



LTYA Cheer Program 2026 Information and FAQ's

The LTYA Cheer program offers all children the opportunity to participate in a recreational cheer squad, regardless of experience or skill level. A Pop Warner program is also offered, allowing cheerleaders who would like a bit more of a challenge and commitment level to cheer.

The Rec Cheer Program will perform on Saturdays at NFL Fall Flag Football games. Games will be played at Hudson Bend Middle School Stadium. The full season runs from mid-August through early November.

The Pop Warner Cheer Program will perform on Saturdays at Pop Warner Football home games, with travel optional per squad. Pop Warner game schedules are based on when Pop Warner football schedules are released and updated.

LTYA Recreational Cheer

- **Performance:** Rec Cheer squads will showcase their skills at the LTYA Fall NFL Flag Football games on Saturday mornings. The exact schedule to be determined by mid-August.
- **Inclusivity:** Open to all skill levels—no tryouts required!
- **Practices:** One hour per week starting in August after the start of the new school year. Practice location and time will be chosen by your Coach.
- **Game Duration:** Each game lasts approximately 45 minutes to an hour.
- **Ages:** Kinder - 4th grade



LTYA Pop Warner Cheer

- **Performance:** Pop Warner Cheer squads will perform at LTYA Fall Pop Warner Tackle Football games on Saturdays. The game schedule will be released late August 2026, just before the start of the first season games.
- **Practices:** Practices are once a week. The location and time will be determined by your Coach.

- **Inclusivity:** Open to all skill levels—no tryouts required!
- **Requirements:** Participants must complete Pop Warner paperwork/forms which can be found on the [LTYA Cheer Homepage](#), and 10 hours of 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 - Pop Warner games may be longer than an hour.
- **Ages:** 1st - 6th grade

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 guidelines.

GENERAL INFORMATION:

NEW UNIFORMS FOR FALL 2026! All cheerleaders will need a new uniform for the Fall of 2026, as our 4-year uniform cycle is due to updating. Uniforms will be purchased through our new vendor, [Cheerleading.com](#).



- Bow and poms, if needed, will be purchased during the registration process and will be distributed during late summer camp dates.
- You may purchase any solid white cheerleading shoes of your choice. Options include, but are not limited to, Amazon, Academy, Dick's, etc.
- A backpack purchase will be optional.
- **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.

	Description	Cost Estimate	Where to Order
LTYA Registration	Cheer Registration Fee	\$180.00	LTYA Registration Portal
Uniform Fitting March 26th - 5:00-7:30 Fitting April 12th – Noon – 4:00 Fitting April 25th – Noon – 4:00 Fitting May TBD Last One	NEW FOR FALL 2026 Early Bird Price 15% Discount Reg. Price Reg. Price Reg. Price	\$200.00	High Five TBD TBD TBD TBD
Shoes	Your choice of plain white cheer shoes	TBD based on your budget	Amazon, Academy, Dicks, etc.
Pom Poms	Black, Red, Silver	30.00	Select during registration if you do not have a pair from last year
Bow	Same bow as Fall 2025	32.00	Select during registration if you do not have the Fall 2025 Bow.
Backpack Custom Name & LT logo	Optional	TBD	Select/purchase during fitting.

UNIFORM FITTINGS: All cheerleaders must attend a fitting this year!

Location: High Five 1502 RR 620 South Lakeway, TX 78734

CHEER CAMP: Cheer Camp for Rec. and Pop Warner Cheer will be on August 15th, (only one day of camp offered this year) Location and times TBD. During camp, the squads will learn jumps, motions, and cheers which teams will continue to practice and perform throughout the season.

We are honored to have the help of the LTHS Cheerleaders! They conduct Cheer Camp and assist the girls during our Saturday Football Games. It is a wonderful volunteer opportunity for those students and an amazing mentor relationship for the younger girls.

PRACTICES: LTYA Cheer Pop Warner can start as early as July 15th but is up to Coaches. Cheerleaders (as a team) will need to complete 10 hours of conditioning before 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 and announced later in August.

GENERAL FAQ'S:

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

A: The Fall Football season typically lasts for 6-7 weeks. Games begin in September and continue through late October, 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. Pop Warner game schedules will be available towards the end of August.

Q: I'm interested in coaching but have minimal cheer experience. Can I still coach my daughter's squad? Will there be any coaches training?

A: Yes! We absolutely welcome parents who are excited to coach. Enthusiasm, reliability, and a heart for encouraging young cheerleaders are what matter most.

To ensure every coach feels confident and prepared, we will host a dedicated Coaches Training workshop prior to the start of the season and ahead of our cheer camp and share videos of all cheers to be learned by coaches over summer after squads are assigned. Our goal is to equip every coach with the tools, resources, and support needed to lead their squad successfully. You won't be doing this alone — we're here to help every step of the way!



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 Lil'Lettes?

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

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. If you have any questions, you may call the LTYA office at (512) 261-1900.

Q: How many days/hours are practices 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 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.

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

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