

FCA 2026-2027 NON TRAVEL PERFORMANCE TEAM - SEATURTLES



FORGOTTEN COAST

A T H L E T I C S

CHEERLEADING 🐢 GYMNASTICS 🐢 TUMBLING

Thank you for your interest in Forgotten Coast Athletics – Non Travel Performance Team. We look forward to the upcoming 2026-2027 season. Please take the time to read all the information contained in this packet. Understanding this information will help in ensuring a fun, successful, and efficient 2026-2027 season.



No Tryouts Required for the team!

No Practice Wear Required
Wear Something COMFORTABLE that is
BLACK, with hair in pony tail with a bow!

Athletes need to wear CLEAN Shoes for Practice
until Cher Shies come in. We provide cubbies at
the front gym for all athletes belongings.

Please do not arrive for class more than 10
minutes early. Please be on time picking up
athletes from class; late fees (\$10) will be
applied to late pick ups!

INFORMATION

SCHEDULE

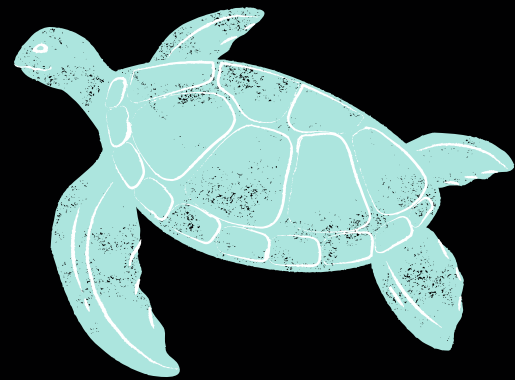
Cheer Practice

Tuesdays

5:30-6:30 - Sea-Turtle Practice

At novice practice, athletes focus on building a strong foundation in cheerleading while having fun in a positive and encouraging environment. Practices typically include:

- Warm-ups, stretching, and conditioning.
- Learning proper motions, jumps, and beginner tumbling skills.
- Stunt fundamentals with an emphasis on safety and technique.
- Dance and performance skills.
- Routine choreography and practice.
- Team-building activities that help athletes build confidence, sportsmanship, and friendships.



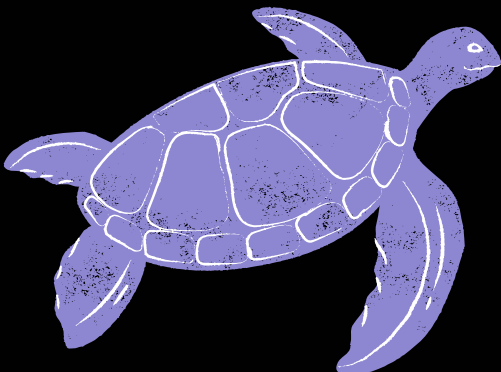
Our goal is to help every athlete develop their skills at their own pace while preparing them to perform and compete with confidence in a supportive team environment.

Performances | FCA Back Gym

December 3rd, 2026 and April 13th, 2027

5:30-8:00 PM

- Throughout the season, our athletes will participate in showcase performances where they have the opportunity to perform their routine in front of family, friends, and the community. These performances allow athletes to build confidence, gain valuable performance experience, and celebrate all of the hard work they've put in during practice.
- Showcases are a fun, low-pressure event designed to prepare teams for competition while giving families the chance to watch their athletes perform and see their progress throughout the season.



IMPORTANT DATES

August 5, 2026	FCA Open House and Registration
August 11, 2026	Start of Practice!
September 7, 2026	FCA Closed for Labor Day
October 12 & 13, 2026	FCA Closed for Fall Break
November 11, 2026	FCA Closed for Veterans Day
November 23-27, 2026	FCA Closed for Thanksgiving
Dec 21, 2026-Jan 4, 2027	FCA Closed for Christmas and New Years
January 18, 2027	FCA Closed for MLK Day
February 17, 2027	FCA Closed for President's Day
March 15-19, 2027	FCA Closed for Spring Break
March 26, 2027	FCA Closed for Easter
May 27, 2027	Last Day of Rec Classes

PAYMENT



FCA WILL ACCEPT THE FOLLOWING FORMS OF PAYMENT:

Credit Card or ACH –

Use the Online Shopping Cart through GoMotion:

<https://www.gomotionapp.com//team/flfca/page/class-registration>

Making sure the Athlete's account status is up to date is the responsibility of the parent/athlete.

Monthly tuition for 1 class (60 minutes once a week) is \$90.00 with a registration fee of \$40.00

Performance Team Uniform- \$100

(This includes Uniform, Shoes and Competition Bows)

Additional Tumbling Class for \$40/ Monthly

Athletes WILL NOT be able to participate in class if payment has not been made. Athlete's name will not be on the attendance sheet if the athlete is not registered for the class.

****3.9 PROCESSING FEE ON ALL TRANSACTIONS! *****

Monthly Payments are Due the 1st of the Month. If Payment is Not Received by the 10th, a late charge of \$30 Will Be Added to the Account.
