



Three young girls are posing in their My Girls cheerleader uniforms. The girl on the left is wearing glasses and has her arms crossed. The girl in the middle is being held up by the other two, with her arms raised. The girl on the right is also wearing glasses and has her arms crossed. They are all wearing black uniforms with pink accents and the words 'My Girls' on the front. The background is a stylized city skyline at night with pink starburst effects.

# SEASON XII

*Baltimore Competitive*  
**INFO PACKET**  
*2025-2026*





# ABOUT US

This is where it all started—where grit meets grace, and royalty is earned through hard work, discipline, and sisterhood. For years, My GIRLS Baltimore has been home to champions, cultivating powerful performances with excellent technique, national titles, and even stronger young women through deeply rooted mentorship.

As we prepare for the 2025–26 season, we remain committed to setting the bar in cheer and dance excellence and youth development. Whether you're returning to reign or joining us for the first time, know this: you're not just part of a team, you're part of the legacy.

We are committed to seeing young girls in the Baltimore and now PG County develop the necessary skills to thrive into womanhood through performance arts such as competitive cheer, dance, and tumble.

Our focus is not just on training great athletes—but on raising confident, resilient, and goal-driven young women who carry their crowns with pride both on and off the mat.

# MISSION

## Coach Tay, Owner

I've been coaching for a decade, and while I didn't come from a traditional cheer or dance background, that never stopped me from building winning teams and a powerful brand. I've led numerous teams to national titles by focusing on what matters most—discipline, creativity, passion and technique.

My coaching style is all about high-impact performances, sharp execution, and helping girls grow into confident, unstoppable athletes. Through My GIRLS, I'm proud to create a space where excellence is expected and every athlete is treated like royalty.

## Coach Vita, Director, Baltimore

With decades of experience rooted in both movement and ministry, my journey has always been about more than just performance—it's about purpose.

As Director of My GIRLS Baltimore, I bring a background in liturgical dance and a lifelong passion for uplifting children and families in my community. For years, I've used the power of movement, discipline, and mentorship to help young girls discover their strength, their voice, and their place in this world.

What sets me apart is my heart. I believe in excellence with intention—where every routine tells a story, every motion has meaning, and every girl knows she matters. My GIRLS Baltimore isn't just a program—it's a calling. And I'm honored to lead the next generation of legends right here where it all began.

## Coach Chanel, Director, PG

With over 30 years of coaching experience, I can confidently say—I'm just getting started. It's been my vision to bring cheer back to the PG/DMV area the way I know and love it: bold, technical, creative, and championship-driven. I've owned and operated my own National Title Winning Gym, Elite Cheer Action (ECA), and have had the honor of coaching countless teams to multiple national titles over the years.

What sets me apart is my unmatched creativity—from choreography to strategy, I've built routines that don't just win but leave a lasting impression. My heart is in this sport, and through My GIRLS PG County, I'm excited to reignite a legacy of excellence right here at home.



# Why My GIRLS?

- **Elite Coaching:** Our staff includes national-title-winning coaches with unmatched creativity and technical expertise.
- **Holistic Development:** We emphasize leadership, character, and confidence just as much as stunts and scores.
- **Sisterhood That Sticks:** Our athletes don't just join a team—they join a royal family.
- **Community-Driven:** We remain deeply committed to creating opportunities for girls in our communities, where access, equity, and empowerment matter.

This is your chance to stand with the Royal Family — GIRLS and their families who are shaping the future together. Whether Baltimore or PG, you're part of the same reign. Be the foundation of what continues to grow into one of the region's most respected and empowering programs. Add your name

to the legacy - The Royal Family

## Building A Royal Legacy

*One Step at a Time*

### All-Star Novice: Where the Journey Begins

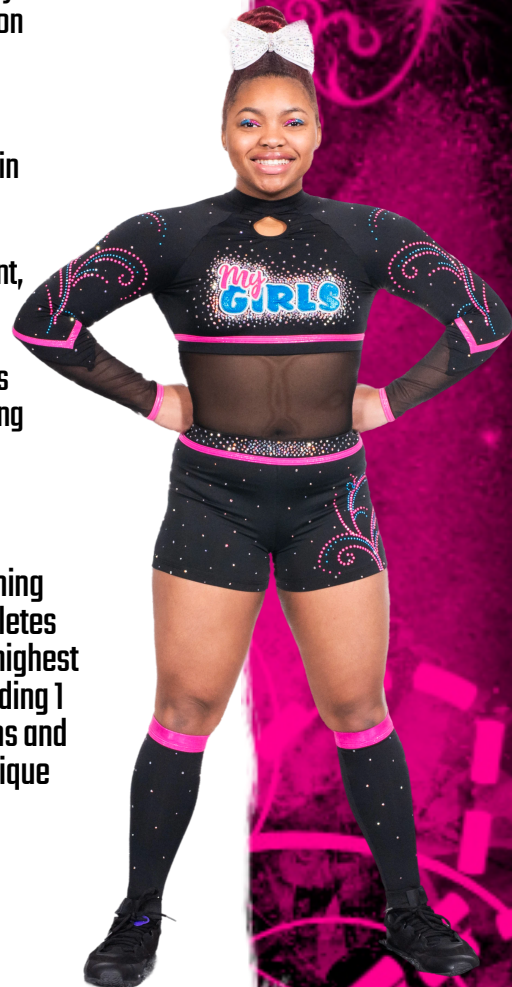
Our All-Star Novice teams are the perfect introduction to the world of competition for new athletes. Designed to build confidence, basic technique, and a love for the sport, this program offers a supportive, team-focused environment where athletes can thrive. All-Star Novice is where the journey begins—and where future legends start to rise. Athletes train 1–2 days per week, totaling approximately 3 hours, including 1 hour of tumbling instruction. Novice athletes participate in local events each season, with the number of events depending on team type: Full-Year teams typically attend 4–6, while Half-Year teams attend 2–3. Practice intensity may increase around competition dates to ensure athletes feel prepared and confident to take the floor.

### All-Star Prep: The Foundation of Greatness

Our All-Star Prep teams are designed for athletes building confidence, technique, and teamwork in a structured and supportive environment. Perfect for athletes who are ready to shine on the floor and grow their skills in a dynamic, team-first setting. Athletes train 1–3 days per week, totaling about 4–5 hours, including 1 hour of tumbling instruction. With a strong focus on skill development, teamwork, and performance, Prep athletes participate in local or regional events each season, with the number of competitions depending on team type: Full-Year teams typically attend 4–6 events, while Half-Year teams attend 2–3. Some limited travel may be included, and Prep athletes may also earn paid bids to an End-of-Season national competition. Practices may intensify leading up to events to ensure athletes are confident and ready to perform at their best.

### All-Star Elite: Excellence in Motion

Our All-Star Elite program offers our highest-tier competitive experience committed to pushing themselves toward peak performance and national recognition. This is the program for athletes who are ready to train like champions, perform with power, and represent My GIRLS at the highest level. Athletes commit to 3 days of practice per week, totaling approximately 7 hours, including 1 hour of tumbling. Full Year athletes compete at 7–10 local, regional, or national competitions and aim for bids to prestigious End-of-Season national events. With a focus on advanced technique and performance, practices increase in intensity as competition dates approach to prepare athletes for success at the highest level.





# ROYAL DUES & FEES *Cheerleading*

Competitive cheerleading is a thrilling and rewarding journey—but it also comes with significant commitments of time, energy, and financial investment. At My GIRLS, we believe families deserve to feel fully informed and confident in their decision to join our program. That's why we prioritize transparency in all areas, especially around costs and expectations. We provide optional fundraising opportunities throughout the season to help ease the financial load.

## FULL YEAR CHEERLEADING

Tier	Monthly Tuition - PG
Novice	\$310
Prep	\$310
Elite	\$350

Full year tuition is billed on a 10-month payment schedule beginning July 2025 and is due on the 1st of every month. All athletes must have an active debit or credit card on file; \$35 late fee is assessed on any outstanding balances on the 10th of the month.

## ROYAL DUES INCLUDE:

Team tumbling is required for all athletes and is included in monthly tuition.

2-3 Weekly Practices

Tumbling

Competition Fees

Competition Music

Choreography

Gym Operational Expenses

- 2 SETS OF PRACTICE UNIFORMS
- PRACTICE SHOES
- PRACTICE BOW
- COMPETITION BOWS
- COMPETITION UNIFORM
- COMPETITION SHOE
- WARM-UPS
- BOOKBAG

## Uniform *Package*

**\$1160**

Novice/Prep/Elite Athletes

June 15 - Sept 15 \$290/mo

Uniform packages are billed the 15th of each month; \$35 late fee is assessed on any outstanding balances on the 10th of the month.

## End of *Season fees*

Jan 15 - Mar 15 ~\$135-\$300/mo

End-of-season events will be determined based on each team's progress. See Details in End of Season Fees Section.

## HALF YEAR CHEERLEADING

Tier	Monthly Tuition - PG
Novice	\$350/mo
Prep	\$350/mo

Half year tuition is ALL INCLUSIVE & billed on a 5-month payment schedule beginning Nov 2025 and is due on the 1st of every month. All athletes must have an active debit or credit card on file; \$35 late fee is assessed on any outstanding balances on the 10th of the month.

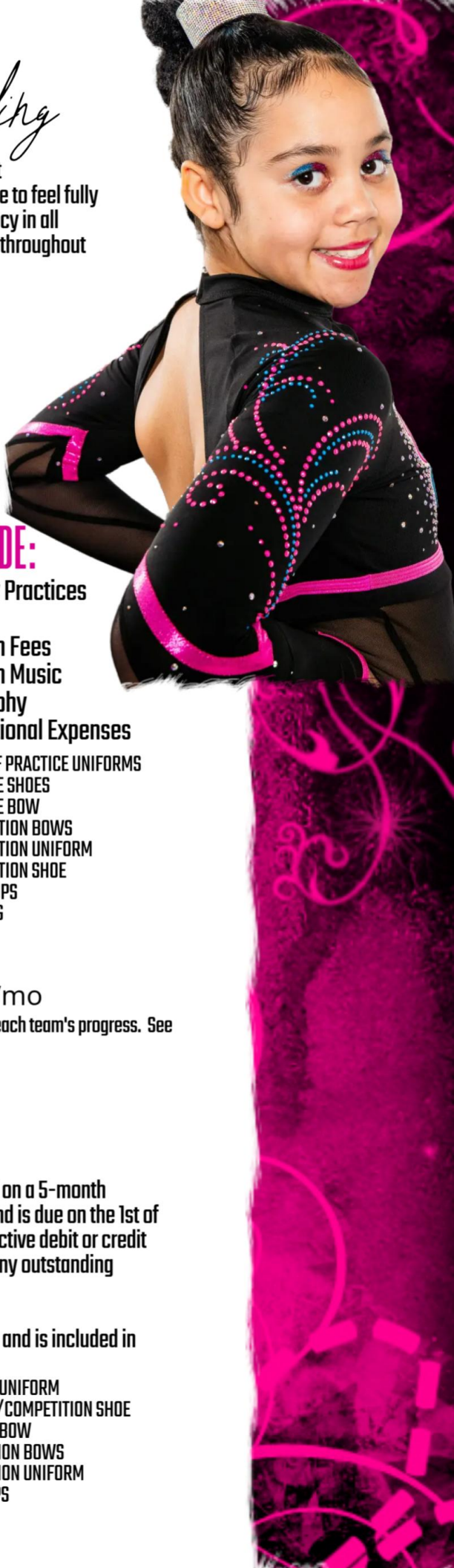
Team tumbling is required for all athletes and is included in monthly tuition.

## Uniform *Package*

Included in monthly tuition

## UNIFORM PACKAGE INCLUDES:

- PRACTICE UNIFORM
- PRACTICE/COMPETITION SHOE
- PRACTICE BOW
- COMPETITION BOWS
- COMPETITION UNIFORM
- WARM-UPS
- BOOKBAG





## End of Season Fees

End-of-season events will be determined based on each team's progress. If a team earns a bid to a national event, additional fees will apply and are not included in regular tuition. These events celebrate our athletes' hard work and mark a major milestone in the season. If bids are received, costs will be communicated promptly and accounts will be adjusted accordingly. A bid is a special invitation awarded by event producers to qualifying teams based on their placement and performance at select competitions. Earning a bid allows teams to attend prestigious End-of-Season events—but it's not guaranteed and must be earned through excellence on the mat.

There are several types of bids:

**Paid Bid** – All or most of the team's registration fees are covered.

**Partial-Paid Bid** – A portion of registration fees is covered.

**At-Large Bid** – The team earns a spot but must pay full registration fees.

**Wildcard Bid** – A limited-entry opportunity based on division availability or rankings.

Bids are a major achievement and reflect a team's readiness, performance, and overall potential.

*End-of-season events often involve travel, lodging, and additional expenses that are not included in regular monthly tuition. Families will be notified of any upcoming expenses in advance so they can plan accordingly.*

## ADDITIONAL Information

**Team Tumbling:** All athletes are required to attend weekly team tumbling sessions, separate from regular practices. These sessions are designed to build strength, improve technique, and enhance overall performance.

**Tuition & Fees:** Monthly tuition is due on the 1st of each month. A \$35 late fee will be applied to any outstanding balance after the 10th. Tuition is non-refundable and will not be prorated for missed practices, absences, or withdrawals.

**Early Termination:** Athletes who withdraw or are dismissed from the program for any reason are subject to a \$300 - 400 early termination fee.

**Travel & Spectator Costs:** Travel expenses for out-of-town competitions, as well as spectator admission fees, are not included in tuition and are the responsibility of each family.

**Hair & Appearance Policy:** Athletes must wear their hair in a high bun for all competitions and performances. Braided hairstyles are restricted during competition season. For practices, hair must be in a high ponytail with the assigned practice bow for safety.

**Additional Expenses** - Expect the following out-of-pocket costs during the season:

USASF Registration – \$49 (required)

Travel-related costs for competitions (lodging, meals, etc.)



Clear communication and planning will help ensure your athlete has a successful and enjoyable season with My GIRLS!



# REGISTRATION & EVALUATIONS

Register now for evaluations at [www.mygirlsreign.org](http://www.mygirlsreign.org)

## \$40/athlete

includes athlete evaluations, plus a free My GIRLS shirt and bow

# EVALUATION *Day*

FULL YEAR

June 8, 2025 11am-1:30pm

HALF YEAR

TBD

Athletes should arrive promptly an HOUR early and stay for the entire session.

Athlete evaluations are simply the first step and do not determine final team placements. Skills will be further assessed during evaluations to ensure each athlete is placed where they can grow and shine best.

## ATTIRE

Athletes should arrive dressed in all-black athletic wear and proper athletic shoes.

## Your Evaluation Day Experience

### 1. Registration Required

All athletes must be registered to participate in evaluations. Walk-ins are welcome, but will need to register on-site before being evaluated.

### 2. Check-In at the Front Desk

Upon arrival, athletes should check in at the front desk to receive their materials and further instructions.

### 3. Athlete Photos

A quick photo will be taken of each athlete. This helps our staff during the team placement process.

### 4. Skill Evaluations

Athletes will be assessed on current ability and overall performance, including:

- \*Tumbling (no spotting will be provided)

- \*Jumps

- \*Flexibility

- \*Stunting

- \*Showmanship & Confidence

### 5. Callbacks for Elite Placement

Only athletes being considered for Elite-level teams will receive a callback. Some may be asked to attend multiple callbacks to ensure accurate placement.

**FULL YEAR CALL BACKS June 9, 2025 6-7:30pm and/or 7:30-9pm MAKEUP EVALUATIONS TBD**

Some may be asked to attend multiple callbacks to ensure accurate placement.

Following athlete evaluations, all selected athletes and families will join us for a Commitment & Signing Ceremony on a specified date. During this event, we will review the program contract and expectations to ensure everyone is fully informed and aligned before the season begins. Most importantly, this ceremony marks the official moment athletes are crowned into our Royal Family—celebrating the start of their journey as part of our legacy.

**Registration Fee \$100 Full Year and \$50 Half Year Due at Signing!**

