



SOUTH TAMPA TITANS CHEERLEADING

2026 SOUTH TAMPA TITANS CHEERLEADING CORE VALUES:

- Excellence: We are all about reaching for the stars! Together, we inspire each other to strive for greatness, both on and off the mat, encouraging shine our brightest.
- Respect: Every cheerleader in our program is cherished and valued. We honor the diverse talents, unique perspectives, and invaluable contributions that make us stronger together.
- Unity: We're a colorful tapestry of talents and backgrounds, woven together by the threads of teamwork and inclusivity. Together, we stand tall, united in our shared passion and purpose.
- Integrity: We're the example of fair play and sportsmanship, leading by example and nurturing a culture of trust, honesty, and integrity that fuels our cheerleaders' success.
- Continuous Improvement: We're on an exciting journey of growth and discovery, committed to constant learning, ensuring we're always at the top of our game for each other.

TEAM EXPECTATIONS & STANDARDS

1. Commitment and Attendance
 - Practice Attendance: Attendance at all practices is mandatory. Absences should be communicated in advance, and frequent absences will impact the team.
 - Punctuality: Arriving on time for practices and events is essential to ensure the team can maximize practice time.
2. Behavior and Attitude
 - Positive Attitude: Team members are expected to maintain a positive attitude, support their teammates, and contribute to a positive team environment.
 - Respect: Show respect for coaches, teammates, and opposing teams. This includes following instructions, listening attentively, and displaying good sportsmanship at all times.
3. Effort and Participation
 - Effort: Each member should give their best effort during practices and performances. This includes participating actively and trying their best in all activities.
 - Engagement: Be engaged and attentive during practices, ready to learn new skills and routines.
4. Skill Development
 - Continuous Improvement: Team members should be open to feedback and dedicated to improving their cheerleading skills, including stunts, tumbling, and dance.
 - Practice Outside of Team Sessions: Practicing skills outside of scheduled team practices is encouraged to ensure continuous improvement.
5. Teamwork
 - Collaboration: Cheerleading is a team sport, so collaboration and cooperation are crucial. Members should work well with others and be willing to help teammates.

- Communication: Open and honest communication with teammates and coaches is essential for resolving conflicts and improving team dynamics.
- 6. Health and Safety
 - Physical Health: Team members should maintain their physical health through proper nutrition, hydration, and rest. Report any injuries to coaches immediately.
 - Safety Practices: Adhere to all safety guidelines during practices and performances to prevent injuries.
- 7. Uniform and Appearance
 - Uniform Compliance: Wear the designated uniform and practice attire as required. Uniforms should be clean and in good condition.
- 8. Performance and Competition
 - Preparation: Be prepared for performances and competitions by knowing all routines and being ready to perform at your best.
 - Representation: Represent the team and league positively at all events, showing pride and professionalism.
- 9. Parent/Guardian Involvement
 - Support: Parents/guardians are expected to support their child's commitment to the team by ensuring they attend practices and events on time.
 - Communication: Maintain open communication with coaches regarding any concerns or conflicts.

The South Tampa Titans 2025 Competitive Season Accomplishments:

- Cheer Jam:
 - Tiny Mite (Level 1): 1st Place and Highest Score of the session
 - Junior Pee Wee (Level 1): 1st Place
 - Junior Varsity (Level 2): 1st Place
- Rockstar Rumble:
 - Tiny Mite: 3rd Place
 - Junior Pee Wee: 2nd Place
 - Junior Varsity: 1st Place
- Pop Warner Regionals
 - Tiny Mite: 2nd Place
 - Junior Pee Wee: 5th Place
 - Junior Varsity: 1st Place
- Pop Warner Nationals
 - Tiny Mite: 3rd in the Nation!
 - Junior Pee Wee: 10th in the Nation!
 - Junior Varsity: 2nd in the Nation!

2026 CHEER SEASON TIMEFRAME:

Summer Prep Practice Schedule:

- Summer Prep Practice Date: May 12th -July 16th
- This is our “Summer Prep Season” that will prepare the girls for our fall season
- Practice days: 2 days a week (Tuesday, Thursday)
- Time: 6-7:30 PM
- Location: Skyview Park in South Tampa
- **Potential makeup practices due to weather

Fall Season

- Fall Season Start Date: August 3rd
- Practice days: 3 days a week (Monday, Wednesday, and Thursday)
- Time: 6-8 pm (6-7:30 PM for our Tiny Mite team)
 - ****Potential makeup practices due to weather
- Location: Skyview Park in South Tampa and we will have gym time scheduled
 - Typically at the Prep South Tampa but looking for alternative locations
- Games on Saturdays
- Competition Important Dates
 - Cheer Jam - on a Sunday, mid-October **Date tbd
 - Rockstar – Sunday beginning of November
 - Regionals - Friday and Saturday following Thanksgiving
 - **May have to be in Orlando Thanksgiving day
 - Nationals
 - Early-Mid December in Charlotte, NC
- THERE ARE PRACTICE REQUIREMENTS IN ORDER TO BE ALLOWED TO PARTICIPATE IN COMPETITIONS. GIRLS WILL BE REMOVED FROM COMPETITION TEAMS FOR MORE UNEXCUSED ABSENCES THAN ALLOWED PER OUR ATTENDANCE POLICY.

Gym Practices

- Indoor location practices at various times throughout the season. Still determining location. All indoor practices are closed. Coaches will post if parents should arrive early for the team to perform at the end of practice.

EXPECTED COSTS:

- Registration amount: \$500 for first child, \$50 sibling discount.

What is included with your registration amount:

Item (education purposes only)	Price
Varsity Sparkle Backpack	\$80
Rebel Athletics Competition Shoes	\$55
Sideline Uniform Rental	\$30
Competition Uniform Rental **Adding MORE rhinestones this season	\$60
Sideline Shorts (2 Pairs)	\$30
Sideline Shirts (2 Pairs)	\$30
Competition Bow Rental	\$29
Gameday Bow	\$22
Locals Competition Fee (approx)	\$15
Regionals Competition Fee (approx)	\$31
Rockstar Competition Fees (approx)	\$40
Prep Rental (Regular Gym Practice)	\$62
Competition music	\$20
***excludes Nationals	
ESTIMATE TOTAL **prices will vary	\$504

***Uniforms: Uniforms are rentals from Titans. They must be returned at the end of the season, or you will be charged \$150 for replacement.

What is paid for by a combination of registration fees & fundraising:

- Nationals Fees
 - ***Often other programs require additional season payments to pay for these
- Coaches' compliance and background checks
- Routine Choreography
- Program Insurance
- Field Lights
- Coaches travel and hotel stays
- Team building supplies
- Gameday supplies
- And much more!

Additional Costs not included in Registration Fees (All Teams):

- Required
 - Competition Jersey - \$30 (new athletes)
 - Snacks for football games paid to the team moms
 - Gameday cheer shoes
 - Sports bra for practice uniform

- Competition Makeup as needed per coaches
 - Cheer gym practices - \$10 per girl (will vary on how many throughout the season based on availability) this is not practices at the prep south tampa
- Optional
 - Parent Jerseys
 - Warm-up jacket (new)
 - Gameday and competition photos
 - Homecoming banners and spirit sticks
 - Additional gear organized by team moms

Ways to Fundraise:

- Sponsorships
- Publix Days
- Our annual popcorn fundraiser
- Annual calendar fundraiser
- Spirit nights
- Car washes
- Homecoming activities
- All other ideas welcome!

Volunteering

- In addition – our organization runs exclusively on volunteers. All families are required to volunteer 10 hours in the Titans program. We do understand that some people do not wish to volunteer or cannot. If you do not wish to volunteer, there is an opt out fee for this. You can pay the opt out during the online registration process of \$125.00.

Gamedays and Competition Fees:

- Gamedays have small entry fee of \$5-\$7.
- Be prepared for spectator admission and parking at all competitions. This can range from \$25-\$50 per person for each competition. Parking can range from \$10-\$15 each competition.

Competitions & Hotel information:

Cheer Jam – Hotel Optional

- Dates: On a Sunday, mid-October
- Times: Be available all day
- Location of competition is at RP funding center
- Hotel: Can rent hotel if you compete early in the morning. Price varies on hotel. This is booked on your own as a family.

Rockstar Competition – Hotel Optional

- Dates: On a Sunday, Beginning of November
- Times: Be available all day
- Location of competition is at RP funding center
- Hotel: Can rent hotel if you compete early in the morning. Price varies on hotel. This is booked on your own as a family.

Regionals – Hotel Required

- Location: Orlando, FL
- Date: Friday and Saturday immediately following Thanksgiving Day
- Hotel: Rosen Shingle Creek
- Competition Venue: Silver Spurs Arena
- Required to stay 1 night (arrive day before your competition)
 - If compete Friday will need to be in Orlando thanksgiving day
- Price is \$110
- This is paid to the titans and we book a room block for the program
- **THERE IS PRACTICE THANKSGIVING WEEK

Nationals - Hotel Required

- Location: Charlotte North Carolina Convention Center (Mid December)
- Teams advancing on to Nationals in Charlotte, NC will miss multiple days of school in December for that competition.
- Required to stay a minimum of three nights (pop warner rule)
 - Arrival Day, Practice Day, Competition Day, Departure Day
- Pay per person staying the room not per night at the hotel (admission ticket to competition included)
- Cost of nationals is approximately \$1200-\$1500 per family + travel (we fundraise to help offset some costs for athletes and coaches)
 - OPTION: ESTIMATE OF \$800 for 2 moms/2 cheerleaders sharing their required 3 night stay at one of the host properties. Other family members can choose to stay nearby at other lodging

Fundraising:

- The cost for your cheerleader to participate in the season is subsidized by fundraising. Your cost is substantially lower than the expenses we spend for athletes. Due to this – we ask all families to participate in our fundraising. If you choose not to participate, you agree to pay all competition expenses personally.

Communication:

- All teams will be communicating via the Band App
 - Check the main page for updates before reaching out individually

- Each team has their own group within Band. The practice calendar, chatting, videos, pictures, etc. will be in each group.

Team Moms

- If you are interested in being team mom, please reach coaches once we determine team placements.

Practice Attire:

- Athletic shorts
- T-shirt (absolutely NO crop tops, spaghetti straps, or bellies showing)
- Sports Bra if needed
- Athletic sneakers with ties (the girls will be jumping, tumbling, stunting, etc. so please make sure they fit them appropriately and have good support)
- Hair must be up in ponytail and out of face. As we get closer to competitions, we will ask for the girls to wear high pony's to every practice.
- NO jewelry (including earrings, necklaces, bracelets, etc.).
- NO hairclips
- Water bottle

Social Media

- Follow us on Social Media! Like, Comment and Share our posts to help get our name out there.
- Facebook: South Tampa Titans Football & Cheer
- Instagram: @southtampatitans

2026 REGISTRATION DETAILS

You can sign up online at [Southtampatitans.com](https://southtampatitans.com) and click Register.

Team Placements

When you enter your athlete's date of birth, you will be shown the teams that are available based on age. These options are **not final placements**. Final team assignments will be determined once registration numbers are finalized and skill assessments are completed at the start of the summer prep season.

Pop Warner sets age requirements for each team, and all placements must align with those guidelines. Our goal is to ensure every athlete is placed in the best position for success throughout the season, taking multiple factors into consideration. We have very limited availability for our Junior Varsity Level 2 team. Please reach out directly to tpatitanscheer@gmail.com if interested.

Required Forms:

- **Birth Certificate** – must be submitted with registration Pop Warner requires original birth certificates in order to certify a copy for our books. We will designate a date for collection.

- **Participant Contract / Parent Consent** – must be electronically signed during online registration process Information populates from the online registration questions
- **Medical History form** – must be electronically signed during online registration process. Information populates from the online registration questions
 - **Do NOT need a physical
- **Report Cards** – please email to titanscompliance@gmail.com (pdf format)
 - Only need the final report card for Elementary students. Middle school please include first and second semester report cards so all 4 quarters grades are included.
- **Attendance policy** – must be turned in at first practice
 - Summer prep practices are mandatory but we will have a vacation form to fill out for absence due to travel
 - Please read and retain for your reference. Parent and athlete must both sign and turn in the form. We will hand this out at the beginning of summer prep season.
- **Fundraisers** – Families are required to participate in the Titans fundraisers each season. These funds are used to purchase new equipment, for field use expenses, insurance, for coaches training/background checks, competition and choreography expenses and more.

Refunds – If your child leaves the program, refunds are determined by date as follows:

- Prior to May 16: full refund minus the \$100 registration fee
- Prior to July 15: 50% refund
- After July 15: No refund

CHECK OUT PROCESS

Click Payment Options

The screenshot shows a checkout interface for a user named Jane. At the top, there's a header with a shirt icon and the name 'Jane'. Below this, the page title is '2026 Competitive Cheerleading Program - Cheer and Dance PeeWee'. A 'Hide Breakdown' link is visible. The main content area shows a table with two rows: 'Division Price' and 'Subtotal', both valued at '\$500.00'. Below the table, there's a summary section with 'Total Due:' and 'Total Due Today:', both at '\$500.00'. At the bottom, there are two buttons: '< Back' and 'Continue'. A red box highlights the 'Payment Options*' button, and a red error message below it says 'You must select a payment option to continue.'

There will be two options:

Payment Options ×

☒ Pay in Full ☐ Pay Deposit

Pay in Full		
Payment Date	Payment Amount	Remaining Balance
Due Today	\$500.00	\$0
<button>Select</button>		

OR - \$100 due at registration

Payment Options ×

☐ Pay in Full ☒ Pay Deposit

\$100.00 Minimum Deposit Due			
Payment Date	Fees / Discounts	Deposit Amount	Remaining Balance
Due Today	\$0.00	\$100.00	\$400.00
<button>Select</button>			

Select either option and continue!

Contact Information

- Cheer Coordinator: Payton Telleysh
- tpatitanscheer@gmail.com