

2021-2022 XTREME HEAT ALLSTAR CHEER POLICIES

Thank you for your interest in Xtreme Heat (XH). We are dedicated to training our athletes to excel in competition, build confidence and self-esteem, promote sportsmanship and develop lifelong skills, such as leadership and teamwork. We dedicate ourselves in assuring the success of each team and athlete.

All-Star Elite teams require a year long commitment. Failure to uphold your commitment will result in a \$250 fee and forfeiture of all fees paid towards the season.

COMMITMENT and PRACTICE ATTENDANCE POLICY

All-star cheer is a very demanding and challenging sport. It will require **100% commitment from each athlete and parent** in order for the team to be successful. As a member of XH it is your responsibility to attend all practices. When one member is absent, it hurts the entire team. Summer practices are necessary and play an important role in your team placement and skill progression.

Attendance will not be counted during the months of May and June. However, all athletes must attend at least 1 practice/class per week. Please remember attendance does play a major role in team placements and not attending practices during the summer does not maintain or advance skills nor does it allow the athletes time to work on stunting together. If multiple practices/classes are missed during the summer months then you will be placed on a team lower than your full potential.

Attendance will be taken July – end of Season (April/May). It will be imperative to the success of each team that full attendance is a priority to all members. Any athlete not ready to start practice at their scheduled time will be considered tardy. 3 tardies = 1 absence. Any athlete who misses 5 practices anytime between July and April/May will be placed on probation for the remainder of the season. If a 6th practice is missed the athlete will be moved to a novice or prep team for the remaining of the season and any fees already paid towards the elite team will be forfeited. If you miss more than ½ of your practice you will be considered absent. If your child is injured or sick but can come and observe please send them. If your child is contagious or running a fever over 100.4 please keep them home and send a doctors note.

Extra practices are mandatory and will be called throughout the season to better prepare each team for competitions. Extra practices could be called during the week or on a Saturday or Sunday. Please be flexible when extra practices are scheduled as they are imperative for the overall success of the team.

Under no circumstance is an absence or tardy allowed within the week of competition. If you are unable to attend/participate in the entire practice the week of competition you will be worked out of the routine for that competition. No Exceptions!

TEAM PLACEMENT: Athletes will be evaluated through May and June. Final team placements will be announced in July. Waiting to decide teams after evaluating the athletes over a period of time instead of 1 or 2 “tryout” days allows them time to work hard on their skills and show what they are capable of before locking them into a team for the year. Athletes will be placed based on what is best for each team. Tumbling is NOT the only skill used to determine level placement. In many cases an athlete may be placed on a team and not have the minimum tumbling for that level but they bring something else to the team. This includes stunting, jumps, dancing and even age can play a role.

GYM RULES

- **Have a positive attitude!!!** Always work towards the greater good of the entire team
- Practice is MANDATORY! Attendance directly affects the success of each team.
- Arrive to practice on time, dressed out and ready to practice.
- No gum, no jewelry and no food or drinks on the mats.
- Be respectful to coaches and teammates.
- NO gossiping or drama, within the gym or outside of it (including social media).
- Parents – if you or your child have a negative personality then XH is not going to be a good fit for you. Save yourself some time and money and don't sign them up. We strive for a happy positive atmosphere for our athletes and their families and have zero tolerance for bad attitudes.
- To keep parents/siblings/observers from being a distraction all classes and practices will be closed. Everyone is welcome to come in during the last 10 minutes of practice.

ATHLETE BEHAVIOR

Lack of respect from an athlete to a coach or athlete to another team member is unacceptable, as is “goofing off” or not working hard at practices. A smart mouth, yelling, eye rolling, mumbling, stomping or leaving the mat during practice will all be considered disrespectful and will not be tolerated. Athletes are expected to always be team players and to encourage and build each other up. Finger pointing or blaming others will not be tolerated. A bad attitude will result in removal from the team!

POSITIVE PARENTS = POSITIVE ATHLETES

Parents - Complaining about your child’s coach, team or any other gym matter is prohibited. We are happy to discuss any matters that may arise throughout the season but you must come to us about them. Any negative discussion about XH, coaches, other parents or athletes is prohibited. Please remember if you are negative or if you complain about something regarding cheer whether its money, practice times or any other frustration you as the parent can have please know that what you say and how you act will directly affect your child which will directly affect their teams success. Please remain mindful of that throughout the year. There may be nights when your child leaves and they are upset about something, as the parent please use that as an your opportunity to remind them of the positives and the things they love about cheer. Tell them how great they are and how proud you and their coaches are of them. If you just agree/complain along with them they won't learn how to remain positive during adversities. They won't learn how to look at a situation and say “what could I have done better”? Always know that if ever there is an issue that needs to be addressed always reach out to Olga!

PRACTICE SCHEDULE:

Monthly schedules will be posted throughout the season.

Practice nights may change throughout the season to accommodate Middle or High School cheer schedules or to allow additional practices for each team. All elite teams will practice how ever many hours it takes for them to be prepared for competition. We will NOT accommodate any other sport including recreational cheer or any other school activity. The only exception for school activities would be for something such as band or chorus that only have 2 or 3 days per year that may interfere with team practices. We are willing to try to adjust those 2 practices IF we are informed by text or messenger prior to the final calendar being posted (a 4 week notice preferably). Telling us verbally is not acceptable.

CHEER FEES

We have all inclusive cheer fees so that you have a set monthly fee and are not hit with huge payments to cover choreography and competition fees. Since our pricing is all inclusive, if you join late you will still be required to pay for any months missed. To help make cheer affordable for all, multiple fundraisers will be scheduled throughout the season. Please do not waste these opportunities. If your account is past due, participation in fundraisers is mandatory. If past due accounts are elite athletes they may be moved to a prep team if account becomes 30 days past due. Any account that becomes 45 days past due will be considered an alternate and temporarily worked out of the routine, any account that becomes 60 days past due will be removed from the team.

MISCELLANEOUS

We do what we feel is best for each athlete and this program as a whole. Expectations are in place to assure everyone can enjoy a positive experience and benefit from each practice. Competition cheer is extremely fun and very rewarding. It builds confidence and teaches things they will use throughout their life.

By signing up, you are committing to a year of competition cheer and promise to always give your best to your team. You also understand and give permission for pictures/videos of your child to be posted on social media.

When you sign up you are agreeing to be completely committed to your team and XH for the entire season. If you chose to participate in other activities/sports and there is a conflict in the schedules you must make XH your priority. Your commitment to your team at XH must be your priority for the entire season.

Attending open gyms/classes/clinics/privates/events offered by other gyms while you are a current athlete at XH is prohibited. If there is an open gym, tumbling clinic, privates or any other cheer related service being offered by a gym within 60 miles of XH you must discuss with Olga prior to attending. Failure to do so may jeopardize your remaining season at XH.

XH, its athletes and coaches are to be represented in a positive way at all times. This includes social media.

Parents are required to set an example to not only their own athletes, but to all of our team members.

POSITIVE ATTITUDES, GOOD SPORTSMANSHIP AND POLITE MANNERS ARE MANDATORY!