



OWATONNA CHEER

COMPETITION PROGRAM

2024-25



OWATONNA CHEER

WELCOME TO OUR COMPETITION PROGRAM

For the 2024-25 season, we will have the following teams:

- Icicles - Exhibition team for grades K-6
- Frost - Elementary team for grades 3-6
- Freeze - All-Star team for grades 7-12





OWATONNA CHEER

OUR TEAMS

Frost

This team is a traditional format, including a cheer in their routine. They primarily compete at school-based competitions against other elementary teams.

Freeze

This team is an All-Star performance rec team, with no cheer section in their routine. They compete at all-star competitions with the goal of improving their score throughout the season. Attending multiple competitions helps us earn a bid and bring our best routine to Quest to compete against the top Level 2 rec teams.



OWATONNA CHEER



OUR STAFF

Icicles - Meghan Miller

Adelynn Miller (student coach)

Ava Kjersten (student coach)

Sophia Hanson (student coach)

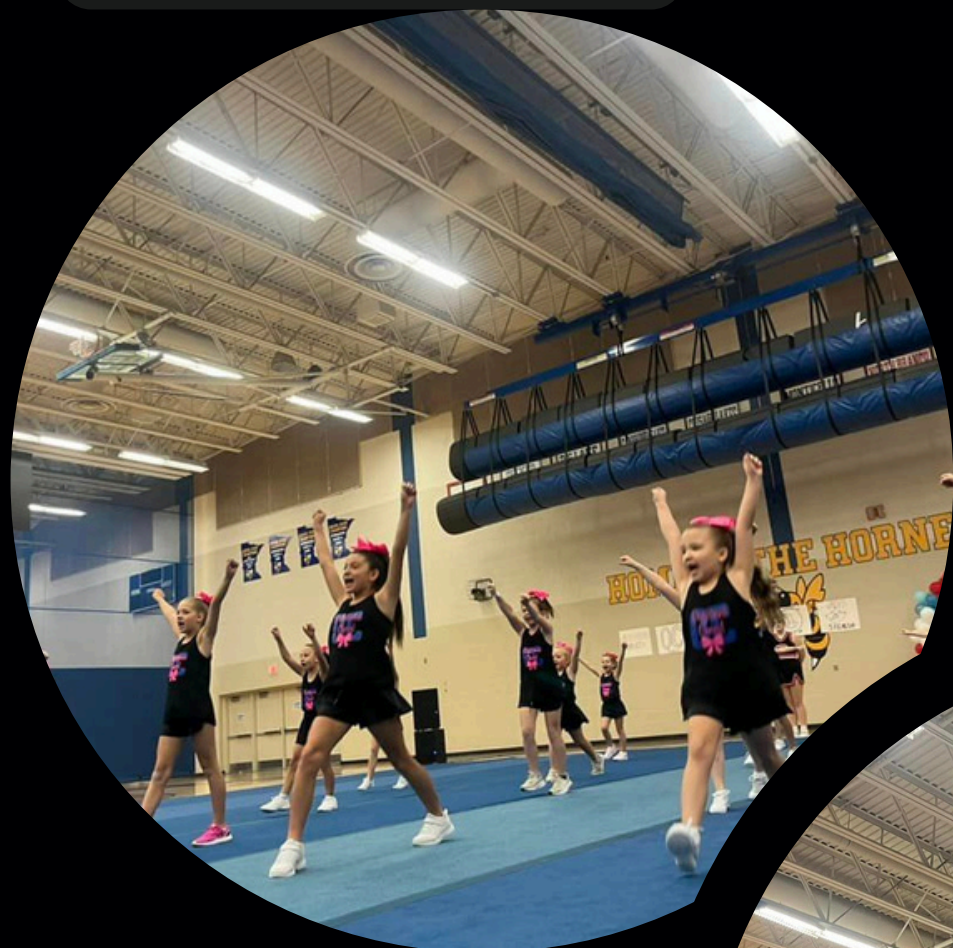
Frost - Patricia Kurtz

Freeze - Stephanie Hanson

Jessica Dickhaus



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ICICLES

Evaluations

We will hold evaluations in August to determine interest level, attention span, and listening skills. Cheerleading skills will be taught during the season.

Practices

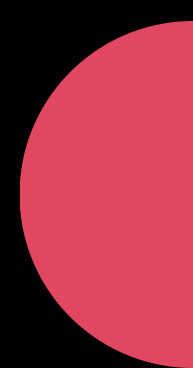
Practices will be on Sundays from 4:00-5:00 pm beginning in September and running through the last performance in December.

Performances

The athletes will perform their routine at the Farmington competition with our Frost team on 11/23/24. They will also have performances at OHS wrestling meets and at The Freezer (dates TBD).

Cost

Season costs will be \$80 per month from September-December. Uniforms will be an additional cost, approximately \$50.





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TRYOUTS

We hold a 2-day tryout to determine team placement. During tryouts, we form teams ensuring we have the correct number of athletes for each position (bases, backs and flyers).

Athletes who know upfront that they would prefer to be placed on the Icicles (Exhibition) team do not need to attend tryouts.

Tryouts will focus on stunting, tumbling, and the ability to learn material. We are also looking at interest level, focus, attention span, listening skills and attitude.

Tryouts will be held at The Freezer (3325 9th St. NW, Owatonna). The cost is \$50 per athlete. Results will be sent out that week.




Tryout Dates:
June 11-12

Frost:
4:30-6:00 pm

Freeze:
6:00-7:30 pm



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THE 
QUEST
RECREATIONAL CHAMPIONSHIP '17

OWATONNA CHEER! - FREEZE



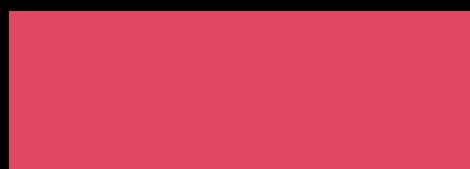
PRACTICES

Practices for Frost and Freeze will begin June 17.

- Frost
 - Practices will be twice a week for 90 minutes each.
 - Days will be set once Coach Patricia has her schedule (6/9)
- Freeze
 - Thursdays 6:30-8:00 pm
 - Either Sundays or Mondays 6:30-8:30 pm

During the summer, we also plan to add weekly tumbling practices based on skill level. Day/time TBD.

Practices will continue through the end of the season (January for Frost, March for Freeze).





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Competitions

Frost



11.23.24

Farmington High School



12.14.24

University of Minnesota



1.11.25

Minnetonka High School



2.1.25

NCA Minneapolis Classic

Freeze



11.16.24

ASC Queen of the Nile - Minneapolis



1.11.25

American Heartland, Council Bluffs, IA



2.1.25

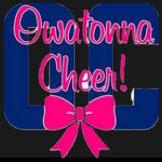
NCA Minneapolis Classic



2.22.25

CSG Des Moines Challenge

- **Goal of earning a bid to Quest
March 8-9, 2025**



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SEASON COSTS

Frost - \$175 per month, July-January

Freeze - \$200 per month, July-February

Not included

- uniforms
- team apparel
- travel/transportation costs



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FUNDRAISERS

HEGGIES
PIZZA
SINCE 1989



Double Good

Heggies Pizza

Sell Heggies pizzas in September, deliver in October.
Earn \$5 for every pizza sold.

Spice Partners

Sell 3-packs of spices in July, deliver in August. Earn \$5 for every box sold.

Double Good Popcorn

Sell delicious Double Good popcorn in November, product is delivered directly to the buyer. Earn 40% of profits.

Proceeds from the above fundraisers go directly to your cheer account. Additional fundraisers may be held, including fundraisers that go directly towards the program overall.



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ATTENDANCE POLICY

- Attendance is mandatory at all practices.
- If you miss a practice for any reason, you are at risk of losing your position and will have to earn it back.
- If you miss a practice within 2 weeks of a competition, we are not re-working the routine to find you a new spot.
- Cheerleaders must be on time for all practices and competitions. Please arrive 5-10 minutes early to practices so you can put your shoes on and be ready for practice to begin.
- Cheerleaders must be picked up on time from all practices and competitions.





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ADDITIONAL POLICIES

- Proper attire is required at all practices. This includes comfortable clothes and dry tennis shoes - no denim, hoodies, loose clothing, etc. Hair should be pulled back from the face in a ponytail. No jewelry is allowed – competition season is NOT a good time to get ears pierced.
- Attendance at competitions is required. If you are not able to attend a competition, you will not be removed from the team. However, we will not guarantee you will return to your original spot in the routine.
- No refunds will be given at any time. If you decide to quit the team in the middle of the season, you will be assessed a termination fee of approximately 80% of the remainder of the season.



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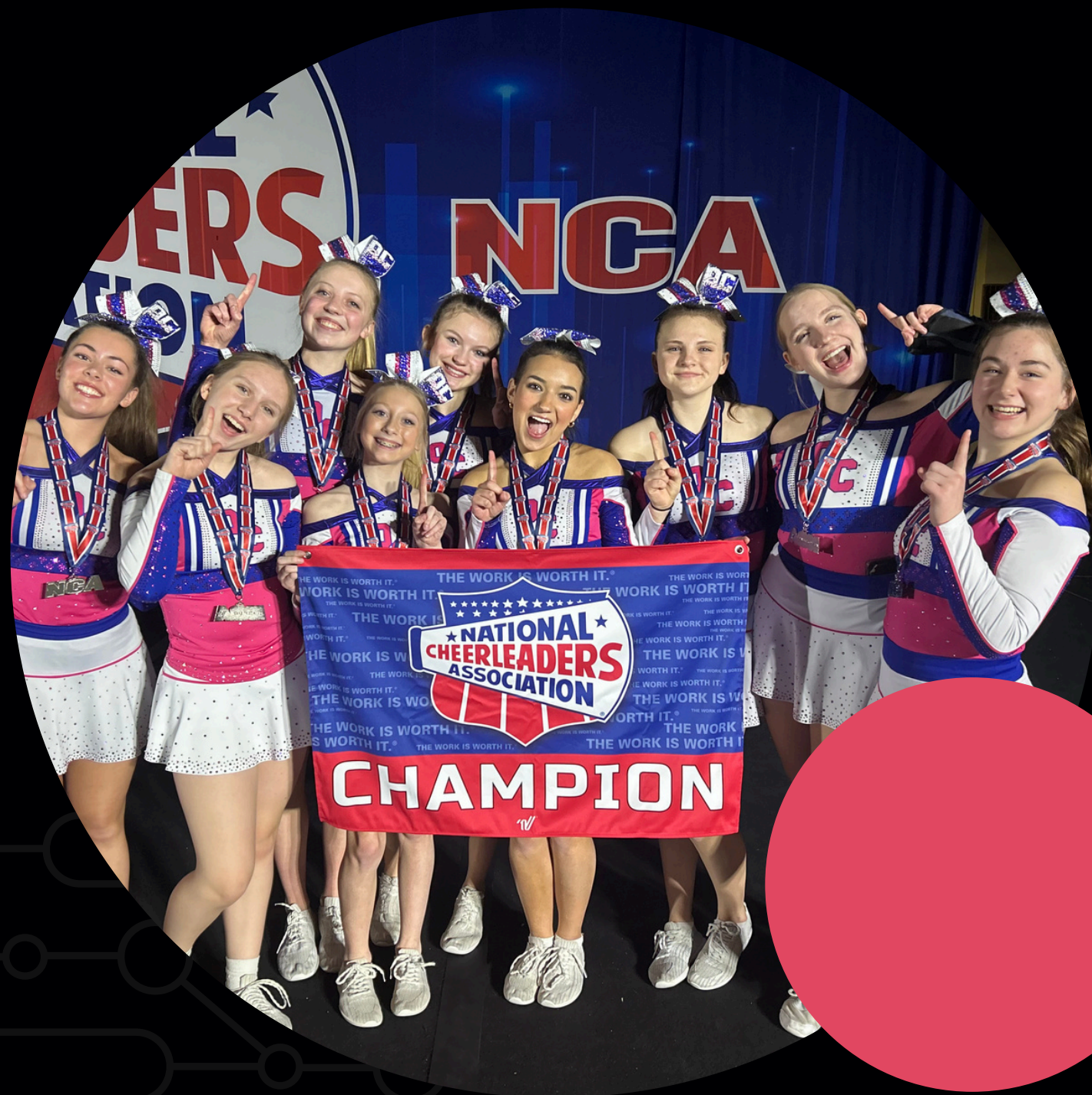


TEAM EXPECTATIONS

- Always have a positive attitude. If you had a bad day, let the coaches know so we can help you leave it at the door.
- Work hard and try your best for yourself and your team.
- If you're having trouble with something, ask for help.
- Be willing to try new things, especially stunting positions.
- Be respectful and kind to your coaches and teammates.
- The coaches have the final say. If you are wondering why a decision was made, please ask us! We always want to hear suggestions, but please understand that we are not able to accommodate everyone's wishes. We base our decisions on what is best for the team.
- Have fun!



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CONTACT US



612.384.6264



owatonnacheer@gmail.com



www.owatonnacheer.com



3325 9th St. NW, Owatonna, MN



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THANK YOU

