



**TRIBE**  
**ATHLETICS**  
**ARROWS TEAM**  
**HANDBOOK**

**2024-2025**

Revised 10.20.2024

# OUR MISSION

## Mission

At TRIBE Athletics, our mission is to empower every member to become the best version of themselves, both as an individual in the world and as an Athlete on the mat. We are dedicated to fostering a culture that prioritizes Teamwork and selflessness, embracing a Team-first mentality where WE triumphs over ME. Our goal is to not only excel in Athletic performance but also to nurture personal growth, character development, and a strong sense of community among our Athletes, Staff, and Families. Together, we strive to inspire each other to reach new heights, both on and off the mat, embodying the values of respect, unity, and unwavering support for one another. We will work to change lives for the better each day, week, month, and season.

## Mantras

- **WE OVER ME:** We believe in putting the WHOLE OF THE TEAM above the individual. When the Team wins, so does the individual. We will demonstrate this with the placement of our Staff, our Athletes onto Teams, and in everything we do and work to accomplish in the gym. The strength of a group and community always outweighs the strength of one.
- **GOOD VIBES ONLY:** We believe that positivity is the way to win daily. While the world presents various challenges and negativity that our Athletes, Families, and Staff face in their lives, we will aim to be a space full of positivity and seeing the good in each situation. We will work with Athletes and Families in a positive way, and will expect our Families and Athletes to reciprocate a positive culture and model of communication.

## Core Values

- **FRIENDSHIP:** We will work alongside our peers to make each other better as members of our TRIBE develop lifelong friendships.
- **POSITIVITY:** We will spread positivity through our words and actions in the gym, out of the gym, and in our daily lives.
- **ENERGY:** We will create an energy that attracts and motivates those around us to be their best.
- **INTEGRITY:** We will choose the hard right over the easy wrong and always work to take accountability for our words and actions.
- **TRUTH:** We will be honest with one another by honoring our words and intentions.

# 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.**

**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.**

# IMPORTANT DATES

MONTH	DATE
DECEMBER 2024	DECEMBER 5: FIRST DAY OF ARROWS TEAM PRACTICE December 23 - January 4: Gym Closed for Holiday Break
JANUARY 2025	January 1-4: Gym Closed for Holiday Break January 5: Gym Reopens for Team Practices and Classes (required due to competition weekend the following weekend)
FEBRUARY 2025	February 22: First Competition for ARROWS
MARCH 2025	March 8: Competition Day March 14 - March 21: Gym Closed for Spring Break
APRIL 2025	April 12: Competition Day April 20: Closed for Easter TBD: 9th Annual Festival of Feathers Awards Banquet

# FEE SCHEDULE

**ALL INCLUSIVE TUITION \*NEW THIS SEASON\***

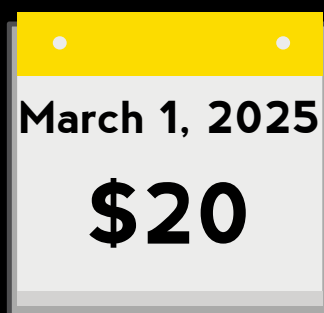
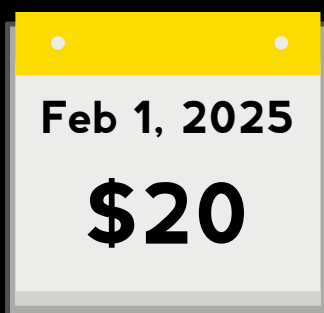
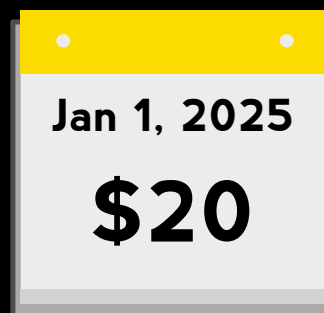
## Monthly Tuition Includes:

- Annual Insurance Fee (\$55) - paid during registration or Athlete anniversary month
- Athlete Tuition (\$20/month December 2024 - April 2025)
  - One, sixty-minute Team practice per week
- Competition Performance Top
- Practice T-Shirt
- CC - Coaches/Competition Fees

## Optional Add On Items:

- Uniform Jacket - \$145
- Backpack - \$75

**MONTHLY INCLUSIVE TUITION, CHARGED 1st of MONTH:**



# TUITION & FEES

We accept cash, checks, and all major credit cards. Cash and check payments must be paid prior to the end of the month or tuition and fees will be automatically charged to your card on file in our Parent Portal, no exceptions. Additional fees are included in tuition December through April and will be billed per our ARROWS Team Fee Calendar on the page 6. Monthly Tuition for Novice Teams is billed from December 2024-March 2025 on the first of each month. \*\*\*Athletes with past due balances will not be able to practice until balance is paid.\*\*\*

Tuition does not include optional or extra apparel as noted on the following pages.

Late Fees and Program Removal: A \$25 late fee per charge will be added on the fourth of the month for past due accounts. There will be no refunds made to anyone who is asked to leave the program or that quits the Team.

Additional Fees include the items listed below and are billed according to the fee schedule on page 6. These fees do not include travel costs, end of the year competitions, extra classes, practice wear, or lessons.



# PRACTICES

## PRACTICES

Practices will be held EVERY **Thursday** from **6-7pm** from December 5th - April.

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 20th

THURSDAY, MARCH 6th

THURSDAY, APRIL 10th

# COMPETITION SCHEDULE

All competitions are **REQUIRED** for **ALL ATHLETES**

PLEASE BLOCK OFF the following COMPETITION DAYS. As a reminder, the practice prior to each event is required in order to make sure the Team is ready for their event.

- **February 22nd, 2025 (CSG Des Moines)**
  - **Jacobson Event Center**
- **March 8th, 2025 (Spirit Sports Des Moines)**
  - **RecPlex in West Des Moines**
- **April 12th, 2025 (US FINALS Des Moines)**
  - **Jacobson Event Center**





# COMMUNICATION

## HOW WE COMMUNICATE

### • Communication Methods

Communication is very important to us. We have a variety of methods of communication and ways that information will be relayed to you. We will relay information through:

Email (please do not unsubscribe from any email blasts)

Team Facebook Groups and our Tribe Media Group (we will send you a link to join after Team placements are announced)

Vibes of the Week - our weekly Monday email communication

Phone - our office number is 515-207-5230 and is typically available for calls from 9AM-3PM Mondays -Thursdays, and 9AM-12PM Fridays. If we miss you, please leave a voicemail.

Our website, which is updated weekly: [www.ourtribeathletics.com](http://www.ourtribeathletics.com)

### • WHO Should You Contact?

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

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

- Billing Questions
- Parent Portal Related Questions
- Competition Questions
- Team/Individual Questions

**TEAM COACH:**  
via phone or Facebook

- Practice Questions
- Routine Questions
- Team Specific Questions
- Last Minute Absences or Tardies - (please list reason)
- Questions about your specific Athlete

Please allow at least 24 hours for a reply and respect that all of our staff have families and lives outside of the gym. If calling or texting, please use normal business hours.



WE BRING THE  
**GOOD  
VIBES  
ONLY**  
WE OVER ME! T-R-I-B-E!

