

..... ✨ 2025-2026 Season 22 ✨

CHEER XPRESS

Handbook



COME BE PART OF OUR #CXFAMILY

Our goal at Cheer Xpress is to develop athletes who are successful in the sport of cheerleading and who can take with them life skills such as confidence, kindness, empathy, resilience and humility. We want our students to have FUN, develop friendships, learn to be coachable, and enjoy their time at Cheer Xpress. We believe we have the BEST STAFF who go above and beyond to not only help your children succeed in this sport, but also care about each and every athlete that walks through our door. We strive to be competitive, and love to watch our teams as they continue to grow.

www.cheerxpress.com

cheerxpressinfo@gmail.com

CHEER XPRESS OVERVIEW



Come be a part
of our CX
family!!!

Welcome to our 22nd 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 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 22 has in store!

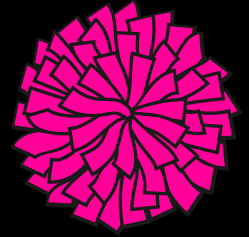
Love,
Cheer Xpress Staff

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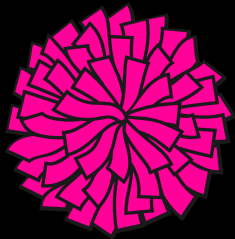
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.. OPTIONS AT A GLANCE ..

* 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 late July!



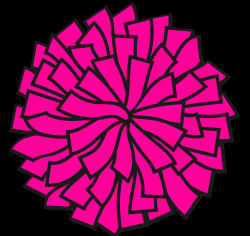
Prep Teams



Prep Teams are Full-Year teams for our Intro, Level 1, and POSSIBLY Level 2 athletes, or any athlete who wants a smaller commitment. This is a great way to experience competitive cheer with less commitment to practices and traveling. These teams will practice once a week during the summer and school year. They 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 Mini, Youth, Junior or Senior level team should also plan to compete at The All-Star Worlds should their team receive either an At-Large or Paid bid invitation.

UNIFORMS, PRACTICE GEAR & TRAVEL



Uniforms & Practice Gear

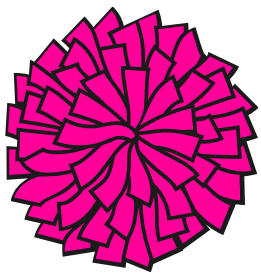
We are so excited to have the same uniform design this year! Uniform and practice gear fittings for new athletes, or athletes that need a new uniform/practice gear, will take place during your first week of team practices, during practice time. Parents are encouraged to attend the fittings to ensure 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 2 practice tops - the black sparkle 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 Info

Novice Teams will travel to Omaha/Council Bluffs 2-3 times for a competition.





Practices and Camps 2025-2026



✦ All-Star Novice Teams ✦

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO. CAMP
Tiny Novice	1 Hour Practice 1x Per Week	Season Runs September 2025 – End of April 2026	2 competitions in Council Bluffs/Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD
Mini, Youth, Junior Novice	1 1/2 Hour Practice 1x Per Week	Season Runs September 2025 – End of April 2026	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	WHEN	COMPETITIONS	MANDATORY CHOREO. CAMP
All Levels	(1) 2.5 hour practice & tumbling per week	Season Runs May 2025 – End of April 2026	5 competitions and 1 performance in Lincoln	Exact Dates and Times TBD, Please hold the Dates of July 8th-July 14th.





Anticipated Costs 2025-2026

✧ All-Star Novice Teams ✧

	DUE WHEN ENROLLING- WILL OPEN IN AUGUST	SEPTEMBER 15TH	OCTOBER 1ST THROUGH APRIL 1ST	OCTOBER 15TH	NOVEMBER 15TH
Tiny Novice	\$170	\$55	\$80	\$125	\$200
Mini, Youth and Jr. Novice	\$210	\$55	\$120	\$125	\$300
What you are 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 (if needed)	Competition, music & music license fees





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 Do 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 Behavior**

- Arrive on time, in full uniform, with hair and makeup done as required.
- 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, 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 & 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 & 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.

2025-2026 IMPORTANT DATES

- **April 1st-30th**
 - Early Bird Pricing when you sign up for prep or elite team tryouts
- **May 1st-4th**
 - Regular pricing when you sign up for prep and elite team tryouts (+\$15)
- **May 5th-8th**
 - Individual athlete skill evaluations for our 2025-2026 prep and elite teams
- **May 9th**
 - You will receive an email as to what tryout practices your athlete is invited to attend
- **May 11th-23rd**
 - Tryout practices
- **May 23rd**
 - You will receive an email stating what team you will be on for the 25-26 season
- **May 28th**
 - Celebration Party at CX from 6-7pm
- **June 2nd**
 - Summer Practices start - Uniforms + practice wear fittings will happen during the first week of practices
- **June 29th-July 6th**
 - Mid Summer Break - CX is closed for all team practices + classes
- **July 8-14th**
 - 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 10th-16th**
 - No team practices, but team tumbling will continue (times/dates TBD)
- **August 17th**
 - Fall Schedule Begins
- **August 31st-September 1st**
 - CX is closed for all team practices + classes for Labor Day Weekend
- **September 2nd**
 - Novice Team Practices Begin
- **November 26th-29th**
 - CX is closed for all team practices + classes for Thanksgiving
- **December 21st-January 3rd**
 - CX is closed for Winter Break. **Elite Teams** will practice December 29th and 30th, more info announced at a later date
- **March 8th-14th**
 - CX is closed for all team practices + classes for Spring Break
- **April 5th**
 - CX is closed for all team practices + classes for Easter



We can't wait for
Season 22!!

Contact Us

☎ 402-489-5111

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