



Spring Season 2026

Welcome to Golden Elite STUNT

Golden Elite STUNT is Northern California's premier STUNT the Sport training and competition program. We are committed to building athletes the right way by providing a structured, positive, and high-level environment that supports long-term growth as competitors, teammates, and leaders.

STUNT is one of the fastest-growing female sports in the country. It combines the athletic skills of cheerleading with the structure of a head-to-head team sport. Athletes train to execute partner stunts, pyramids and tosses, jumps, and tumbling while developing confidence, discipline, and teamwork.

At Golden Elite STUNT, we take a calculated approach to athlete development, offering intentional leadership and guidance from an unmatched, highly experienced staff. Our goal is to create a challenging yet rewarding experience where every athlete understands what it means to be part of a competitive sports team.

Our Philosophy

Golden Elite STUNT is committed to serving as a leading resource for youth and high school STUNT programs throughout Northern California as the sport continues to grow at an explosive rate. Our philosophy is rooted in collaboration, not competition. We aim to support existing programs (IE. Youth and High School) by adding value, sharing expertise, and enriching athlete and coach development without pulling from or replacing their home programs. Through partnership, education, and skill-based development, Golden Elite STUNT seeks to strengthen the overall STUNT community and contribute to sustainable growth at every level.

What Is STUNT the Sport?

STUNT is a head-to-head competition style based on traditional cheerleading skills. Teams compete across four quarters, each highlighting a specific skill set.

Each quarter is made up of multiple plays. Plays are short performance segments lasting approximately 30 seconds (10 eight-counts). Teams are scored on execution and deductions, with points awarded to the team with fewer errors.

A full STUNT game typically lasts 45–60 minutes.

STUNT Quarters

Quarter 1: Partner Stunts

Quarter 2: Pyramids & Tosses

Quarter 3: Jumps & Tumbling

Quarter 4: Team Routine

To learn more about STUNT the Sport, visit www.stunththesport.org

Team Placements & Age Divisions

Team placement sessions are designed to be skill focused. Athletes will demonstrate the skills they currently have and their ability to learn and apply new skills.

Placements are determined by league age, defined as the athlete's age as of June 1, 2025.

Age Divisions

8U: Ages 5-8

11U: Ages 8-11

14U: Ages 11-14

18U: Ages 14-18 (Launching Fall 2026)

Teams typically consist of 8-24 athletes, depending on the age division.

Athletes will learn choreography and plays across multiple skill levels. However, only athletes who demonstrate the required skills will be selected to compete in specific plays.

Evaluation Information

Evaluation Date

Sunday, January 11

10:00am - 1:00pm

Evaluation Fee

\$30 (paid online through AMILIA)

Includes T-shirt

Tuition & Pricing

STUNT-Only Athletes and Mid-Season GEA Athletes

8U, 11U, 14U, 18U: \$199 due on 1st of every month (FEB-MAY)

Golden Elite All-Star Full-Year Athletes Only

8U, 11U, 14U, 18U: \$139 due on 1st of every month (FEB-MAY)

Additional Required Costs

- Registration: \$199- Fee Includes Jan. and Routine Camp (due at sign up)
- USA Cheer STUNT membership: \$25 (Link will be provided at fittings.)
- Practice wear & game day uniform package: \$270 (Payment due Feb. 15th)
- Tournament and game registrations: approximately \$250 (Will invoice before each tournament)
- White Cheer Shoes – Must be clean condition and white. Any cheer shoe will do as long as it's white. (i.e Rebel Rally Shoe) Link will be provided at fittings.

*Additional tournament or post-season fees may apply if extra events are added. These fees are typically under \$200 total.

** We have already been invited to The **Inaugural STUNT Tournament** that is set for **June 13, 2026**, as part of the **43rd Alabama State Games (June 12-14)**.

More information to come.

Important Dates

Open Gym

January 10 | 4:00pm – 6:00pm

Evaluations

January 11 | 10:00am – 1:00pm

Check-in begins at 9AM

Practices Begin

The week of January 19

Game Day Routine Camps

January 25 | 10:00am – 1:00pm, 2:00pm – 5:00pm

February 8 | 10:00am – 1:00pm, 2:00pm – 5:00pm

Practice Schedule

8U & 11U Practices

- One 2-hour weekday practice on Tuesdays or Wednesdays between 5:00PM–9:00PM
- One 2-hour Sunday practice scheduled between 10:00 AM–3:00 PM

14U Practices

- One 3-hour Sunday practice scheduled between 10:00 AM – 2:00 PM

*Exact practice days/times for all teams will be announced once teams are finalized.

Sunday Practice Adjustment Notice

There will be no Sunday practices for all teams on the following dates:

- February 1
- March 15
- March 29
- April 26
- May 10

14U Wednesday Practice Adjustments

In place of the canceled Sunday practices, 14U athletes will practice on the following Wednesdays in a 3-hour block between 5:00 PM – 9:00 PM.

- January 28
- March 13
- March 25
- April 22
- May 6

*Exact practice times will be announced after evaluations.

Practices & Tournaments

Team Placement Announcements

Placement emails will be sent by January 13 and will include finalized practice schedules.

The Spring STUNT tournament schedule is currently being finalized. Once dates are confirmed and coordinated with other programs, additional information will be shared with families.

Attendance Expectations

Regular attendance is expected at all practices. Missed practices may impact an athlete's ability to participate in specific routines. Ongoing attendance concerns may result in an athlete being moved to an alternate role or, in some cases, removed from the team.

PRE-REGISTER FOR EVALUATIONS/TRYOUTS

[\(CLICK HERE\)](#)