

Twin Lakes Cheer Program

Community Assoc. Website: tlca.ca/cheer

Program Website: twinlakescheer.com

Email: cheer@tlca.ca (NEW!)

Program Coordinator: Mishayla Kapell

Coaches: Kerri Ward-Davis (Mon and Wed)

Alissa Stewart (Tue and Thu)

Assistants: Reegan Kabrud (Mon, Wed, Thu)

Jorie Kabrud (Wed)

Halle Calnek (Tue)

Coaches-In-Training (CITs): Eve R (Wed)

Isla T (Mon and Tue)

Dear Parents and Guardians,

Welcome back for another season of cheerleading! 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 throughout the year.

A few other things to note for this season:

- We are excited to welcome Piper Sports Photography (PSP) back to produce our class photos.
- We are once again hosting the Year-end Showcase at the Riddell Centre Theatre at the University of Regina and are excited to welcome back Aspen Films to capture our showcase performances.
- 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 via email. More information will follow – thank you in advance for your support.
- We will be offering optional Twin Lakes Cheer gear available for purchase using this form - [2026-2027 Twin Lakes Cheer Optional Team Gear Order Form](#). Orders due by October 14th so we can receive them before Christmas!



IMPORTANT DATES

September 20, 2026

Meet the Coaches

September 28, 2026

Monday Classes Begin

September 29, 2026

Tuesday Classes Begin

NO CLASSES

September 30, 2026

(National Day for Truth and Reconciliation - Observed)

October 1, 2026

Thursday Classes Begin

October 7, 2026

Wednesday Classes Begin

NO CLASSES

October 12, 2026

(Thanksgiving Day)

October 14, 2026

Optional Team Gear Order Deadline

October 26 – 29, 2026

Halloween Dress-Up Week

NO CLASSES

November 11, 2026

(Remembrance Day - Observed)

NO CLASSES

November 18, 2026

Facility unavailable, moved to April 9th, 2027

November 30 – December 3, 2026

Watch Week

NO CLASSES

December 4, 2026 –

January 5, 2027

(Holiday Break)

· 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. We have a [website events calendar](#) as well as a dynamic [Google calendar](#) you can link to.

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
cheer@tlca.ca

Monday cheer classes with coaches Kerri, Reegan, Jorie, and Isla begin **September 28, 2026, at St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Tuesday cheer classes with coaches Alissa, Halle, and Isla begin **September 29, 2026, at St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Wednesday cheer classes with coaches Kerri, Reegan, and Eve begin **October 7, 2026, at St. Angela School – 6823 Gillmore Drive, Regina, SK S4X 4J3**

Thursday cheer classes with coaches Alissa, Reegan, Jorie, and Isla begin **October 1, 2026, 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 - Midribs 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).

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

IMPORTANT DATES CONT'D

January 6, 2027

Classes Resume

February 8 – 11, 2027

Watch Week

Twin Lakes Spirit Week

NO CLASSES

February 15 – 18, 2027

(School Break)

February 27, 2027

Photo Day – Rosewood Park Church

NO CLASSES

March 10, 2027

Facility unavailable

Moved to March 12, 2027

At MacNeill School

NO CLASSES

March 29 – April 1, 2027

(School Break)

April 9, 2027

Additional Night for Wednesday Classes at MacNeill School

April 18, 2027

Year-end Showcase – Riddell Centre Theatre

Volunteerism

Thank you for supporting the Twin Lakes Cheer Program!

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.

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.

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 going down halls, stairwells, or foyer at any time. Our facilities have asked that no sport equipment is brought, or played with, in the foyers as well. This includes footballs, soccer balls, etc. to prevent any unintentional damage to the items in the foyer (this has happened in the past). Thank you in advance for supporting this.

Emergency Contact

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.**

Attendance

Regular attendance is **critical** in the sport of cheer, as all participants benefit when we can build skills consistently from week to week. As we move closer to December, we will begin working on choreography and bringing individual skills together as a team.

After the holiday break, regular attendance becomes even more important. Consistent participation ensures proper skill progression, provides the team with ample practice time, and helps each athlete build confidence in their choreography as we prepare for the Showcase.

Watch Weeks

During our two 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.

Photo Day

Class pictures will be taken at Rosewood Park Church on Saturday, February 27, 2027. A schedule of specific times will follow closer to the date. We are excited to welcome back Piper Sports Photography (PSP) to produce our class pictures!

Year-end Showcase

A combined Cheer and Dance Showcase will take place at the Riddell Centre Theatre, University of Regina, on Sunday, April 18, 2027. The showcase will be split into three sessions to ensure a positive experience for all and will do our best to minimize crossovers between cheer sessions (a crossover is a participant who is in more than one class). We will be using the Eventbrite ticketing system for spectator organization. We're excited to welcome back Aspen Films to capture videos of the performances so that parents can sit back and enjoy! More information to come.

