

2026-2027
CHEER XPRESS
HANDBOOK

Season 23

Cheer Xpress Overview

Welcome to our 23rd season of competitive cheer! We are beyond excited to kick off another incredible year with you. Please take the time to read through this packet carefully to explore all of the options available for next season. At Cheer Xpress, we offer different tiers of teams with varying levels of commitment, ensuring every athlete can find the perfect fit for their family's needs. Whether you're just starting your cheer journey or are a seasoned competitor, we have a team for you!

Our incredible coaching staff is dedicated to providing top-tier training, personal attention, and—most importantly—FUN to every athlete. No matter your experience level, you will receive the same high-quality instruction and support that makes Cheer Xpress a standout program. We can't wait to see what Season 23 has in store!

Love,
Cheer Xpress Staff

**COME JOIN
OUR CX
FAMILY!**



TEAM SELECTION PROCESS

ATHLETE SKILL EVALUATIONS:

May 4th-May 7th

Skill evaluations will be based on athlete's current skill level. Prior to registering your athlete, please read each tryout skill info sheet that will be posted on our Facebook & Instagram pages to decide, with your athlete, which level best suits their current skills. You will then register your athlete for the level tumbling in which they are able to complete all skills required. At their skill evaluation, coaches will ask to see all skills required at the level that they are attending. Coaches may also ask to see other skills, as they see fit. After their skill evaluation, your athlete will be invited to specific tryout practices to work with their potential team for the next season.

TEAM TRYOUT PRACTICES:

May 11th-May 22nd

Athletes will attend 2 practices a week for these two weeks to practice and tryout with their potential 2026-2027 team. This will be part of the tryout process. The parent viewing area in the lobby will be closed these weeks in order to keep the focus of the athletes. At the end of the 2 weeks of practices, new teams will be announced via email on Friday, May 22nd!

TEAM Celebration Party:

Come to the gym to celebrate with your new team!! Celebration party will be at Cheer Xpress on Wednesday, May 27th from 6-7 PM.

TUMBLING RE-EVALUATION:

NEW THIS SEASON - Coaches will re-evaluate tumbling skills of all athletes June 22-25. Athletes must perform their tumbling from tryouts to maintain their level placement/team.

MORE INFORMATION:

Athletes are selected for teams based on skills. The stunting positions they may hold within a team, work ethic, potential ability, age appropriateness, and coaches evaluations (for returning members). Athletes will be required to demonstrate their level of standing tumbling, running tumbling, flexibility, and jumps at their initial skill evaluation. After our initial placements, athletes will be placed on a tentative team and invited to attend tryout practices. During the two weeks of tryout practices, coaches will evaluate the athlete's skills and position to decide if that team is the best fit, or if another team would be a better fit for that individual athlete. With trends in cheerleading continuing to move towards a higher demand in skills for stunting each level, we want to ensure you understand that although your athlete may have tumbling abilities of a higher level, we have to also take into account all skills. When we are putting teams together, we are truly looking to put together the ideal teams so we can put out the best routines on the competition floor that we possibly can!

- Inclusive
- Competitive
- Empowering



Options AT A GLANCE



Novice Teams

Novice Teams are our Half-Year Teams. These teams are a great way to get involved in All-Star Cheer if you are just starting out, or want a smaller time and financial commitment. These teams will perform locally and compete in the "Novice" division at 2-3 events in Omaha/Council Bluffs, as well as a showcase at Cheer Xpress. The season runs from September-April and they will practice once per week. Novice teams wear a practice wear style of uniform, as required for their division. There are no skill requirements to join a Novice team. If you are interested in a Novice Team, you will sign up for these teams in August.

Prep Teams

Prep Teams are Full-Year teams for our Intro and Level 1 athletes, or any athlete who want a smaller commitment. This is a great way to experience competitive cheer with less commitment to practices and traveling. These teams will TYPICALLY practice once a week during the summer and school year. NEW THIS SEASON: Prep teams will practice 2 times per week January-April. Prep teams will have a less expensive uniform than our Elite Teams. They will attend 5 regional competitions, locations will include Omaha/Council Bluffs, and 1-2 competition will be travel less than 3 hours away (Kansas City, Des Moines, Sioux Falls).

Elite Teams

Elite Teams are Full-Year teams for Level 1-6 Athletes who want to compete in our region, as well as travel to 1-2 bigger events, which could be located farther away for all level teams. These teams are very passionate, committed, and motivated. Athletes will be expected to make cheer a priority. Excellent technique in skills is a requirement. These teams will practice two times per week. Athletes who are placed on a Junior, Senior, or Youth Level 3 team should also plan to compete at The All-Star Worlds should their team receive either an At-Large or Paid bid invitation.



WEEKLY COMMITMENT

PRACTICES

Summer Practices will be finalized when teams are announced on May 22nd.

Team practices will be scheduled Sundays through Thursdays. There will be no team practices on Fridays or Saturdays. Some teams may do two weekday practices in the summer (as we try to avoid summer Sundays as much as possible), but switch to a Sunday practice during the school year. We will try to keep practices close to the same times in the school year that they will practice in the summer, with the exception of some teams moving to Sundays. Extra practices and makeup practices will be scheduled from time to time.

Team Tumbling

- **All** athletes trying out will take a May tumbling class. These May tumbling classes will be leveled according to your tumbling skills that you already have.
- Starting in June, tumbling will be incorporated with your team practices. Team tumbling classes will include skills reps that need to be worked on as a team, as well as growing and developing new skills individually. All team athletes may add additional tumbling classes at any time for a 25% discount from the regular class price!
- Tiny and Mini athletes will be able to choose to do their tumbling with their team or with another similar level team on a different day.

Flyer Class

If your athlete is selected to be a flyer on their team, there will be a mandatory flyer & body position class that they **must** enroll in for the year. This will be offered at a discounted rate. Flyers classes will start in June. **If you would like to opt out of your child being a flyer, you can let your team coach know.**



OTHER INFORMATION

UNIFORMS:

We are so excited to have A NEW uniform design this year! Uniform and practice gear fittings for ALL athletes will take place during your first week of team practices, during practice time. Parents are HIGHLY encouraged to attend the fittings to ensure proper sizing and fit is ordered. Elite and Prep Athletes are required to wear matching practice tops. Prep teams will have one new design practice top and Elite teams will have two practice tops – the pink top from last season and a new design practice top. All team members should wear plain black shorts/skirt with their practice top. Novice Uniform fittings will be in September, day/time TBA.

TRAVEL INFORMATION:

For most events we will have blocks of rooms that you can book under, but aren't required to stay at a specific hotel. "Travel Dates" will be included with your competition schedule. These dates will tell you when you can travel **to** and **from** a competition, that way there are no questions about when practices will be the week of competition! Possible locations to travel to this year include, Kansas City, Des Moines, Dallas, Chicago, Denver.

END OF SEASON EVENT:

For the 2026-2027 Season, Junior, Senior, and Youth Level 3 ELITE Teams will try to earn an At-Large OR Paid bid for All-Star Worlds. If the team earns either of these types of bids, they will attend All-Star Worlds in Orlando, Florida at the end of April. For these end of season events, you will be charged additional fees that are not included in the listed payments on the next page. A payment plan for the fees will be sent out following earning a bid.



PRACTICES, CAMPS & COMPETITIONS

2026-2027

All Star Novice Teams

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO CAMP
Tiny Novice	1 Hour Practice 1x Per Week	Season Runs September 2026 – End of April 2027	2 competitions in Council Bluffs/ Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD
Mini, Youth, Junior Novice	1 ½ Hour Practice 1x Per Week	Season Runs September 2026 – End of April 2027	3 competitions in Council Bluffs/ Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD



All Star Prep Teams

LEVEL	TEAM PRACTICE June-Dec	TEAM PRACTICE Jan-April	WHEN	COMPETITIONS	MANDATORY CHOREO CAMP
ALL LEVELS	(1) 2.5 hour practice & tumbling per week	(1) 2.5 hour practice & tumbling per week (1) 1.5 practice per week	Season Runs May 2026 – End of April 2027	5 competitions and 1 performance in Lincoln	Exact Dates and Times TBD, Please hold the Dates of July 12th-July 19th

All Star Elite Teams

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO CAMP
Level 1	(1) 1.75 hour practice per week & (1) 2.75 Hour tumbling/practice per week	Season Runs May 2026 – End of April 2027	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD – please hold the dates of July 12- July 19th
Level 2	(1) 2 hour practice per week & (1) 3 hour tumbling/practice per week	Season Runs May 2026 – End of April 2027	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD – please hold the dates of July 12- July 19th
Level 3	(1) 2.5 hour practice per week & (1) 3 hour tumbling/practice per week	Season Runs May 2026 – End of April 2027	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD – please hold the dates of July 12- July 19th
Level 4+	(1) 3 hour practice per week & (1) 3.5 hour tumbling/practice per week	Season Runs May 2026 – End of April 2027	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD – please hold the dates of July 12- July 19th



ANTICIPATED COSTS

2026-2027

All Star Novice Teams

	Due when enrolling- will open in Aug.	September 15th	October 1st- April 1st	October 15th	November 15th
Tiny Novice	\$180	\$65	\$90	\$150	\$250
Mini, Youth & Junior Novice	\$225	\$65	\$135	\$150	\$330
What are you paying for?	Annual team membership fee- \$75, \$15 team t-shirt & September tuition	Cheer shoes (if you are new or need new shoes)	Monthly tuition (September tuition paid when enrolling)	Uniform & bow	Competition, music & music license fees

All Star Prep Teams

	April 1st- April 30th	May 15th	June 1st	June 15th	July 1st	July 15th	August 1st	August 15th	Sept. 1st	October 1st	Nov. 1st	Dec. 1st	Jan. 1st- April 1st
Total Payment	\$265	\$271	\$275	\$271	\$271	\$271	\$271	\$271	\$271	\$271	\$271	\$150	\$170
What you are paying for	\$75 Annual team membership fee, \$20 "Early Bird" Tryout fee, \$80 May tumbling & \$90 for two weeks of Tryout practices	Team Fees Payment #1, Team Shirt, Spirit Gifts Fee, Pictures, Team Makeup	Uniform and Bow Payment	Tuition and Team Fees Payment #2	Tuition and Teams Fees Payment #3	Tuition and Teams Fees Payment #4	Tuition and Teams Fees Payment #5	Tuition and Teams Fees Payment #6	Tuition and Teams Fees Payment #7	Tuition and Teams Fees Payment #8	Tuition and Teams Fees Payment #9	Tuition	Monthly Tuition-2 practices per week



Building Confidence, Character and Coordination

ANTICIPATED COSTS

2026-2027

All Star Elite Teams

	April 1st- April 30th	May 15th	June 1st	June 15th	July 1st	July 15th	August 1st	August 15th	Sept. 1st	October 1st	Nov. 1st	Dec. 1st- April 1st
What you are paying for	\$75 Annual team membership fee, \$20 "Early Bird" Tryout fee, \$80 May tumbling & \$90 for two weeks of Tryout practices	Team Fees Payment #1, Team Shirt, Spirit Gifts fee, Pictures & Team Makeup	Uniform and Bow Payment	Tuition Team Fees Payment #2	Tuition Team Fees Payment #3	Tuition Team Fees Payment #4	Tuition Team Fees Payment #5	Tuition Team Fees Payment #6	Tuition Team Fees Payment #7	Tuition Team Fees Payment #8	Tuition Team Fees Payment #9	Monthly Tuition
Mini Teams	\$265	\$389	\$525	\$389	\$389	\$389	\$389	\$389	\$389	\$389	\$389	\$180
Level 1 Teams	\$265	\$433	\$525	\$433	\$433	\$433	\$433	\$433	\$433	\$433	\$433	\$180
Level 2 Teams	\$265	\$438	\$525	\$438	\$438	\$438	\$438	\$438	\$438	\$438	\$438	\$187.50
Level 3 Teams	\$265	\$443	\$525	\$443	\$443	\$443	\$443	\$443	\$443	\$443	\$443	\$195
Level 4+ Teams	\$265	\$453	\$525	\$453	\$453	\$453	\$453	\$453	\$453	\$453	\$453	\$210



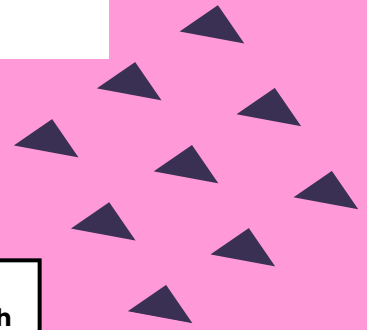
You belong here at Cheer Xpress!!!

ANTICIPATED COSTS

2026-2027

All Star Teams Additional Fees for New Members/Optional Items

May 9-11	May 15th	May 22nd	September 15th
\$110 Elite Cheer Shoes/\$65 Prep Cheer Shoes (if needed)	\$250 Elite Team Deposit This fee rolls over for returning members who fulfilled their 2026-2027 commitment	\$60 Pink Practice Top (Returning Members already have this if it still fits)	Second order of cheer shoes (if needed). Optional Backpacks and Team Warm Ups



All Star Elite Teams Crossover Fees

Tentative Crossover Fees	Prep Teams	Mini Elite Teams	Levels 1-2 Elite Teams	Levels 3+ Elite Teams	Payment will be charged automatically on the date below
Camp, Spirit Gift Fee, Music Fee, Team T-Shirt	\$365	\$515	\$675	\$675	September 15th
Crossover Competition Fees	\$350	\$515	\$625	\$625	November 15th

Crossover Athletes - Athletes who crossover onto a second prep or elite team will have slightly discounted entry fees for their second team. Payment of these fees for your second team are due in September & November. Second team fees can be added to your first team and divided between your tuition and team fees payments, or will be withdrawn on the due date. This is the total for their competition fees for the entire season. Crossover athletes who compete on two teams will be charged \$15/month tuition for their second team on the first of each month.

Season Changes - We plan our future season as much as possible, but some parts are tentative as we have not received all competition dates or prices from competition companies yet. We are basing prices off of last season so it should be fairly accurate. If prices change more than expected, we will try to select different events to attend that are in our price range. If they change, you may have a small amount extra to pay in entry fees in November. Competition dates for next season will be announced in June, but please keep in mind those could also change, and will be tentative at that time. If you go through the entire tryout process and choose not to accept your place on your new team when announced, the only fees paid that will be refundable at that time are your spirit gift fee, team t-shirt fee, camp deposit and team commitment deposit as long as you let us know by May 31st. Your annual membership fee will be good for any classes or camps you take for the next year and your practice top can be worn to classes or sold to another CX family. Teams are created with a specific amount of team members and if you break your commitment to the team, someone else will have to take your place. If you choose to go the route of paying the year in full, there will be no refunds if you choose to leave before the end of the season.

Payment Options-All payments will be done online and will automatically come out of the checking account you entered into your iclass account. You can also choose to pay with a credit or debit card, but a 4% fee will be added for all card payments.

Option #1 - Pay monthly, your account will be automatically withdrawn on each due date.

Option #2 - Pay the year in full, pay the entire cheer season in one payment and get a half month of tuition free! This includes all fees due after May 30th - including your uniform. Any fees due prior to May 30th will automatically be deducted in your online portal on the due dates. Please email Pamela at cheerxpressoffice@gmail.com by May 28th if you plan to pay the year in full and to get your total. Your account will be charged on May 31st.

All Star Elite Teams Deposit

We take your commitment to your team for the season very seriously. Your teammates are investing a lot of time and finances into being on a team, and when someone on the team doesn't follow through with their commitment, it affects everyone. This causes the team to have to learn new parts, change stunt groups, or even make us have to take out an entire stunt group, which is not fair to the athletes who have been working together for months. Our choreographers create and choreograph seamless routines with perfect transitions and when someone is no longer on the team, our CX coaches have to spend many hours of practice changing and re-doing formations and transitions, and work with teaching a replacement. This is time that could have been better spent helping the team learn new skills and improve. When you make a commitment to your team, you should be held accountable and follow through. We charge a \$250 team commitment deposit fee that will be paid at the beginning of the season for new Elite team athletes. When your athlete(s) fulfill their commitment to their team(s), this deposit can either be reimbursed at the end of the season, or it will rollover to the next season. This fee is based per family, not per athlete. Additionally, we will be charging an additional \$350 "break of contract" fee for any Elite team athlete who chooses to quit their team after choreography camp has taken place, or an additional \$450 "break of contract" fee for any athlete who chooses to quit after the first competition.

Attendance Policy

OVERVIEW

Attendance is critical to our gym's success. Every athlete is expected to be present, on time, and fully engaged at all practices, competitions, and scheduled events. Attendance will be recorded at each practice.

1. General Expectations

Every athlete must attend all practices and team events, arriving on time and ready to participate. Consistent attendance is essential for team cohesion and performance.

2. Absence Notification

Advance Notice: If you must be absent, you will submit a written notice to your team head coach and put into the team BAND calendar at least 1 week in advance.

Unexcused Absences: Absences without proper notice will be marked as unexcused, except in cases of a family emergency or contagious illness.

Excessive Absences: More than 2 unexcused absences—or an overall excessive number of absences—will prompt a conversation between the coach, the athlete, and their family to develop an improvement plan. If absences are excessive, the coaches reserve the right to make changes to the routine based on their discretion.

Note: All absences, whether excused or unexcused, will be reviewed collectively. Excessive absences may lead to position changes in routines based on team needs. **Blackout weeks:** 2 weeks before a competition, no absences will be allowed unless for a family emergency or contagious illness.

3. Competition Preparation & Blackout Dates

Blackout Weeks: The TWO weeks before any competition are BLACKOUT weeks—practices during this period are mandatory. If an athlete misses during a blackout week, coaches may, at their discretion, temporarily or permanently fill a spot if an athlete's attendance is insufficient.

4. Consequences and Evaluations

Attendance Record: All absences, tardies, and early departures are recorded and reviewed.

Position Consideration: Excessive absences or habitual tardiness/early departures may lead to position changes within the routine, as determined by coach discretion.

Balancing Academics and Team Commitments

We understand that school activities are important and we want our athletes to develop effective time-management skills to balance these commitments with team practice. While we recognize that a graded school event may occasionally result in a missed practice, we cannot support missing practice to catch up on homework, prepare for tests, or to attend spectator sports.

Injury

If an athlete is injured we still expect them to attend practice. We will work with the athlete to determine the amount of participation that is allowed.

Communication

Cheer Xpress utilizes the free app BAND as the primary channel for all communication between athletes, coaches, and staff. All important information will be put into your team's BAND group.

Communication Process:

If you have any questions or concerns, please reach out DIRECTLY to your athlete's coach first, via a private BAND message. If your question or concern is not resolved with your team coach, please reach out to one of our gym directors, Coach Katie or Coach Waller. If gym directors feel that Julian or Ashley needs to be involved, they will reach out. The reason we ask you to refrain from posting questions in the BAND group is because we have found that when parents are constantly posting, it clogs the feed and leads to parents missing important information. If your question pertains to the whole group, coaches will make sure everyone gets that information. Posting concerns in the BAND group or BAND chat will not be allowed. This often times lead to misunderstandings, creates unnecessary drama, and disrupts communication for the entire team. If you have a concern, please address it directly with the appropriate staff member via private message. This approach ensures confidentiality, clarity, and a more efficient resolution process.

For any absences, please contact your team coach via private BAND message and mark the absence on the team BAND calendar at least 1 week in advance. Any absence not marked in advance will be considered unexcused. For any absences the day of due to illness or a family emergency, please DIRECT message your coach.

For any billing related questions please reach out to Pamela: cheerxpressooffice@gmail.com

Who Should I Ask for Help?

All Billing Questions, Class Drop/Add Requests:
Pamela
cheerxpressooffice@gmail.com

Concerns:
Please reach out to your team coach first via a PRIVATE BAND message.

All Team Questions:
Reach out to either your team rep or your team coach via BAND message.
Our team reps are a good person to ask for things like: competition questions, scheduling, parties, makeup/hair questions. If it's a question related to the routine or practice feel free to reach out to your team coach.

If your concern is NOT resolved by reaching out to your team coach, please reach out to Katie Samson or Makenzie Waller, our gym directors.

Apparel Questions
Ask in the main office!
Things such as: is my item in yet, sizing questions or any other issue.

If the concern is not resolved with the gym directors, they will reach out to the Gym Owners to schedule a time for a call.

ATHLETE CODE OF CONDUCT

General Expectations

- Athletes must demonstrate respect for coaches, teammates, parents, and gym staff at all times.
- A positive and supportive attitude is expected during practices, competitions, and gym events.
- Athletes must be on time and prepared for all practices, events, and competitions.
- Gossip, bullying, or negative talk about teammates, coaches, or other programs will not be tolerated.
- Athletes should handle wins with humility and losses with grace.

Commitment & Attendance

- Attendance at all practices, competitions, and mandatory events is required unless excused by a coach.
- Excessive absences or tardiness may result in a change of position or removal from the team.
- Athletes must notify coaches in advance of any conflicts.
- Missing a practice before a competition may result in the athlete being replaced for that performance.

Sportsmanship & Teamwork

- Athletes should encourage and uplift teammates rather than criticize.
- No arguing, talking back, or disrespecting coaches or teammates.
- Cheer for all teams, not just your own, and show good sportsmanship at competitions.
- Social media posts should be positive and reflect the values of the gym. No negativity, bullying, or inappropriate content.

Practice & Training Etiquette

- Athletes must wear proper practice attire, including shoes, practice wear, and hair secured.
- No jewelry, gum, or cell phone use during practice.
- Athletes must stay focused and give 100% effort in all drills and routines.
- If an athlete is injured, they must still attend practice, unless otherwise excused.

Safety & Conduct in the Gym

- Follow all safety guidelines for stunting, tumbling, and spotting.
- No reckless behavior in the gym or lobby.
- Respect gym property and keep the space clean.

Competition Protocol

- Arrive on time, in full uniform, with hair and makeup done as required.
- Fake hair pieces are **NOT** allowed.
- No use of cell phones while with the team in warm ups or awards.
- Follow all competition rules and respect judges' decisions.
- When hotel stays are required based on traveling needs, all athlete behavior in hotels must be representing Cheer Xpress in a respectful, positive and appropriate manner.

Social Media & Public Representation

- Athletes represent the gym both inside and outside of practice.
- No public OR private Social Media posts or stories with inappropriate language, negative comments about teammates/coaches, or unsportsmanlike content will be tolerated.
- Parents and athletes should not engage in online conflicts regarding their team, our gym, or any other gym.

BULLYING

Definition of Bullying

Bullying is intentional, repeated behavior that causes harm, discomfort, or distress to another individual. It can be verbal, physical, social, or digital.

Types of Bullying Include:

- Verbal Bullying – Name-calling, insults, teasing, mocking, threats, or hurtful jokes.
- Physical Bullying – Hitting, pushing, shoving, tripping, or any form of physical aggression.
- Social/Relational Bullying – Exclusion, spreading rumors, embarrassing someone in public, or encouraging others to ignore or isolate someone.
- Cyberbullying – Using social media, text messages, or online platforms to spread rumors, send hurtful messages, or publicly shame someone.

Expectations

- Treat all teammates, coaches, and gym staff with kindness and respect.
- Encourage and support teammates instead of tearing them down.
- Report any bullying behavior immediately to a coach, gym staff member, or trusted adult.
- Avoid engaging in negative conversations, gossip, or drama in person or online.
- Use social media responsibly and refrain from posting negative or harmful content.

PARENT CODE OF CONDUCT

General Expectations

- Support all athletes, teams, coaches, and staff with respect and positivity.
- Recognize that cheerleading is a team sport and encourage good sportsmanship at all times.
- Respect all athletes, parents, and coaches by avoiding gossip and negative talk.

Communication & Conduct

- Follow the gym's communication process for concerns.
- Refrain from engaging in public disputes, social media negativity, or in-person confrontations regarding gym matters.

Competition Behavior

- Demonstrate respect for judges, and opposing teams regardless of competition results.
- Cheer positively for all athletes and refrain from yelling negative comments in the stands.
- Do not interfere with your child during practices, competitions, or events.

Respect for Coaches and Gym Staff

- Trust and respect the coaching staff's expertise in making decisions for the team.
- Avoid coaching your child from the lobby or contradicting coaching directions.
- Support the team by understanding that the role of a parent is to encourage, not instruct.

Team Culture and Drama Prevention

- Do not gossip, spread rumors, or create drama within the gym community; the lobby is intended for watching athletes, not for discussing or gossiping about others.
- Encourage children to resolve conflicts maturely and refrain from interfering in minor team disputes.

Social Media Policy

- Refrain from posting negative comments, complaints, or gym-related drama on social media.
- Do not share team choreography, music, or routine videos without proper permission.
- Promote children and their teammates positively and respectfully.

Financial & Commitment Expectations

- Fulfill all financial obligations (tuition, competition fees, uniforms, travel expenses) on time.
- Understand that missed practices may result in a loss of a spot in the routine.
- Avoid scheduling vacations or personal events that interfere with mandatory practices or competitions.

Consequences for Violations

- Failure to adhere to this Code of Conduct may result in:
- A verbal warning from gym staff.
- A written warning with official documentation.
- Suspension from gym events or competitions.
- Removal from the program without a refund.

OTHER INFORMATION

Parents are welcome to watch practice from the lobby area, although at some times, teams will be in the back gym where you are unable to see them. We have to think of all teams and we utilize different floors for different reasons, but we will try to make sure you are able to watch your athletes for part of their practice. At no time is it allowed for a parent to enter the gym, unless told by a coach that you can come in and watch a routine. If you need assistance, please ask the office staff and they can help. The lobby is for your convenience to watch your child while they practice. Siblings should be monitored at all times, no running or jumping on the furniture. The lobby WILL be a positive environment. Gossip about athletes, coaches or other parents will not be tolerated. Coaches have the right to shut the windows at times during practices if they feel they need more focus from the athletes.

Winter Weather Policy: We typically follow LPS closings for weather. However, if LPS is closing for a cold weather day, and there are no other weather factors to consider, we may choose to remain open. Please check our social media that day to see if we are open. We do not issue refunds/makeup classes for days closed due to weather.

2026-2027

IMPORTANT DATES

April 1st-30th

- Early Bird Pricing when you sign up for Prep and Elite team tryouts

May 1st-4th

- Regular pricing when you sign up for Prep and Elite team tryouts (+\$15)

May 4th-7th

- Individual athlete skill evaluations for our 2026-2027 Prep and Elite teams

May 9th

- You will receive an email as to what tryout practices your athlete is invited to attend

May 11th-22nd

- Tryout practices

May 22nd

- You will receive an email stating what team you will be on for the 26-27 season

May 24-25th

- CX is closed for all classes and team practices

May 27th

- Celebration Party at CX from 6-7pm

June 1st

- Summer Practices start - Uniforms + practice wear fittings will happen during the first week of practices

June 22nd-25th

- Athletes tumbling skill check

June 28th-July 5th

- Mid Summer Break - CX is closed for all team practices + classes

July 12th-19th

- Please hold these dates for choreography camp. Exact times and dates will be sent out in early June. Teams will not practice this week, other than during their specific team choreography days and times

August 1st-September 1st

- Sign up for Novice Teams

August 9th-15th

- No team practices, but team tumbling will continue (times/dates TBD)

August 16th

- Fall Schedule Begins

September 2nd

- Novice Team Practices Begin

September 6th and 7th

- CX is closed for all team practices + classes for Labor Day Weekend

October 18-19th

- CX fall break - closed for all team practices

November 24th-28th

- CX is closed for all team practices + classes for Thanksgiving

December 23rd-January 2nd

- CX is closed for Winter Break. Elite Teams will practice December 27th, 28th, 29th and 30th. More information announced at a later date

March 7th-13th

- CX is closed for all team practices + classes for Spring Break

March 28th

- CX is closed for all team practices + classes for Easter

April 14th-18th

- All-Star Worlds for Junior, Senior, and Youth Level 3 Elite teams who receive At-Large or Paid bids