

LTYA Cheer Information 2025 & FAQ's

LTYA is excited to announce the return of two fantastic Cheer programs for Fall 2025!

LTYA Recreational Cheer

- **Performance:** Rec Cheer squads will showcase their skills at the LTYA Fall NFL Flag Football games on Saturday mornings (exact schedule to be determined).
- **Inclusivity:** Open to all skill levels—no tryouts required! However, the Rec. Cheer program is highly recommended for Kinder age kids.
- **Game Duration:** Each game lasts approximately 45 minutes to an hour.

LTYA Pop Warner Cheer

- **Performance:** Pop Warner Cheer squads will perform at LTYA Fall Pop Warner Tackle Football games on Saturdays (exact schedule to be determined).
- **Inclusivity:** Open to all skill levels—no tryouts required!
- **Requirements:** Participants must complete Pop Warner paperwork, physicals, and conditioning as per Pop Warner regulations.
- **Travel:** Travel is optional for each squad.
- **Commitment:** Pop Warner Cheer squads require more time dedicated to training and practices. Note that Pop Warner games are longer than Flag Football games, and the timing and temperature can vary, so please consider this when choosing the right program for your cheerleader.

Participation and Environment

The LTYA Cheer program is dedicated to ensuring that all participants from kindergarten through 6th grade can join, regardless of skill, ability, talent, prior training, or financial situation. We emphasize the importance of maintaining a safe, positive, and supportive environment throughout all LTYA cheer-related activities.

Additional Information

- **Co-ed Programs:** Cheer programs are co-ed.
- **Game Attendance:** Cheer squads are expected to stay for the entire duration of their assigned game, except in cases of inclement weather, under LTYA rules.

CHEER UNIFORM INFORMATION

Cheer programs will be wearing the same uniform as the Fall 2024 season. Here are the important details you need to know:

- **Pop Warner Extra Uniform Requirement:** All LTYA Cheer Pop Warner uniforms must have a Pop Warner Patch affixed to both the cheer top and cheer skirt. Don't worry; LTYA will provide these patches.
- **Vendor Information:** Our official uniform vendor is Varsity. Cheerleaders will directly purchase the cheer top, cheer skirt, briefs, and optional backpacks from Varsity.
- **Cost Details:** Please note that uniform costs are not included in the registration fees. [Uniform Costs 2025](#)
- The cheer uniform includes:
 - A cheer top
 - A cheer skirt
 - Briefs

*All items will be purchased through Varsity Spirit during the uniform fitting dates.
- **Shoes:** Cheerleaders are required to buy their own solid white cheerleading shoes of their choice.
- **Personalized Cheer Bow:** A personalized cheer bow is included with your registration.
- **Poms:** Poms are optional during registration. If you have poms from last year, there's no need to purchase new ones. New set of Poms-Cost TBD
- **Backpacks:** Backpacks are also optional and can be purchased during the uniform fittings.

Important Deadline: The deadline to order your uniform is **May 21st!** Please be aware that no orders will be processed after this date, so make sure to order early!

UNIFORM FITTINGS

If you are new to LTYA Cheer, you only need to attend one fitting but a uniform is required. If you have a uniform from the fall of 2024 and would like to purchase another size, you can sign up for any of our three fittings. A sign-up link will be provided as we approach the fitting dates.

Location

High Five in Lakeway
1502 Ranch Rd. 620 S.
Lakeway, TX 78734

Fitting Dates:

- **April 5th:** 12:00 PM - 5:00 PM
 - **April 27th:** 12:00 PM - 4:00 PM
 - **May 7th:** 4:00 PM - 7:00 PM
-

CAMP

Cheer Camp is for both Cheer Programs. Location TBD. Last Cheer season camps were held at LTHS gyms. We are hoping to reserve these gyms again this year!

There will be two dates available. Cheerleaders may come on one or both dates, but the more practice, the better!

- **Saturday, August 9th:** 10:00 am - 12:00 pm
 - **Saturday, August 16th:** 10:00 am - 12:00 pm
-

PRACTICES

LTYA Cheer Pop Warner will start practices on August 1st. Cheerleaders will need 10 hours of conditioning prior to stunting. Practices and locations will be determined by LTYA Cheer Pop Warner Coaches.

LTYA Cheer Recreational practices will commence when the season starts and will be held once a week. Practice location, dates, and times will be determined by the coaches.

GENERAL FAQ'S

Q: How long is the season? What is the commitment level?

A: The Fall Football season typically lasts for 8 weeks. Games begin in September and continue through early November, culminating in a playoff tournament.

Game times for LTYA Recreational Cheer are approximately 45 minutes to an hour, while LTYA Cheer Pop Warner can last anywhere from 1.5 to 2 hours. Game schedules will be published

once we receive the football schedules in August.

Q: Will we have to travel to away games?

A: LTYA Cheer Recreational performs at home games only for LTYA NFL Flag Football. LTYA Cheer Pop Warner performs at both home games and optional away games, cheering for LTYA Pop Warner Tackle Football.

Q: What are the game dates?

A: All game dates will be announced once we receive the Fall Football schedule in August and will be shared at that time. Game days are Saturdays.

Q: What if my child has never cheered or danced before?

A: LTYA is a recreational cheer program, and LTYA Pop Warner Sideline Cheer does not compete. All skill levels and abilities are welcome to participate.

Q: Can my child participate in both LTYA Cheer and Li'Lettes?

A: No. Based on prior years' experiences, it's best to register your child for one program.

Q: When is the final date to order uniforms?

A: ALL orders MUST be placed no later than **May 21st!**

Q: Can my child cheer on the same squad as her friend or sibling?

A: Cheer will have multiple squads; we will make every attempt to honor placement requests but cannot guarantee squad placement. When registering, please note any special requests for coaches and squad members. Squad placements are determined by grade level, school of attendance, the number of girls participating, and the number of coaches available to lead the squads.

Q: How can I volunteer?

A: LTYA is always looking for great volunteers! You can volunteer as a head coach, assistant coach, team mom, or help at events throughout the year. If you are interested in coaching, you can sign up when you register your child. For volunteer requirements, please visit www.ltya.org and look for the "Coach" tab. If you have further questions, you may call the LTYA office at (512) 261-1900.

Q: How many days/hours are practiced during the season?

A: Beginning in late August/early September, there will be 1 practice per week during the season. Practice is not mandatory but is recommended. Should you miss a practice, you may still attend and participate in the game. Pop Warner Cheer may require more practice time and more rigorous training schedules.

Q: What should my child bring to practice?

A: Please ensure your child comes dressed in athletic wear, with hair pulled out of their face, wears athletic shoes (no sandals, flip-flops, crocs, etc.), and without jewelry. Please don't forget to bring plenty of water.

Q: Are there other required activities to attend outside of practice and games?

A: We have exciting opportunities throughout the season! These include LTYA Night at one of the LTHS Football Games and the LTHS Homecoming parade! While these are not required, they are a lot of fun and add to the positive experience of the LTYA cheer season for your cheerleader.

Q: Is there a year-end performance?

A: Yes, at the end of the season, we have a performance where awards will be distributed. Each squad will perform for parents, family, and friends! We love providing the chance for our girls to showcase all the skills, talents, and friendships they have developed throughout the season.

OTHER:

We have been honored to receive help from the LTHS Varsity and JV Cheer Teams! They participate and assist weekly during our Saturday football games, camps, and special events. This creates wonderful volunteer opportunities for those students and amazing mentorship relationships for the younger girls.

If you wish to learn more about LTYA Cheer programs or have a desire to volunteer, please contact us!

Emily Dunlap - Cheer President emilypdunlap@gmail.com
Corina Jurovich LTYA ltyasports@gmail.com (512) 261-1900