



**INFORMATIONAL PACKET
2026-2027**

**FOR US,
CHEERLEADING
IS MORE THAN
JUST A SPORT.
IT'S OUR PASSION**



For more information contact:
(225) 448-2553
Brusly@LaAthletics.com

WELCOME TO LOUISIANA ATHLETICS

Whether this is your first time “trying” a cheer team or you’ve been with Louisiana Athletics for many years, we are excited to have you join us for another wonderful season. Louisiana Athletics has been serving the Baton Rouge area since 1998, almost 30 years of cheerleading and tumbling! We’ve spent the past 11 years here in Brusly, and have loved every moment of our time in West Baton Rouge. Louisiana Athletics Brusly is more than just a place to train physical skills —it’s a home where athletes become like family. Here, every girl and boy is welcomed with open arms and encouraged to grow not only in skill, but in confidence, character, and heart. It’s a place where teammates quickly become best friends, where hard work is celebrated, and where every individual is supported in becoming the very best version of themselves. Through every practice, every challenge, and every victory, Louisiana Athletics Brusly builds a bond that goes far beyond the sport—a lasting sense of belonging that stays with you for life. Cheerleading is the vehicle that drives this journey, helping our students become just one percent better every single day. It’s in the small improvements, the extra effort, and the commitment to growth where true transformation happens. Here, the phrase “it takes a village” comes to life. Our coaches walk alongside our cheer parents, creating a strong, united support system that guides each athlete forward. Together, we teach our students how to work hard, show up for their team, and push beyond their comfort zones —building resilience, accountability, and confidence that will carry them far beyond the mat. We have a deep love for the sport of cheerleading, and we hope that your child develops that love just like we have. We have an even deeper love for developing young people, and we hope to have the opportunity to get to work with your family this season!



Jimbo Gravois

Jimbo Gravois
Owner Louisiana Athletics

Our Teams:

Flurry: Tiny Novice Level 1

Born in 2020 - 2022 | Fall & Spring Seasons
Sign Up Starts in May & December

Lightning: Mini Novice Level 1

Born in 2017 - 2020 | Fall & Spring Seasons
Sign Up Starts in May & December

Thunder: Mini Prep Level 1

Born in 2017 - 2020 | August - April
Sign Up Starts in May

Avalanche: Youth Prep Level 1

Born in 2014 - 2017 | August - April
Sign Up Starts in May

Earthquake: Youth Elite Level 1

Born 2014 - 2017 | Invitation Only
Sign Up Starts in May

Wildfire: Junior Elite Level 2:

Born in 2010 - 2016 | Invitation Only
Sign Up Starts in May



CHEER

TEAM PLACEMENTS

MAY 19TH



AGES 6 - 9 | 5:30 - 7:00P
AGES 10 & UP | 7:30 - 9:00P

REGISTER ONLINE NOW
WWW.LABRUSLY.COM



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Welcome to LA Nation



FLURRY

PK - 1ST GRADE

PRACTICE
ONCE PER
WEEK

FALL SEASON AUGUST - DECEMBER
SPRING SEASON JANUARY - APRIL

NO EXPERIENCE REQUIRED
ONLY \$99 PER MONTH
2 PERFORMANCES PER SEASON

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Flurry Tiny Novice Lvl 1 Birthdays 2020 - 2022

Cheerleaders will learn a Novice routine throughout their practices. They will get to learn tumbling, jumps, and floor stunts. Athletes aren't allowed to leave the floor at this level, so there will be no lifting/stunts off of the ground. Tumbling is limited to rolls and cartwheels.

Practice Schedule: Fall & Spring

- ◆ Thursdays 5:00 - 6:00 PM
- ◆ Tumbling can be added

Competitions:

- ◆ **Fall:** November - Jackson, MS & December - Biloxi, MS
- ◆ **Spring:** April - Biloxi, MS & April - Pensacola, FL

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 1 Set Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Music & Choreography
- ◆ 2 Competitions

Payments:

Fall:

- ◆ Team Fees \$150.00 (May & September)
- ◆ Monthly Tuition \$99 per month August – December (Fall)

Spring:

- ◆ Team Fees \$150.00 (January & April)
- ◆ Monthly Tuition \$99.00 per month January - April (Spring)

◆ All payments will be automatically drafted on the 1st of each month.

- ◆ We offer a \$10.00 per month discount for siblings.

Not included:

Cheer Shoes (Any white Shoes) | Tumbling Class (\$20 per month)

Optional: Backpack | Warm Up Jacket | Sweat shirt | Slides



LIGHTNING

2ND - 4TH GRADE

PRACTICE
TWICE PER
WEEK

FALL SEASON AUGUST - DECEMBER
SPRING SEASON JANUARY - APRIL

NO EXPERIENCE REQUIRED
ONLY \$129 PER MONTH
2 PERFORMANCES PER SEASON

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Lightning Mini Novice Lvl 1 Birthday 2017 - 2020

Cheerleaders will learn a Novice routine throughout their practices. They will get to learn tumbling, jumps, and stunts. Team is only allowed prep level stunts and below. Tumbling is limited to walk overs and cartwheels.

Practice Schedule: Fall & Spring

- ◆ Sunday 4:30 - 6:00 PM
- ◆ Wednesday 5:00 - 6:30 PM
- ◆ Tumbling can be added

Competitions:

- ◆ **Fall:** November - Jackson, MS & December - Biloxi, MS
- ◆ **Spring:** April - Biloxi & April Pensacola

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 2 Sets Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Music & Choreography
- ◆ 2 Competitions

Payments:

Fall:

- ◆ Team Fees \$150.00 (May, August & October)
- ◆ Monthly Tuition \$129 per month August – December (Fall)

Spring:

- ◆ Team Fees \$150.00 (December, February & April)
- ◆ Monthly Tuition \$129.00 per month January - April (Spring)

◆ All payments will be automatically drafted on the 1st of each month.

◆ We offer a \$10.00 per month discount for siblings.

Not included:

Cheer Shoes (Any white Shoes) | Tumbling Class (\$20 per month)

Optional: Backpack | Warm Up Jacket | Sweat shirt | Slides



PREP TEAMS

GRADES 1ST - 7TH

THUNDER

BIRTHDAYS 2017 - 2020

SEASON AUGUST - APRIL
5 COMPETITIONS

AVALANCHE

BIRTHDAYS 2014 - 2017

SEASON AUGUST - APRIL
5 COMPETITIONS

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Thunder Mini Prep lvl 1 Birthday 2017 - 2020

Cheerleaders will learn a Prep routine throughout their season. Thunder will introduce more difficult tumbling/stunts than Novice teams. Cheer experience is usually recommended.

Practice Schedule: August - April

- ◆ Sunday 1:00 - 2:30 PM
- ◆ Tuesday 5:00 - 6:30 PM
- ◆ 1 Tumbling class

Competitions:

- ◆ November - Jackson, MS
- ◆ December - Biloxi, MS
- ◆ March - Baton Rouge, LA
- ◆ April - Biloxi, MS
- ◆ April - Pensacola, FL

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 2 Sets Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Nfinity Cheer Shoes
- ◆ Music & Choreography
- ◆ 5 Competitions

Payments:

- ◆ Team Fees \$205.00 (May, August, October, February, April)
- ◆ Monthly Tuition \$139 per month August - April

◆ All payments will be automatically drafted on the 1st of each month.

- ◆ We offer a \$10.00 per month discount for siblings.

Not included:

Optional: Backpack | Warm Up Jacket | Sweat shirt | Slides



Avalanche Youth Prep lvl 1 Birthday 2014 - 2017

Cheerleaders will learn a Prep routine throughout their season. Avalanche will introduce more difficult tumbling/stunts than Novice teams. Cheer experience is usually recommended.

Practice Schedule: August - April

- ◆ Monday 7:00 - 8:30P
- ◆ Thursday 7:00 - 8:30P
- ◆ 1 Tumbling class

Competitions:

- ◆ November - Jackson, MS
- ◆ December - Biloxi, MS
- ◆ March - Baton Rouge, LA
- ◆ April - Biloxi, MS
- ◆ April - Pensacola, FL

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 2 Sets Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Nfinity Cheer Shoes
- ◆ Music & Choreography
- ◆ 5 Competitions

Payments:

- ◆ Team Fees \$205.00 (May, August, October, February, April)
- ◆ Monthly Tuition \$139 per month August – April

◆ All payments will be automatically drafted on the 1st of each month.

◆ We offer a \$10.00 per month discount for siblings.

Not included:

Optional: Backpack | Warm Up Jackets | Sweat shirt | Slides



ELITE TEAMS

GRADES 4TH - 9TH

EARTHQUAKE

BIRTHDAYS 2014 - 2017
SEASON JULY - APRIL
6 COMPETITIONS

WILDFIRE

BIRTHDAYS 2010 - 2016
SEASON AUGUST - APRIL
6 COMPETITIONS

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Earthquake Youth Elite Lvl 1 Birthdays 2014 - 2017

Cheerleaders will learn an elite routine throughout their season. Earthquake's season is from July-May. This team consists of advanced athletes who have all level 1 tumbling skills and at least 2 seasons of experience on a prep team. Athletes will be challenged to learn elite stunts and pyramids

Practice Schedule: July - April

- ◆ Sunday 2:30 - 4:30P
- ◆ Tuesdays 7:00 - 8:30P
- ◆ 1 Tumbling class

Competitions:

- ◆ November - Jackson, MS
- ◆ December - Biloxi, MS
- ◆ January - Baton Rouge, LA
- ◆ March - Baton Rouge, LA
- ◆ April - Biloxi, MS
- ◆ April - Pensacola, FL

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 2 Sets Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Nfinity Cheer Shoes
- ◆ Music & Choreography
- ◆ Skills Camp
- ◆ 6 Competitions

Payments:

- ◆ Team Fees \$255.00 (May, August, October, February, April)
- ◆ Monthly Tuition \$139 per month July - April

- ◆ All payments will be automatically drafted on the 1st of each month.
- ◆ We offer a \$10.00 per month discount for siblings.

Not included:

Optional: Backpack | Warm Up Suit | Sweat shirt | Slides



Wildfire Junior Elite Lvl 2 Birthdays 2010 - 2016

Cheerleaders will learn an elite routine throughout their season. Wildfire's season is from July-May. This team consists of advanced athletes who have all level 2 tumbling skills and at least 2 seasons of experience on a prep team. Athletes will be challenged to learn elite stunts and pyramids

Practice Schedule: July - April

- ◆ Sunday 6:00 - 8:00P
- ◆ Wednesday 7:00 - 8:30P
- ◆ 1 Tumbling class

Competitions:

- ◆ November - Jackson, MS
- ◆ December - Biloxi, MS
- ◆ January - Baton Rouge, LA
- ◆ March - Baton Rouge, LA
- ◆ April - Biloxi, MS
- ◆ April - Pensacola, FL

Team includes:

- ◆ Professional coaching by qualified coaches.
- ◆ 2 Sets Practice Clothes
- ◆ Cheer Uniform Rental
- ◆ Nfinity Cheer Shoes
- ◆ Music & Choreography
- ◆ Skills Camp
- ◆ 6 Competitions

Payments:

- ◆ Team Fees \$255.00 (May, August, October, February, April)
- ◆ Monthly Tuition \$139 per month July – April

◆ All payments will be automatically drafted on the 1st of each month.

- ◆ We offer a \$10.00 per month discount for siblings.

Not included:

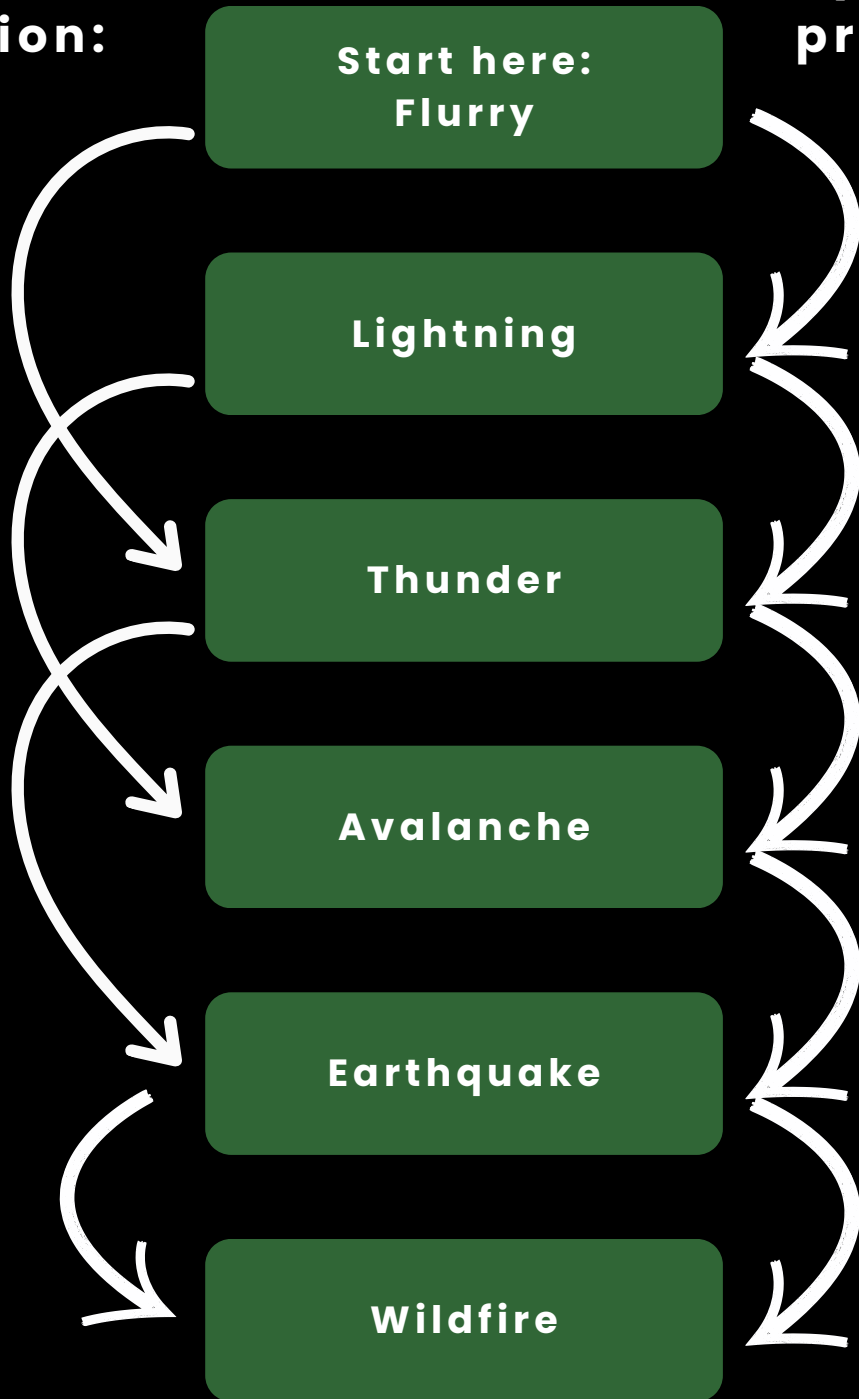
Optional: Backpack | Warm Up Suit | Sweat shirt | Slides



Expect 2 seasons per team

Possible
progression:

Typical team
progression:



This chart shows likely scenarios for most cheerleaders. Exceptions are possible depending on team needs



2026 - 2027

IMPORTANT DATES:

NOVICE TEAMS

Uniform Fitting: June & August
First Day of Practice: August 5th & 6th
Parent Meeting: Released Via Video
Competition Dates:

FALL TEAMS:

November 14: Victory Athletics | Jackson, MS

December 6: Deep South | Biloxi, MS

SPRING TEAMS:

April 11: Victory Athletics | Biloxi, MS

April 24-26: Emerald Nationals | Pensacola, FL

PREP TEAMS

Uniform Fitting: June & August
First Day of Practice: August 9th & 10th
Parent Meeting: Released Via Video
Competition Dates:

November 14: Victory Athletics | Jackson, MS

December 6: Deep South | Biloxi, MS

March 13: Victory Athletics | Baton Rouge, LA

April 11: Victory Athletics | Biloxi, MS

April 24-26: Emerald Nationals | Pensacola, FL

ELITE TEAMS

Uniform Fitting: June & August
First Day of Practice: July 7th & 8th
Parent Meeting: Released Via Video
Competition Dates:

November 14: Victory Athletics | Jackson, MS

December 6: Deep South | Biloxi, MS

January 9: SCA | Baton Rouge, LA

March 13: Victory Athletics | Baton Rouge, LA

April 11: Victory Athletics | Biloxi, MS

April 24-26: Emerald Nationals | Pensacola, FL



Team Placements

“Novice” Teams

****Cheerleaders in PK & K DO NOT ATTEND TEAM PLACEMENTS****

All members, 1st grade and above, who are registered by May 19th will attend team placements. At team placements, cheerleaders new to Louisiana Athletics will be introduced to cheer motions, jumps, and asked to demonstrate any tumbling skills they can do.

All member who register after May 19th, will be given an individual assessment and be placed on the proper team. The final day to sign up for the new season is August 10th for Fall & January 15th for Spring.

Novice teams are “Half Season” teams. Cheereaders can cheer in the fall and/or the Spring. Cheerleaders are encouraged to do both sessions, but this level is great for cheerleaders who may not want to commit all year to cheerleading.

“Prep” Teams & “Elite” Teams

Prep & Elite cheerleaders will attend team placements May 19th .

Cheerleaders will be asked to demonstrate their tumbling, jumps, and will be asked to stunt with other cheerleaders. After team placements, cheerleaders will be placed on a team based on what our coaches feel is best for each cheerleader.

All member who register after May 19th, will be given an individual assessment and be placed on the proper team. The final day to sign up for the new season is August 10th .



Team Divisions Explained

Ages

Tiny: Born in 2020 - 2022

Mini: Born in 2017 - 2020

Youth: Born in 2014 - 2017

Junior: Born in 2010 - 2016

Competitive Tiers

***Each Tier is meant for progression of experience**

Novice:

an entry-level category designed for athletes who are new to competitive cheer or are still developing foundational skills.

- Athletes are typically newer to all-star cheer.
- Focus is on learning basics, building confidence, and gaining competition experience.
- Routines are simpler and more controlled compared to higher divisions.
- Stunting & Tumbling skills are restricted

Prep:

an intermediate-level category designed for athletes who want to commit more time to practice and competitions.

- Athletes typically have some experience.
- Focusing on developing the basic skills in stunting, tumbling, and performance.
- Routines will be more intricate with an emphasis on timing, execution, and difficulty for the level.
- Does include some skill restrictions

Elite:

an advanced-level category designed for athletes who have

- cheered for multiple seasons or
- have experience in tumbling and/or stunting.



Team Levels Explained

Novice 1 with Restrictions

Tiny Novice: FLURRY

1. **Stunts:** Cannot leave the ground.
2. **Tumbling:** Cartwheels & rolls only

Mini Novice: LIGHTNING

1. **Stunts:** Limited shoulder level stunts
2. **Tumbling:** Cartwheels & back walkers

Prep 1 Expectations

Mini Prep: THUNDER

1. **Stunts:** Single leg prep stunts, braced extended stunts
2. **Tumbling:** Front & back walkovers

Youth Prep: AVALANCHE

1. **Stunts:** Single leg prep stunts, braced extended stunts
2. **Tumbling:** Front & back walkovers

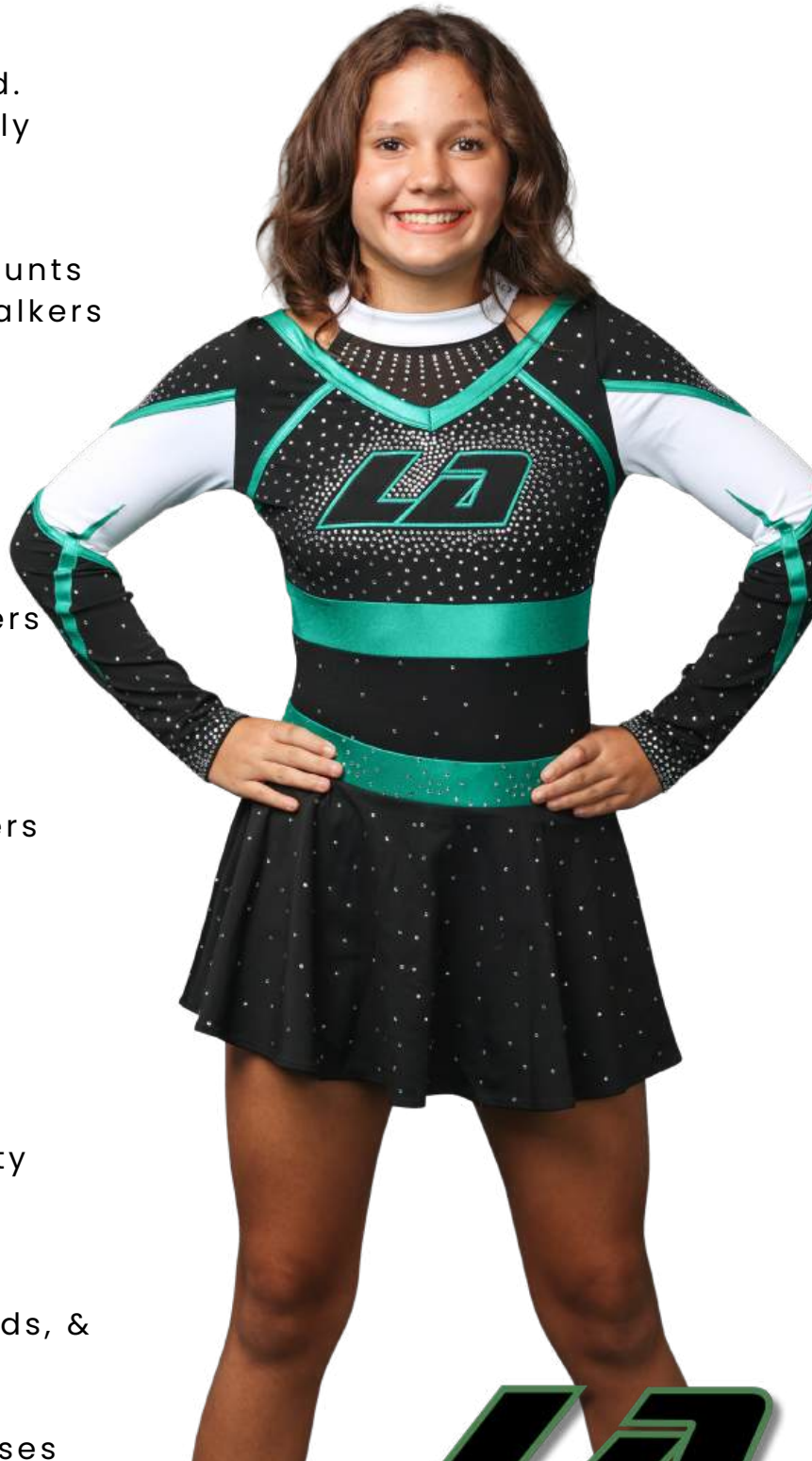
Elite Expectations

Youth 1 Elite: EARTHQUAKE

1. **Stunts:** Single leg prep stunts, braced extended stunts
2. **Tumbling:** Front & back specialty walkover passes

Junior 2 Elite: WILDFIRE

1. **Stunts:** Extended Stunts, Pyramids, & Baskets.
2. **Tumbling:** Back Handsprings & Specialty Back Hand spring passes



What You Can Expect From Us

COMMUNICATION:

- Our team coaches will update our group BANDS Bimonthly | Monthly. We will give updates on our team's progress, what we are doing well, & what we need to improve upon.
- We understand that "it takes a village" and we are thankful that you would have us be a part of yours. If we are having any behavioral issues with your cheerleader that we are unsuccessful at correcting, (we don't anticipate this being an issue.) we will reach out to you to try to figure out better ways to reach your cheerleader.
- The week before a competition we will send out all competition info that we have been given from the competition company. We will not have any performance times until the week of the competition.
- After each competition, our coaches will update the BAND app with thoughts about the competitions.

PRACTICES:

- Our practices will ONLY be canceled if weather or conditions require that we cannot host practices.
- Our coaches will utilize practice times to make sure our teams make progress towards the goals for each competition. We are very passionate about our students and will make sure we are coaching to the best of our ability.

PROFESSIONALISM:

- Louisiana Athletics will make decisions based on what we know is best for each cheerleader and each team. We hold ourselves to a standard that is respectful and caring.
- You can expect that we will always hold ourselves to a high professional standard with students, parents, competition officials , and judges.



What We Expect From You

COMMUNICATION:

- Upon placement, all parents will be invited to their respective team's BAND Group. Updates and current information will be added to that group on a weekly basis. Important upcoming info and competition details will be emailed to parents. A current email must remain on file throughout the season. The "BAND" app will be used on competition days to communicate important info. We expect that parents will take time to read messages and emails.

APPAREL AND PRACTICE CLOTHING:

- Each season cheerleaders will receive: 2 sets of Practice wear, 1 Competition Uniform, 1 Competition bow, and 1 pair of cheer shoes
- Novice cheerleaders must purchase shoes and Flurry will only receive one practice clothes set.
- Cheerleaders are expected to arrive at practice in proper practice clothes and practice bow.
- Cheerleaders are expected to be in proper competition uniform, arriving ontime for each competition.
- If practice clothes are lost, replacements must be purchased.
- Jewelry is not allowed to be worn during practice.
- Hair must be up in a bow for each practice.

COMPETITION ETIQUETTE & ATTENDANCE:

- Cheerleaders are required to be at each competition that is on the schedule.
- Missing a competition (outside of an extreme emergency) is grounds for immediate removal from your team.
- Cheerleaders are expected to arrive on time at the meeting place set by your coach for each competition.
- Cheerleaders are expected to stay for your team's award ceremony. Cheerleaders should be dressed in uniform and/or warm ups. No cellphones or cheer bags are allowed at awards.
- Parents should use courtesy when interacting with other cheer parents, their coaches, and any event officials.

CONT'D



What We Expect From You

PRACTICE ATTENDANCE:

- The only way that our teams can be successful is with full participation at practice. We understand that life happens and that the season is extensive. We also know that cheerleaders missing practice is inevitable. Our goal is to limit the amount of practices that each cheerleader misses.
- Cheerleaders who miss practice within 2 weeks from a performance or competition may be moved out of their stunt group for the competition.
- Cheerleader missing multiple practices within a season will be removed from stunts, pyramids, and any intricate parts of the team's routine.

TUMBLING CLASSES:

- Prep & Elite team members receive a tumbling class with their tuition. While these classes are not required, our expectation is that cheerleaders will take advantage and participate once per week.
- Tumbling is a very important part of our teams' success, and tumbling is an individual effort. The harder our cheerleaders work in tumbling, the better our teams will become.

PAYMENTS:

- All cheerleaders must have a payment method on file. Team tuition is due on the first of the month and is considered late by the 5th. If tuition is not paid by the 15th of the month, cheerleaders will not be allowed to participate in practice. A text message will be sent to the main contact on file on the 15th of the month, alerting them to the situation.
- If team fees are not paid, delinquent cheerleaders will not receive their practice clothes, uniforms, or participate in competitions.



Financial Obligations

NOVICE (4 - 6 yr Olds)	NOVICE (7 - 9 Yr Olds)	PREP TEAMS	ELITE TEAMS
Tuition: \$99.00 per month Fall: August - Dec. Spring: Jan - April	Tuition: \$129.00 per month Fall: August - Dec. Spring: Jan - April	Tuition: \$139.00 per month August - April	Tuition: \$139.00 per month August - April
Team Fees: \$150.00 Fall: May & Sept Spring: Jan & March	Team Fees: \$150.00 Fall: May, Aug, & Oct Spring: Jan, March, & April	Team Fees: \$205.00 (May, August, October, February, April)	Team Fees: \$255.00 (May, August, October, February, April)
"all inclusive pricing" Not Available	"all inclusive pricing" Not Available	"all inclusive pricing" \$205 - May \$229 per Month	"all inclusive pricing" \$255 - May \$249 per Month

Fundraising Opportunities Will Be Available



Registration Process

1. Visit: www.LAbrusly.com/cheer
2. Register via LA parent's portal
3. Create an account if you've never been a member before.
4. If you have been a member before, use the email on file with us.
5. Click "Booking" and choose Registration button
6. You will not pay at time of registration. However, it will require you to have a payment method on file to process.
7. A member of our team will contact you to complete the registration.

We Can't Wait To See You

