

Cheer X-Treme

Policies & Guidelines Handbook

April 1, 2010 - April 1, 2011

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Lewis Center, OH 43035

614-573-8484 Phone

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www.gymx-treme.com

Team Training

Cheer X-Treme cheerleaders will be trained in cheerleading which will include: stunts, jumps, motion technique, tumbling, dance and conditioning.

Training is very disciplined, intense and highly productive and greatly enhances skill of individuals and the team.

Training comes with a set of key values that must be followed in order to maintain control of this process: attendance, attitude, practice and conduct.

Attendance

Excessive absences will not be tolerated and will lead to replacement or dismissal. Members are required to be at every practice, competition and event.

You must call 614-573-8484 if you are going to miss practice.

Should the coach decide that more than two absences per month are unexcused, you may be asked to leave the squad.

The only excused absences will be those missing for school related event, which result in a grade, illness and family vacation.

Although the above mentioned are considered excused, missing for even these reasons during competition season will result in your daughter missing a competition. Please do not plan extended family vacations during competition season.

Should even excused absences become excessive, then it is the decision of the coach if you may continue.

If you are ill and non contagious or injured, you must attend practice and watch from the side for any changes that may effect you in the routine.

We understand there are circumstances that become unavoidable, but keep in mind this is an activity you have chosen to do and your attendance not only effects you but also ALL OTHER MEMBERS OF THE SQUAD!

Attitude

You must display a positive attitude at all times. Team members are expected to treat one another, coaches and staff with mutual respect.

Negative responses, lack of productivity, and any form of disrespect will not be tolerated and will result in dismissal from practice and/or the team. We understand that differences do occur, however pettiness, gossiping or cliques which attempts to exclude will under NO circumstances be tolerated. This includes all team members, X-Treme Staff and Parents!

Practice

Every Practice, competition and event will be mandatory unless excused by coach/staff. Extra practices may be scheduled. Practice days and times will be provided ASAP. All squads will practice twice a week. Gym X-Treme knows you have a busy schedule and will always do our best to keep the same practice days and times. However, under some circumstances the need to change days may arise.

Practice Attire

Cheerleaders are to come to every practice in the practice uniform chosen by staff. Ordering will be done in late May.

Ages 9 and up must wear a sports bra under their tank. Under no circumstances are we to see bra straps. No jewelry of any kind.

Competition Attire

Full uniform will be worn at all competitions

NO NAIL POLISH

Coaches will decide how to do make up and hair for competitions

Bow chosen by staff **MUST BE WORN!**

All parts of uniform are to be kept clean and pressed.

You are financially responsible for cleaning, maintenance and alterations of all uniforms.

We will be judged on our appearance!

Competitions

Cheerleaders will attend 8 - 10 competitions a season. A season generally begins in October and ending with nationals in April.

NATIONALS USUALLY FALL DURING SPRING BREAK! DO NOT SCHEDULE VACATION DURING THIS TIME! WE WILL NEED EVERY MEMBER FOR THE MOST IMPORTANT COMPETITION OF THE SEASON!

Cost

Practice fees to Gym X-Treme are acceptable in the form of check, cash, Master Card or VISA are due the first of every month. Any payment received after the tenth of the month: **MUST INCLUDE A \$20.00 LATE FEE**

Your monthly fee to the gym includes all practice coaching, use of the facility, equipment and administration. Annual fee is to help with the high cost of insurance and is to be paid when you join and every year from that date.

Tiny \$60/month

Youth \$105/ month

Srs. \$105/month

Squads names may change

Annual fee \$75.00/yearly

Tuition is based on a 4 week month, therefore there IS NO PRORATING for holidays, absences, snow days or competitions. Tuition pays for training only, not the right to compete. The following are approximations and are to be paid to Cheer X-Treme boosters.

Uniforms including top, skirt, spankies, socks, shoes, and hair accessories (we will do our best to keep same uniform for two years!) \$250.00 - \$350.00

Competition fees & Coaches Fees \$500

Booster fees \$50.00 per year

Stunt Camp \$75

Chorography Camp \$100.00

Fundraising

Everyone is encouraged to participate in fundraising through the booster club. Fundraising is a great way to off set your out of pocket expenses. All fundraising is optional. If you choose not to participate in fundraising activities. You will be responsible for any competition, uniform and coaches fees that you incur.

BE SURE TO BE AN ACTIVE MEMBER IN THE BOOSTERS IT HELPS YOU!

Additional Information

The month of May we will be our off season. Girls will be divided into two groups. Ages 5 - 8 will Thursday & Sunday from 5:00 PM - 6:00 PM. Ages 9 and up will practice twice a week Thursday and Sunday 5:30 PM - 8:30 PM. On May 25 coaches will announce team levels, divisions and team members. Remember it is our goal to have competitive teams at all levels. Coaches will choose teams based on this criteria.

Camp date for this year will be:

TINY TEAM DOES NOT ATTEND CAMPS

June 5 & 6

June 26 & 27

Time TBA

Keep these weekends open every cheerleader MUST attend!!!

Camps are designed for girls to learn stunts and routine for the season. We will also be fitted for our uniforms during one of the camps. YOUR CHILD MUST ATTEND. Should there a be unavoidable reason your child cannot attend you are still required to pay for camp in full.

Once routine is learned, teams will practice with their team at practice times to be announced. Practice days From June 21 - Aug. will be Tuesday & Thursday. During the school year teams practice on Sunday night and one week night which will be announced in July.

Cheerleaders are expected to be at practice on time ready to go. Coming to practice in the wrong attire, eating, or tardiness will not be tolerated.

Any child wanting to join the team after June 1, 2009 may do so on a try out basis.

Teams

The number of teams and the number of team members will be determined by X-Treme staff members. All participants must have a signed rules and regulations agreement and medical release on file at Gym X-Treme.

If you have any further questions or comments please call Chris at 573-8484.

Budget

This is to help you prepare your budget THESE ARE **ESTIMATES** ONLY!
THESE ARE ADDITIONAL FEES TO YOUR MONTHLY GYM FEES

May 15	Booster fee	\$50	Payment made to Boosters
May 15	Stunt Camp	\$75	Payment made to Gym X-treme
June 15	Uniform fees due	\$250 - \$350	Payment made to Gym
June15	Chorography Fees	\$100	Payment made to Gym
September 15	½ comp fees	\$200	Payment made to Boosters
December 15	½ comp fees	\$200	Payment made to boosters
February 15	National fees	\$115	Payment made to booster

Rules and Regulations Agreement

Always promote good sportsmanship.

The coach is always in charge and his/her decision is final.

Be appropriate in attire and ready to go on time.

No stunting with out proper spotting.

Your monthly fee pays for training only. It does not pay for your child to perform. Your child earns that privilege through her responsibility and preparedness as a team member.

Monthly fees are due the 1st of every month. Fees received after the 10th MUST include a \$20 late fee. All booster fees must stay current. Falling behind in booster fees will result in dismissal from the team.

If you or your child cannot work with the coaches or staff of Gym X-Treme you do have a choice to leave or stay. Problems are usually misunderstandings and can be worked out. As a parent talking amongst yourselves or sideline coaching can create the wrong information and atmosphere. It spreads bad morale throughout the gym. The lines of communication are always open. If you wish, please schedule a meeting to voice your concerns. We will listen.

If a team member is suspended or removed from the team for any given period of time there will be NO REFUND ON ANYTHING. If a team member leaves the gym for any reason other than medical, there will be NO REFUND ON ANYTHING.

I have read, understand, and will follow the attendance policy. I, and my child have read the above rules, regulations, and payment schedule. We understand that violation of certain rules will result in early dismissal from the program.

X _____ X _____
Parent Cheerleader

Date _____ Date _____

