# Fire Academy FAQ

## Q: Are there any special guest coaches?

**A:** We're excited to welcome The Tumbling Doctor and Cat Haley to Fire Academy! Athletes will have the opportunity to train with these amazing guest coaches and gain valuable skills, confidence, and experience..

## Q: What is Fire Academy?

**A:** Fire Academy is a high-energy cheer training camp designed to help athletes build skills, confidence, and friendships while learning from our experienced coaching staff in a fun and positive environment.

## Q: Is this camp beginner friendly?

**A:** Absolutely! Fire Academy is designed for athletes of all experience levels. Athletes are placed into groups based on age and skill level so they can focus on safe progressions, strong fundamentals, and building confidence every step of the way

## Q: What will athletes work on during Fire Academy?

**A:** Athletes will improve their cheer and tumbling technique while building strength, flexibility, and confidence. They'll learn safe training habits, make new friendships, grow their teamwork skills, and leave feeling stronger and ready for the season ahead.

## Q: What are the daily camp hours?

**A:** Fire Academy runs approximately 9:30am–5:30pm each day. Friday will be a half day, with additional details shared as we get closer. Optional evening activities will also be offered Monday through Friday for athletes who would like to participate — more information coming soon

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## Q: Will there be a showcase or performance at the end of Fire Academy?

**A:** Yes! At the end of Fire Academy, athletes will get to show off what they've learned and celebrate all their hard work in a fun, positive, and encouraging environment.

## Q: How do I register for Fire Academy?

**A:** Registration is quick and easy! Visit the link below to secure your athlete's spot for Fire Academy. Space is limited, so we encourage families to register early.
***https://www.firehouseelite.net/fireacademy***

## Q: How will families receive updates and camp communication?

**A:** All Fire Academy updates and important information will be shared through our BAND app. A dedicated Fire Academy 2026 group will be created, and families will be invited to join after registration so you can easily stay connected and informed throughout the week.

## Q: Who can I contact if I have questions?

**A:** We're happy to help! If you have any questions about Fire Academy, please reach out to our team anytime at firehouseelitecheer@gmail.com. We're here to make your experience smooth, easy, and fun from start to finish.

## Q: Are there lodging options available for out-of-town families?

**A:** We've arranged special rates for Fire Academy families visiting the area. Booking links will be sent through BAND after registration is complete. Additional lodging options include local Airbnb rentals and Horn Rapids RV Resort for families traveling with RV accommodations.

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## Q: What should my athlete bring each day?

**A:** Athletes should wear comfortable athletic clothing and cheer/tenis shoes and come ready to train. Please bring a water bottle and any personal items they may need, such as braces, KT tape, or muscle support products. Catered lunches will be provided daily.

## Q: How are athletes grouped during Fire Academy?

**A:** Campers are placed into small groups based on their age and the skill information provided during registration, including stunt and tumbling levels. This helps ensure athletes train safely, receive personalized coaching, and continue progressing at a pace that's right for them.

## Q: How do you keep athletes safe during Fire Academy?

**A:** Safety is always our top priority. Our experienced coaches use proper progressions, small group sizes, and close supervision to ensure athletes train safely while building skills and confidence in a positive environment.

## Q: What ages can attend Fire Academy?

**A:** Fire Academy is open to athletes ages 7 and up. Campers are grouped by age and skill level to ensure safety, build confidence, and support each athlete's progress in a fun, positive, and welcoming environment.

## Q: Who can attend?

**A:** Fire Academy is open to all athletes and kids — whether they're brand new to cheer, looking to level up their skills, or simply excited for a fun, high-energy camp experience. Everyone is welcome!

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## Q: What is your refund policy?

**A:** Camp registrations are non-refundable due to staffing and planning commitments. If you have questions or special circumstances, please reach out to us directly — we're always happy to help however we can.

## Q: What's included in the cost?

**A:** Camp registration includes all skill training, strength and conditioning, flexibility, mindset development, and team-building activities led by our experienced coaches. Athletes will also receive a Fire Academy camp shirt and enjoy fun, high-energy days filled with learning, growth, and the positive culture Firehouse is known for.

## Q: What airport  should we fly into?

**A:** (PSC) Tri-Cities Airport

## Q: How many athelets are in each session?

**A:** Fire Academy sessions are intentionally kept small, with approximately 10–20 athletes per group. Smaller sessions allow for more personalized coaching, stronger skill development, increased safety supervision, and a supportive environment where every athlete feels seen and encouraged. We'll also bring larger groups together at times for fun activities and team-building moments.

## Q: Will all camp sessions be held at the Firehouse Elite gym location?

**A:** Camp sessions will primarily be held at Firehouse Elite, with select sessions taking place at nearby local facilities in the area.