



AAU JUNIOR OLYMPIC GAMES

CHEERLEADING INFORMATION PACKET



EVENT INFORMATION

JULY 29-AUGUST 8, 2026

DES MOINES, IA

**MIDAMERICAN ENERGY COMPANY
RECPLEX (INDOOR SPORTS)**

**ADDRESS: 6500 GRAND AVE, WEST DES
MOINES, IA 50266**

WELLMARK YMCA (SWIMMING)

**ADDRESS: 501 GRAND AVE, DES
MOINES, IA 50309**

DRAKE STADIUM (TRACK & FIELD)

**ADDRESS: 2719 FOREST AVE, DES
MOINES, IA 50311**



EVENT INFORMATION

Divisions:

Elite & Prep Teams. Levels 1-4. Mini, Youth, Junior, and Senior

Rules:

AAU Cheerleading follows The Open Championship Series rules for the 2025-2026 season.

Age Determination:

AAU Cheerleading follows The Open Championship Series [age grids](#) for the 2025-2026 season.

AAU Membership:

All athletes and coaches must be current AAU members. To join, visit aausports.org and click on JOIN AAU to become a member of the AAU.

BE PREPARED and register your coaches early!
You can no longer register for non-athlete (coach) membership onsite at the event, background screenings are conducted for all non-athletes and adult athletes and can take up to 10 business days.

EVENT INFORMATION

Entry Fee:

\$129.00 per athlete for the first routine. Crossover athletes are **\$64.50** for each additional routine. Late fee of \$15.00 per athlete will be charged for any entries received after the deadline.

All entry fees must be submitted via the online registration system, [Reg Champ](#). The entry fee is in addition to the AAU membership card. All fees are non-refundable.

Entry Deadline:

Pre-Registration is required. Registration opens Dec 15th. All entries must be received **NO LATER** than **Friday, May 1st, 2026**

ANY ENTRIES RECEIVED AFTER DEADLINE WILL INCUR A LATE FEE OF \$15 PER ATHLETE.

EVENT INFORMATION

Schedule:

Competition schedule is subject to change based on the number of entries.

This is tentative and subject to change.

Tuesday, July 28, 2026:

Athlete and Coach Check-In

(Tentatively Scheduled 10am-4pm)

The Rec Plex

Wednesday, July 29, 2026:

Competition

The Rec Plex

Assigned practice times and competition times will be emailed to registered teams.

SPECTATOR INFORMATION

Parking:

Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

Transportation:

All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

Security:

All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

Food:

All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games



SPECTATOR INFORMATION

Housing:

The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events.

Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE.

Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel.

AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2026 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org/Hotels. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Exemption Form available online at www.aaujrogames.org/Hotels.

COACHS INFORMATION

All coaches must be registered members of the AAU. Coaches registering with teams will receive coaches' credentials based on the following formula. Additional coaches may register by paying the coach entry fee of \$50.00. The onsite coaches fee will be \$60.00. All coaches must register for the event.

- 1-8 Athletes No complimentary coaches credentials.
- 9-16 Athletes One (1) complimentary coaches credentials
- 17-25 Athletes Two (2) complimentary coaches credentials
- Over 25 Athletes Three (3) complimentary coaches credentials

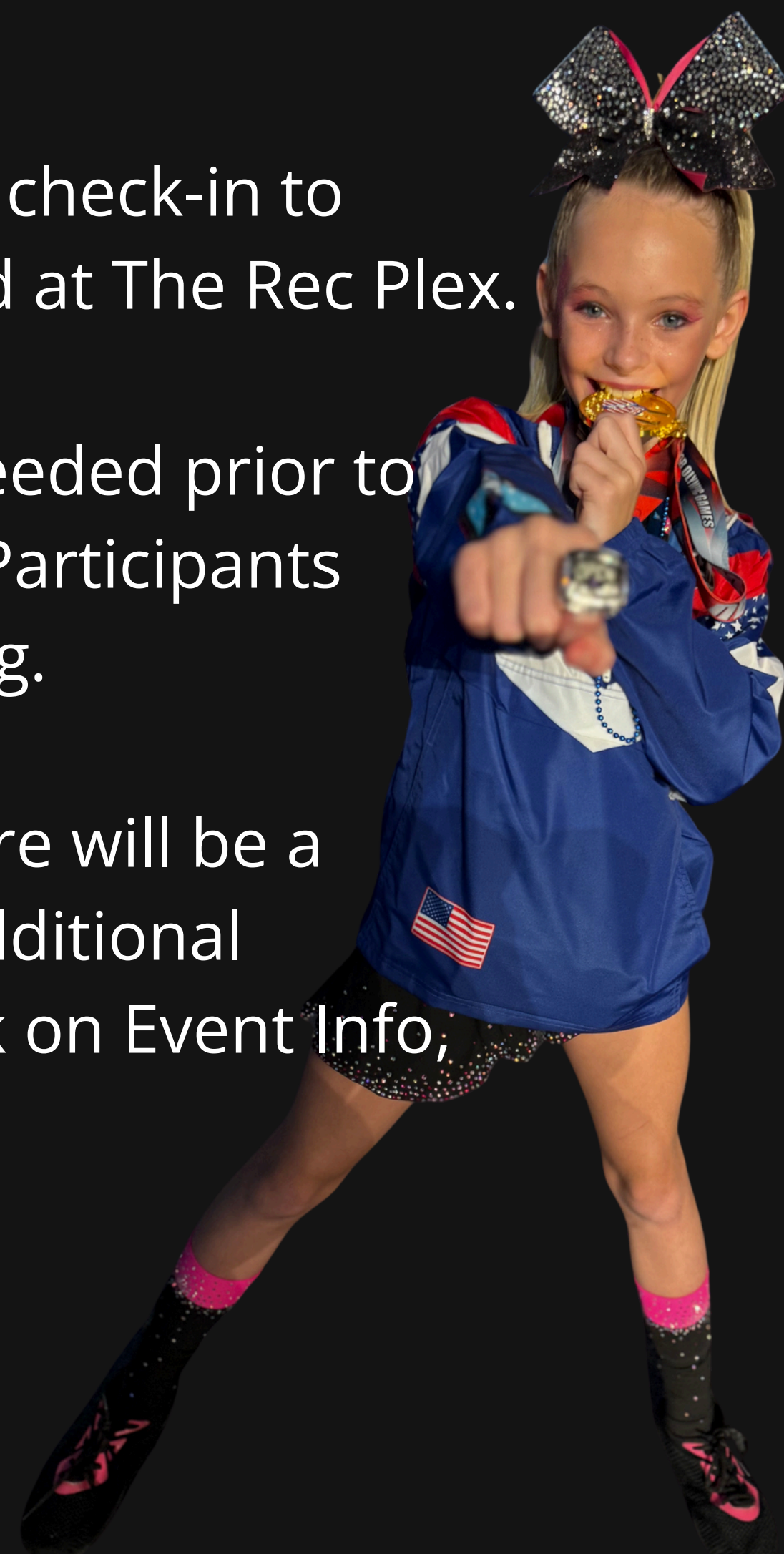
Check-In:

Pre-Registration: It is extremely important that all entries be received no later than the entry deadline date.

Onsite Check-In: Cheerleading participants must check-in to receive their athlete credential or coach wristband at The Rec Plex.

The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants should check-in at least the day prior to competing.

If that credential or wristband is lost or stolen there will be a replacement fee. For check-in hours, maps and additional directions please visit www.aauprogames.org (click on Event Info, then Registration).



COACHS INFORMATION

Sound Equipment:

Sound equipment will be provided. Each team is responsible for providing someone to run their teams music. We are not responsible for providing an adapter for phones that do not have a traditional headphone jack. Please follow these steps prior to your performance. Turn your volume up to 100%, if using a phone, make sure it is on airplane mode to avoid incoming calls during performance.

Warm-up:

Everyone entering the warm-up room, and not in uniform, must be wearing coaches credentials.

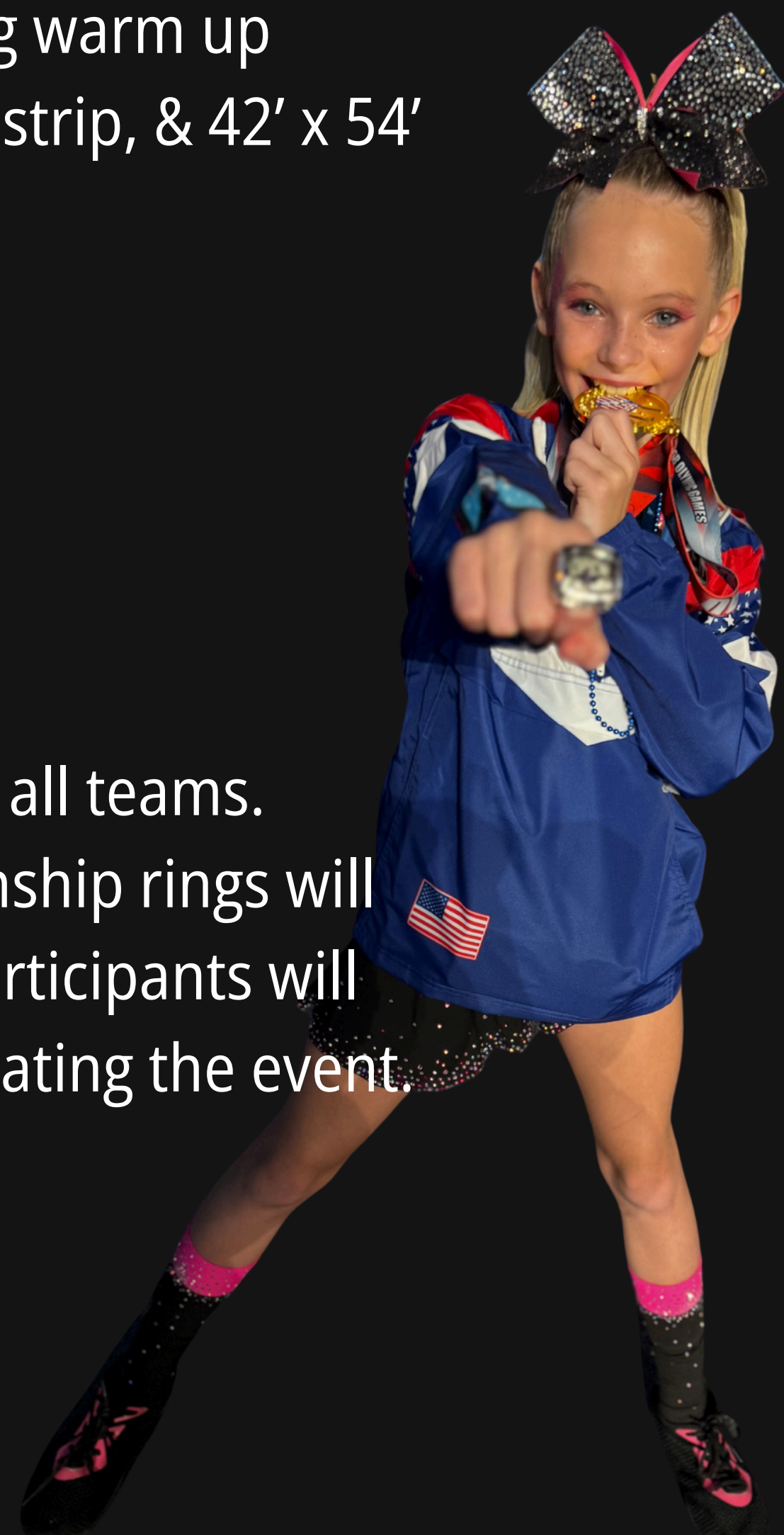
Only coaches and athletes of the competing team may enter the warm up area. All teams will receive 5 minutes on the following warm up stations. 12' x 42' foam floor stunt mat, 12' x 60' tumble strip, & 42' x 54' foam floor

Competition:

Competition will consist of a 42' x 54' spring floor.

Awards:

Medals will be awarded to each participant. Banners for all teams. Championship Jackets for all division winners. Championship rings will be awarded to level and grand champion winners. All participants will receive a T-shirt and participation certificate commemorating the event.



COACHS INFORMATION

Coaches' Education:

The AAU is happy to make available FREE Coaches' Education for all AAU non-athlete members. In its third year, this excellent program is MANDATORY for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA).

Please visit, aausports.org and click on PCA COACHES EDUCATION order to enter and take the AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition. (See rulebook for clarification on which type of coach needs to complete education training)



NO GUARANTEE:

The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator. This includes, but is not limited to all travel, lodging, food, entry fees and/or any other expenses related to the event.

MORE INFORMATION:

Cayla Myers

AU Cheerleading National Chair

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