

2025 ALLSTAR HANDBOOK

Across the board, the best of the best, F.O.R.E.V.E.R. Xclusive with an X

Welcome



**THE FOREVER XCLUSIVE
FAMILY**

EST. 2016



OUR COMMITMENT EXTENDS BEYOND TRAINING ELITE ATHLETES; WE ARE EQUALLY DEDICATED TO FOSTERING A POSITIVE AND SUPPORTIVE ENVIRONMENT THAT IS FOCUSED ON DEVELOPING FUTURE LEADERS. WE STRIVE TO CREATE A CULTURE OF EXCELLENCE, WHERE ATHLETES ARE NOT ONLY TRAINED TO PERFORM AT THEIR HIGHEST POTENTIAL BUT ALSO EMPOWERED WITH THE SKILLS AND MINDSET TO LEAD BOTH ON AND OFF THE MAT.

1 GYM . 1 JOURNEY. 1 GOAL

**MAKING
LIFE LONG
MEMORIES**

trust your
JOURNEY

TEAM PLACEMENTS

Building the strongest teams involves considering a variety of factors. While we strive to match athletes by tumbling skill level, it's important to note that tumbling is not the sole determinant in creating the most effective teams. Age, stunting strength, jumps, dance ability, and performance confidence all play significant roles in this process. As such, some athletes may excel in tumbling, while others may contribute more in stunting or other areas.

When selecting team members, we focus on the positions that need to be filled, such as bases, flyers, and tumblers. It is not uncommon for athletes to repeat the same level for two to three years, as progression is based on individual growth rather than a strict timeline. Throughout the summer training season, some athletes may show significant improvement and be moved to a different team, while others may require adjustment to a team more suited to their current skill level.

Rest assured, the coaching staff is committed to making decisions that are in the best interest of each athlete and their development. Our goal is to provide a supportive and challenging environment where every athlete can thrive and contribute meaningfully to the success of the team.



PROGRAM COST

SEMI PRO

NON TRAVEL TEAMS,
NOVICE, REC

Team practice 1 Day a week
+2 month Tumbling June/July

1st month \$325

(includes registartion, practice clothes,shoes)

\$195 July-may

\$150 nationals fee

Feb 1st

\$300

uniform and bow due AUG 15th

PRO

LIMITED TRAVEL,
PREP & ELITE

Team practice 2 Days a week
+2 month Tumbling June/July

1st month \$500

(includes registartion, practice clothes,shoes)

\$230 July-may

\$205 (5) competition
payments

July15,Sept15,Oct15,Nov15
Dec15th

\$445 Uniform Aug 15th

ELITE

TRAVEL PROGRAM LOCAL AND OUT OF STATE EVENTS

Team practice 2-3 Days a week

+2 month Tumbling June/July

1st month \$500

(includes registartion, practice clothes,shoes)

\$230 July-may

\$330(5) competition payments

July15,Sept15,Oct15,Nov15 Dec15th

\$445 Uniform Aug 15th

REGULATIONS & RULES



- **Disciplinary Responsibility:** Forever Xclusive is not responsible for disciplining athletes for actions or behaviors outside of the program.
- **Transportation and Travel:** While the Forever Xclusive staff is committed to being accommodating, they are not responsible for taking athletes to and from practices, competitions, or arranging travel for events.
- **Customer Service Commitment:** We are dedicated to providing exceptional service and support to all our clients, ensuring a positive and professional experience.
- **Threatening to Quit:** Any athlete or family member threatening to quit the program will be asked to leave immediately. No refunds will be issued.
- **Assumptions:** We encourage open communication. Please refrain from making assumptions about any program-related matters. Always feel free to ask questions if you are unsure.
- **Attitude and Behavior:** A positive attitude is essential for success in our program. If an athlete displays a poor attitude, they may be placed in a non-competitive program, such as a class, or placed on probation until further notice. Athletes may be asked to leave the program if their attitude does not align with the standards of Forever Xclusive.
- **Communication:** Please refrain from calling or texting staff unless it is an emergency. All non-emergency communication should be conducted through the BAND app.
- **Cell Phone Use:** All cell phones must be turned off during practices. Any phone usage should be limited to before or after practice.
- **Belongings:** All clothing and personal items must be stored in cubbies, not left on the floor. This is the athletes' second home, and we ask that everyone treat the space with respect.
- **Lost Items:** Forever Xclusive is not responsible for lost or stolen items, including cell phones, jewelry, or other personal belongings. We will not provide compensation for any lost items.
- **Punctuality:** Timeliness is crucial. Athletes should arrive at least 5 minutes early to all functions. On-time arrival means being in front of the coach at the designated meeting time.
- **Mandatory Extra Practices:** Extra practices may be scheduled for the benefit of the team and are mandatory for all athletes.
- **Hair and Nails Policy:** For safety reasons, long nails and excessively long or heavy hairstyles are not permitted during practices or competitions.
- **Siblings in the Facility:** Siblings of athletes are not permitted to watch or play inside the gym or be left unattended during practices. We are unable to provide childcare services.
- **Discipline and Behavior:** No one is allowed to yell onto the floor or attempt to discipline athletes from the lobby. We ask that all spectators respect the boundaries of the gym and its operations.
- **Use of Name and Logo:** The use, sale, or production of items featuring the Forever Xclusive name or logo is prohibited for copyright reasons.
- **Access to the Gym:** Only staff and athletes are permitted in the gym. All spectators must remain in the lobby for the duration of practices.
- **Gossip and Negative Commentary:** It is never appropriate to gossip about other athletes, parents, or teams. We encourage a positive and respectful environment for all.
- **Respect for Professional Staff:** Your input regarding practices, routine composition, skills in routines, choreography, team meeting times, practice schedules, and competition schedules should be directed to the professional staff. We trust their expertise and decisions in these matters.
- **Dress Code:** A dress code will be enforced each season. Any athlete arriving in incorrect attire will be provided with a new outfit, and the parent's card on file will be charged for the items.
- **Footwear:** Proper shoes must be worn during practice at all times.
- **Absences:** Any absences must be cleared by the Head Coach and signed off by management.
- **Closing Practices:** Coaches reserve the right to close practices at their discretion.
- **Discipline and Team Unity:** Withholding an athlete from practice as a form of discipline is not acceptable. It is unfair to the team and disrupts group dynamics.
- **Social Media Conduct:** Negative comments, routines, or music should not be posted online. Always maintain professionalism in your online interactions.
- **Sportsmanship and Professionalism:** Always exemplify good sportsmanship and professionalism, both in and out of the gym.
- **Language Policy:** Profanity or rude language will not be tolerated under any circumstances.
- **Disturbances:** Any athlete or parent causing a disturbance to the program will be asked to leave immediately, with no refunds issued.
- **Chain of Command:** If you have a question or concern, please follow the established chain of command: Team Representative → Front Desk → Gym Director → Head Coach.

PARENT POLICY

Code of Conduct

Any parent or individual observed speaking negatively about a team, coach, parent, or athlete will be addressed accordingly. The individual may be spoken to and/or asked to leave the premises. Should this behavior persist, the athlete associated with the individual may be removed from the team. We have a zero-tolerance policy for such conduct.

In the event of verbal assault or threats directed towards a student, coach, or another parent, the family involved will be immediately dismissed from the program, with no refund issued.

BAND

As a parent, you will receive information in several ways, such as, Occasional Hand outs and emails .Our main source off communicationis The Band app &
www.ForeverXclusive.com

Competition

At all competitions, parents and fans are expected to uphold a positive and respectful image for the Forever Xclusive program. Any individual causing a disturbance, whether through disruptive behavior, negative comments, or inappropriate actions, will be asked to leave the event. Such behavior may also impact the athlete's position in the program.

All transportation and accommodation expenses for competitions are the sole responsibility of each family. These fees are not included in the team payments. While we will make every effort to provide competition details in a timely manner, Forever Xclusive will not be held responsible for any reimbursement in the event of a competition being cancelled or rescheduled, for any reason.

We deeply value the dedication and support that parents provide, as it plays a crucial role in the success of our athletes. We strongly encourage all parents to unite in their support of all teams, fostering a positive and inclusive environment. Additionally, parents are invited to demonstrate their support by wearing Forever Xclusive apparel at competitions.

It is expected that all parents uphold a high standard of respect towards the coaching staff, fellow teams, and host organizations. As representatives of Forever Xclusive, it is essential that we maintain professionalism and courtesy at all times, ensuring a positive atmosphere for both athletes and spectators alike.

Parent Support



FEES

All monthly payments will be charged to your account on the 25th of each month. Payments must be received within 10 days of the invoice being issued. Any payments not received by the 11th day will incur a \$25 late fee. This applies to all partially paid invoices.

A \$15 late fee will be assessed for any scheduled payments delinquent by a 5 day period. All other fees must be paid by their respective due dates.

Accepted methods of payment include cash, check, credit card, or money order. Parents or responsible adults will be required to sign a financial contract, and each signatory will be responsible for ensuring their child's account remains current.

Any athlete whose account is one month overdue will be suspended from practices until the balance is settled. If an account remains unpaid for three months, the athlete will be removed from the competition program. Full financial responsibility for all payments remains with the signatories of the contract. Please note that monthly tuition cannot be prorated under any circumstances. Additionally, tuition, choreography, camp, and competition fees are non-refundable.

Parent Pick-Up Policy

Athletes must be picked up no later than 10 minutes after the gym closes. A fee of \$10 will be added to the athlete's account for every additional 30 minutes beyond this time. This policy may be waived in cases of emergency. Athletes may not be dropped off more than 15 minutes prior to their scheduled practice time without incurring a babysitting fee of \$25.

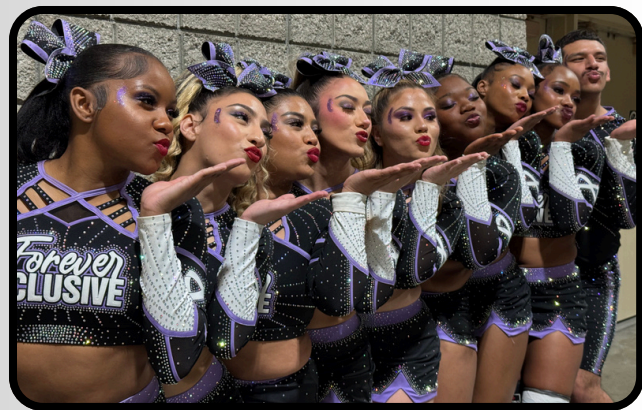
Fundraising

Forever Xclusive has a member based non profit that requires a membership fee.

Fundraiser will be presented every monthly. Your fundraising profits unless noted will be directly posted to your account. This involves extra work outside of cheer. However, we have seen people pay for their whole year through fundraising!

Lavender Dream

Any prizes in any form awarded to Forever Xclusive is the property of the gym and its final usage.



ATHLETE POLICY

ABSENCES

Attendance is critical to the success of the team. All unexcused absences will be documented. If an athlete accumulates two or more unexcused absences, a \$75 fee will be applied. Missing more than three practices will result in removal from the competition routine and placement on probation. Missing four or more practices will result in removal from the program, with no refund, and the full season obligation will remain due at the time of dismissal.

UNIFORMS & ATTIRE

Please maintain all Forever Xclusive clothing, warm-ups, and uniforms in good condition. Any lost or damaged uniform items should be reported to the front desk. The cost of replacement will be the responsibility of the athlete. Athletes are required to wear assigned gear to practice (no jeans or jean shorts). Jewelry is not permitted during practice. Items not included as part of the official uniform must receive prior approval before being worn at competitions (e.g., hairpieces, headbands, or hairstyles outside of program guidelines).

DISCIPLINE

If any of the above rules are violated, the following steps will be taken:

- 1st Violation: A meeting with the athlete to discuss the issue.
- 2nd Violation: A meeting with the athlete and parent, followed by a discipline contract.
- 3rd Violation: Removal of the athlete from the team, and possibly the program.

Any athlete involved in illegal activities will be immediately dismissed from the program.

Injury

In the event of an injury, it is the parent's responsibility to seek professional medical assistance. Each athlete must have their own medical insurance. After seeing a physician, a written evaluation of the athlete's injury and status must be provided. A release from a doctor is required for any serious injury. Athletes are still responsible for fulfilling their financial obligations based on the time of season when the injury occurs.

EXCUSED ABSENCES

- Contagious illness.
- School function that affects grade.
- Family emergencies.
- Vacation during summer.

Vacations are not permitted during competition season, unless the gym is closed and the athlete has already cleared it with program director. Also, any vacations must be in requested in writing at the bringing of the season.

UNEXCUSED ABSENCES

- School dance
- Traffic
- Too much homework
- Feeling tired
- Don't have a ride
- Un cleared Vacation



Competition Policy

- **NO PRACTICE ABSENCE WITHIN TWO WEEKS BEFORE A COMPETITION:**
- **IT IS MANDATORY FOR ALL ATHLETES TO ATTEND PRACTICE AT LEAST TWO WEEKS PRIOR TO A COMPETITION. MISSING PRACTICES DURING THIS CRITICAL PERIOD IS DETRIMENTAL TO THE TEAM'S SUCCESS AND WILL RESULT IN THE FOLLOWING FEES:**
- **FEES FOR MISSING PRACTICES:**
- **\$250 FEE FOR MISSING ANY PRACTICE WITHIN TWO WEEKS PRIOR TO A COMPETITION.**
- **\$500 FEE FOR MISSING ANY PRACTICE DURING THE WEEK OF THE COMPETITION.**
- **\$750 FEE FOR MISSING BOTH WEEKS OF PRACTICE, RESULTING IN THE ATHLETE'S REMOVAL FROM THE COMPETITION ROUTINE UNTIL ALL FEES ARE PAID.**
- **PAYMENT FOR MISSED PRACTICES:**
- **ALL FEES MUST BE PAID WITHIN TWO WEEKS AFTER THE COMPETITION. IF FEES ARE NOT PAID WITHIN THIS PERIOD, THE ATHLETE WILL REMAIN OFF THE TEAM UNTIL THE BALANCE IS SETTLED.**
- **PROGRAM DEPARTURE FEES:**
- **IF YOU DECIDE TO LEAVE THE PROGRAM FOLLOWING YOUR ATHLETE'S DISMISSAL FOR MISSING PRACTICES BEFORE A COMPETITION, YOU WILL BE SUBJECT TO THE QUITTING FEE ALONG WITH ANY REMAINING FINANCIAL OBLIGATIONS FOR THE SEASON.**


Competitors are responsible for staying to watch every Forever Xclusive team for the ENTIRE competition. We are a family and a family needs to support one another. Any family caught repetitively not supporting other teams will be ground for an account charge fee of \$100 per event.

The Forever Xclusive LOOK

- **Uniform Standards:** All athletes, regardless of race, age, or gender, are expected to adhere to the professional appearance standards set by Forever Xclusive.
- **Dress Code:** Athletes must follow the designated dress code as outlined by the program director. This includes adhering to assigned hairstyles, which must be in accordance with the team's specified style.
- **Forever Xclusive Look:** All athletes must arrive at practices, competitions, and events with the "Forever Xclusive Look." This standard is non-negotiable.
- **Consequences for Non-Compliance:** Any athlete who arrives with an incorrect hairstyle or makeup will receive a warning. A second offense will result in a fee being charged to the athlete's account.
- **Pride in Appearance:** It is unacceptable for an athlete to arrive at any event without the Forever Xclusive Look. Please take pride in your athlete's appearance. It reflects not only on your family but also on the reputation of the program. Arriving looking unprofessional is detrimental to both the individual athlete and the team.

CONTRACT

This agreement ("Agreement") is entered into between the undersigned, (referred to as "Parent" or "Guardian") and Forever Xclusive LLC, and applies to the athlete named below (the "Athlete"). By signing this document, you, as the Parent or Guardian, agree to abide by the terms and conditions set forth in this contract for the duration of the program.



10. Season Cancellation or Pause: I acknowledge and agree that if the season is paused or canceled for any reason, I am still financially obligated to complete my payments up to the final date of the program's dismissal. I also understand that I am responsible for any remaining balances for items, competitions, or other fees already paid for. Tuition fees will be assessed at the time of season cancellation.

Signature_____ **Date**_____