

A young girl with blonde hair in a ponytail, wearing a black and white cheerleader uniform with "TRIBE" on the chest, is smiling and looking off to the side. The background is a blurred indoor sports arena.

PREP TEAM HANDBOOK

TRIBE
ATHLETICS
2023-2024



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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

MONTHLY 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 will be split as per our Prep Team Fee Calendar on the next page, in addition to your regular monthly tuition.

Monthly Tuition for Prep Teams is billed from September 2023-April 2024 on the first of each month. \$100/mo Tuition includes two (1.5-hr each) Team practices per week and one tumbling class (1-hr).

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 the following page. These fees do not include travel costs, end of the year competitions, extra classes, practice wear, or lessons.

**FULL FEE
SCHEDULE
ON NEXT
PAGE**



2023-2024 FEE SCHEDULE

MONTH	TUITION	FEES
August 19, 2023		<p>DUE AT TEAM PLACEMENTS:</p> <p>APPAREL FEE (\$360) - the apparel fee will be reduced to \$160 if a uniform isn't needed for the 2023-2024 season</p> <p>Backpack^ (\$70)</p> <p>Jacket^ (\$135)</p>
September 1, 2023	\$100 Monthly Team Tuition	<p>Insurance Fee (\$50) - if September is your Athlete's anniversary month, otherwise charged during your Athlete's anniversary month</p> <p>Shoes (\$90)</p> <p>Choreo/Music (\$225)</p>
October 1, 2023	\$100 Monthly Team Tuition	CC Fee #1: \$225
November 1, 2023	\$100 Monthly Team Tuition	CC Fee #2: \$225
December 1, 2023	\$100 Monthly Team Tuition	CC Fee #3: \$225
January 1, February 1, March 1, April 1, 2024	\$100 Monthly Team Tuition	<p>No additional fees during these months. Please note that pending competition budget, there may be an additional Competition Fee associated with The US FINALS end of season event.</p>

^ These items are optional and must be ordered and paid for during the Team Placement weekend process if you would like to order for your Athlete.



'23-'24

IMPORTANT DATES

MONTH	DATE
AUGUST 2023	August 19: Prep Team Placements August 23: Prep Team Announcements Emailed
SEPTEMBER 2023	September 1 - September 4: Gym Closed for Labor Day Weekend September 5: Prep Team Practices and School Year Schedule Begin
OCTOBER 2023	October 22: 8th Annual POW△WOW - Showcase of Teams and Picture Day (Required)
NOVEMBER 2023	November 18: Tribe's 8th Birthday November 20 - November 25: Gym Closed for Thanksgiving Break November 26: Gym Reopens for Team Practices (may be required pending competition schedule - please plan accordingly to be in town this day)
DECEMBER 2023	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	
MARCH 2024	March 8 - March 16: Gym Closed for Spring Break March 31: Gym Closed for Easter Sunday
APRIL 2024	TBD: 8th Annual Festival of Feathers Awards Banquet TBD: US Finals Competition TBD: 2024-2025 Elite Team Registration



Each Team will have four mandatory hours of practice per week. Two, 1.5-hour Team practices and one, one-hour tumbling class

Practices & Weather

Each Team will practice during two, 1.5-hour practices per week. In the event of inclement weather, the Tribe Staff will do our best to reschedule the practice. During holiday closures, or if practices cannot be rescheduled, no refund of tuition will be given. On weekdays, any closures will be announced no later than 4PM. On Sundays, any closures will be announced no later than 12PM.

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.

Maintaining Skills

Athletes are expected to maintain the skills that placed them onto their Team and level. We understand that Athletes will have struggles with skills and this is part of the learning process. To keep our Teams competitive and our Athletes safe and progressing, we will adhere to the following policy:

- 1) If an Athlete loses a skill thrown at evaluations/placements, there will be communication directly from the Coach to the Parent/Family/and Tribe Office immediately.
- 2) Athletes will be required immediately to take their one required tumbling class PLUS at least one private lesson per week with one of their Team Coaches until the skill is regained.
- 3) If after 30 days, the Athlete is not completing the skill, Tribe will determine if it is in the best interest of the Athlete and the Team to move them to a different Team.



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 of. 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 email the office in advance so we can pass that information onto the Team Coaches.

Missing for events like birthday parties or "family in town" is not advisable – thank you in advance for helping us teach your Athlete the importance of commitment.

Absences will be limited to the following:

SEPTEMBER 5, 2023 - APRIL 30, 2024: UP TO, but not more than, four total absences for any reason

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

COMPETITION WEEK PRACTICE ATTENDANCE

In October before the Showcase and November 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 (October-May) 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.

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 add you after Team placements are announced)

Vibes of the Week - our weekly Monday email communication

Phone - our office number is 515-369-3700 and is typically available for calls from 8AM-5PM Mondays - Thursdays, and 8AM-12PM Fridays

Our website, which is updated weekly: www.ourtribeathletics.com

• WHO Should You Contact?

THE TRIBE OFFICE:

office@ourtribeathletics.com

- Billing Questions
- Attendance/Missing a Future Practice
- Apparel Questions
- Hotel and Competition Questions
- Parent Portal Related Questions
- Make-Up Classes

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:

via Facebook or thru the Office

- 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

GENERAL COMPETITION POLICIES

ALL COMPETITIONS and SHOWCASES (POWWOW, 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. 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 POWWOW showcase in October. Athletes with improper hair or make-up will be required to fix it prior to competing. Athletes must have their Tribe Backpack and Tribe Warm-Up Jacket at each competition to unify our group and impact our presence in each arena.

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.

It is the responsibility of each Family to book their own hotels and travel for any out of town competitions. The Tribe Office will send out hotel information for all competitions by mid-Summer (earlier if we are able). Room blocks will fill, so please book immediately.

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.

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.

MOST COMPETITION DETAILS ARE RELEASED TO US BY MID-SUMMER. TO PROVIDE OUR ATHLETES AND FAMILIES WITH THE BEST POSSIBLE EXPERIENCE, WE WILL GATHER ALL INFORMATION AS IT BECOMES AVAILABLE BEFORE FINALIZING OUR COMPETITION SCHEDULE FOR THE 2023-2024 SEASON.

POWWOW is our Annual Showcase (and Team/Individual Picture Day) and will be held on Sunday, October 22, 2023.

We try to have approximately FOUR to FIVE competitions for Prep Teams from November thru April, plus the possibility of The US Finals.

Competitions from December thru March are typically two-day competitions where Prep Teams will compete ONE DAY (almost always Saturday).

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!

**FULL
SCHEDULE
WILL BE
AVAILABLE AT
PREP TEAM
PLACEMENTS**





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 August - once we work through the created Teams, staffing, floor rotations, etc. Team practices follow the School Year Schedule as follows:

- School Year: Labor Day Weekend thru end of season - 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.

What levels of Teams does Tribe typically offer?

We generally are able to offer two to three Prep Teams at various ages and levels. To see a full list of available level options, please visit www.usasf.net

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.

TRIBE
ATHLETICS



WE OVER ME

www.ourtribeathletics.com