A logo with mountains and text

Description automatically generated Welcome to Xtreme Cheer Altitude. We are so happy that you have chosen to be a part of our family. We are elevating the art of cheerleading. Xtreme Cheer Altitude is where dreams take flight, creating a legacy of champions bound by the joy of the sport. At Xtreme Cheer Altitude we value sportsmanship, dedication, integrity, and development of the cheerleader both on and off the mat. In this handbook, you will find information on the Team Placement process, financial obligations, athlete and parent policies, and important dates. Please read this handbook in its entirety prior to Team Placement.

**Team Placement Check List:**

• Copy of Birth Certificate – For ALL athletes

• 2025-2026 Medical Release Form Signed

• $100 Registration Fee for the New Comp Season

• Xtreme Cheer Altitude Terms and Conditions, Athlete Code of Conduct and the Payment Fee Schedule must be signed, and dated

**Placement:**

**Xtreme Cheer Altitude Tryouts will be June 21st and 22nd**

Xtreme Cheer Altitude follows the guidelines and rules set by The Open Championship Series. There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, age, mentality, dedication, attitude, and work ethic are huge factors as well. Some will be stronger tumblers than others. Some will contribute more with stunts than others. We choose our teams based on the positions that we need to fill (bases, flyers, tumblers, etc.) Every athlete is on the team for a reason – PLEASE TRUST THE COACHES. Our decisions are made on what is best for the ENTIRE program, as well as the individual athlete.

**PROGRAM COSTS OVERVIEW**

Registration is $100 for all athletes. This includes team practice wear and a practice bow.

Monthly Tuition is $90-Tiny, $110 Mini, $135 Youth, $ 145 Junior, $155 Senior

Crossover fee $69 per competition (owed a month prior to comps)

50% Sibling Discount (Tuition only) is offered

This fee is all-inclusive, with only a few additional items/payments that are listed below. This fee includes PRACTICES EACH WEEK with Team Tumbling included in your team’s regular practice time, OR an additional tumbling class every other week. Our uniforms are purchased through ERA and custom cheer shoes through CS Athletics. Any new athletes will need to fundraise on their own for this purchase. Uniform and shoe money will be due in August. We have not yet received an updated purchase price on uniforms or shoes. Our previous years pricing was $90 per pair of shoes. $355 for the uniform package (uniform, warm ups, jersey and bow)

**PROGRAM POLICIES**

PAYMENT: All monthly fees must be paid on the 15th of each month. If an account is not paid by the 30th of the month, that athlete will have to sit out of practice until the account is current. If an athlete quits, is removed, or becomes injured, no refunds will be given.

ABSENCES: Attendance is crucial to a team’s success. If an athlete is going to be absent, notification must be made directly to the coach. All absences are documented. Please give advance notices, whenever possible, for scheduling purposes and approval. Vacations are not excused during competition season. Please try to plan your vacations during our closing dates. (See “Important Dates” in this Handbook). Competitive Cheerleading is a team sport and practice should not be taken away from the athlete as a consequence for bad behavior at home or school. Please find a punishment that does not also punish the coaches and teammates.

COMMUNICATION: Our Facebook page, will be used to communicate with the team and parents. We also use the SportsYou app. In rare occurrences, an email may also be sent out for future information. Coaches also use text as a means of communication especially on competition days. Please make sure your email and cell numbers are current. If you have a question or concern about your team or child, reach out to the head coach of the team. As a final line of communication, please contact the owners Cara 802-598-1198 or Amber 802-391-7866 via cell OR email at xtremecheeraltitude@gmail.com

TRAVELING/COMPETITIONS: All transportation/accommodations are solely the responsibility of each family. If a parent cannot make it to an event, we have many families who are willing to take additional athletes with them to events. However, it is the responsibility of the parent to find the transportation for their athlete. Competitions are MANDATORY for everyone. The competition schedule is included in this Handbook. Please make sure you have no conflicts. We do our best to not make changes to the schedule once posted. If a conflict exists, please let us know ASAP! Athletes are required to have the appropriate hair, makeup, and clothing required. It is the responsibility of the families to bring their uniform, bow, cheer shoes, any additional items to competitions. ALL PIERCINGS MUST BE REMOVED PRIOR TO THE COMPETITION. Piercings are not allowed at competitions and risk a potential disqualification for the team. When attending any event with Xtreme Cheer Altitude, all rules apply. You are going as a representative of our program. We encourage our parents to sit together and support all Xtreme Altitude Teams. Show respect for the coaching staff, other teams and hosting organizations with good sportsmanship conduct. If possible, parents are encouraged to show support by wearing Xtreme Cheer Altitude gear.

UNIFORM/WARMUP/PRACTICE WEAR: It is the responsibility of the athlete to keep his/her uniforms in good condition. Lost, misplaced, or damaged clothing will be replaced at your expense. During practice, all clothing and belongings must be stored in bags and cubbies and not thrown on the floor. All athletes are required to wear their program issued practice wear, any Xtreme Altitude gear OR any clothing in Xtreme Altitude colors ( White, Teal, Grey or Purple) to ALL practices. Please LABEL your child’s practice wear and uniforms! Everyone wears the same clothing and similar sizing.

TEAM PRACTICES: Athletes are expected to be punctual and ready (Hair up, shoes on, etc.) to go out on the floor on time. At the coach’s discretion, additional extra practices can be added throughout the season. This can happen prior to a competition if needed. We also expect Cheer to be their first sport in the Spring (Competition) Season. We do try to accommodate athletes who play additional fall sports or cheer on a school team. However, we need athletes to make the competition season the priority. Athletes are asked to remove ALL piercings for practice. If you choose to wear stud earrings during practice, you do so at your own risk. We are not responsible for damages incurred to athletes who do not adhere to the NO jewelry policy. **All practices are closed to families.**

INJURIES: If an injury should occur, it is the responsibility of the parent to seek medical assistance. Each athlete must have his/her own medical insurance. After seeing a physician, please provide Xtreme Cheer Altitude with an evaluation of the athlete’s injury/status. A release from a doctor is required if a serious injury should occur. If an injury prevents the athlete from continuing, there will be no refunds.

ATTITUDE/BEHAVIOR: Our goal is to train our athletes not only to be winners on the floor but most importantly to be winners in life. Therefore, we will STRICTLY enforce a positive, encouraging atmosphere from all participants and families. GOSSIP, profanity, rude language, or negativity will NOT be tolerated. Do not post negative comments, direct or indirect about Xtreme Cheer Altitude on any social media platform. We need to be an example to our children and understand that a public forum is not the place for airing grievances or dissatisfaction. We reserve the right to immediately remove an athlete/parent from the program if the parent or child is aggressive, states misleading or false information about the program or participants, or otherwise creates or contributes to a negative atmosphere. If you have a concern, we encourage you to discuss the issue with a head coach or Cara or Amber.

CLOTHING/SWAG SHOP: You cannot create or sell your own Xtreme Cheer Altitude clothing or Xtreme Cheer Altitude items. Our name and logo is copyrighted. Any ideas for clothing, please see Coach Amber. We WILL have several clothing/team items for sale throughout the season.

**FUNDRAISING COMMITMENT : Xtreme Cheer Altitude requires all families participate in fundraising to maintain the integrity of our program and families. Minimum of 2 per year. If your child would prefer not to fundraise then an additional yearly fee of $400 will be added to your fee schedule.**

SCHOLARSHIP OPPERTUNITIES: Xtreme Cheer Altitude is currently working with local businesses to build our scholarship fund. The goal is to obtain funds for those athletes who may not be able to meet the financial obligation. If you know of any businesses who would be willing to donate, feel free to approach them using our letter or forward their contact info to our Booster President, Beth, so they can contact them directly. If you are a family in need of financial assistance, please contact our Boosters by email xtremealtitudeboosters@gmail.com Our scholarships are need-based and are limited to (2) full and (2) partial scholarships for the 2025/2026 season. Applications are due no later than 7/01/25 to allow time for the Boosters to review applications and determine scholarship awards. Xtreme Cheer Altitude feels strongly that all athletes who want to cheer should be given the opportunity regardless of their economic situation! Should a hardship arise during the season please reach out to our Boosters Club and we will make a concerted effort to support our athletes to the best of our ability.

**Xtreme Cheer Altitude TERMS & CONDITIONS**

Please initial each statement and sign the bottom agreeing to our policies and terms:

\_\_\_\_\_ I understand that by trying out and paying the $100 registration, if I decide that I/my athlete will not be committing to the team after tryouts, that I forfeit my $100 registration fee.

\_\_\_\_\_\_I understand that all monthly tuition fees are due on the 15th of every month.

\_\_\_\_\_\_I understand that if my payment is not made by the 30th of the month, my child will be asked to sit out and a replacement will learn my child’s position.

\_\_\_\_\_\_I understand that all fees are NON-REFUNDABLE.

\_\_\_\_\_\_I understand that Competitive Cheerleading is a team sport and that practices and competitions cannot be taken away from the athlete as a consequence for bad behavior at home or at school. Please find a punishment that does not also punish the coaches and teammates.

\_\_\_\_\_\_I understand ATTENDANCE is vital to a team’s success. We aim to be at every practice.

\_\_\_\_\_ I understand the importance of being a positive role model for all athletes. GOSSIPING, spreading negativity in or out of our facilities, or on social media will not be tolerated, and we reserve the right to remove immediately any athlete/parent from the program violating this policy. Attitude is everything on and off the floor. We require respect and you can expect respect from Xtreme Cheer Altitude.

\_\_\_\_\_ I understand that “Good Sportsmanship” will be practiced at ALL times while representing Xtreme Cheer Altitude. EVERY athlete is expected to be a good ambassador of our program.

\_\_\_\_\_ I understand if an athlete leaves the program prior to completion of the season, payments are non-refundable.

\_\_\_\_\_ I have read the Handbook thoroughly and understand and agree to all policies stated therein.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Parent / Guardian Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Athlete Name (Print)

**ATHLETE CODE OF CONDUCT**

\_\_ Athletes must respect all coaches and teammates at all times

\_\_ If an athlete has a concern, they must bring this concern to a coach or parent for discussions to be started

\_\_ Athletes will come to practice with a positive attitude and ready to encourage to meet personal and team goals

\_\_ Athletes will be cautious when posting to any social media platform, will be sure to show excellent sportsmanship and represent Xtreme Cheer Altitude well

\_\_Athletes will take good care of their bodies, and will not abuse any drugs or alcohol

\_\_Athletes will keep cell phones on silent and in bags/cubbies in hallway

\_\_Athletes will arrive on time, if there is a scheduling conflict or change, they will alert the appropriate coaching staff

\_\_Athletes will arrive in practice wear (warm ups, Xtreme gear or Xtreme colored clothing), jewelry removed and with water bottle

\_\_Athletes will obey all gym rules and treat all equipment with respect

**GYM RULES**

* **NO Food or Drinks inside of the gym**
* **NO outside or street shoes allowed on the mats**
* **NO cell phones**
* **You must be respectful of all Cheer equipment**
* **Never say “I can’t”, always say “I’ll try”**

**Athlete Billing Schedule Monthly Fee**:

Athlete Fees include monthly tuition and competition fees. This fee runs for the length of the competition season (July to April) and is due on the 15th of each month, starting 7/15/24 and final payment on 4/15/25. (In the event that Nationals is in May, the tuition will extend an extra month)

Registration: $100 due by Try Out dates. This includes warm ups (tank and shorts) and a practice bow.

Uniforms: $ TBD package includes uniform, jersey, jacket/pants warm ups. Additional uniform is $ TBD Uniform $ will be due by August 31st

Shoes : You will need to order a pair of custom sole Cheer Shoes. These shoes are made specifically for the spring floor used for competitions. These shoes will be ordered in bulk as we will receive a discount for a large order. Coaches Cara and Amber will be placing an order for these shoes at the time of uniform orders. Cost is $90 per shoe and is due by 8/1/25

Payment Terms: Payment is due in full at the above dates listed. If Payments are not made by the 30th of the month, your child will be asked to sit out until payment is made, at which time, all regular payments and late payment fees must be paid to continue. We understand that emergencies arise. However, it is the responsibility of the parent to contact Cara or Amber to make other payment arrangements. Payment arrangements can only be made with Cara or Amber.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ (Signature of Parent/Guardian) Date

**2024-2025 Fee Schedule - Tiny**

|  |  |  |  |
| --- | --- | --- | --- |
| Month | Tuition | Uni/Shoes | Total |
| June | $100 Reg |  | $100 |
| July | $90 | $90 – Shoes | $180 |
| August | $90 | $395 - Uniform | $445 |
| September | $90 |  | $90 |
| October | $90 |  | $90 |
| November | $90 |  | $90 |
| December | $90 |  | $90 |
| January | $90 |  | $90 |
| February | $90 |  | $90 |
| March | $90 |  | $90 |
| April | $90 |  | $90 |

Total Season : $1000+ Uni and shoes (if needed)

**2024-2025 Fee Schedule – Mini**

|  |  |  |  |
| --- | --- | --- | --- |
| Month | Tuition | Uni/Shoes | Total |
| June | $100 Reg |  | $100 |
| July | $110 | $90 – Shoes | $200 |
| August | $110 | $395 - Uniform | $465 |
| September | $110 |  | $110 |
| October | $110 |  | $110 |
| November | $110 |  | $110 |
| December | $110 |  | $110 |
| January | $110 |  | $110 |
| February | $110 |  | $110 |
| March | $110 |  | $110 |
| April | $110 |  | $110 |

Total Season : $1100 + Uni and shoes (if needed)

**2024-2025 Fee Schedule - Youth**

|  |  |  |  |
| --- | --- | --- | --- |
| Month | Tuition | Uni/Shoes | Total |
| June | $100 Reg |  | $100 |
| July | $135 | $90 – Shoes | $225 |
| August | $135 | $395 - Uniform | $490 |
| September | $135 |  | $135 |
| October | $135 |  | $135 |
| November | $135 |  | $135 |
| December | $135 |  | $135 |
| January | $135 |  | $135 |
| February | $135 |  | $135 |
| March | $135 |  | $135 |
| April | $135 |  | $135 |

Total Season : $1350 + Uni and shoes (if needed)

**2024-2025 Fee Schedule – Junior**

|  |  |  |  |
| --- | --- | --- | --- |
| Month | Tuition | Uni/Shoes | Total |
| June | $100 Reg |  | $100 |
| July | $145 | $90 – Shoes | $235 |
| August | $145 | $355 - Uniform | $500 |
| September | $145 |  | $145 |
| October | $145 |  | $145 |
| November | $145 |  | $145 |
| December | $145 |  | $145 |
| January | $145 |  | $145 |
| February | $145 |  | $145 |
| March | $145 |  | $145 |
| April | $145 |  | $145 |

Total Season : $1450 + Uni and shoes (if needed)

**2024-2025 Fee Schedule - Senior**

|  |  |  |  |
| --- | --- | --- | --- |
| Month | Tuition | Uni/Shoes | Total |
| June | $100 Reg |  | $100 |
| July | $155 | $90 – Shoes | $245 |
| August | $155 | $355 - Uniform | $510 |
| September | $155 |  | $155 |
| October | $155 |  | $155 |
| November | $155 |  | $155 |
| December | $155 |  | $155 |
| January | $155 |  | $155 |
| February | $155 |  | $155 |
| March | $155 |  | $155 |
| April | $155 |  | $155 |

Total Season : $1725 + Uni

\*\* Additional Uniforms for Vortex/Hailstorm Crossovers will be $220

\*\* Uniform and shoe pricing is based off of the 2024-2025 season and is subject to change

\*\*Nationals cost will depend on which teams will be going (our goal is Summit, Vortex and Hailstorm) $139 per athlete with an additional $99 per crossover

**Summer Schedule**

**Tryout Dates 6/21and 6/22 with Team Reveals on 6/28**

**Summer Stunt and Tumble Classes TBD**

**Regular Season Schedule starting week of 7/28/25**

**2025-2026 Competition Season**

**Tiny Polar Bears – Saturday 9-945am**

**Mini Yetis -Monday 515-6pm and Wednesday 515-6pm**

**Youth Summit - Tuesday 530-7pm and Thursday 530-7pm**

**Junior Vortex – Monday 6-730pm and Saturday 945-1145am**

**Senior Hailstorm – Wednesday 6-8pm and Sunday 5-7pm**

**Cheerabilities – Saturdays 8-9am**

**Dance Class with Maddie Sunday 10-11am**

**Dance Comp Team Sunday 11-12pm**

**Tumble Fridays 530-630pm**

**Important Dates**

**MANDATORY Choreo Weekend – September 6th and 7th**

**Gym Closings**

**July 4th**

**Labor Day 9/1/25**

**Halloween 10/31/25**

**Thanksgiving Break 11/23-11/29**

**Christmas Break 12/21-12/27**

**Competition Schedule 2024-2025**

**Tiny and Mini**

January 31st – Allstar New York Challenge – Albany, NY

March 15th – Allstar Northeast Challenge – Worcester, MA

? MAYCA comp… Date TBD

**Youth, Junior and Senior**

January 31st – Allstar New York Challenge – Albany, NY

February 7th and 8th – Maximum Providence, RI

February 21st and 22nd – Maximum Portland, ME

March 15th – Allstar Northeast Challenge – Worcester, MA

**Dance Competitions TBD**

**Cheerabilities Competitions TBD**

The following event is contingent upon our regular season and will be discussed at a later date, but please avoid scheduling any family vacations on these dates if possible! This would be potential for our Youth, Junior and Senior teams

\*\*\* Maximum Nationals in the Northeast on April 11th and 12th\*\*\*

2025-2026 Xtreme Cheer Altitude Cheerleading Photo and Medical Release / Informed Consent Form

Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent 1 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 2 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent 1Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 2 Cell Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent 1 Alt Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 2 Alt Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent 1 Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 2 Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent 1 Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent 2 Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Policy / Group Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre-existing medical conditions (diabetes, asthma, etc.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Allergies / Medications : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Authorization for Medical Attention and Informed Consent

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, give my child,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, permission to participate in the All Star Cheerleading Program and activities for the 2025-2026 cheer season. By signing below I realize that there are inherent risks in participating in cheerleading and gymnastic activities. I acknowledge my child is voluntarily participating in these activities with the full knowledge of the danger involved and hereby agree to accept any and all risks of personal injury or death. In the event of serious accident or illness concerning my child, I understand that the staff at Xtreme Cheer Allstar will try to contact me using the information on the registration form. If the parent cannot be reached, I authorize the staff to take whatever steps it deems necessary for the health, security and comfort of my child. Furthermore, I hereby voluntarily waive any and all claims both present and future, arising from my child’s participation in cheerleading and gymnastic team activities, including but not limited to negligence, personal injury and wrongful death. I agree to hold harmless Xtreme Cheer Allstar, its owners, coaching staff, volunteers or any agents from any claims or liability related to an accident that may occur. Xtreme Cheer All Star Cheerleading and it’s owners disclaims any financial responsibility for the costs of medical treatment, hospitals, ambulances or paramedics, etc., arising from an injury to my child while participating in the activities at the studio.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature Date

Photo Release / Authorization

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, give permission for my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to have their picture used in advertising for the gym. I understand this includes but is not limited to pictures hung at the gym, posted on the gym’s web site, posted on other internet sites for advertising i.e. facebook, and in newspapers or printed advertising. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature Date