



XTREME CHEER CT 2019-20 TEAM HANDBOOK

Congratulations and welcome to **XTREME CHEER ALL-STARS!!** This handbook contains all the critical information regarding our team program. If you have questions after reading, please call Mike [203.273.9161](tel:203.273.9161) or Dana [203.751.9484](tel:203.751.9484), or email us at info@xtremecheerct.net. You can also reach the gym at [203-273-9161](tel:203-273-9161).

Xtreme Cheer requires a commitment from both the cheerleaders and the parents. We have scheduled practices times according to the time required to excel in this sport. Additionally, we have scheduled parent meetings to excel our program. **All practices are mandatory.**

IMPORTANT NOTICE: All forms must be filled out completely by the parents, detached and returned to Mike or Dana. All-stars will not be allowed to practice until all forms are returned. Thank you for your cooperation. This includes the Guardian Agreement.

WHAT WE BELIEVE

- We believe in **coaching** athletes to strive for their personal best, foster drive and passion, grow strong as a team and accept everyone's unique talents.
- We believe in **nurturing** strength of character as well as strength of body.
- We believe in **teaching** life lessons that will last beyond their All-Star Cheer career and carry them forward into adulthood.

MEET OUR STAFF

Michael Talbot 203.273.9161
Owner, Head Coach, Choreographer, Head Tumbling Instructor

Dana Talbot 203.751.9484
Co-owner, Executive Director, Assistant Coach to All Levels

Dilmer Bonifacio 347.615.6474
Coach, Choreographer, Tumbling Coach

Angel Neris 203.206.6685
Coach, Stunting Coach, Stretching Coach

Ricky Carter 917.318.5663
Coach, Tumbling Coach

Lauren Moore 203.273.0274
Tinys, Youth Coach

Denise Perna
denise06851@aol.com
Head of XCA Booster

RULES and REGULATIONS

- All-stars must attend all scheduled practices.
- Missing more than 3 practices during competition season will result in dismissal from team. Excused absences include illness (cramps do not count), serious injury, certain religious events, and mandatory school trips. The rest are up to the coach's discretion.
- If your child is unable to attend, please call or email Mike or Dana at least 24 hours before practice or it will be deemed unexcused. xtremecheerct@gmail.com or 203.273.9161
- All-stars more than 5 minutes late will condition/run unless called ahead of time.
- Our season runs until the 1st week of May.
- Always show respect for the coaches, fellow teammates, other Xtreme athletes, parents, judges, officials and spectators. Disrespectful behavior will result in dismissal.
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches. This includes team placement. Unless it's a safety concern then it's not your choice it's the professional's choice.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's decision.
- Practices may be added or changed at any time during the season with notice.
- Injured athletes are expected to be at all practices. We will create a workout regimen for the injured athlete so that they are able to keep up strength and endurance.
- No athlete or parent may post inappropriate messages on Face book, Fierce Boards, Twitter or any other website about another program or individual.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason.
- The Xtreme name and logo is copyrighted. No one can reprint our logo on any apparel or other items for apparel distribution or sale. All items will be sold through our Pro Shop.
- Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
- Demonstrate good sportsmanship before, during and after competitions.
- Treat all athletes and coaches with respect from opposing teams.
- Be modest when successful and be gracious in defeat.
- Respect the privilege of the use of our facility.
- You are **REQUIRED** to attend The XCA Showcase and all competitions. Missing a competition will result in dismissal. This includes Senior College Visits & Try-outs *unless* discussed with Mike prior to tryouts.
- Exhibit good sportsmanship in our gym and at all events.
- Maintain a minimum 2.0 GPA.
- Vacations and excused absences must be submitted to your coach or team rep in writing.
- If you are running late to practice due to traffic, you must call and inform your coach.
- No food, gum, candy, or sodas are permitted in the gym area. Only water and Gatorade are allowed.
- No jewelry in practice or in competition.
- Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to our instructors as well as to yourself during spotting.

- The Xtreme schedule is your first priority. Xtreme will not work around an athlete's high school sports schedule (soccer, high school cheerleading, track, etc.). An absence for these events is unexcused. (Exceptions handled on an individual basis.)
- The use of drugs, tobacco, alcohol and abusive language is prohibited. This behavior will result in immediate dismissal from the Xtreme program. No excuses or exceptions.
- Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans, and judges during all practices & competitions.
- Inappropriate behavior found on any social media outlet can result in immediate dismissal of athlete and will be brought to the attention of the athlete's parent/guardian.
- Place the wellbeing of your child and their teams before your personal desire to win.
- Advocate a sports environment for your child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during practices or competitions.
- Encourage your child to abide by the rules and respect all other teammates, athletes, coaches, judges, officials and other parents.
- All parents must treat all staff with respect. Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the Xtreme program *immediately*.
- Our staff will have sole communication with the competition companies. Parents are not permitted to contact our vendors directly. Please see your team coach if you have any questions.
- No one is allowed to have a message board screen name in direct association with the Xtreme name. If you currently have our name in any portion of your email address or message board ID it must be changed immediately.
- Parents are not permitted in the training facility during practice. Parents must stay in the lobby or viewing areas.
- The gym viewing areas are a privilege. Please respect our athletes and staff and refrain from both negative remarks and "sideline coaching" while in these viewing areas.
- A coach has a right to dismiss your athlete from the Xtreme program for any of the following reasons: inappropriate behavior, too many absences, a pattern of lateness, not showing up for a competition, or for delinquent tuition payments.
- We will not tolerate pettiness, gossiping, or cliques that attempt to slander the "XC" name.
- Parents displaying improper behavior will be dismissed from the program immediately and will not be allowed to return the following year.
- No parent may ever reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.
- Level 6 Worlds teams are selected separately from regular team try-outs. Staff will make necessary additions/changes to build the strongest Worlds team possible. Any athlete at any time can be removed or made an alternate.
- If a paid bid is awarded, the money from the paid bid will go to the new rostered replacement athlete for said Worlds or Summit team.
- Any team qualifying for the Summit or Worlds competitions may *not* vacation during the month of April. ALL practices mandatory. Absentees will result in the replacement of the athlete for these events.
- If an athlete quits XCA prior to receiving any gear such as, but not limited to, practice gear, uniform, bow, hair piece, warm ups, t-shirt, etc the gear will then become property of Xtreme Cheer. Xtreme Cheer's logo and name is a copywriter of Xtreme Cheer LLC. Please remember, there are no refunds of any kind.
- During Summer months athletes must find a fill in to replace missing athlete during vacation or missed practice times. Please text Mike for help at 203-273-9161.

2018 – 2019 PRACTICE TIMES & TUITION

Elite All-Stars Schedule:

Summer 2019 (July & August)

Mondays

5:30-7:30pm Junior 2, 3
7:30-9:30pm Senior 4.2, NT 6, SOC 6

Wednesdays

5:30-7:30pm Senior 4, 5, International 3
7:30-9:30pm NT 6, SOC 6

Thursdays

5:30-7:30pm Junior 2, Senior 4
7:30-9:30pm Senior 4.2, 5

Sundays Off!!

2 Free Open Tumbles Per Month for July and August!

Regular Schedule (June, September – May)

Mondays

5:30-7pm International 3
7-8:30pm Junior 2, Senior 4.2

Wednesdays

5:30-7:30pm Senior 4, 5
7:30-9:30pm Open 6

Thursdays

5-6:15pm Junior 2, Senior 4.2
6:15-7:30pm International 3
6:15-8:15pm NT 6
8:15pm-9:30pm Senior 4, 5

Sundays

11-1:30pm Junior 2, International 3
1-3:30pm Senior 4.2, NT 6
3-5:30pm Senior 4, 5
5-7:30pm Open 6

Tuition:

Jun 2, Jun 3, Sen 4.2, Sen 4, Sen 5, SOC 6:	\$150 monthly
NT 6:	\$130 monthly

Crossover Fee – \$20 added to highest level team price.

All payments must be made through our registration form on xtremecheerct.net.

Payments are due on or before the 1st of each month.

Any suspended or skipped payment will incur a \$35 late fee.

***Important Dates:

Uniform/Practice Gear Order – June 19

Choreography – August 21-25 & September 9-13

X-CEL PROGRAM INFORMATION

Tinys, Prep, Novice, All Abilities and Half-Year Teams COMING SOON!!

COMPETITION FEES

ELITE TEAMS	Jun 1 Reg, USASF, Practice Gear (x2), T-shirt	Jul 1 Music & Choreo	Sep 1 1st Set Comp Fees	Oct 1 2nd Set Comp Fees	Nov 1 3rd Set Comp Fees	Dec 1 Final Set Comp Fees
Junior & Senior	\$200	\$350	\$400	\$400	\$400	\$400
Crossover Jun to Sen	\$200	\$350	\$589	\$589	\$589	\$589
Open 6	\$200	\$350	\$308	\$308	\$308	\$308
Non-Tumble	\$200	\$350	\$308	\$308	\$308	\$308
Crossover Sen to Worlds	\$200	\$350	\$536	\$536	\$536	\$536

All comp fees include coaches travel fee

Crossovers only pay Choreo and Music fee 1 time

6 separate payments, ALL payable BY CASH OR CHECK to: **Xtreme All-Stars**

Competition Fees **DO NOT** include Summit or Worlds for qualifying teams only.

***** There will be a \$25 penalty for competition fees paid more than 15 days late. *****

MISCELLANEOUS FEES

Uniform Fees:

- Girls Uniform – \$425 (includes hair cuff)
- Boys Uniform – \$437

SCHOOL VACATION BREAK WEEKS

NAME: _____

CHRISTMAS BREAK: _____

FEBRUARY BREAK: _____

APRIL BREAK: _____

Please list any days or weeks you are currently aware you will be away for any of the following reasons:

RELIGIOUS EVENTS (CHRISTENING NOT EXCUSED): _____

FAMILY WEDDINGS: _____

SCHOOL GRADED TRIPS: _____

VACATION BREAK: _____

COLLEGE VISITS: _____

MUST BE FILLED OUT AND BROUGHT IN BY END OF JUNE.

Closed for Practices July 1–4 (Classes & Open Tumble Opened)

Holidays Closed:

Labor Day, September 1–2, 2019

Thanksgiving, November 27–28, 2019

Christmas, December Dec 23 – Jan 2, 2020

Easter Sunday, April 12, 20

½ YEAR AND TINYS INFORMATION SHEET

Practices:

Tinys – Thursdays 5-6pm

Youth 1– Mondays 7-8:30 and Wed 5-6:30pm

Junior 2 – Mondays 7-8:30 and Wed 6-7:30pm

Tuition (paid online at xtremecheerct.net)

Tinys:	\$95 monthly
Youth and Junior:	\$120 monthly

Payment Schedule:

Tinys – Check to Xtreme All-stars

November 1st – \$300 (competition fees, showcase, music, uniform and scrunchie)

Youth and Junior Prep – Check to Xtreme All-stars

Dec 4th – \$305 (uniform, hair cuff, team t-shirt, music and choreography)

Jan 8th – \$325 (competition fees and showcase)

Competitions Schedule: Tinys – Times TBA

Jan 16th – Showcase in gym

Jan 18th – Seymour HS

Feb 27th – Final Practice and Tinys Party

Feb 29th – Oxford HS

Competitions Schedule: Youth & Junior Prep Teams – Times TBA

Feb 29th – Oxford HS

April 3rd – Encore – Springfield, MA

April 18th – Minute Man – Worcester, MA

April 20th – Final Practice and Celebration!

April 22nd – Showcase in gym

Important Dates Youth & Junior Prep Teams

Uniform Fitting & Purchase Date: Wednesday, Dec 4th

Mandatory Choreography Day

Saturday

Bolt: Jan 4th – 12-3pm

Flash: Jan 4th – 4-7pm