



2023-2024
ELITE
Program
Information Packet

817-251-8984

www.spirit-xtreme.com

SPIRIT XTREME



The goal of Spirit Xtreme is to be a gym that touches the heart of each athlete, parent, and coach in an uplifting and positive environment. Spirit Xtreme is a large gym where family and relationships come first! A gym family that is a community where our athletes can grow! We hold our staff and athletes to high standards of sportsmanship and integrity. We are a family oriented program, and are very proud of the life lessons learned each day at Spirit Xtreme. We hope to stand out in the competitive cheer arena by providing a character building approach to competitive cheerleading that we all live each day.

At Spirit Xtreme we will train them to be exceptional athletes, but most importantly help them to be exceptional people! Through the sport of cheer, we give our athletes opportunities to develop strong leadership skills and the value of making a difference in the world around them.

We have prepared the following information to help you understand the commitment level that we expect of our Elite athletes and families. Please take the time to read over all of the information we have provided. It is sure to be an exciting season celebrating 20 years of Spirit Xtreme! We want YOU to come join our Xtreme Family and let your light shine with us!

ELITE Level Expectations

All Star Elite is a full year program and the highest performance level that All Star cheer has to offer. Our Elite program is ideal for athletes who are committed to cheer with strong cheer training and solid technical ability.

Elite teams are scored based on the difficulty and technique of execution of tumbling, jumps, stunts, tosses, dance, motions, performance and overall impression. ALL are important in putting together a successful team. Athletes will be evaluated on individual skills listed as well as their basing and flying ability. The formation of teams is a process that is strongly driven by our scoresheet that we will compete on all season. Athletes will be placed on teams based on their age and ability levels in ALL of the above mentioned categories.

TUMBLING SKILLS BY LEVEL



We will form teams with athletes that have MASTERED skills. MASTERED is the ability to perform the skill with strong technique, not the ability to just throw the skill. **Please remember that tumbling is only one portion of team placement. Athletes will also be evaluated on their ability to pick up choreography, stunting ability, performance, confidence with the level, and jump and motion technique to help form strong and well rounded teams.**

We will be working on the following technique drivers for all levels: Approach, Speed, Body Control, Landing, Synchronization.

Jumps Levels 1 - 6:

Athletes will be asked to show right and left herkie, right and left front hurdler, pike, and toe touch with standard and whipped approaches. Athletes should have correct arm placement, pointed toes, superior height and feet together on landings

Level 1 Skills

Level 1 STANDING Tumbling:

Required: Back Walkover, Back Walkover - Backward Roll - Back Walkover

Preferred: 3 Back Walkovers, 2 Back Walkover Switch Leg, Valdez

Level 1 RUNNING Tumbling:

Required Skills: Front Walkover, Cartwheel Back Walkover

Preferred Skills: Front Walkover Cartwheel Back Walkover, Front Walkover Cartwheel/Round Off

Tumbling Technique Expectations:

Tumbling Skills should be performed with straight legs, pointed toes, and feet together on landings. Athletes must be able to perform skills to correct counts.

Level 2 Skills

Level 2 STANDING Tumbling:

Required Skills: Back Walkover-Back Handspring, Back Walkover-Back Handspring Step Out

Preferred Skills: Back Walkover-Back Handspring Step Out-Back Walkover, Back Handspring Step Out-Back Walkover-Back Handspring, Valdez Back Handspring

Level 2 RUNNING Tumbling:

Required Skills: Round Off Back Handspring Step Out, Front Walkover Front Handspring

Preferred Skills: Round Off Back Handspring Series, Front Walkover-Round Off-Back Handspring Series, Boulder through to Round Off-Back Handspring, Cartwheel/Round Off-Back Handspring Step Out-Back Walkover-Back Handspring Series

Tumbling Technique Expectations:

Tumbling Skills should be performed with straight legs together throughout the skills, pointed toes and feet together on landing. Skills must be performed with high endurance and to correct counts.



Level 3 Skills

Level 3 STANDING Tumbling:

Required Skills: 3 Back Handspring Series, Jump Back Handspring Series

Preferred Skills: Back Handspring Step Out Back Handspring Series, Back Handspring Step Out-Back Walkover-Back Handspring Series, Back Handspring Toe Touch Back Handspring

Level 3 RUNNING Tumbling:

Required Skills: Punch Front, Aerial, Round Off Back Handspring Tuck,

Preferred Skills: Front Walkover Round Off Back Handspring Tuck, Front Walkover Aerial, Bounder Round Off Back Handspring Tuck, Front Handspring Front

Tumbling Technique Expectations:

Tumbling skills should be performed with straight legs together throughout the skill, pointed toes, and feet together on landing. Includes high sets and solid landings. Skill must be performed with high endurance and to correct counts.

Level 4 Skills

Level 4 STANDING Tumbling:

Required Skills: Back Walkover Back Tuck, Back Handspring Series to Tuck

Preferred Skills: Back Handspring Back Tuck, Jump Back Handspring Series to Tuck, Back Handspring Toe Back Handspring Tuck, Back Handspring Step Out to Tuck

Level 4 RUNNING Tumbling

Required Skills: Round Off Back Handspring Layout

Preferred Skills: Front Walkover through to Layout, Punch Front through to Layout, Round Off Back Handspring Whip Back Handspring Layout, Round Off Back Handspring Whip Layout, Front Aerial Through to Layout

Tumbling Technique Expectations:

Athletes must have strong endurance and able to execute all skills back to back with excellent technique. Strong technique includes high sets, straight bodies, and strong landings with feet together.



Level 5 Skills

Level 5 STANDING Tumbling

Required Skills: Two Back Handsprings to Layout, Two Back Handspring Whip to Tuck

Preferred Skills: Back Handspring Layout, Jump Back Handspring Series To Layout, Back Handspring Series Whip to Layout

Level 5 RUNNING Tumbling

Required Skills: Round Off Back Handspring Through to Full

Preferred Skills: Front Walkover through to Full, Round Off Arabian to Full, Punch Front through to Full, Whip Pass Through to Full

Tumbling Technique Expectations:

Athletes must have strong endurance and able to execute all skills back to back with excellent technique. Strong technique includes high sets, straight bodies, and strong landings with feet together.

Level 6 Skills

Level 6 STANDING Tumbling

Required Skills: Back Handspring Series to Full, Jump Series to Full

Preferred Skills: Back Handspring Full, Jump Back Handspring Full, Back Handspring Whip to Back Handspring Series Full/Double, Standing Full

Level 6 RUNNING Tumbling

Required Skills: Front Walkover Through to Full/Double

Preferred Skills: Round Off Back Handspring Double, Punchfront Step Out to Full/Double, Arabian Round Off Back Handspring Full/Double, Round off Whip through to Back Handspring Full/Double; Round Off Back Handspring Whip Full/Double; Round Off Back Handspring Full Back Handspring Full/Double

Tumbling Technique Expectations:

Athletes must have strong endurance and able to execute all skills back to back with excellent technique. Strong technique includes high sets, straight bodies, and strong landings with feet together.

EVALUATION DETAILS



Optional Parent Information Meeting - Wednesday, May 10th 7:00p.m. at Spirit Xtreme

An opportunity for those NEW to Spirit Xtreme or to the Elite program to have their questions answered. If you are unable to attend just give us a call and we can happily schedule a private meeting or answer any questions you might have. Additional mandatory parent information meetings will occur the first week of team practices.

REGISTER through our Parent Portal at spirit-xtreme.com for Elite Evaluations and pay the \$100 23-24 Evaluation and Registration Fee. The Parent Portal can be found by clicking on “class registration” tab at the top right corner of the website. Once logged in, simply click “Booking” and then the “Elite” link on the left menu bar.

AFTER you register online, please fill out and return pages 19 through 21 to the main office **PRIOR to your evaluation date**. Form packets are available in the gym office.

After you register online, watch your email for a “**Elite Registration - Next Steps**” for additional information. **This email will include video links to evaluation material, as well as a sign up link to schedule your initial evaluation day and time.**

***ALL PAPERWORK MUST BE RETURNED TO GYM OFFICE PRIOR TO initial evaluation.**

Evaluation Process

We try to keep our tryout process fun and stress-free! During the initial “Evaluation Session” athletes will perform a mini routine that will include standing tumbling and running tumbling to counts. **These mini routines will be shared in the “Elite Registration-Next Steps” email once athlete has registered and on our website the week of initial evaluations. Athletes should be prepared to perform this routine during their initial “Evaluation Session”.** This initial evaluation session is a private session with just the athlete and a coach. During this session, athletes will also be asked to demonstrate jumps and additional tumbling skills at the level(s) they wish to be evaluated for.

FIRST - Athletes will choose an initial **EVALUATION SESSION to attend on ONE of the following dates.** *Athletes will be able to select their day and time via the Sign up link that will be included in the “Elite Registration - Next Steps” email sent.

- **May 10th 6:00-8:00p.m.**
- **May 11th 5:00-8:00p.m.**
- **May 12th 5:00-8:00p.m.**
- **May 13th 9:00-12:00p.m.**

Evaluation Process - continued



SECOND - After the initial Evaluation Session, athletes will attend ALL **LEVELED GROUP PRACTICES** based on the level team they are trying out for - see leveled group practice times below. *Athletes may be asked to attend multiple levels throughout this portion of the evaluation process. During this portion of the evaluation process athletes will group stunt, tumble, jump, and learn choreography.

<u>Level 1:</u>	<u>Level 2:</u>	<u>Level 3/4:</u>	<u>Level 5/6:</u>
5/16: 7-8:30p.m.	5/18: 7:30-9:00p.m.	5/17: 7:30-9:30p.m.	5/15: 7:30-9:00p.m.
5/20: 9-11:00a.m.	5/20: 11:15-1:15p.m.	5/20: 4:00-6:00p.m.	5/20: 1:30-3:30p.m.
5/23: 6-7:30p.m.	5/23: 7:30-9:00p.m.	5/22: 6:00-7:30p.m.	5/22: 7:30-9:00p.m.

FLYER EVALUATION (By Invitation Only) - Walter will evaluate all athletes interested in a flying position at their initial athlete evaluation (May 10th-13th) and provide feedback on whether or not an official Flyer Evaluation is necessary. Athletes who pass the initial evaluation, will need to **REGISTER for Flyer Evaluations through our Customer Portal** for one of the following dates depending on their level assigned by Walter. The cost for Flyer Evaluation is \$20.

Level 1	Tuesday, May 16th	6:00-7:00p.m.
Level 2	Thursday, May 18th	6:00-7:30p.m.
Level 3/4	Wednesday, May 17th	6:00-7:30p.m.
Level 5/6	Monday, May 15th	6:00-7:30p.m.

TEAMS will be **ANNOUNCED** on May 31st with first team practice time, team specific **Stunt Camp dates, July Choreography dates, as well as parent meeting details on June 3rd.** *Adjustments may be made to rosters based on tumbling skills and stunting throughout the summer.

ELITE PROGRAM FEES



Down Payment \$200 (May 15th) and 11 monthly payments INCLUDES monthly team training, unlimited team tumbling, Summer Stunt Camp (\$75), practice wear (\$210), choreography and music fees (\$350), competition entry fees (\$1000), two competition gifts (\$50) and 50% discount on all additional tumbling classes.

- Down Payment of \$200 will be automatically drafted on May 15th.
- Monthly Tuition will be automatically drafted beginning June 5th and then on the 1st of each month through April 2024.

Monthly Tuition

Mini Teams	\$330
Youth, Junior and Senior Teams	\$355

Additional Expenses NOT Covered By Monthly Tuition:

BTBM Gifts	\$100 Due August 1st
Annual Gym Registration Fee	\$40 due upon initial registration and in January of the new year
Competition Uniform	\$400 (Male) / \$525 (Female) deposit due June and final in Sept.
Practice/Competition Shoes	\$90-\$110 (2-3 styles to choose from)
Competition Bow	\$30 due in June when fitted for practice clothes/uniform
Competition Make Up	\$30-\$40 (Athletes purchase products from local store)
NEW! Warm Up Jacket - Optional	\$200
Xtreme Retreat Sky Ranch	\$185 registration Due August
USASF Membership Fee	\$50 (due to USASF in July)
Transportation and Lodging for Out of Town Competitions	
Spectator Competition Entry Fees and Parking Fee	
End of Season Event Fee (The Summit/Youth Summit/Worlds) -	\$200-\$250 - Coaches' Travel Fee, Choreography, Music, and Team Gifts including practice outfit.

Additional Information

- All accounts must be paid in full to be eligible for the 2023-2024 Season.
- A sibling a part of any Spirit Xtreme team program will receive discount off of their monthly tuition as follows: Elite \$20, Pre Elite \$20, Stars/Joy \$15. Discounts applied to the lower tuition(s) in the family.
- **Full tuition may be paid upfront with CASH, CHECK or to the card on file for a \$150 discount by Saturday, June 3rd. May deposit will be automatically drafted on May 15th.** Contact kim@spirit-xtreme.com to confirm full tuition payment amount and form of payment.

ATTENDANCE



All Star Elite is a 12 month commitment and ALL practices are mandatory. It is important that the entire family understands the importance of attending practice. It takes a full commitment from both the athlete and the family. Before trying out, we ask that parents and athletes consider the time and the attendance requirements to avoid conflicts.

We do understand that there will be graded school events, school cheer commitments and major family events such as weddings. Athletes and families must work to minimize their conflicts. School cheerleaders must balance their absences. College visits and clinics need to be schedule around practice times and communicated in advance to avoid conflicts.

Please understand that multiple conflicts will affect the athlete's role in the routine through lost spots in formations and/or changed stunting roles. Recurring conflicts will result in an athlete being removed from the Spirit Xtreme Elite program all together due to lack of commitment.

SUMMER, especially June, is an important time for our athletes to progress and our teams to work stunt difficulty and technique. Teams will practice twice a week for most of the summer. **Summer vacations and required school cheer camps should be submitted with your registration paperwork. Athletes are allowed 4 absences total between June 3rd and July 27th.** Local day camps/clinics are NOT an excuse to miss summer practice. We ask that you try to schedule your vacations to minimize the amount of practice time missed. Take advantage of the All Star summer break from July 1st-July 8th and July 30th-August 5th.

STUNT CAMP / CHOREOGRAPHY: Stunt Camp and Specific Team Choreography Dates will be shared with team placement announcement and are considered mandatory. Only those dates submitted with original registration will be considered as a possible excused absence. Substitutes/Fill Ins will be required in your absence and must be approved by the coach.

AUGUST-APRIL: During the school year, the only excused absences are school functions that **result in a grade**, a contagious illness, or a major family event. All other absences such as, but not limited to: part-time jobs, vacations, homework/studying, not having a ride, personal issues, other sports and activities, and birthdays will be unexcused.

Two weekends prior and the two weeks leading into any showcase, pep rally or competition are considered blackout dates and there are no absences allowed outside of deaths in the family and contagious illness. An absence may result in the athlete being removed to an alternate position or pulled from an upcoming performance at the discretion of the coaching staff. Alternates follow all requirements and guidelines.

Missing the Showcase in the fall, Xtreme Pep Rally, or a competition for any reason may result in the athlete being made an alternate or being removed from the team.

Any existing conflicts MUST be noted upon registration. Any further conflicts will not be excused.

SICK/INJURY



Nothing is more important than the health and safety of our athletes and staff. If there is a question on whether the athlete should attend practice due to their health, please contact Walter directly PRIOR to practice. (walter@spirit-xtreme.com) His cell phone number will be shared at our first parent meeting. We understand that our athletes will have illnesses and injuries that prevent them from participating in practice. If an athlete is injured or sick with symptoms that a physician diagnoses as NOT Covid-19 they will be expected at practice.

In the case of an injury the athlete must provide a doctor's note with detailed information regarding the injury, treatment plan and length of recovery. Extended injury may jeopardize the athlete's position on his/her team. In the event that an athlete is injured at home or during extracurricular activities, we ask that you please notify your coach as soon as possible. Please do not leave a message or post on social media prior to contacting our staff. Changes will be made to choreography/routines based on the athlete injury and length of recovery. Once the athlete has fully recovered, they will be choreographed back into the routine when deemed appropriate by the staff.

PRACTICE

Team members are expected to attend ALL scheduled practices. Teams will practice 2-3 times a week, with each practice ranging from 1.5 - 3 hours starting June 3rd - April 2024.

- **Team formation through July 27th:** During the summer, we follow a revised practice schedule, so that all of our athletes will have the weekends to spend with their families and or extended travel. Teams will have their normal scheduled weekly evening practice and their Sunday practice will be moved to a day of the week during the day. We will help to facilitate carpools for working parents.
- **August through April 2024:** Teams will practice once during the week and on Sunday. We will practice for 1.5 to 2 hours during the week and 2.5-3 hours on a Sunday between 1:00-9:30p.m.

Additional practices will be added for choreography and prior to competitions. All team athletes are expected to attend every practice. Practices may also be adjusted for extenuating circumstances. All possible extra practice dates are provided in advance.

There is to be NO JEWELRY worn at practices. This is for the safety of all athletes. Athlete cell phones will be turned OFF during practice time. Fingernails should be kept at an athletic length and a natural color during competition season. No videoing during practice time. Practice clothes should be worn as scheduled to each practice. Lost, misplaced or damaged clothing will be replaced for additional expense.

STUNT CAMP/CHOREOGRAPHY



Choreography dates are very important and require mandatory attendance. Please make plans now and notify your school coaches, work, family, etc. **If you already have a scheduled conflict during these dates, please make sure you include with your registration forms.**

- June** **Stunt Camp by Levels** - Teams will have a leveled stunt camp with their team. Specific dates/time will be provided with team placement.
- July 9th-22nd** **Routine Choreography** - Teams will have 3-4 days of choreography sessions within this window of time. Specific dates/time will be provided with team placement. Choreography sessions will be scheduled between 9a.m. and 9 p.m.
- Sept./Oct.** Teams will have pyramid and dance choreography in September and October depending on their choreographer. These times will be shared later in the summer.

ELITE TEAM TUMBLING

All athletes are expected to keep up their tumbling skills throughout the season. We are working towards multiple team tumbling options for this upcoming season. Unlimited Team Tumbling is included in monthly tuition and is an hour dedicated to the tumbling progression and technique of our athletes. If athletes are not available during the scheduled team tumbling times, they must register for a tumbling class or a standing weekly private lesson. Team athletes receive a 50% discount off of monthly class rates for additional tumbling classes.

FLYERS

Athletes selected as flyers will be responsible in maintaining flexibility and skill requirements. Regardless of age or level, great flexibility, beautiful body positions, sharp motions, and incredible performance are a necessity as a flyer. Elite Flyers will have required weekly strength and stretch work. More details regarding expectations will be shared once teams are formed.

MAINTAIN SKILLS

Athletes are expected to maintain the skills they performed at tryouts throughout the season and may be made an alternate or moved to another team if they lose those skills. Skill checks will occur a couple of times during the year. Once made an alternate, athletes are not guaranteed their spot back due to choreography changes, etc. Athletes must also be successful at stunting their assigned role to remain on the mat.

PARENT VIEWING AREA

Our Parent Viewing Area should be an area of celebration and positivity. Parents will be asked to follow a drop off policy during Saturday and Sunday practices. This allows for greater focus for our athletes during their team practice time and also allows parents to celebrate the growth of the team from week to week. If the viewing area becomes a negative environment at any time in the year, the viewing area will be closed.

2023-24 All Star Elite Dates



Please check all of these dates carefully. All events and competitions are mandatory. We will only consider excusing a conflict if we know prior to placement on a team.

May 10th	Optional Elite Program Information Meeting 7:00p.m.
May 10th-23rd	Evaluations and Group Practices
May 25th	Last Day of current Spring Class Schedule
	Summer Class Schedule Release
May 26th-29th	Closed for Memorial Day
May 31st	23-24 Team Announcement - Sent via Email
	Team Athlete Private Lesson Request Opens
June 1st	Summer Class Schedule Registration Opens
June 3rd	First Team Practices and Parent Meetings
	Practice Clothes and Uniform Fitting
June 5th	Summer Schedule Begins
June	Stunt Camp - Date/Time TBA with Team Announcement
July 1st-July 8th	Closed for 4th of July
July 9th-22nd	Elite Choreography-Date/Time TBA with Team Announcement
July 27th	Last Day of Summer Class Schedule
July 31st-August 5th	Closed for Summer Break
August 6th	First Sunday Practice
August 18th-20th	Xtreme Retreat at Sky Ranch - All Elite Teams
September 1st-4th	Closed for Labor Day
September 22nd-24th	Pyramid Choreography Times TBA for impacted teams
October 13th-16th	Pyramid Choreography Times TBA for impacted teams
October 31st	Closed for Halloween
November 18th-25th	Closed for Thanksgiving Break
	*Athletes need to be back for practice Sunday, November 26th
December 22nd-January 1st	Closed for Christmas Break/New Year Break
January 2nd	Team Tumbling/Classes Resume
January 7th	Elite Team Practices Resume
March 9th-17th	Closed for Spring Break
March 29th-31st	Closed for Easter
April 7th	Xtreme Banquet
April 13th/14th	Regional Summit Dallas
April 25th/26th	Youth Summit - Tampa
April 26th-29th	The Cheerleading Worlds - Orlando (Level 6)
May 2nd-5th	The Summit - Orlando (Junior/Senior Teams)



COMPETITIONS

We will release a detailed competition schedule in July around choreography. Teams will attend 7 to 8 competitions between October and May in addition to a Fall Showcase and our Xtreme Pep Rally kicking off Nationals Season. **If you have any MAJOR events that fall on a weekend between the end of October and the first of May that would keep you from being able to attend a competition or any other potential Spirit Xtreme scheduled event make sure this information is included with your registration.** We will finalize our competition schedule in June. Travel can be expected. Competitions are mandatory.

Travel Expectations

Spirit Xtreme will provide approved travel dates and times upon release of competition schedule. If you choose to book flights outside of the approved travel dates you will be required to change your itinerary or be moved to an alternate position.

FINANCIAL GUIDELINES



All athletes must have their 2022-2023 Spirit Xtreme account paid in full to be eligible for 2023-2024 season.

There will be no refunds if athletes choose not to accept their team placement.

All athletes are required to pay an annual gym registration fee during the year. This fee is paid when turning in your team registration form and annually in January of each year. The fee is \$40 and includes a Spirit Xtreme t-shirt. Current team or class athletes do not pay an additional fee until January 2024.

Spirit Xtreme's program is a 12 month commitment. Charges begin in May 2023 with a \$200 deposit then monthly tuition payments June 2023 that continue through April 2024. By agreeing to take a spot on a team, you are agreeing to a twelve month financial commitment. If anyone breaks this commitment prior to receiving any part of their uniform, warm up, or practice clothes, the items become the property of Spirit Xtreme.

If an athlete chooses to quit at any point during the season without a doctor's note or family relocation, there will be a Quitter's Fee of \$500. Athletes who quit, leave a team in a hard position often requiring new choreography and cause their team to lose valuable practice time as athletes learn new positions.

If an athlete is unable to finish the year due to injury with doctor's note or family relocation, Spirit Xtreme will balance your account determining the fees and tuition that have been spent. You will receive a credit for any fees or tuition that have been paid to Spirit Xtreme, but not used. Please be aware that if you choose the monthly installment plan, you may owe additional fees that were not yet covered through your prorated monthly fees. Competition entry fees cannot be refunded for any reason (including injury) once they have been paid out. Resignations must be in writing. Items purchased (practice clothes/uniforms, etc) and not received due to breaking the commitment or to dismissal are non refundable and become the property of Spirit Xtreme.

Payment Policy: All tuition and fees will be electronically processed. Tuition will be drafted on the 1st - 5th of the month with the exception of May 2023. The May deposit will be drafted on May 15th. All accounts with a balance due by the 10th of the month will automatically be charged a \$10 late fee.

NOTE: If an athlete's account falls past due by more than 30 days with no communication, the athlete will be present but must sit out of all practices. When an account falls 60 days past due with no communication, the athlete will be choreographed out of the competition routine.



MATERIAL AGREEMENT

As a member of Spirit Xtreme All Star Program, any material (cheers, chants, pyramids, stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose to anyone outside the Spirit Xtreme program. All material is owned by Spirit Xtreme and may not be reproduced or taught in any manner without prior written consent from Spirit Xtreme, Inc. This includes posting on YouTube, Facebook, or other internet websites. Anyone violating this agreement may be expelled immediately from Spirit Xtreme.

UNIFORM AGREEMENT

Any and all parts of the Spirit Xtreme uniforms may only be worn during specific and official Spirit Xtreme activities. This uniform may not be worn for any other activity without prior written consent from Spirit Xtreme. No part of the uniform may be loaned to any person that is not a current member of the program.

PROPERTY RIGHTS AGREEMENT

The name Spirit Xtreme or any part of the trademark or logo may not be used without prior written consent from Spirit Xtreme. The company name and entity are solely owned by Spirit Xtreme. No Spirit Xtreme or Spirit Xtreme related team names may be sold or used without prior written consent from Spirit Xtreme. Any violation of this agreement may result in legal action.

PARENT COMPLIANCE



- I have received a copy of the Spirit Xtreme All-Star Elite Information Packet. I have all of the information provided in this packet and agree to abide by all of the rules and regulations of Spirit Xtreme. In addition, I will commit myself to the time involved in practices, choreography, camp and competitions.
- I am fully aware that competition cheerleading is a large financial responsibility, and I will commit to Spirit Xtreme as per the financial requirements of a team member.
- I understand if my athlete chooses to quit at any point during the season without a doctor's note or family relocation, there will be a Quitter's Fee of \$500.
- I am fully aware that any items purchased and not received due to breaking the commitment or to dismissal are non refundable and become the property of Spirit Xtreme.
- I understand that a 30 day written notice is required in order to stop tuition and/or fee charges through either payment options. Any tuition and/or fees paid before this notification period will not be refunded under any circumstances.
- I understand that all tuition and fee payments will be handled electronically on the first through the fifth of the month.
- I understand that I must have a form of payment linked to my athlete account. I understand it is my responsibility to keep up with expiration dates, fraud, etc. to prevent late fees.
- I understand I am responsible for any changes to my account including amounts, adds, drops, account numbers, etc. These changes can be made through the customer portal or through the gym office.
- I am aware that this is a one year team commitment and will do everything in my ability to enable my child to participate in all practices, choreography, retreats, and competitions throughout this season.
- I will do all that is necessary to get my child to practice and events on time and assure that he/she does not need to leave practice early. Non custodial parents must comply - *Signatures from both parents required.
- I understand that if my child chooses to tryout at another gym during her commitment with Spirit Xtreme, he/she will be removed from the team immediately and additional team fees could be owed.
- I understand that my child must wear the proper practice outfit that is scheduled for any specific day and will support the requirement with my child. If my child loses any part of their practice clothes, I understand that I must purchase a replacement immediately.
- I understand that my actions in the viewing area and at competitions are a reflection of Spirit Xtreme and should be of strong moral character. I will be a positive role model for my child and will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, and spectators at every practice and competition.
- I will attend parent meetings, follow team BAND, check emails frequently and check the website to retrieve information that Spirit Xtreme has prepared. I know that it is my responsibility as the parent to know what is going on and that I must keep other parents/care givers informed of all information, dates, and changes.
- I will plan ahead and commit to have my athlete at every practice. I understand that teams depend on my athlete and will not miss due to illness, homework, my personal job, trips and other non emergency situations.
- I understand the Attendance Policy and will abide by the guidelines.

ATHLETE COMPLIANCE



Spirit Xtreme expects a commitment of excellence from their athletes.

- I understand that I must always be a strong representative of Spirit Xtreme and a positive reflection of the program and his/her teammates. I will conduct myself with high morals following all guidelines set forth in this packet. I understand that all of my actions both inside and outside of the gym are a reflection of Spirit Xtreme and should reflect strong character.
- I will not use inappropriate language or participate in inappropriate, immoral behavior. I will not participate in the illegal consumption of tobacco, alcohol or drugs. We have a ZERO tolerance policy.
- I will keep parents and Spirit Xtreme informed of all school cheer events, classes or field trips in advance.
- I will be on time to all practices, competitions, and events. I will keep track of what I am to wear and come ready to practice or compete.
- I will arrive at all competitions on time with my uniform, hair and makeup completed to Spirit Xtreme standards.
- I understand I should have NO jewelry, my shoes should be on, and my hair should be up BEFORE the start of practice.
- I will bring a good attitude and strong work ethic each time I practice or compete even if I do not feel well or have conflicts at school. I will not disrupt practice with bad behavior. I will do my best to influence my team in a positive manner. Athletes are expected to treat one another with mutual respect. We will not tolerate gossiping or cliques which exclude or alienate certain team members.
- I will not disrespect any team member, coach, parent or competitor from Spirit Xtreme or any other gym for any reason at any time. Back talk, rolling of eyes, or any other disrespectful actions to coaches or teammates is unacceptable and can be cause for dismissal.
- I will not send rude or inappropriate messages on social media. This includes venting, expressing frustration or being disrespectful on Facebook, Twitter, Instagram or any other forum.
- I understand that this is a full 1 year commitment and other athletes as well as my coaches are depending on me.
- I will not disrespect any coach, team member, parent or competitor from Spirit Xtreme or any other gym.
- I understand that all material, music and routines are the property of Spirit Xtreme and are not to be used for any other purpose.
- I understand that attending another gym tryout will forfeit my spot on the team immediately.
- I understand that breaking any of the rules in this packet may result in suspension or dismissal from Spirit Xtreme.

SPIRIT XTREME CODE OF CONDUCT



We hold our staff, athletes, and parents to a higher standard. We do care about what your athletes are doing in and outside of the gym.

Dismissal: Grounds for Dismissal from Spirit Xtreme include, but are not limited to:

- Smoking, drinking of alcoholic beverages or use of drugs are all grounds for dismissal.
- Challenging the authority of the coach or person in charge, by athlete or parent, will be automatic dismissal from the team.
- Abusive behavior, inappropriate language, lying, stealing or any other negative form of behavior is grounds for dismissal.
- Each athlete will follow all additional rules and guidelines given by the coach or person in charge.
- Any negative behavior towards a Spirit Xtreme athlete or coach or to another gym, via any medium (i.e. Facebook, Twitter, Instagram, internet, cell phone...) may result in dismissal from team.
- Any unsportsmanlike behavior, via any medium, will result in dismissal from team.
- No inappropriate pictures or language to be used on any medium.
- Athletes are to never approach an official or judge or a competition to voice a negative opinion. Doing so will result in dismissal.

Leadership - Any infraction may result in dismissal from team.

- Each athlete must be aware that no person has a right to be on Spirit Xtreme. It is a privilege.
- Each athlete and parent must be aware of the responsibilities required and the commitment he or she is making to the team.
- Each athlete must be willing to cooperate with and be helpful to the coach or any person in charge.
- Each athlete must realize the manner in which they conduct themselves while representing Spirit Xtreme, directly reflects on the entire team, coach and gym.
- Each athlete will be willing to work hard, take directions, and strive for excellence.

Expectations - Any infraction may result in dismissal from team.

- Athletes will set and maintain the highest examples of behavior.
- Athletes will maintain the proper appearance with no extremes in apparel, hair, make-up, piercings or tattoos.
- Athletes will be on time to all activities.
- Athletes will do everything in their power to achieve personal and team goals.
- Each athlete is responsible for finding out any missed information.
- Athletes will not post routine videos or music to the internet without permission.

Competitions - Any infraction may result in dismissal from team.

- Athletes are required to attend all competitions through the awards ceremony. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay.

The highest standard of sportsmanship is expected from coaches, athletes and parents.

- Athletes must be prepared for competition: Uniform clean, shoes, and hair and make up as specified by Spirit Xtreme.

Safety - Any infraction may result in dismissal from team.

- Jeopardizing the safety of oneself or any other athlete is grounds for disciplinary action or dismissal.
- There is NO gum, candy, jewelry, food or drinks near the gym floors.

Spirit Xtreme Parental Obligations Rules and Regulations - Any infraction may result in dismissal from team.

- Any negative behavior towards a Spirit Xtreme member, Spirit Xtreme gym, Spirit Xtreme staff or to another gym via any medium, will result in dismissal of your athlete from team.
- Parents will make sure that your athlete is on time to practice
- Parents are to inform the coach if the athlete is to be late or absent.
- Parents are to fulfill any financial obligations on time.
- Parents are to encourage and support Spirit Xtreme to be the best they can be.
- Whoever signs the release form is financially responsible, but all parents are responsible for knowing the policies and procedures of Spirit Xtreme.
- Parents need to maintain manners and civility at all events.
- Any negative behavior towards a Spirit Xtreme athlete or coach or to another gym, via any medium (i.e. Facebook, Twitter, Instagram, internet, cell phone...) will result in dismissal from team.
- Any unsportsmanlike behavior, via any medium, will result in dismissal from team.
- Parents are to never approach an official or judge or a competition to voice a negative opinion. Doing so will result in dismissal.
- Parents will not post routine videos or music to the internet with permission.
- Parents are not to use the Spirit Xtreme contact list, parent emails, or phone list for anything negative. There will be no tolerance on this issue.

Facilities

- No gum in the gym area.
- No food in the gym area. The parent viewing area or conference room is available for athletes to eat.
- No pets (dogs, cats, etc) are allowed in the gym at any time unless service dogs and official papers must be carried.
- Children who are not athletes of Spirit Xtreme should not be left unattended at the gym.

2023-2024 ELITE Registration Form

Please fill out and return the following information PRIOR to your Initial Evaluation



Athlete's Name: _____ Age _____

Date of Birth: _____ Birth Year: _____

Grade for the 2023-2024 School Year: _____ School: _____

Address: _____

City: _____ Zip Code: _____ Contact Phone: _____

Parent Email for Team Results: _____

Parent's Name: _____ Parent's Cell: _____

List any pre-existing injuries or medical problems: _____

Are you interested in competing on more than one team for the full year? _____

Are you trying out for any Spirit Xtreme team regardless of level? _____

Please circle the Level/Levels you are trying out for based upon your ability in tumbling, stunts, and jumps:

1 2 3 4 4.2 5 6

Please indicate the payment option that you have selected for the 2023-2024 Season:

_____ Option 1: Pay in Full by June 3rd

Note - May deposit payment will be automatically drafted on May 15th.

_____ Option 2: Monthly Installment Payments; Begin June 1st

Acknowledgment of Spirit Xtreme Policies and Expectations as stated in Elite Information Packet:

Parent or Guardian AND Non Custodial Parent (If Applicable) as well as athlete must initial each line.

- I have read and understand the Information Packet and evaluation information.

Parent Initial: _____ Athlete Initial: _____

- I have read and agree with the financial plan for the 2023-2024 season.

Parent Initial: _____ Athlete Initial: _____

- I have looked ahead at important events and dates and have included any known conflict on Known Conflict/Planned Vacation Form.

Parent Initial: _____ Athlete Initial: _____

- I have read and understand the attendance expectations and travel policy for the 2023-2024 season.

Parent Initial: _____ Athlete Initial: _____

- I have read and understand the Parent Expectations, the Athlete Expectations, and the Spirit Xtreme Code of Conduct.

Parent Initial: _____ Athlete Initial: _____

I understand by signing this release form I am financially responsible for the athlete named.

Parent/Guardian Signature: _____ Date: ____/____/____

Contact Information

Athlete Name: _____ DOB: _____

Address: _____

City / Zip: _____

Athlete Cell: _____

Mom Name: _____

Mom Cell: _____

Dad Name: _____

Dad Cell: _____

Mom Email: _____

Dad Email: _____

Athlete T-Shirt Size: _____

Athlete Tank Size: _____

Athlete Sweatshirt Size: _____



Athlete Name: _____

Summer Vacation Absence Notification

(Athletes are allowed 4 absences between June 3rd-July 27th - missing multiple weeks during the summer will impact level consideration for team placement)

Dates Absent _____

Reason _____

Dates Absent _____

Reason _____

Dates Absent _____

Reason _____

I am a SCHOOL CHEERLEADER: YES NO

If Yes, What School: _____

What School District: _____

Cheer Coach Name: _____

Coach Email: _____

Summer Cheer Camp Date: _____

Summer School Practice Dates: _____

When School Starts I will have:

Cheer Practice on: _____ Until: _____ p.m.

Football Games on: _____

Volleyball/Basketball Games on: _____

School Cheer Competitions Attending w/ dates: _____

Known Future Conflicts with Dates Shared In Packet

***NOT SUMMER**

Dates of Known Conflict _____ Reason _____

Dates of Known Conflict _____ Reason _____

Dates of Known Conflict _____ Reason _____