



**TRIBE**  
**ATHLETICS**  
**NOVICE TEAM**  
**HANDBOOK**

**2024-2025**

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# 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.

# 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 March and will be billed per our Novice 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.





# REGISTRATION

In order to be eligible to register, Athletes must have a birthday between January 1, 2012 - December 31, 2021

Registration is OPEN and can be completed now through November 17th. After November 17th you must email cheer@ourtribeathletics.com for a private placement time.

Please be prepared for the following fees to be assessed during online registration:

- Team Placement Registration Fee
  - \$10: through November 17, 2024
  - \$25: after November 18, 2024
- Novice UNIFORM FEE (Year 1 of 2)
  - \$200 + IA Sales Tax: Required Item
- \$55: Annual Insurance Fee (if you are new to TRIBE or your Athlete's anniversary date deems necessary)
- The following items are optional for all Novice Team Athletes, and you will select "YES" or "NO" during the online registration process based on your need of the item:
  - \$140: \*\*\*NEW\*\*\* Warm Up Jacket
  - \$75: Backpack
  - \$95: Shoes - please see details during online registration

**If you have multiple Athletes, you must register them and proceed through the checkout process separately for each Athlete.**



# FEE SCHEDULE

6

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

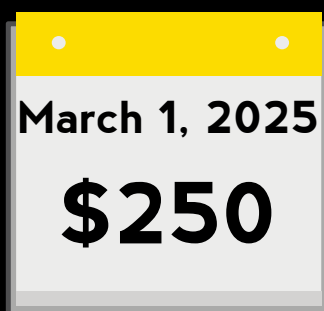
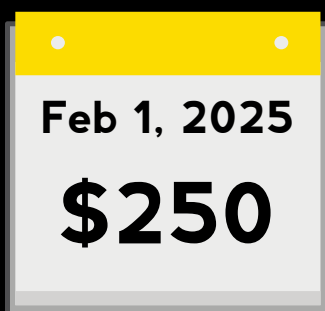
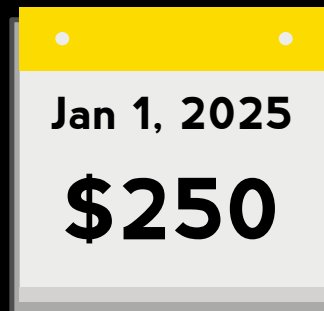
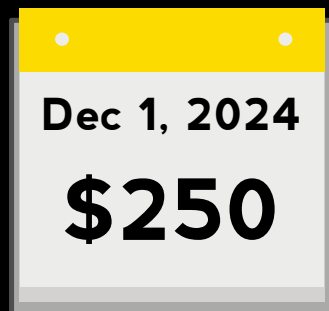
## Monthly Tuition Includes:

- Athlete Tuition (\$70/month December 2024 - April 2025
  - Two, sixty-minute Team practices per week
- Practice Wear Package (\$90)
- Choreography + Music Fee (\$150)
- CC - Coaches + Competition Fees (\$410)

## Monthly Tuition Doesn't Include:

- Additional rec classes (Tumbling, Jump, Flex, HIIT Class)
  - Tumbling Class can be added at a discounted tuition of \$30/month (normally \$55/month)
- **Novice** Uniform & Competition Bow (\$200) - Year 1 of 2 - paid during registration.
- Annual Insurance Fee (\$55) - paid during registration or Athlete anniversary month.
- USASF Registration (\$50) - this fee will be paid directly to USASF
- Backpack - Optional for Novice Athletes (\$75)
- Shoes - GK Shoes Optional for Novice Athletes, MUST have all-white cheer shoes for practices and competitions (\$95)
- Jacket \*\*\*NEW DESIGN\*\*\* - Optional for Novice Athletes (\$140)
- Additional classes or lessons.

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



# IMPORTANT DATES

MONTH	DATE
NOVEMBER 2024	November 17: Final Day To Register For Novice November 22: Novice Team Schedule Announced November 22-30: Gym Closed for Thanksgiving Break
DECEMBER 2024	December 1: FIRST DAY OF NOVICE TEAM PRACTICE (All Teams) 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)
MARCH 2025	March 14 - March 21: Gym Closed for Spring Break
APRIL 2025	April 20: Closed for Easter TBD: 9th Annual Festival of Feathers Awards Banquet TBD: 2025-2026 Elite Team Registration

# PRACTICE + SKILLS

## Hours Of Practice

Each Novice Team will all have two mandatory hours of practice per week.

Two, sixty-minute Team practices

Tumbling classes and other rec classes can be added on if desired.

## Practices & Weather

In the event of inclement weather, Families will be notified by 3PM on the weekdays and 12PM on Sundays. During Holidays and closures due to weather, a refund for practice will not be given. When availability allows, Athletes will be able to make up any classes that they missed following the make up policy listed on our website. The TRIBE Staff and office will work together in the case of cancelled practices to schedule make-ups, but typically practices will NOT be made up due to staffing, floor space, crossovers, etc.

## Practice Wear

Athletes will receive practice wear as well as a practice wear schedule for practices during competition weeks. During all other practices, Athletes are required to wear any Tribe shirt or sports bra with athletic shorts and a bow. In the event that an Athlete loses a piece of their practice wear, you will be required to replace the item immediately at current retail cost.





# ATTENDANCE POLICY

## PRACTICES

We understand that you have Families and many of you enjoy spending time away on vacation or for holidays, and we want to ensure you can do that! To similarly ensure the progress and success of our Teams, we will use the following guidelines for attendance and absences:

ABSENCES SHOULD BE ADDRESSED AHEAD OF TIME, never the day off. Please try to plan your vacations during our scheduled closing dates. In the event that your Athlete will miss for a vacation, school event, etc., please record the future absence on the Parent Portal - you do **NOT** need to email the office any future absences unless they are ahead of time for a competition week practice conflict.

### Absences will be limited to the following:

DECEMBER 2024 - APRIL 30, 2025: UP TO, but not more than, **THREE** total absences for any reason. Please note we do not differentiate between excused and un-excused absences.

If an Athlete is more than 45 minutes late to a practice, but is still in attendance, it will count as one half absence.

Practices during competition season are essential to the success of the Team, and our Staff are always looking for the best ways to help our Teams succeed. Please understand that our Staff may replace missing Athletes in parts of routines if an Athlete is on vacation during competition season - these changes may be temporary or permanent.

## COMPETITION WEEK PRACTICE ATTENDANCE

When we enter competition season, attendance is the most important thing to the success of your Athlete's Team. Please limit extended travel during the competition season (December-April) when possible and check ahead of time for our gym closure dates around the holidays. Competition dates are subject to change.

The 2 practices the week prior to a competition/required performance are 100% mandatory. Athletes not in attendance will be removed from the routine for that competition or for the season. The only exceptions are as follows:

- » Funeral with documentation
- » Athlete hospitalization with proper documentation
- » Required school event **with at least 1 month notice**

Please check the competition schedule, INCLUDING any changes to the schedule as the season progresses, and plan any trips over breaks accordingly.



# 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)

- Billing Questions
- Parent Portal Related Questions

#### TEAM COACH:

via phone or Facebook

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

#### ALL-STAR DIRECTOR:

[cheer@ourtribeathletics.com](mailto:cheer@ourtribeathletics.com)

- Hotel and Competition Questions
- Team/Individual Questions not first resolved with Team Coach
- Questions regarding Team Placements, necessary skills towards next season, etc.
- Questions regarding scoring, Teams, etc., not first resolved by speaking with Team Coach

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.



# COMPETITION POLICIES

ALL COMPETITIONS and SHOWCASES (End-of-Season Send Offs, etc) are REQUIRED. We will discuss these items more as the competition season approaches, but please understand at competitions that all Athletes are required to be at ALL TRIBE TEAM PERFORMANCES unless otherwise noted on an itinerary. The vibe of the Tribe gym every time an Athlete walks on the floor in their uniform is huge to us. Thanks for helping make our competition day atmosphere like no other!

Please ensure that Athletes are on time and fully ready at their Team meet time. Hair and make-up details will be sent before the competition season. Athletes with improper hair or make-up will be required to fix it prior to competing.

NO JEWELRY is allowed at competitions as per USASF guidelines. Athletes will be required to remove all jewelry prior to warm up. Please note this for timing if getting new piercings, etc. FINGERNAILS must be trimmed to a safe length. Long nails, whether real or fake, will not be allowed due to the safety issues it causes for the athlete and other athletes on the floor. Coaches will trim nails if necessary to keep Athletes safe.

At the competition, the first priority for the Athlete and the Family of the Athlete is that we are there to compete and there for our Team. Please wait to make plans with family/friends until you have a final schedule. Also note that Teams will do team dinner sometimes as a fun way to bond and grow together.

AWARDS are NOT OPTIONAL for your Athlete's Team. ALL Athletes should be present in full uniform unless our Staff indicates otherwise. Athletes missing awards will be removed from their Team permanently at our Staff's discretion.

## COMPETITION WEEK INFORMATION

First draft itineraries come out on TUESDAYS from the Tribe office. This itinerary is very likely to change. Schedule changes, last-minute updates, etc will be posted in the Team Facebook Groups. It is imperative the parent traveling with the Athlete is in the Team's group.

\*\*\*Please block off the FULL DAYS of the competition. Plan on each competition taking the entire day from approximately 7AM-10PM as we do not receive schedules of performance times until the week before the events in most cases. At most competitions, all TRIBE Athletes are expected to be at each TRIBE performance.\*\*\*





# COMPETITION SCHEDULE

All competitions are REQUIRED (for respective Teams going to each competition). NO EXCEPTIONS. Cheerleading is very much a team sport. If one member is absent the ENTIRE Team loses out on their hours of practice time. Please note schedule is subject to change and we will notify you as soon as we are made aware of any changes.

PLEASE BLOCK OFF the following weekends (additionally plan that an event could be any weekend January - April). As a reminder, the two practices prior to each event are required.

- February 22nd, 2025 (CSG Des Moines)
- March 8th, 2025 (Spirit Sports Des Moines)
- April 12th, 2025 (US FINALS Des Moines)
- April TBD, 2025 (End of year showcase at Final Team Practice)

Competitions from January-April are typically two-day competitions where Novice Athletes and Teams will compete only on SATURDAY unless otherwise communicated.

It is important to us to give our entire Tribe a positive competition experience where Athletes get to compete, have opportunities for bids to end-of-the-year events, and in venues that are great experiences for our Families for viewing, hotel-booking, travel distance, and more!





# FREQUENTLY ASKED QUESTIONS

## ANSWERS TO SOME F.A.Q.s

What days will we have practice?

Practice schedules will be released with Team placement emails in November - once we work through the created Teams, staffing, floor rotations, etc. Team practices follow our School Year Schedule as follows:

- Each Team will have one practice on Sunday + one practice on either Monday, Tuesday, or Thursday.

I/My Athlete have/has \_\_\_\_\_ skills...which Team will I/they make?

We do not know exactly the Teams we will have until after registration day. While certain skills drive Athletes to different levels, as a Staff we are looking to create TEAMS that will succeed and compete well with the information and knowledge we have on the scoring system. Many of our L1 Athletes are working on L2 skills after perfecting their L1 skills, many of our L3 team Athletes already have individual L4 skills, and so on. The key to success is to create Teams that are well-rounded and will hit every area of the scoresheet. Much like baseball/softball teams, it is not advantageous to have a "16 and under Team" (Junior Division) that is full of 8-10 year olds. Those Athletes will become much more competitive on an "12 and under Team" (Youth Division) that is full of Athletes that age who will compete against athletes their same age.

I've never cheered before...can I still participate? Will I make a Team?

NO EXPERIENCE is necessary! We have an age group and level for every Athlete's needs and experience from beginners to the most elite Athletes in the state.

How do you decide which Athletes are placed on which Team?

We place Athletes based on the divisions we are allowed to compete in by the governing body of all-star cheerleading, The USASF.



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

