



2022-2023
STARS
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. We look forward to an exciting 19th season at Spirit Xtreme! We want YOU to come join our Xtreme Family and let your light shine with us!

Come Be A STAR!

Spirit Xtreme STARS program is designed for athletes 5 to 14 years old. The Stars program is perfect for athletes who are new to cheer or those athletes who would like to balance cheer with other extra curricular activities. Our Stars program will focus on the foundations and skill development in tumbling, jumps, stunts, and motion technique.

Our Stars will practice one time a week for one and half hours. Teams will learn a one minute thirty second routine which includes tumbling, stunts, jumps, and dance which they will perform at 3-4 local competitions as well as at our Xtreme Pep Rally!

There is not a tryout or evaluation to be in our Stars Program. Athletes have the opportunity to attend an optional training, "Training With The Stars", in July. Teams are announced and practice begin in August. We do allow athletes in The Stars program to make a friend request upon registration.

REGISTRATION DETAILS



Optional Parent Information Meeting - Sat., April 30th 12:00-1:00p.m. at Spirit Xtreme

*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 parent information meetings will occur the first week of team practices.

REGISTER through our Parent Portal at spirit-xtreme.com for "The Stars" and pay the \$50 22-23 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 "STARS" link on the left menu bar.

AFTER you register online, please fill out and return pages 13 through 15 to the main office PRIOR to July 15th. Form packets are available to pick up in the gym office if you would like to save your ink. Watch your email for a "**STARS Registration - Next Steps**" for additional information.

REGISTRATION DEADLINE - July 15th - All paperwork must be returned to the gym office prior to athletes being placed on a team. Registration will be allowed after July 15th, but spaces may be limited after official team placement.

TEAMS will be **announced July 25th** with practices beginning the week of August 8th. Team practice times will be shared in announcement.

Please Note: Practice days will be based on the availability of team athletes and posted with the announcement of team rosters on August 1st. Please make sure you include any days you are NOT available for practice during the school year on your Athlete Registration Form. We will do our best to meet each request.

TRAINING WITH THE STARS!

Is an optional FREE weekly class in July to start skill training and allow athletes to meet future teammates. Registration for this free class is required through our Parent Portal, but there is no charge.

Fridays - July 15th, 22nd, and 29th

5:00-6:00p.m.

STARS PROGRAM FEES



9 monthly payments which **INCLUDES** team training, practice wear, choreography fees, music fees, Beyond The Blue Mat Fee (Gym Wide Competition gift), competition entry fees, and a discount on additional tumbling classes.

Monthly Tuition is automatically drafted on the 1st of each month August 2022-April 2023

Monthly Tuition - \$150

Additional Expenses NOT Covered By Monthly Tuition:

Annual Gym Registration Fee	\$35 upon initial registration and in January of the new year
Pre Elite/STARS Competition Uniform	\$275 (Male/Female) *same as 2021-2022 season
Practice/Competition Shoes	\$70-\$110 (2-3 styles to choose from)
Competition Bow	\$30
Competition Make Up	\$30-\$40 (Athletes purchase products from local store)
Warm Up - Optional Purchase	\$200
Spectator Competition Entry Fees and Parking Fee	

Discount Details

- A sibling a part of any Spirit Xtreme team program will receive discount off of their monthly tuition.
- **Full tuition may be paid upfront with CASH, CHECK or to the card on file for a \$200 discount by Thursday, July 28th.** Contact kim@spirit-xtreme.com to confirm amount and form of payment.

Payment Options

Option 1: Pay for Year In Full By **Thursday, July 28th** and Receive \$200 Discount

Amount Due By July 28th: \$1150

Option 2: Monthly Installments - The 1st of each month beginning in August

Amount Due Monthly on the 1st: \$150



ATTENDANCE

We NEED notice that an athlete will miss practice for ANY reason. We ask that we have at least a 7 day advanced notice for any absence.

- Excused absences include school events that are GRADED, family emergency, or an illness approved by the gym.
- Absences should be emailed to absence@spirit-xtreme.com. Your school activities are planned well in advance, so please make sure that you notify us immediately of any possible conflicts.
- Please make sure your child is on time to practice. We understand that being late happens from time to time, but it should not be an every week occurrence. Please try to be to the gym at least 5-10 minutes prior to the start of practice.
- Practices one weekend and week prior to a local competition or show off are mandatory.

SICK/INJURY

Nothing is more important than health and safety of our athletes and staff. If there is a question on whether the athletes should attend practice due to their health, please contact Walter directly prior to practice. (walter@spirit-xtreme.com).

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. Please contact the gym immediately. Please do not leave a message or post on social media prior to contacting our staff.

COMPETITION / SHOW OFF

THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION or SHOW OFF. Every team member is expected to attend every competition/show off.

PRACTICE

Team members are expected to attend ALL scheduled practices. With practice just once a week, it is important that athletes are present.

Teams will practice one day each week for an hour and a half from August 2022 to April 2023. Extra practices will be scheduled during competition season. These possible dates will be provided with the release of our competition schedule.

TUMBLING CLASS

In addition to their weekly practice time, athletes will be able to sign up for a tumbling class at their appropriate tumbling level. Team athletes receive a 50% discount off of monthly class rates for additional tumbling classes.

PRACTICE CLOTHES/COMPETITION UNIFORM



Competition uniform remains the same as the 21-22 season. Weekly practice wear changes each year.

Practice wear and competition uniforms will be sized at our July fitting. Each team member is expected to wear the correct practice outfit to each practice once they are received.

- White Cheer Shoes must be worn (Shoes can be purchased at Uniform Fitting or in Xtreme Store)
- Hair must be pulled back out of face in TIGHT pony
- No jewelry of any kind
- Sports bras are required for all athletes
- **Until practice wear is received**, we ask athletes wear their Blue Spirit Xtreme registration T-shirt with shorts.

COMPETITIONS

The following is a list of **potential** competitions. Teams will attend 3-4 competitions for the 2022-23 season between November and April in addition to 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 end of April 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.** Competitions are mandatory and may include events that are not listed below.

NTGU Fall	Irving	November 13th
Lone Star Classic	Frisco	December 4th
Bravo Christmas	Allen	December 10th
Winter Classic	Frisco	January 15th
American Showdown	Fort Worth	January 21st/22nd
Dallas Cowboys Nationals	Arlington	January 28th or February 4th
Xtreme Pep Rally		February 5th
Bravo	Irving	February 11th
Athletic Championships	Garland	March 18th/19th
March Madness	Allen	March 26th
NTGU Spring	Irving	April 2nd

2022-23 Important 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.

April 30th	Optional Stars Program Information Meeting 12:00-1:00p.m.
May 23rd	Summer Class Schedule Release
May 26th	Last Day of current Spring Class Schedule
May 27th-30th	Closed for Memorial Day
June 6th	Summer Class / Private Schedule Begins
July 1st-July 10th	Closed for 4th of July
July 15th/22nd/29th	Training With The Stars 5:00-6:00p.m. - Optional Training
July 25th	Announce Teams by Email
July 28th	Pay In Full Deadline
August 1st-6th	Closed for Summer Break
Week of August 8th	First Week of Practices
September 3rd-5th	Closed for Labor Day
September 10th	A Night With The Stars - Fun Team Building Night at Gym
October 31st	Closed for Halloween
November 21st-27th	Closed for Thanksgiving Break
December 23rd-January 7th	Closed for Christmas Break/New Year Break
March 11th-19th	Closed for Spring Break
April 8th-9th	Closed for Easter

FINANCIAL GUIDELINES



All athletes must have their 2021-2022 Spirit Xtreme account paid in full to be eligible for 2022-2023 season.

If there is a major reason why you would not be able to cheer on a particular team or if there are particular days/times that you cannot practice, please note on your Registration and Known Conflict/Vacation Form.

All athletes are required to pay an annual gym registration fee during the year. This fee is paid when turning in your STARS Registration form and annually in January of each year. The fee is \$35 and includes a Spirit Xtreme t-shirt. Current team or class athletes do not pay an additional fee until January 2023.

Spirit Xtreme's STARS program is an 9 month commitment. Tuition charges begin in August 2022 and continue through April 2023. By agreeing to take a spot on a team, you are agreeing to a nine month financial commitment and will owe tuition all nine months. 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 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.

Payment Policy: All tuition and fees will be electronically processed. Tuition will be drafted on the 1st of the month beginning April 1st. 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 Stars Team 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 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 of the month. I understand that I must have a card on file with 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. and can be done via Customer Portal or by contacting Kim directly.
- I am aware that this is an eleven month 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 maintain a positive attitude by remembering that children participate in cheerleading to have fun and that the sport is for children, not adults.
- I will teach my child that doing one's best is more important than winning, so that my child will not feel defeated by the outcome of a competition or his/her performance. I will encourage my child to be a humble winner and a gracious loser.
- I will attend parent meetings, check emails frequently and check the website frequently 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 promise to have my athlete at every practice. I understand that teams depend on my child 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.

2022-2023 STARS 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 2022-2023 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: _____

Please indicate the payment option that you have selected for the 2022-2023 Season:

_____ Option 1: Pay in Full by July 28th

_____ Option 2: Monthly Installment Payments; Begin August 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 2022-2023 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 2022-2023 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: ____/____/____

STARS

Athlete Name: _____ Age: _____ Birth Year: _____

Friend Request: _____

Please circle any day that your athlete **would NOT be available** for a weekly practice. As teams are formed, we will utilize this information to determine practice day.

Monday

Tuesday

Wednesday

Thursday

Reason unavailable: _____

Known Conflicts

***Please list any known scheduled conflicts with CURRENTLY scheduled Spirit Xtreme events.**

(example: choreography, potential competitions, etc.)

Date: _____ Reason: _____

Date: _____ Reason: _____

Date: _____ Reason: _____

Summer and Future Vacation Absence Notification

(No more than 3 weeks during the summer - missing multiple weeks during the summer can impact level consideration for team placement)

Dates Absent _____ Destination _____

Dates Absent _____ Destination _____

Dates Absent _____ Destination _____

School Cheerleader?

I am a SCHOOL CHEERLEADER: YES NO If Yes, What School: _____

Cheer Coach Name: _____ Coach Email: _____

Summer Cheer Practice/ Camp Date: _____

When School Starts I will have:

Cheer Practice on: _____ day(s) Until: _____ p.m.

To CHEER at Football Games on: _____ day (s)

To CHEER at Volleyball/Basketball on: _____ day (s)

School Cheer Competitions Attending w/ dates: _____

Contact Information

STARS

Athlete Name: _____ DOB: _____

Address: _____

City / Zip: _____

Athlete Cell: _____

Mom Name: _____

Mom Cell: _____

Dad Name: _____

Dad Cell: _____

Mom Email: _____

Dad Email: _____

* Please account for growth spurts and how your child likes clothing to fit.

Athlete T-Shirt Size: _____

Athlete Tank Size: _____

Athlete Sweatshirt Size: _____

