



# ARROWS TEAM

## HANDBOOK

TRIBE  
ATHLETICS

2023-2024





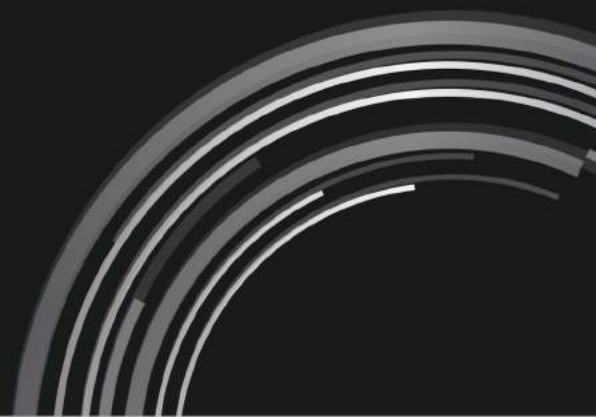


# ABOUT OUR SPECIAL ABILITIES TEAM, ARROWS

**ARROWS** made for **EXCEPTIONAL ATHLETES** – Athletes ages 5+ with a disability as defined by the ADA. Both Tribe and the USASF follow the ADA's definition for persons with disabilities.

**ARROWS** will practice once weekly from December-April with 3 local performances throughout the season (more information below).

Each **ARROWS** Athlete will be paired with a “buddy” Athlete from one of our other **TRIBE** teams for their entire season! They will take the floor with them in competition and help lead them thru a fun, safe, and successful season of growth and love in the sport of All-Star Cheerleading.





# OUR MISSION



At Tribe Athletics our goal and mission is for every Athlete that comes to our program to be taught, trained, and developed to become a better Athlete and competitor as well as a better person. At Tribe Athletics, we know how important it is to have core values. Our core values will be followed and represented by the owners, the staff, the parents, and the athletes:

- **INTEGRITY** – the choice to tell the truth, keep our word, and be 100% responsible and consequent in all our matters
- **CANDOR** – the ability to create conscious feedback and enriched dialogue between all Tribe members
- **HONESTY** – the importance of being fair and genuine by honoring our principles and intentions through our actions

We will accomplish all of our goals and growth through our mission statement and our core values.

**Welcome to Our TR↑BE**



# 2023-2024

# FEE SCHEDULE

MONTH	TUITION
December 1, 2023	\$50 Annual Insurance Fee \$50 Monthly Team Tuition
January 1, 2024	\$50 Monthly Team Tuition
February 1, 2024	\$50 Monthly Team Tuition
March 1, 2024	\$50 Monthly Team Tuition
April 1, 2024	\$50 Monthly Team Tuition

## MONTHLY TUITION INCLUDES:

Weekly Class Tuition

Competition Fees

Music Fee

Competition Uniform





'23-'24

# IMPORTANT DATES

MONTH	DATE
DECEMBER 2023	December 7: First Team Practice December 22 - January 1: Gym Closed for Holiday Break
JANUARY 2024	January 1: Gym Closed for Holiday Break January 2: Gym Reopens for Team Practices and Classes
FEBRUARY 2024	February 24: Competition #1
MARCH 2024	March 8 - March 16: Gym Closed for Spring Break March 23: Competition #2 March 31: Gym Closed for Easter Sunday
APRIL 2024	April 13: Competition #3 TBD: 8th Annual Festival of Feathers Awards Banquet



# ATTENDANCE POLICY

## PRACTICES

Practices will be held **EVERY Thursday** from **6-7pm** from **December 7th - April 11th**.

Cheerleading is a Team sport. If one member is absent from practice, the entire Team is affected. We do understand that Health + Safety is the number one priority and things come up but please make sure you are prioritizing all practices so the Team is set up to have a great performance at each event.

Routine choreography will occur during practice times so it is important that Athletes are attending practices to keep up with learning each piece of the routine and not falling behind.

## COMPETITION WEEK PRACTICE ATTENDANCE

Practices the week prior to each competition are 100% mandatory. This will help us ensure that every Athlete on the Team is prepared and ready to take the floor at their events.

ARROWS Practices Before Competitions:

THURSDAY, FEBRUARY 22nd

THURSDAY, MARCH 21st

THURSDAY, APRIL 11th

# COMPETITION SCHEDULE

ALL COMPETITIONS ARE REQUIRED FOR ALL ARROWS  
ATHLETES. IMMEDIATELY MARK THESE DATES IN  
YOUR CALENDAR. PLEASE BLOCK OFF THE ENTIRE  
DAY FOR EACH COMPETITION - PERFORMANCE TIMES  
ARE TBD AS WE DO NOT RECIEVE SCHEDULES UNTIL  
1-2 WEEKS PRIOR TO EACH EVENT, SO

DATE	LOCATION	EVENT NAME
2/24/2024	Des Moines, IA	CSG CHALLENGE
3/23/2024	Des Moines, IA	SPIRIT SPORTS NATIONALS
4/13/2024	Des Moines, IA	US FINALS



# CONTACT INFORMATION

**ALL-STAR DIRECTOR CONTACT**  
[cheer@ourtribeathletics.com](mailto:cheer@ourtribeathletics.com)

**TRIBE OFFICE CONTACT**  
[office@ourtribeathletics.com](mailto:office@ourtribeathletics.com)

## **COACHES CONTACTS**

Once the season begins, check your Team FB Page for both Coaches contacts

## **TEAM COACHES**

- Questions about a specific Athlete or Team specific progress
- Information about an Athlete being late or missing a practice
- Any Health concerns that the Team Coaches must know about

## **ALL-STAR DIRECTOR**

- Questions about the program throughout the season

## **TRIBE OFFICE**

- Billing questions
- Questions about parent portal





TRIBE  
ATHLETICS



# WE OVER ME

[www.ourtribeathletics.com](http://www.ourtribeathletics.com)

