

◀◀◀  
***WELCOME PARENTS!***

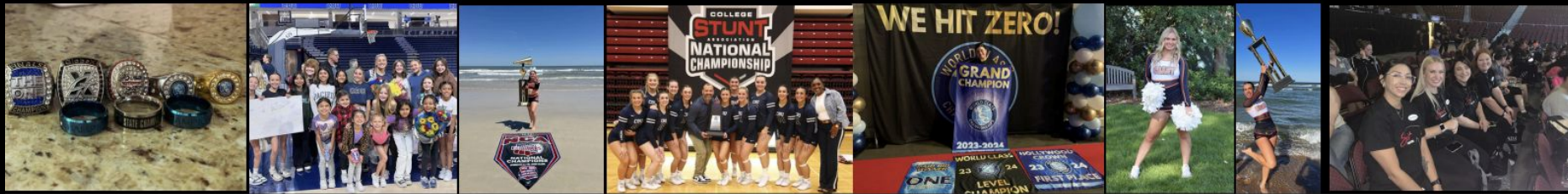
***INFO MEETING***

***SEASON 6 SPS!***



*Spirit*  
PREPARATORY SCHOOL





## All Coaches Are:

- USA Cheer Members
- Certified in Youth Sports Safety (ACCAA)
- Background Checked & Livescan Cleared
- Trained in Safe & Proper Skill Progression
- Emergency Plan Prepared (EPA) printed inside GYM & gone over once a year with our staff members.
- Trained in SHP California procedures as working with children
- Each year staff members complete a SHP course

COACHES ARE LIFELONG ATHLETES & AWARD WINNING IN CHEER & POM



# ***Dr Ed Garrett, CH-C***



## **Cognitive Coach for CBU Stunt & Cheer since 2018**

- Professor of Sport & Performance
- Psychology at Cal Baptist University
- Program Coordinator, Bachelor of Science
- in Sport & Performance Psychology
- Approved Mentor with Association of
- Applied Sport Psychology
- USA Cheer Cognitive Training Presenter
- (2022)
- Clinical Hypnotherapist
- Board Certified Counselor that works only with
- Competition teams here at SPIRIT.

# WELCOME

# NIGHTMARES

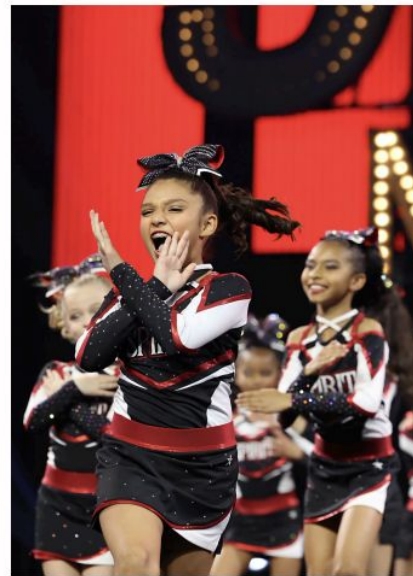
As we step into **Season 6** of competition at **Spirit Preparatory**, we are beyond excited to continue cultivating a **loving and healthy environment** where our athletes can thrive. This season is about more than just routines and trophies—it's about fostering **competitive spirits**, embracing **team effort**, and committing to **growth, unity, and loyalty** toward something **greater than just a win!**

## Deposit Total: \$1k

(Part One) \$500.00 DUE: June 1st - 3rd.

(Part Two) \$500.00 DUE: July 1st

You can choose to either pay off your Competition Season in Parts or in full. Pay in, 1 Part, 2 Parts, 3 Parts, 4 Parts, or Monthly broken up payments over the Season 2025/2026.



Camp RSVP deposit due by June 15th \$100.00 per athlete. Full camp payment due by the end of June - \$400.00.

**No 15th Payment** if the comp payment is paid off in full.

**Together, we will push our limits, support one another, and celebrate every milestone along the way.  
Let's make this season AMAZING & UNFORGETTABLE!**



# Season 6! Rules & Policy Coverage!

## Tuition Policy – Quick Guide for Parents

### 1. Due Date & Late Fees

- Tuition is due on the 1st of each month.
- A \$25 late fee applies if not received by the 3rd.
- NSF (non-sufficient funds) fee: \$35 extra.
- Late and NSF fees are combined three days after a declined payment.

### 2. Payment Requirements

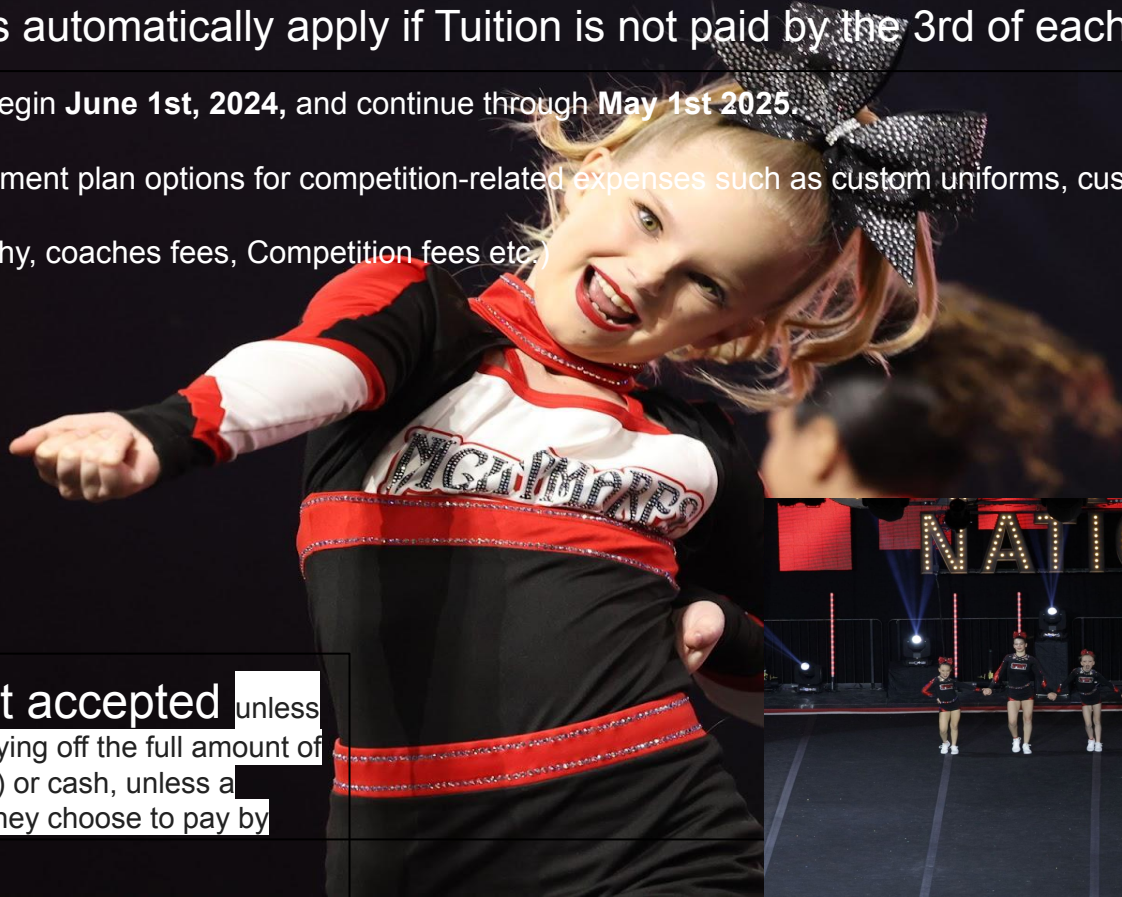
- Tuition must be current for students to attend practice/class.
- Monthly tuition is flat rate (not based on holidays/closures).
- No refunds on tuition.



### 3. Payment Methods

- Payments are automatic debit per the “Payment Plan Agreement.”
  - Accepted methods: Debit/Credit cards (auto-pay ONLY).
  - Late fees automatically apply if Tuition is not paid by the 3rd of each Month.
- Payments begin **June 1st, 2024**, and continue through **May 1st 2025**.
  - Multiple payment plan options for competition-related expenses such as custom uniforms, custom bows, Music, Choreography, coaches fees, Competition fees etc.)

Checks are not accepted unless it's for the deposit or paying off the full amount of (the comp payment plan) or cash, unless a payment declines and they choose to pay by cash afterward.





**\*Please note:** These totals are estimates and may vary slightly as we finalize team logistics. Monthly tuition is billed separately from seasonal team costs. Payment plans will be available.

We're so excited to kick off Season 6 with our amazing Spirit athletes!\*

## Other rates Continued:

### *Other Rates:*

- Competition Team (4 hrs/wk): **\$255**
- Open Gym: \$10/ per day
- Private Lessons (1 hr): \$65
  - Drop-in Rate: \$35 per class

**COMP MEMBER: \$15.00**

**Fees New & Existing members:**

- Registration Fee: \$50
- Annual Membership Fee: \$50
- Discounts: One sibling/multi-class discount per family.

COMPETITION TEAM

## **PROGRAM COSTS**

### **CHEER TEAM**

- **Practices:**
- 2 practices/week | 4 total practice hours/week
- Monthly Tuition: **\$255.00/month**

### **PROGRAM FEES:**

- Routine Composition: **\$625.00**
- Skill Camp: **\$475.00**
- Competition Fees: **\$1,000.00**
- Coaches' Fees: **\$350.00**

### **UNIFORM & GEAR:**

- Uniform: **\$625.00**
- Practice Wear: **\$225.00**
- Shoes: **\$95.00**
- Practice & Performance Bow: **\$50.00**

### **FUNDRAISING FEES:**

Music & Registration fees: **\$200.00**

### **TOTAL ESTIMATED COST:**

**\$3,645.00**

### **POM TEAM**

- **Practices:**
- 2 practices/week | 4 total practice hours/week
- Monthly Tuition: **\$255.00/month**

### **PROGRAM FEES:**

- Routine Composition: **\$625.00**
- Skill Camp: **\$475.00**
- Competition Fees: **\$1,000.00**
- Coaches' Fees: **\$350.00**

### **UNIFORM & GEAR:**

- Uniform: **\$625.00**
- Practice Wear: **\$225.00**
- Pom Poms: **\$125.00**
- Practice & Performance Bow: **\$50.00**

### **FUNDRAISING FEES:**

Music & Registration fees: **\$200.00**

### **TOTAL ESTIMATED COST:**

**\$3,675.00**

# 2025-2026 PROGRAM FEE PAYMENT PLANS

## CHEER TEAM

DEPOSIT: \$1,000 (DUE JUNE 1ST)

● REMAINING PROGRAM FEES: \$2,645.00

### OPTION 1: ONE PAYMENT **\$2,645.00**

- Registration Packet Completed by June 3rd
- Full payment DUE by July 15<sup>th</sup> 2025

### OPTION 2: THREE PAYMENTS **\$881.67**

- Registration Packet Completed by June 3rd
- 1<sup>st</sup> Payment DUE by July 15<sup>th</sup> 2025. (\$881.67)
- 2<sup>nd</sup> Payment DUE by Aug 15<sup>th</sup> 2025. (\$881.67)
- 3<sup>rd</sup> Payment DUE by Sept 15<sup>th</sup> 2025. (\$881.67)

### OPTION 3: 10 PAYMENTS **\$264.50**

- Registration Packet Completed by June 3rd
- Payment 1 DUE \$264.50 - July 15<sup>th</sup> 2025
- Payment 2 DUE \$264.50 - August 15<sup>th</sup> 2025
- Payment 3 DUE \$264.50 - September 15<sup>th</sup> 2025
- Payment 4 DUE \$264.50 - October 15<sup>th</sup> 2025
- Payment 5 DUE \$264.50 - November 15<sup>th</sup> 2025
- Payment 6 DUE \$264.50 - December 15<sup>th</sup> 2025
- Payment 7 DUE \$264.50 - January 15<sup>th</sup> 2025
- Payment 8 DUE \$264.50 - February 15<sup>th</sup> 2025
- Payment 9 DUE \$264.50 - March 15<sup>th</sup> 2025
- Payment 10 DUE \$264.50 - April 15<sup>th</sup> 2025

# 2025-2026 PROGRAM FEE PAYMENT PLANS

## POM TEAM

DEPOSIT: \$1,000 (DUE JUNE 1ST)

● REMAINING PROGRAM FEES: \$2,675.00

### OPTION 1: ONE PAYMENT **\$2,675.00**

- Registration Packet Completed by June 3rd
- Full payment DUE by July 15<sup>th</sup> 2025

### OPTION 2: THREE PAYMENTS **\$891.67**

- Registration Packet Completed by June 3rd
- 1<sup>st</sup> Payment DUE by July 15<sup>th</sup> 2025. (\$891.67)
- 2<sup>nd</sup> Payment DUE by Aug 15<sup>th</sup> 2025. (\$891.67)
- 3<sup>rd</sup> Payment DUE by Sept 15<sup>th</sup> 2025. (\$891.67)

### OPTION 4: 10 PAYMENTS **\$267.50**

- Registration Packet Completed by June 3rd
- Payment 1 DUE \$267.50 - July 15<sup>th</sup> 2025
- Payment 2 DUE \$267.50 - August 15<sup>th</sup> 2025
- Payment 3 DUE \$267.50 - September 15<sup>th</sup> 2025
- Payment 4 DUE \$267.50 - October 15<sup>th</sup> 2025
- Payment 5 DUE \$267.50 - November 15<sup>th</sup> 2025
- Payment 6 DUE \$267.50 - December 15<sup>th</sup> 2025
- Payment 7 DUE \$267.50 - January 15<sup>th</sup> 2025
- Payment 8 DUE \$267.50 - February 15<sup>th</sup> 2025
- Payment 9 DUE \$267.50 - March 15<sup>th</sup> 2025
- Payment 10 DUE \$267.50 - April 15<sup>th</sup> 2025





## Competition Team – Practice Policy

### **1. Practice Days**

- Each team has two scheduled practices per week.
- Specific times will be shared after team rosters are finalized.

### **2. Practice Etiquette**

- Arrival: Arrive at least 5 minutes early.
- Preparation: Be ready to start immediately—shoes on, hair up, correct attire, and restroom used.
- Phone Use: Phones must be silenced and stored for the entire practice.

### **3. Jewelry Policy**

- No jewelry allowed for safety and compliance—no exceptions.



## **Practice Policy cont.**

### ***4. Team Practice Wear***

- Practice wear details will be provided once teams are finalized.

### ***5. Additional Practices***

- Mandatory additional practices may be scheduled throughout the season.
- These will be announced at least 2 weeks in advance and may include weekends.

### ***6. Makeup Tokens***

- No makeup tokens for missed competition practices due to gym closures.
- Tokens will be given for additional competition-focused practices.
- 24-hour notice required for other absences to receive a makeup token.

### ***7. Practice Time Adjustments***

- Practices may start early or run late—parents will be notified in advance.



## **Absence Policy**

Each athlete is allowed to be absent 2 times throughout the entire season. If there is an emergency that arises the athlete will not be penalized if there is proper documentation that proves the athlete could not make it to practice (ie. doctor's note excusing the absence). During competition season, no athlete is allowed to miss practice the week of a competition or event, black out dates for practices that your athlete must be at will be released once competitions are set. If the athlete misses practice within the black out dates, they may not be allowed to compete with their team and will possibly forfeit their position on the team for the rest of the season. Athlete's accounts will also be charged a \$50 fee to cover any additional time for the team to make changes to their routine. If an athlete misses more than 2 practices, they will be moved from their positions in the routine and could possibly forfeit their position on the team entirely. After an athlete is absent more than 2 times, a meeting will be held and the athlete's account will be charged \$50 per unexcused absence. At any time after 2 unexcused absences, SPS has the right to determine the athlete as forfeiting their position which would result in enforcement of the "Quitting" policy. An excused absence is defined as an absence with a Doctor's note or other approval from the Gym Owner and/or Competition Director. Athletes are required to attend both Camp & Choreography. If an athlete cannot attend Camp they must learn the skills taught either with other athletes, open gym or private lessons with their coach. Choreography is **MANDATORY** and all athletes will be required to attend and participate. Cheerleading and Pom/Dance are team sports and we depend on all athletes to be at every practice. Every time an athlete misses they push the team back and require the coaches to re-choreograph parts of the routine. We want our athletes to take pride in their sport and their team so we take missing practices very seriously. We CANNOT be competitive without your support as a parent ensuring your child arrives on time and to each and every practice.

# Competition Quitting Policy

## - *Withdrawal Before Season Start*

Athletes and their families who determine that the team is not a good fit may withdraw from the program without penalty until *August 5th*. To avoid financial obligations beyond this date, notice of withdrawal must be provided by the specified deadline.

## For withdrawals after August 5th, the following conditions apply:

**1. Payment Obligations:** Athletes must pay for the remainder of the season, including any apparel, competition fees, or other expenses incurred by the team on their behalf.

**2. Quitting Fine:** A quitting fee of \$300.00 will be assessed. This fee covers the costs associated with non refundable items and prevents financial loss for the team.

**3. 30-Day Notice:** A formal 30-day notice must be submitted to the office to cease enrollment and discontinue tuition payments for recreation classes.

**4. No Refunds:** There will be no refunds issued under any circumstances.



## Forfeiture of Position

- *If an athlete forfeits their position on the team due to excessive absences, behavior issues, or rule violations, the following conditions apply:*

**1. Payment Obligations:** The athlete is still required to pay for the remainder of the season, including any associated costs.

**2. Quitting Fine:** A quitting fee of \$300.00 will be charged.

**3. 30-Day Notice:** A 30-day notice must be submitted to the office to officially withdraw and stop tuition payments.

**4. No Refunds:** No refunds will be provided, regardless of the circumstances.

### Competition Team Attendance

- Members of competition teams are not permitted to miss no more than two classes during a Competition season.
- Exceeding this limit will result in the voluntary forfeiture of their position on the competition team.



## UNOFFICIAL Warm-Ups



# SPIRIT

## Optional Bows for Season 6:

V  
VARSITY  
ALL STAR  
FASHION



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# SPIRIT

## Optional Bows for Season 6:

V  
VARSITY  
ALL STAR  
FASHION



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**VARSITY**  
ALL STAR  
FASHION



\*\*\*Logo cannot be on the back of this style\*\*\*



**MOCK UP OF SPIRIT WEAR**

Prepared for : Spirit Preparatory School



\*\*\*cannot add logo on skirt\*\*\*



\*\*\*shorts do not come in red\*\*\*

# SPIRIT

MOCK UP



## CHEER Uniform Season 6 (Varsity)

- **Gems shown Front & Back**
- **Desired hairstyle high pony**
- **Long Sleeve**
- **Mesh cut outs**
- **(elastic) Gemmed Waistband**
- **Rhinestone neckline**
- **Black Bedazzled Bow (TBD)**
- **Vertical Forearm Rhinestone design**



## Pom Uniform Season 6 (Varsity)

- Mesh Rhinestone Neckline
- Mesh Torso Cut Out (Grey)
- Varsity Style Vertical Gemming on both sleeves
- Rhinestone Effects
- NIGHTMARES (Backline)
- GREY Mesh Cut Outs
- Maroon ombré lower half
- Slick back BUN hairstyle - RED hair piece TBD





# Garment Bags

**V**  
VARSITY  
ALL STAR  
FASHION



## OPTIONAL ITEMS (Part 1)





NEW- Maxout backpack  
Shimmer black or white backpack with attached fanny pack..

## Sublimated Bags



## PART 2

### OPTIONAL SPIRIT Bags Season 6

STOCK BELT BAG



SUBLIMATED BELT BAG



**V**  
VARSITY  
ALL STAR  
FASHION



A

## Part 3



**V**  
VARSITY  
ALL STAR  
FASHION





## Tips from SPS Staff



### What to Bring:



Refillable or disposable water bottle



A snack to keep your energy up



Small notebook + pen or pencil for notes



Extra hair ties or accessories



Optional: Cell phone or small recording device to review material

- Get plenty of sleep!
- There's a lot to learn and process — being rested will help your memory and focus.
- Eat before you arrive!
- Even if you're nervous, don't skip food. Fuel = Focus + Performance.
- Start stretching now!
- Cheer & Pom demand flexibility. Daily stretching helps prevent injuries and soreness.
- Have FUN & be yourself!
- Evaluations are not just about skills — they help us see your personality, potential, and teamwork!
- Think of it as practice for leadership, job interviews, public speaking, and real-world confidence.



# GET READY WITH US!

## TRYOUT EDITION



### ✓ What to Wear:

Athletes should wear something they feel comfortable to workout in! Gear should be free of zippers, buttons and hoods. Athletes must remove all jewelry and cut long nails prior to arriving at Clinic and Evaluations. Athlete's hair must be pulled up and out of their face. We encourage athletes to wear SPS Colors!

- ☐ Sports Bra/Undershirt
- ☐ Athletic Wear Tank or T-shirt
- ☐ Athletic Shorts or Pants
- ☐ Cheer Shoes/Athletic Shoes
- ☐ \*PomJazz Shoes
- ☐ \*Optional: Hair Bow





# Fundraising Opportunities

**Minimum Fundraising Requirement:** \$200 for banquet and team bonding events.

## Fundraising Options:

- Excess fundraising can be applied toward program costs.
- If fundraising is not met, the remaining balance will be charged to the athlete's account.

**Buy-Out Option:** Parents may opt out by paying \$200 directly.





# Parent & Athlete Code of Conduct

## Athletes:

- Represent SPS positively.
- Arrive on time with full competition attire and makeup.
- No bullying, negative comments, or inappropriate behavior.

## Parents:

- Model respectful behavior at competitions, practices and team bonding events.
- No arguing with staff, coaches, or judges.
- Violations may result in forfeiting team membership with no refunds.



## Competition Program Contract 2025 - 2026

Spirit Preparatory Academy, LLC.

Competition Team Program

Est. 2020

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

[spiritprepschool@gmail.com](mailto:spiritprepschool@gmail.com)

9950 Indiana Ave Unit 8 Riverside CA 92503

951 - 977 - 8810

Welcome to the Spirit Preparatory Academy's Competition Team Program 2025 - 2026!

Our goal is to outline our expectations and policies in this Program Contract for the competition season.



# ONE

TO

# REMEMBER



YOUR WORLD CLASS  
SUMMER IS HERE!

WCC Staff would bring athletes together at SPIRIT PREP to create an unforgettable experience filled with energy, connection, and growth, 2 day 6 hour CAMP clinics!

This camp would potentially be from July 18th/19<sup>th</sup> between 9:00 AM - 3:30 PM



9950 Indiana Ave  
Riverside CA 92503



*Spirit*  
PREPARATORY SCHOOL



2025

# SHARP

# SUMMER

# CAMPS

9-3PM

IN House Camp!



*Register online*

CHEER  
POM  
DANCE  
HIP HOP  
DRILL




*Spirit*  
PREPARATORY SCHOOL

JULY 25-26th  
Option 2

# FINAL CAMP OPTION (COMMUTER)!

- Sierra Vista High School 3600 Frazier St, Baldwin Park, CA 91706
- (2 DAY)



# ONE TO REMEMBER



## SAN GABRIEL VALLEY COMMUTER CAMP 2025

Sierra Vista High School  
Baldwin Park, CA

Our unique camp experience ensures athlete interaction with students from diverse schools promoting teamwork and sportsmanship.

While receiving the specialized WCC experience, athletes can also enjoy the traditional camp ambiance, surrounded by a variety of teams, encouraging connections and collaborative teamwork.



**JUNE 27-28, 2025**  
**Option 1**



Commuter camps include an additional 4-hour stunt clinic with a paid deposit!

Sierra Vista High School  
3600 N. Frazier St.  
Baldwin Park, CA 91706

**2 DAY** Commuter Camp!



# Competitions & Showcase Details

## 5-7 Competitions per Season

- **Competition Dates:** Official schedule released after choreography. (tentative schedule is down below)
- Primarily local competitions with 1 Guaranteed out-of-state event (e.g., Las Vegas).
- Event producers include JAMZ, World Class Cheer, and Spirit Sports.
- Most competitions will not tell is competition times and exact dates until the Monday before an event. (we will release information as soon as we have access to it).

## Showcase Expectations: At least two showcases a season

- Beginning & End of Season Showcases.
- All Competition athletes are required to participate on both spring shows
- Full uniform, hair, and makeup required.

## **SHOWCASE** *TENTATIVE DATES*

**FALL SHOWCASE 2025**

**NOVEMBER 15<sup>TH</sup>**

**SPRING SHOWCASE 2026**

**APRIL 18<sup>TH</sup>**



## COMPETITION TEAM AUDITIONS

### LOOKING FOR THE NEXT STARS IN SEASON 6 AUDITIONS

Join the Spirit Preparatory School family! We're accepting new athletes for our 2025-2026 Elite Competition Cheer & Pom Teams. Tryouts are in May. Don't miss this chance to become a Nightmare!



Audition(s):



May 10th or 17th 2025



Time:

12:00 - 2:00 PM

Registration Start: NOW until July 4th.

Contact Us: (951)-977-8810

9950 Indiana Ave Riverside CA

ADDITIONAL COMPETITION TEAM

## INFORMATION



### COMP CONTRACT

- ABSENCE POLICY
- BLACKOUT POLICY
- VACATION POLICY
- PARENT CODE OF CONDUCT
- SPORTSMANSHIP AT PRACTICE & AT EVENTS



### COMPETITIONS & EVENTS

- 5-7 COMPETITION PER SEASON
- FIRST EVENT IS TENTATIVELY OCT 27TH
- EVENT PRODUCERS: JAMZ, WORLD CLASS CHEER, SPIRIT SPORTS & MORE!
- COMPETITIONS ARE MOSTLY LOCAL
- AT LEAST ONE OUT OF STATE SUCH AS LAS VEGAS



### FUNDRAISING

- \$200 FUNDRAISING OR BUY-OUT FOR BANQUET & TEAM BONDINGS
- ADDITIONAL FUNDRAISING OPPORTUNITIES TO REDUCE SEASON COST

- Solidifying teams over Memorial Weekend! You will get notice of team made & designated practice days & times.

# Key Dates for 2025-2026



- **MAY 10TH & 17TH:** Tryout Clinic (PM – PM) (\$25 Fee)
- **MAY 10TH & 17TH:** Tryouts & Evaluations (Time TBD) (\$35 Fee)
- **BY MAY 27TH:** Team Placement Letters Sent
- **JUNE 1st - 3RD:** Team Acceptance & Contracts Due
- **JUNE 1ST - 3RD:** Deposit & 1st Tuition Due
- **JUNE 9TH:** Team Practices Begin!
- **JULY 1ST:** Uniform & Practice Wear Fittings
- **JUNE 1ST - JUNE 25TH:** Summer Break JUNE (means if athletes miss these practices these missed classes will not be counted against them)
- **July 16th/23rd OR July 30th/Sept 6th OR AUG 2nd/9th:** Choreography DATES dependant on team
- **2 WEEKS PRIOR TO ALL COMPETITIONS:** Blackout Dates



# BLACK OUT DATES:

“Blackout dates” are 2 weeks prior to competitions which means no unexcused absences may occur for the benefit of the entire team. If your athlete has an unexcused absence at practice the week before a competition, they can be moved and/or taken out of the routine. Athletes are required to stay with their team and follow specific competition guidelines pertaining to what to wear, where to be, and when they are allowed to have free time.

- (9th - 21st *NOV* Blackout)
- (30th -6th -11th *DEC* Blackout)
- (5th - 10th *JAN* Blackout)
- (26th *JAN* - 6th *FEB* Blackout WCC)
- (8th - 21st *FEB* National Blackout)
- (1st - 14th *MAR* Blackout)
- (15th - 22nd Blackout) \*SB\* 23-27th - **COMP** 28th/29th  
**MARCH**
- (29th *MAR* - 11th *APR* Blackout week)
- (19th *APR* - 1st of *MAY* Blackout)

# Additional Important Information



- **Communication Platform:** BAND App for team updates, shared media, and urgent messages.
- **Injury Policy:** Doctor's note required for any absences due to injury or Sickness
- **Makeup Tokens:** are only issued for missed practices due to injury or excused absences.
- **Vacation Requests:** Must be submitted at the start of the season. Gym closures align with the RUSD school calendar (this is when we recommend you take family vacations/trips)



**In the Works! (Pending)**

**LA KINGS/CLIPPERS & PRINCESS  
CRUISE LINES PERFORMANCE.**



# Thank You!

- Join the Spirit Family! 🌟
- Season 6 Parents will Stay connected through BAND APP and email.
- Questions?
- Contact us at:  
EMAIL: [spiritprepschool@gmail.com](mailto:spiritprepschool@gmail.com)
- OR CALL US: 951-977-8810



## Any Questions?

