



EXCEL
Athletics

Excel Athletics Half Season Competitive Cheer

2022-2023
Guidelines/Expectations
and Important Dates

Registration
now open!

863.845.2933

650 6th Street SW
Winter Haven, FL
33880

WWW.EXCELATHLETICSINC.COM



Excel Athletics Guidelines

2022-2023

Welcome to Excel Athletics! We are looking forward to another incredible season with our Excel family. Our mission is to teach confidence, teamwork, dedication, sportsmanship, and leadership while promoting physical fitness. At Excel Athletics, our goal is to encourage each athlete to continually push themselves to become better athletes, teammates, and role models.

Below are our 2022-2023 guidelines. Understanding and following the rules, and guidelines in our Handbook will help us all enjoy this endeavor and help ensure a successful season. Every Excel Athletics family is required to have a signed Handbook Acknowledgement Form on file to practice and compete in the 2022/2023 season.

Team Placement and Tryouts

All team placement decisions are based at the coaches' discretion. Our focus is based on safety and assuring that each athlete is on a team where they can excel and contribute the most. Coaches reserve the right to make changes to teams by adding, re-arranging, or removing athletes to or from teams at any time without notice. **These changes can be based on talent level, attitude, lack of improvement, absences and/or tardiness, lack of financial responsibility, and personality conflicts between athletes, coaches and parents.**

We have a three-strike rule- Your athlete will be given a strike for un- sportsman like conduct. A total of three strikes and your athlete will be removed from the team.

Please trust our staff to build teams that will be successful on the competition floor. If your child is asked to be a crossover, there will be additional fees associated with this opportunity.

Mandatory tumbling classes

All athletes enrolled in any of our cheer programs- Elite, cheer Prep, Tiny Novice are required to take an extra tumbling class. It is already included in your tuition. We will be adding class for this purpose as well. If you are unsure of which class to enroll in, please ask.

Extra tumbling classes and open gym will be offered during the summer break.



General Expectations

-The Excel Athletics name and logo are the property of the gym. Any privately created or embroidered items bearing the Excel logo is strictly prohibited. We have a working pro shop and can usually get what you want with the Excel name on it. All athletes and parents must adhere to this rule. Breaking this rule will result in the athlete being immediately removed from their team.

-We expect all parents to have a positive attitude towards all athletes and coaches, and to refrain from any negativity about Excel Athletics, their athletes, or coaches. Poor sportsmanship from parents can be an automatic removal of parent from the gym and/or your child's removal from the team. Please feel free to speak to your coaches if you have any issues during an appropriate time. We request that you do not interrupt practice or team meetings.

-Athletes are expected to conduct themselves in a professional and appropriate manner. This includes good sportsmanship, polite manners, and positive attitudes. These are mandatory at all practices, competitions, and on all social media. Bashing of a fellow athlete, Excel Athletics, or other athletes and/or gyms is prohibited.

-Facebook must be checked often for information. **This will be our main form of communication.** We understand everyone does not have Facebook. If you do not have Facebook, please partner up with your cheer sister or a friend to make sure you are informed.

-Food and drink are not allowed on the blue mats at any time. No gum. ONLY current team members are allowed on the blue mat. Please help us by remaining on the concrete areas if you are inside the gym during classes or practices.

-**Please refrain from coaching your athlete during classes and practices.** This can be distracting to the whole team and could cause safety issues.

-Tuition must be paid for your child to be on the floor. **Tuition is due by the 7th of the month. Any unpaid fees by that time will result in your child will be unable to return to practice until the tuition is paid.** Payment amount is due as stated in the attached Estimated Cost Sheet. Once fees are paid there are no refunds. No team merchandise will be provided unless your account is paid, including tuition.



Practice / Competition Expectations

-Attendance is extremely important for your athlete and the entire team. We expect all team members to make it a priority. Practice days and times will be announced once teams are set. All teams will practice a minimum of twice per week and an extra day may be added (TBD-Saturday or Sunday) before a competition date. Athletes are expected to arrive on time and in the correct full practice uniform to include hair in high pony, low cut socks and cheer shoes. Athletes are expected to remain at practice and competitions the entire time, including their awards, and be ready to give 100%, along with cheering on the other teams. Attendance is a key part to a successful team.

****Coaches have the right to sit an athlete if they are not in appropriate attire.**

****Parents, please make sure you child has on the daily assigned practice clothes and their hair is up. NO JEWELRY at practice or competitions. This includes very small earrings. During Competitions athletes must wear white no show socks and are not allowed to wear any nail polish.**

-Cheerleading is a team sport; all members of the team must be in attendance in order to have productive practices. You are allowed **TWO (2)** absences from August to December and **TWO (2)** absences from January through May. Any absences beyond **TWO (2)** are unacceptable and may be grounds for dismissal from the program. There are absolutely no excused absences from a competition. Family Birthdays are not considered an excused absence. Please schedule birthday celebrations around practice. (Family Emergencies are an exception).

-These absences can in no way fall in the two weeks before a competition. These practices are mandatory and non-negotiable.

-Injured athletes are required to attend practices and competitions to support their team. Please notify by text or phone call Kathy-(863-287-3243) IN ADVANCE if an athlete will be missing a practice.

-As soon as we receive the FINAL schedule, we will post it. The final schedule is usually announced the week of the competition.

-We understand the importance of family time and vacations. If the banks are closed for a specific holiday, we will not have practice. However, if the holiday falls on a competition week, we have the discretion to call practice.

-If we call an extra practice, we will notify you as soon as we know. If we cancel a practice, we will also notify you as soon as possible. Please do not ASSUME anything about practices. We will keep you informed.



Excel Athletics
Half Season Prep
2022-2023

*** Estimated Cost ***

	Tuition/Comp Fees	Due Dates	Total
November through January	\$120.00 + \$95.00 = \$215.00	First week of the month	\$645.00
February through April	\$120.00	First week of the month	\$360.00
Bow	\$30.00	Due January 5 th	\$30.00
Choreography/Music	\$100.00	December 5th	\$100.00
Practice Clothes	\$90.00	November 15th	\$90.00
USASF – Do yourself online	\$40.00	November 15th	\$40.00
Tryout and facility fee	\$50.00	November 30th	\$50.00
Uniform	\$200.00	November 15th	\$200.00
Total			\$1525.00

*Does not include travel fees.

*Tuition includes a \$30.00 mandatory tumbling class.

*Must go to USASF.net to register by November 15th. This will require a copy or screen shot of their birth certificate

*Shoes for all levels/ages will be at your discretion but MUST be all WHITE and flat soled CHEER shoes.

*****TUITION AND FEES ARE NOT REFUNDABLE*****

Revised October 3, 2022



Handbook & Financial Agreement

The responsible party, as parent/guardian of _____ ("athlete") hereby agrees to the following:

1. I have read the entire Handbook and understand the guidelines, rules and financial obligation involved with joining an All-Star team with Excel Athletics.
2. I understand that if I remove my child from the team for any reason, all fees and tuition are **non-refundable** regardless of whether my athlete attends a competition or due to any other uncontrollable situation.
3. I agree to pay the tuition and fees before or on the 7th of each month. I understand that any fees or tuition that remains outstanding on the 10th of the month will result in a \$15 late fee and my athlete will be unable to practice until the tuition and late fee are paid.
4. I agree to abide by the guidelines and rules and understand that failure to do so could result in the dismissal of my athlete from the program.

Responsible Party (please print)

Responsible Party Signature

Date

Athlete Name(s)



kathy@excelathleticsinc.com



863.845.2933



650 6th St SW, Winter Haven



www.ExcelAthleticsInc.com

2022-2023 **IMPORTANT DATE** **SCHEDULE**

HALF SEASON- HURRICANES

SUNDAY PRACTICES

TIME TBA

11/20

12/18

1/8

2/19

3/26

COMPETITIONS

TIMES TBA

FEB 4TH & 5TH

THE ALL OUT NATIONALS

ORLANDO, FL

MARCH 5TH

DEEP SOUTH CHAMPIONSHIPS

ORLANDO, FL

APRIL 15TH

NEXT LEVEL NATIONALS

TAMPA, FL

MONDAY PRACTICES

6:00-7:30- MUST BE IN FULL ATTENDANCE

***ALL DATES AND PRACTICES LISTED ABOVE ARE MANDATORY,
PLEASE BE PREPARED FOR THESE DATES AS ATHLETES WILL NEED
TO BE IN FULL ATTENDANCE TO PARTICIPATE**