\$5
\$10	\$10	\$10	\$10	\$10
\$15	\$15	Let's Go USA!	\$20	\$20
\$20	\$20	\$25	\$25	\$25
\$25	\$25	\$30	\$30	\$30


2026 ANNUAL GRANT PROGRAM
OPENS OCT 1
 6-Week Application Window
 Oct 1 – Nov 14, 2025

[CHALLENGEDATHLETES.ORG/GRANTS](https://challengedathletes.org/grants)

Please support Yamila
 Pick a Date to Donate


1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Any amount	Any amount	Any amount	Any amount





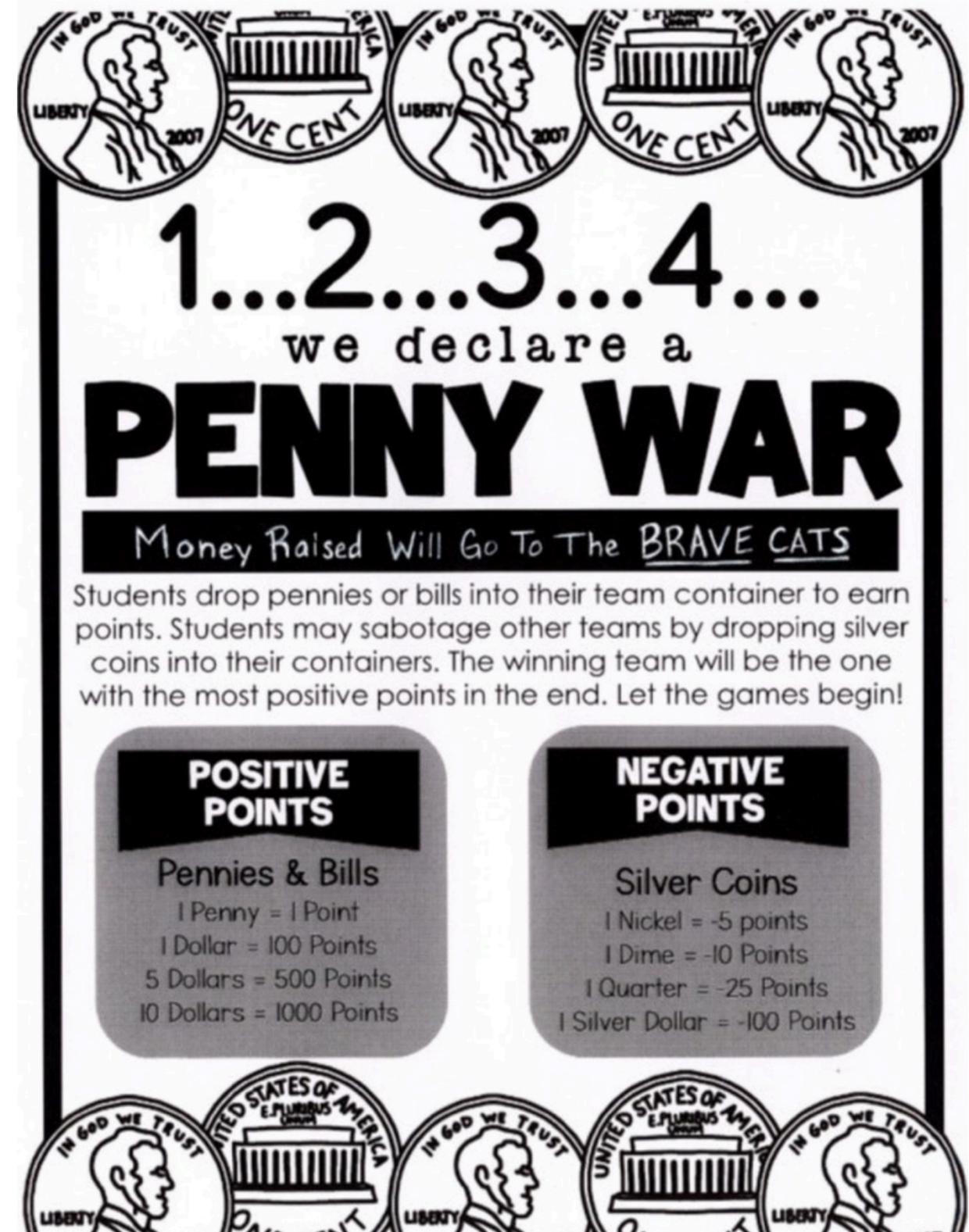
TEAM FUNDRAISERS



- Community Involvement Nights!
 - Bunco Night
 - Euchre Tournament
 - Spaghetti Dinner (or different food)
 - This was very successful for our team! We invited friends, families, and community members. All of the food was donated through companies and prepared by parents.
- Pie-A-Coach Competition
 - Each coach had a jar and the one that raised the most money was pied!

TEAM FUNDRAISERS

- Penny War (at gym or reach out to schools)
 - Local private school where our athletes attend helped raise over \$1,000 through a competitive penny war.
- Drawing for Baskets at gym Showcases and Send-Offs
 - Note: If it is a raffle, a permit is required!
 - Reach out to businesses for free donations to build baskets!



1...2...3...4...
we declare a
PENNY WAR
Money Raised Will Go To The BRAVE CATS

Students drop pennies or bills into their team container to earn points. Students may sabotage other teams by dropping silver coins into their containers. The winning team will be the one with the most positive points in the end. Let the games begin!

POSITIVE POINTS	NEGATIVE POINTS
Pennies & Bills	Silver Coins
1 Penny = 1 Point	1 Nickel = -5 points
1 Dollar = 100 Points	1 Dime = -10 Points
5 Dollars = 500 Points	1 Quarter = -25 Points
10 Dollars = 1000 Points	1 Silver Dollar = -100 Points

The sign is framed by a border of US coins, including pennies and one-cent coins.

Let's Share!

Use this link to add ideas that you have used in the past!

Refer to it throughout your season!

[Click here!](#)

Exceptional Athletes

COACHES CALL

Questions?
Sharing!!!