

2026 VARSITY SIDELINE & COMPETITION CHEER INFO AND POLICIES

TUMBLING/JUMP REQUIREMENTS

All girls trying out for the varsity squad will be scored on the minimum tumbling requirement. The squad is determined by scores, positions and coachability. The coach may make an exception to the tumbling requirement based on needed positions with the approval of the Athletic Director.

Running tumbling

Minimum: 3 connected skills (front walkover round off bhs OR round off double bhs)

Bonus/Recommended: 4 connected skills (front walkover round off double bhs OR round off triple bhs)

Standing tumbling

Minimum: 2 connected skills (cartwheel bhs, back walkover bhs OR double bhs)

Bonus/Recommended: 3 connected skills (back walkover bhs back walkover OR front walkover cartwheel bhs)

Jumps

Toe touch and hurdler

ALL-STAR CHEER POLICY

Girls cheering for half-year All Star cheer teams are eligible to try out for the Varsity Football Cheer program and must abide by all practice and competition attendance policies set forth in the Parent Information Packet and/or as the Coach deems necessary. Failure to abide by the practice and competition attendance policies may result in dismissal from the squad and/or in-eligibility for the next season.

Due to the high level of commitment required by both TKA and year-round All-Star Cheerleading, year-round All Stars cheerleaders are not eligible to try out for the Varsity Sideline/Competition squad.

MANDATORY CLINIC AND TRYOUTS

All candidates are required to attend clinics and tryouts. Any exceptions to this requirement must be approved, in advance, by the Athletic Director. All chants, cheers and other instructions needed for tryouts will be taught during the clinic. Girls should wear navy or black shorts, white tee-shirt, blue or white hair bow, and tennis shoes. No jewelry or gum. A panel of outside judges will score the girls using a numbered scale for each element including jumps, tumbling skills, mastery of an 8-count and cheer, stunting, spirit and projection. Mastery of any of these elements is not a guarantee to make the team. Cuts will be determined based on needed positions, coachability, and the level of experience of the team. An exact number cannot be set until these elements are determined at tryouts.

To be eligible to attend clinics and tryouts, girls must be a TKA enrolled student, Applied & Accepted, or Approved AES. Eligible students must pre-register on Team Snap. A \$50 tryout fee will be collected during tryout registration. Varsity Cheer Tryout Registration: <https://registration.teamsnap.com/form/53040>



TRYOUTS

Mandatory Clinic: Monday March 16th, Tuesday March 17th and Thursday March 19th
Knight's Gym @ TKA Athletic Complex, 78 Ridge Road, Canton, 4:30pm-6:00pm

Tryouts: Varsity and Middle School, Friday, March 20th
Knight's Gym & TKA Athletic Complex, 78 Ridge Road, Canton, 4:30pm-8:00pm

RESULTS

Coaches will post the roster on social media after tryouts (@tka.varsitycheer on Instagram).
Rostered players will receive an email with a link to register on TeamSnap for the 2026 season.

PARTICIPATION FEES

Registration \$800
Camp Fee \$400
Uniform fee TBD ** All uniform orders are non-refundable.

Participant and Camp fees will be paid during the registration process on TeamSnap. All registrants may either pay in full via ACH or Credit Card or select the payment plan using a credit card.

Photos will be included in your registration fee. Each athlete will have an individual and team photo taken. The \$12 designated for photos in your registration fee will provide you with 1 5x7 individual photo, 1 5x7 team photo, and a digital image of your athlete. Each team's committee will have access to the digital images to use for the year end banquet, awards and any other needs.

SPORTS PHYSICALS & FORMS

Students must have a current physical form on file in the Athletic Department prior to participating in tryouts, practice, voluntary workout, or game that indicates that the student is physically approved for participation.

Participants must turn in the following forms to the Athletic Department prior to tryouts (all forms can be found at [thekingsacademy.org/athletics/forms](https://www.thekingsacademy.org/athletics/forms)):

Submit Annually

- ☐ GAPPS Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). Physicals after April 1st of the current year will be good for the entire next school year.

Submit One Time

- ☐ High School Affidavit of Eligibility (New HS athletes 9-12th)
- ☐ GAPPS Concussion Information & Acknowledgement Form
- ☐ GAPPS/GHSA Student/Parent Sudden Cardiac Arrest Awareness Form

AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:

- ☐ Refer to separate AES Approval Process Document available for download:
 - <https://www.thekingsacademy.org/athletics/Forms.cfm>

FCC ESTIMATED COMPETITION SCHEDULE

All cheerleaders are required to be at every competition. The Varsity cheer squad usually attends 4 FCC competitions. Please do not schedule family vacations, church camps, etc. without checking in with your coaches first.

ATTENDANCE AND ABSENCES

Attendance is required and will be taken at practices, tumbling, fundraising events, games, and competitions. Cheerleaders are expected to be on time. Cheerleaders who are late to any cheer event are considered tardy. 3 Tardies = 1 Unexcused Absence.

Excused Absences: Severe illness or family emergencies are considered excused absences. In these instances, the cheerleader must contact her coach to be excused. Cheerleaders who are only mildly ill (i.e., cramps, sinus, injuries), are expected to come to practice and observe so that she will not miss any new material being presented. **Unexcused Absences:** Church activities, family vacations and All-Star activities and other outside activities that conflict with TKA cheer camp, cheer practices, games or cheer competitions and practices are considered unexcused. No more than 1 unexcused absence will be permitted during the regular sideline cheer season which begins the week after Mandatory Cheer Camp through September 30th. Beginning October 1st, practices will solely be focused on preparing for competitions such as State and Nationals. NO unexcused absences are permitted after October 1st. A coach may use alternates, to sub for or replace a cheerleader for excused and unexcused absences. An unexcused absence after September 30th may result in dismissal from the team and may also make the cheerleader ineligible to try out for the TKA Cheerleading in future seasons.

ALTERNATES FOR COMPETITION

The coaches may release or replace a cheerleader from the squad, should she become injured or not progress in her tumbling or cheer skills required for sideline and competition, and/or have more than 1 unexcused absence. The coaches will then have the option of pulling up alternates who have indicated on the Tryout Form that they would be willing to cheer as an alternate and incur the costs of competition if chosen. If a cheerleader is replaced with an alternate, her fundraising total will be credited to the alternate's balance.

CHEERING UP

The coaches may invite middle schoolers to cheer up to fill positions on the Varsity sideline/competition cheer squad. The coaches may only invite girls who have indicated on the Cheer Tryout Form that they are committed to cheering up if invited. Checking the box does not mean you are trying out for Varsity. It only means if a position needs to be filled and the athlete has all required skills for Varsity, then the coaches have the option to invite them to join the Varsity team. Those selecting to cheer up, are making a 100% commitment to the Varsity squad if invited up and will not have an opportunity to reconsider this decision.

DUAL SPORTS

Cheerleaders are not eligible to participate in fall sports or other activities that may conflict with the practices, games and competition and must abide by the attendance policies set forth in this packet and/or scheduled by the coaches. Cheerleaders who desire to participate in winter or spring sports are committed to cheerleading through the end of the cheer/competition season and must give cheer practices and competitions priority. If a student-athlete participates in two sports where the seasons overlap each other, he/she should notify the coaches of both sports as soon as possible so that the coaches can communicate with each other about the availability of the athlete to participate in the second sport.

STUNTING AND TUMBLING

Cheerleaders are expected to be working toward mastery of the minimum tumbling requirements during the entire season. Attendance will be taken by the coaches and consequences for not attending or participating should be enforced. It is understood that great caution will be taken by those in charge to prevent accidents or injury. However, neither those in charge nor The King's Academy shall be held responsible in case of accident or injury.

All cheerleaders participate in MANDATORY weekly tumbling classes at Showtime Elite, 1338 Londonderry Drive, Woodstock, GA 30188, (770) 384-8058. Classes meet for one hour each week, and a team schedule will be provided.

VARSITY HEAD COACH - Valerie Bone
valeriebone@windstream.net
770-722-0484

VARSITY ASSISTANT COACH - Julianna Walker
jeknowles79@gmail.com
404-680-2549

2026-2027 VARSITY CHEER – IMPORTANT SUMMER DATES

PRACTICE SCHEDULE

Mondays: 4:30pm-6:00pm, Knight's Gym @ TKA Athletic Complex, 78 Ridge Road, Canton

Tuesdays 4:30pm-6:00pm, Knight's Gym @ TKA Athletic Complex, 78 Ridge Road, Canton

Thursdays: 3:00pm-4:00pm Tumbling, 4:00pm-5:30pm Practice @ Showtime Elite

Fridays: 4:30pm-6:00pm, Knight's Gym @ TKA Athletic Complex (times will vary during football season for away games)

March 23rd	Stunt Clinic 4:15pm-5:30pm, Knight's Gym @ TKA Athletic Complex
March 24th	Stunt Clinic 4:15pm-5:30pm, Knight's Gym @ TKA Athletic Complex
March 30th	Stunt Clinic 4:15pm-5:30pm, Knight's Gym @ TKA Athletic Complex
March 31st	Stunt Clinic 4:15pm-5:30pm, Knight's Gym @ TKA Athletic Complex Parent Meeting 5:30pm, Knight's Gym @ TKA Athletic Complex Uniform Fitting 6:30pm, Knight's Gym @ TKA Athletic Complex
June 15th-18th	Mandatory Junior Knights Cheer Clinic 9:00am-2:30pm @ Knight's Gym
June 19th	Mandatory Competition Choreography 4:00pm-9:00pm @ Knight's Gym
June 20th	Mandatory Competition Choreography 9:00am-5:00pm @ Knight's Gym
June 21st-24th	Mandatory FCC Cheer Camp @ Knight's Gym Camp Championship, time TBD
August 6th	Tumbling becomes mandatory 3:00pm-4:00pm @ Showtime Elite & First practice 4:00pm-5:30pm @ Showtime Elite
August 8th	Junior Knights Competition Camp 9:00am-12:00pm @ Knight's Gym
August 15th	Junior Knights Competition Camp 9:00am-12:00pm @ Knight's Gym
August 27th	Junior Knights Fall Cheer Clinic 4:30pm-7:30pm @ Knight's Gym
Dec 31st - Jan 2nd	FCC Nationals @ Rosen Shingle Creek in Orlando