

CDX Handbook

Revised May 29th, 2018

Cheer & Dance Xtreme Mission Statement:

To provide a safe and structured environment for all athletes.

Purpose:

Each athlete will learn the basic fundamentals of their sport, and a self-pride that is developed by instilling the concept of teamwork and good sportsmanship.

Safety is our first concern!!! Our hope is that the child has come to their sport with a desire to learn what they need to know about cheerleading & dance. At the conclusion of each season we hope your child will walk a way with a true understanding of the meaning of good sportsmanship, teamwork, dedication, and perseverance.

We believe with proper preparation of our coaches, athletes, and the positive support from our parents, we will accomplish this goal.

Commitment:

Cheer & Dance Xtreme requires devotion of time, effort, hardwork & dedication.

Communication:

Communication is vital for a successful program

Coaches will communicate:

- *Requirements for the teams
- *Location, dates, times of practices, and competitions.

Parents should communicate:

*Concerns regarding son/daughter directly to the coach at the appropriate time and place.

Attendance will be taken at all practices.

- *Additional practices will be scheduled prior to scheduled competitions.
- *Parents are not to leave their children until a coach is present.
- *All practices are CLOSED. We feel this will help your child have a more effective practice.
- *Please bring your child a few minutes early so that practice may begin on time with all the athletes.
- *Athletes should bring a water bottle and towel with them to each practice.
- *One bathroom break will be allowed during practice (for younger squads) if more are consistently necessary, parents may be asked to stay in order to accommodate their child's needs.**

Facility /Gym Rules:

- *If blinds for viewing window are closed. Please do not bend or pull down on them.
- *Due to liability reasons there are NO cheer moms, cheer dads, (Coaches and Athletes ONLY).
- *When parents drop off we will make sure a coach is at the door to greet the younger girls, and at the conclusion of practice the coaches will walk the girls out to their parents.
- *There will be scheduled days where parents can come in and watch the last 10 minutes of practice. (per Coaches discretion)

*10 minutes before practices end **Team Moms** are permitted to enter gym to check-in with coaches for updates.

*Only cheer shoes are permitted on the cheer mats to avoid damages.

*Any athlete that is a member of our program is prohibited to do any outside classes, tumbling, and or open gyms at any other all star competitive gym (exception: gymnastic only facilities, non competitive cheer gyms)

Uniforms:

Uniforms will be given out before the first competition - you must be paid in full in order to receive your uniform.

A \$250 deposit check must be collected before you can take the uniform home. Please make checks out to: B-Fly Athletics. These checks will be HELD and cashed only if your child's uniform is not returned or damaged at the end of the season.

Uniforms must be kept clean. **DO NOT DRY CLEAN**
– NO FABRIC SOFTNER machine wash on delicate cycle and HANG DRY.

Bows, shoes, and Competition T-Shirt are each CDX members and do not have to be returned.

Absences:

As with any sport it is necessary to limit the number of absences to provide a more beneficial and consistent experience for our athletes. We will follow these guidelines:

*No unexcused absences are accepted.

*An absence will only be excused for illness, family events, pre-planned vacations or school related that does require a grade for attendance.

(NOTE: pre approval will be required before the absence is excused)

*If an athlete is missing practice or sitting out due to injury and under the doctor's care you will need to provide documentation. ex: doctors note.

*The parent should contact the coach before practice for notification at least 2 hours before practice begins.

Any notices outside of the 2 hour window can and will result in the absence being unexcused

- Any athlete who misses 3 or more practices unexcused can result in removal from the program. If athletes have excused absences they can still not be allowed to compete, and or be removed from the program.
- If he/she can show the coaches that he/she is able to learn the routine, it will then be up to the coaches to determine if he/she will be allowed to participate and what position he/she will hold. Athletes will still be expected to attend all other practices.

Practice Attire:

- *Athletes are required to wear cheer shoes to all practices
- *No street shoes or boots (shoes must be dry) Wet shoes can damage the cheer mats
- *No Jeans, No Jewelry
- *Hair must be pulled up off face.
- *Leggings or Shorts are allowed for practice
- *T-shirt

GYM CLOSURE DATES:

The following dates are available for holidays and vacations throughout the 2018-2019 Season:

- ❖ MEMORIAL DAY: MAY 26th -28th
- ❖ 4th of JULY : JULY 4th-5th
- ❖ LABOR DAY: September 1st – 3rd
- ❖ THANKSGIVING : November 21st- 25th
- ❖ CHRISTMAS, HANUKAH, NEW YEARS : December 21st –January 1st (practices /classes resume January 2nd)
- ❖ SPRING BREAK: March 25th –April 1st
- ❖ EASTER: April 21st

FUNDRAISING REQUIREMENTS

Each CDX member is REQUIRED to participate in TWO-THREE fundraisers for the season.

The purpose of fundraising is to provide funds for basic as well as “extra” operational needs for our athletes for the continued success of our program.

CHEER & DANCE HANDBOOK AGREEMENT

We understand that all CDX Athletes are required to attend practices and competitions.

We understand that there are financial obligations that are required as a CDX Athlete.

We understand that there are Fundraising Requirements as a CDX Athlete.

We understand and have read fully and understand all of the information provided to us in this handbook.

Parent
Signature_____Date_____

Athlete

Signature_____Date_____