

Twin Lakes Cheer Program

Community Assoc. Website: tlca.ca/cheer

Program Website: twinlakescheer.com

Email: twinlakescheerprogram@gmail.com

Program Coordinator: Mishayla Kapell

Coaches: Kerri Ward-Davis (Mon and Wed)

Alissa Stewart (Tues and Thurs)

Assistants: Reegan Kabrud (Mon, Wed, Thurs)

Jorie Kabrud (Wed)

Dear Parents and Guardians,

Welcome back for another season of cheerleading! We are excited to be back and bigger than ever. Our annual end-of-season survey illustrated that our families are very happy with our program. We use this survey to guide our program to ensure we are delivering the programming our families want. The most important aspects of the program, according to you, were that athletes have fun, get a chance to learn a variety of skills, and skill development. These will continue to be the themes we focus on through the year.

A few other things to note for this season:

- We have secured both the photo and showcase dates so that you can put these in your calendar well ahead of time.
- We are once again hosting the Year-end Showcase at the Riddell Centre Theatre at the University of Regina.
- The Twin Lakes Cheer Program is a proud member of the Saskatchewan Cheerleading Association. Being a member helps support the development of our sport, gain access to coaches' certification and education opportunities, and secure sport-specific insurance. As such, you will also be asked to confirm your child's information with the SCA. More information will follow – thank you in advance for your support.
- To keep practices comfortable, inclusive, and fun for all, and to focus on skill development, appropriate athletic attire that covers the midriff is required – no cropped tops please.



IMPORTANT DATES

September 23, 2025

Tuesday Classes Begin

September 29, 2025

All Other Classes Begin

NO CLASSES

September 30, 2025

(National Day for Truth and Reconciliation - Observed)

NO CLASSES

October 13, 2025

(Thanksgiving Day)

October 27 – 30, 2025

Halloween Dress-Up Week

NO CLASSES

November 6, 2025 (moved to November 7th, 2025)

(Facility Unavailable)

November 11, 2025

(Remembrance Day - Observed)

December 1 – 4, 2025

Watch Week

December 4, 2025

Last day of classes before winter break

NO CLASSES

December 5, 2025 – January 4, 2026

(Holiday Break)

January 5, 2026

Classes Resume

February 2 – 5, 2026

Watch Week

Twin Lakes Spirit Week

- Thanks to your feedback in last year's survey, we will be offering optional Twin Lakes Cheer gear for you purchase again! More to come once we get classes started.
- Please ensure that JackRabbit (the registration system TLCA uses) includes all emergency contact information and your current parent cell phone numbers. We will be using the JackRabbit text messaging service that utilizes the saved cell numbers to send any class cancellation notices during the year (along with emails).
- Back this year, based on your feedback, we have created a single place to find all Twin Lakes Cheer program information – twinlakescheer.com.

Additional information will be distributed via email and on our new program website twinlakescheer.com as the season progresses. If you have any questions, comments, or concerns, please let me know. We hope that this season is the best yet!

Sincerely,

Mishayla Kapell
Twin Lakes Cheer Program Coordinator
twinlakescheerprogram@gmail.com

Monday cheer classes with Kerri and Reegan begin **September 29, 2025**, at **St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Tuesday cheer classes with Alissa and Halle begin **September 23, 2025**, at **St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Wednesday cheer classes with Kerri, Reegan, and Jorie begin **October 1, 2025**, at **St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Thursday cheer classes with Alissa and Reegan begin **October 2, 2025**, at **MacNeill School – 6215 Whelan Drive, Regina, SK S4X 3P6**

Cheer Requirements & Guidelines

Class Attire

Students are required to have their hair pulled back from their face. Students must wear comfortable, athletic clothing (yoga pants, leggings, t-shirt, shorts, etc.) that isn't excessively baggy. **Reminder - Midriffs must be covered during practices – no cropped tops.** Please remove jewelry that can present a safety issue such as hoop earrings, bracelets, and necklaces. Clean, indoor, non-marking athletic shoes should be worn for practice and the year-end performance (they DO NOT have to be white).

IMPORTANT DATES CONT'D

NO CLASSES

February 12, 2026

(Facility Unavailable)

NO CLASSES

February 16 – 19, 2026

(School Break)

March 14, 2026

Class Pictures – Rosewood Park Church

NO CLASSES

April 6 - 10, 2025

(School Break)

April 12, 2026

Year-end Showcase – Riddell Centre Theatre

Volunteerism

Thank you for supporting the Twin Lakes Cheer Program!

The Twin Lakes Community Association is always looking for casual volunteers to distribute newsletters, assist with cabaret set-up, develop new programs, and assist with upcoming events as identified by the Executive.

The Association has established a Strategic Plan with many new and exciting activities for our community, but these will only be delivered with additional volunteers. If you are interested in volunteering in any capacity with the Association, please contact twinlakescommunity@gmail.com.

Water & Snacks

It is recommended to bring a non-breakable water bottle to practice. There will not be time to have snacks in class, however, if you pack snacks in your bag for before or after, **please ensure they are NUT FREE.**

Class Guidelines

If your child is too sick for school, your child is too sick for cheer. Please do not send sick children to class as viruses can spread quickly. Previously, our facilities had dictated health guidelines. Currently, there are no special health measures in place by the school board.

Please be prompt picking up your children after their class as the coach and assistant are unable to supervise them as they have other classes to teach.

It is very important to have your child go to the washroom right before class. If your child is young and may need a washroom break, we expect a parent to be present outside the classroom so they can be handed off quickly. **Parents of children ages 3 to 6 are required to stay in the foyer of the school for the duration of class.** Siblings are welcome to wait but are not permitted to be running up and down halls, stairwells, or foyer at any time.

We require an emergency contact number so that you can be reached in the case of an emergency. Please ensure you have entered this into the JackRabbit Parent Portal. **Parents of children who have a medical condition that may require their action must remain in the building for the duration of class to assist your child should a medical event occur.**

Watch Weeks

During watch weeks, parents are invited into the gym to watch their child cheer. For all other weeks, parents will be required to wait outside the class in the foyer, for the best experience for the coaches and the participants.

Class Pictures

Class pictures will be held at Rosewood Park Church on Saturday, March 14, 2026. A schedule of specific times will follow closer to the date.

Rehearsal

Due to the timing of the school week off prior to the showcase date, we will be looking at the option of having a separate showcase rehearsal. More information to come.

Year-end Showcase

A combined Cheer and Dance Showcase will take place at the Riddell Centre Theatre, University of Regina, on Sunday, April 12, 2026. The showcase will be split into three sessions to ensure a positive experience for all. We will be changing the approach we take on the session organization. Instead of having kids perform across two sessions, we will be limiting the classes to one session per class and they will perform twice within the same session. This will eliminate the past need for kids to stay backstage for the duration of the two cheer sessions. We will be using the same assigned seating through the Eventbrite ticketing system. More information to come.