



Welcome to Season 3 of Xtreme Cheer Altitude. XCA with an Ocean Themed Twist! 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.

### **Team Placement Check List:**

- Copy of Birth Certificate – For ALL athletes
- 2026-2027 Medical Release Form Signed
- \$150 Registration Fee for the New Competition 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 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 POLICIES**

**PAYMENT:** All monthly fees must be paid on the 1st of each month. If an account is not paid by the 15th of the month, that athlete will have to sit out of practice until the account is current. If tuition remains unpaid by the 25th of the month. A \$25 late fee will be applied to the athlete's account. Beginning on the 26th day of the month a \$5 fee will be applied each day until the account is paid in full. 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 not to 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, COACHES WILL NOT BE RESPONSIBLE FOR HOLDING ON TO JEWELRY. 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 Cheer 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. If you have any ideas for clothing, please see Coach Amber. We will have swag store options for purchase at your own convenience early in the season!

**FUNDRAISING COMMITMENT:** Xtreme Cheer Altitude requires all families to participate in fundraising to maintain the integrity of our program and families. There is a minimum of participating in **at least** two fundraisers a year. Fundraising is a vital part of our gym as it helps offset cost to our families and directly contributes to their scholarship fund for athletes in need. If your child would prefer not to fundraise, an additional yearly fee of \$500 will be added to your fee schedule, due by September 1<sup>st</sup>. Fundraising helps support the program and scholarship opportunities but does not guarantee that individual athletes fees will be reduced.

**SCHOLARSHIP OPPORTUNITIES:** We want cheer to be accessible for families, but our program must remain sustainable. Scholarships are available in very limited spots and are intended for families with financial need.

- Scholarships are partial only — typically 25–50% off tuition. Families still pay a portion.
- Families receiving a scholarship must help out with events, fundraisers, or gym support.
- Only a small number of scholarships are available per team.
- Families must submit an application before the season starts.

This ensures scholarships are fair, sustainable, and keep the program running for all athletes. 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 owners, Cara or Amber. If you are a family in need of financial assistance, please contact us at [xtremecheeraltitude@gmail.com](mailto:xtremecheeraltitude@gmail.com). You will be asked

to provide some of your personal financial information in order for us to determine where the scholarship money is distributed. Our scholarships are need-based. Xtreme Cheer Altitude feels strongly that all athletes who want to cheer should be given the opportunity regardless of their economic situation.

**WITHDRAWALS AND REFUNDS:** Participation in our cheer program is a season commitment. When an athlete registers, the program immediately begins covering expenses such as music, choreography, competition registrations, facility costs, and other team-related expenses based on the number of athletes enrolled. Because these costs are committed in advance, no refunds will be issued if an athlete chooses to leave the program after the season has started. This includes, but is not limited to:

- Tuition payments
- Competition fees
- Uniforms
- Shoes, bows, and other ordered apparel

\*\*Uniforms, shoes, and apparel are custom ordered and are not applicable for returns\*\*

**IF AN ATHLETE WITHDRAWS DURING THE SEASON:**

- Any outstanding balances remain the responsibility of the family. Families remain financially responsible for any remaining balance on their athlete's account for the duration of the season, even if the athlete withdraws, is removed, or becomes injured.
- The athlete will receive any uniform or items that were purchased once the balance is paid in full. We understand that unexpected circumstances can arise. In the case of serious injury or medical situations, families may contact program leadership to discuss possible accommodations at the program's discretion. This policy ensures fairness to all families and allows the program to maintain financial stability for the entire team.

**SEASON COMMITMENT POLICY:** By accepting a position on a team at Xtreme Cheer Altitude, athletes and families commit to the full competition season from July through April. Team placements, choreography, competition registrations, and other program expenses are based on the number of committed athletes. Because these costs are committed in advance, families remain financially responsible for the full season regardless of whether the athlete completes the season.

**TEAM VIABILITY POLICY:** Xtreme Cheer Altitude reserves the right to combine teams, adjust divisions, or restructure teams if necessary due to roster size, injuries, or other circumstances that may affect a team's ability to safely compete.

## **CONTACT INFORMATION**

- **Owners:** Cara Huntley: 802-598-1198  
Amber McGuire: 802-391-7866
- **Email:** xtremecheeraltitude@gmail.com

## **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 \$150 registration, if I decide that I/my athlete will not be committing to the team after tryouts, that I forfeit my \$150 registration fee.

\_\_\_\_\_ I understand that all monthly tuition fees are due on the 1st of every month.

\_\_\_\_\_ I understand that if my payment is not made by the 15th 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 Signature

\_\_\_\_\_  
Date

## **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"

## **TUITION, FEES & PRICING**

**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 1st of each month, starting 7/1/26 (prorated) and final payment on 4/1/27. These fees can be paid via cash, check, or Venmo

**Monthly Tuition:** Tuition fees are due on the 1<sup>st</sup> of each month. The cost of these fees is dependent on what team your athlete is participating on (see pricing chart below). If your athlete is on multiple teams, you are responsible for paying **ONLY** the higher priced tuition fee, plus any crossover fees that apply outlined in the competition fee schedule.

<b>Team Level</b>	<b>Monthly Tuition</b>
Tiny	\$85
Mini	\$95
Youth	\$115
Junior	\$125
Senior	\$135

**Competition Fees:** Competition fees will be due up front at the beginning of the season **or** paid in three installments.

**Option 1:** Pay the full amount of \$400 by September 1, 2026. For crossover athletes, add an additional \$275 to the regular team fee for competitions.

**Option 2:** Pay the amounts outlined in the installment plan shown below:

### **Installment Plan:**

<b>Installment</b>	<b>Regular</b>	<b>Crossover</b>	<b>Due Date</b>
1st Installment	\$135	\$260	09/01/2026
2nd Installment	\$135	\$135	10/01/2026
3rd Installment	\$130	\$130	12/01/2026 (FULL PAYMENT DUE)
<b>Total</b>	<b>\$400</b>	<b>\$675</b>	

**\*\*Without these fees paid, our teams cannot compete\*\***

**Registration:** \$150 due by Try Out dates. This includes warmups (tank and shorts)

**Cheer Bow:** \$25.00 due August 1<sup>st</sup>, 2026

**Choreography and Music:** \$400 due July 1, 2026

**\*\*NOTE: This fee is required to cover professional choreography and music cost due in August. Athletes may not participate in competitions if this is unpaid\*\***

**Uniforms:** Estimated \$300.00-\$350.00 due Aug 31<sup>st</sup>, 2026

**Shoes:** \$90 per pair due by Aug 1<sup>st</sup>, 2026. You will need to order a pair of custom sole Cheer Shoes. These shoes are made specifically for the spring floors used at 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 start to our season.

**Additional costs:** Fundraising buyout \$500 due by September 1 only for those not participating and at least two fundraisers during the regular season.

**\*\*Important Note on Fees: All program fees are due by the specific dates listed in this handbook. If you are unable to pay out-of-pocket, you must participate in fundraising (such as the Personal Bow Fundraiser) to cover your balance. Please note that all fees remain due on the scheduled date regardless of whether you choose to personally fundraise or pay directly.\*\***

**Payment Terms:** Payments are due in full at the above dates listed. If Payments are not made by the 15th 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.

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Parent / Guardian Signature

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Date

## **Important Dates & Preliminary Schedules**

**\*\*All dates in this section are subject to change, please stay up to date via XCA's Facebook page or the SportsYou app\*\***

**June 20<sup>th</sup> and 21<sup>st</sup>:** Tryout weekend. They will be held at the XCA gym space

**June 27<sup>th</sup>:** Team reveal party

**Week of July 20<sup>th</sup>:** Season begins, team weekly practice schedules outlined below:

- Tiny: Bubble Guppies – Saturdays 915-10am
- Mini: Marlins – Mondays 515-6pm & Wednesdays 515-6pm
- Youth: Riptide – Tuesdays 530-7pm & Thursdays 530-7pm
- Junior: Tsunami – Mondays 6-730pm & Saturdays 10-12pm
- Senior: Kraken – Wednesdays 6-8pm & Sundays 5-7pm

**September 4<sup>th</sup> – September 7<sup>th</sup>:** **MANDATORY** Choreography Weekend! Please see Facebook or SportsYou for your child's specific team schedule

### **Holidays & Closures**

- **July 4<sup>th</sup>, 2026:** Gym will be closed for the program involvement in the Colchester Independence Day parade
- **October 31<sup>st</sup>, 2026:** CLOSED for Halloween
- **November 22<sup>nd</sup>-November 28<sup>th</sup>, 2026:** CLOSED for Thanksgiving Break
- **December 24<sup>th</sup>-January 1<sup>st</sup>, 2026:** CLOSED for Christmas and New Years Break
- **March 28<sup>th</sup>, 2027:** CLOSED for Easter Sunday

### **Competition Schedule 2026-2027**

Competition Schedule: Tiny & Mini (The Littles)

- **January 17<sup>th</sup>, 2027:** MAYCA | Bennington, VT
- **February 7<sup>th</sup>, 2027:** Elite GEMS | St Albans Sports Complex, VT
- **March 20<sup>th</sup>-21<sup>st</sup>, 2027:** Maximum | Foxwoods Casino Mashantucket, CT

Competition Schedule: Youth, Junior & Senior

- **January 10<sup>th</sup>, 2027:** Deep South | Providence, RI
- **January 30<sup>th</sup> – February 1<sup>st</sup>, 2027:** Maximum | Springfield, MA
- **February 7<sup>th</sup>, 2027:** Elite GEMS | St Albans Sports Complex, VT **\*\*Subject to Change\*\***
- **March 20<sup>th</sup>-21<sup>st</sup>, 2027:** Maximum | Foxwoods (Mashantucket, CT)
- **April 29<sup>th</sup>-May 2<sup>nd</sup>, 2027:** Nationals | Orlando, FL

**2026-2027 Xtreme Cheer Altitude Cheerleading Photo and  
Medical Release / Informed Consent Form**

Athlete: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Athlete Cell Phone (if applicable): \_\_\_\_\_

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

Parent 1 Cell 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.):

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Allergies / Medications:

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## **Authorization for Medical Attention and Informed Consent**

I \_\_\_\_\_, give my child, \_\_\_\_\_, permission to participate in the All-Star Cheerleading Program and Activities for the 2026-2027 season. By signing below, I understand 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 Altitude will try to contact me using the information on the registration form. If the parent cannot be reached, I authorize staff to take whatever steps 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 participating in cheerleading and gymnastic team activities, including but not limited to negligence, personal injury, and wrongful death. I agree to hold harmless Xtreme Cheer Altitude, its owners, coaching staff, volunteers, or any agents from claims or liability related to an accident that may occur. Xtreme Cheer Altitude and its 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 activities at the studio

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

## **Photo Release / Authorization**

I \_\_\_\_\_, give 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 XCA's website, posted on XCA's social media, photos used in advertising such as facebook, newspapers, or printed advertising.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date