



Program Packet 2026-2027

Welcome to Washington Extreme! We are dedicated to helping our athletes develop the skills, confidence, and discipline needed to succeed in All Star cheerleading and beyond. Our passionate staff provides high-quality training through a variety of classes and programs designed to support each athletes' growth, development and success. Before joining our program, we encourage families to carefully review our programs and policies to ensure Washington Extreme is the right fit. Our program is built on strong commitment, accountability, and high expectations for athletes, families and coaches alike, creating an environment where every athlete has the opportunity to thrive.

PROGRAM POLICIES & EXPECTATIONS

ATTENDANCE

Athletes are expected to attend every practice. Athletes are allowed a total of 6 absences during the season (June-April). **All pre-planned events/absences must be submitted via BAND message to your team coaches a minimum of 2 weeks prior to the event.**

- All planned absences must be submitted to coaches, even if they do not interfere with scheduled practice days/times. This helps coaches when scheduling added practices, choreography dates, etc.
- Coaches reserve the right to fill any spots in routines due to absences. Athletes will be added back at the coaches discretion.
- All additional practices are required to attend.
- **Attendance is required the 2-weeks leading up to any competition and/or performance.** Any absence during the 2-weeks prior will be grounds for an athlete to be removed from the routine for that competition or performance. Any absence at a competition will be grounds for an athlete to be removed from the routine. Athletes will be added back at the coaches discretion.
 - Athletes' accounts will be charged a rescheduling fee of \$100 for each occurrence if they miss practice within the 2-week required window before competition and/or performances.

BEHAVIOR

We expect all athletes and families to represent Washington Extreme in a positive manner both in person and on social media. Negative talk or gossip about athletes, staff and/or other programs is not tolerated. Avoid posting or sharing anything that is negative or is inappropriate for a young audience. If you have a concern, please see the communication section for protocol. **Failing to abide by these behavior expectations will result in removal from our program.**

INCLEMENT WEATHER POLICY

We utilize District 81, Central Valley and Mead school districts relative to inclement weather closures. If 2 of the 3 districts close, we will close the gym. Gym closure information will be posted on social media & BAND app. WE reserves the right to open or close the gym regardless of school closures.



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ILLNESS & INJURY

You must attend practice even when you feel sick, unless you have a fever higher than 100.4, vomiting, diarrhea or any other contagious illness. If you do not have any of the above symptoms OR a doctor's note, you are required to attend practice. If consultation with a physician is necessary, athletes will not be allowed to resume participation until released in writing by the treating physician. Appointments with family members or parents who work in healthcare do not qualify as valid medical visits for attendance or excusal purposes. If consultation with a physician is not necessary, athletes are encouraged to communicate with coaches for breaks and/or modifications. All injured athletes must continue to pay monthly tuition and team fees.

- Injuries and medical concerns must be reported to the coaches immediately.
- If an athlete sits out of practice or modifies skills due to injury or illness, the athlete must have a physician's note stating they are required to sit out of physical activity to continue to sit out of practice after the first occurrence.
- Coaches may re-choreograph routines based on injury or illness and length of recovery. Once the athlete has fully recovered, it is the coach's discretion whether to replace the athlete on their original team.

VIEWING AREA

If at any time Washington Extreme staff feels like the viewing area is distracting from tryouts, classes or practice, they have the right to close the viewing area until further notice. Our priority is the athletes and making sure they stay safe without unnecessary distractions.

- Only enrolled athletes and staff are allowed in practice areas. Under no circumstances may a parent come on the gym floor.
- No talking to your athlete during tryouts, practice, or classes. Staff will give athletes one warning to not talk to parents during practice.
 - After the first warning, the athlete will be dismissed from practice or class for the day.
- Lights must remain ON in the viewing area at all times.
- The viewing area is closed for team practices the two weeks leading up to every competition (comp teams only).
- Anyone staying to watch practice/classes must stay in the viewing area.

TRADEMARK NOTICE

The Washington Extreme name, logos and branding, belongs to the owner of the program. **Recreation or selling of any and all items made for team and/or gym representation is not permitted without approval.**

This includes but is not limited to; team names and any likeness to the logo, affiliation, and or program without the permission of Washington Extreme.



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COMMUNICATION

It is the athlete's and parent's responsibility to stay informed about the team.

- Check BAND APP (All Gym Updates and your team's page) and emails regularly.
- Update the front desk with accurate email addresses and phone numbers.

BAND APP

Washington Extreme's primary communication method is through BAND. All Gym Band can be accessed here: [All Gym Updates Band](#)

EMAIL

All monthly, weekly, and real-time updates will be posted on BAND, as well as emailed to families. Send questions to washingtonextremeinfo@gmail.com

WEBSITE & SOCIAL MEDIA

The Washington Extreme website and social media is updated regularly at <https://washingtonextremeallstar.com> or @washingtonextreme on Instagram and Facebook.

TEAM REPRESENTATIVE

Every team will have a designated team representative who can answer questions and address concerns. Team Reps will be assigned during team placements in May.

QUESTIONS & CONCERNS

Communicate openly with WE Staff.

If you have any questions or concerns, please use the following chain of command:

1. Team Representative (via band or in-person)
2. Front Desk (email or in-person)
3. Team Coaches (via band or scheduled meeting) *Concerns should never be addressed with junior coaches.
4. Owner (via band or scheduled meeting)

*All billing concerns must be addressed with Michelle. See financial info on pages 8-13.

DRESS CODE

All athletes need to adhere to the following when representing, practicing or competing with Washington Extreme. **Athletes may be sat out of practice if they are not adhering to the dress code guidelines. These guidelines are set in place for athlete safety and to adhere to USASF rules.**

- Wear the correct uniform, practice gear, shoes and under garments. Sports bras and spandex under loose shirts and shorts is required.
- All athletes are expected to maintain good personal hygiene.
- Remove all jewelry. NO EXCEPTIONS. Plastic, flexible spacers are okay for practice. Tape and band-aids over piercings are NOT allowed.
- Keep nails at an athletic length no longer than fingertip length. Nude or white french tips ONLY during competitions. Coaches may ask athletes to remove nail length or color if nails become dangerous or distracting.
- Hair must remain up and out of the athlete's face during practice and performance.



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HOMEWORK

Teams and athletes may be expected to complete weekly homework and submit videos during the season. Just like at school, homework ensures athletes are building a strong foundation for their skills and routines. Athletes are expected to complete homework to the best of their ability by the due date assigned by coaches.

CLASSES/CAMPS

It is the athlete's and parent's responsibility to:

- Register athletes for classes and camps through [iClass](#) prior to attending.
- If an athlete shows up to a class and is not pre-registered, they will not be able to join the class UNLESS there is available space, and will be charged an additional \$5 'drop-in' fee, on top of the class charge.
- Cancel class/camp 24 hours in advance or subject to additional \$5 'late cancel' charge.
 - To cancel, email washingtonextremeinfo@gmail.com

PRIVATE LESSONS

Private lessons are optional for athletes who wish to improve individual skills. Private lessons are available at coaches' discretion and can be booked online in a first come first serve order. It is the athlete and the parent's responsibility to:

- Register through iClass under private lessons.
- Cancel with at least 24 hours of notice or no refund will be given. If an athlete needs to cancel or reschedule, please reach out to the coach via BAND or email washingtonextremeinfo@gmail.com
- Understand that coaches will work on skills based off of the proper skills progressions. Coaches will determine which skills are safe and necessary for athletes to work on.



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ALL STAR PROGRAMS

PROGRAMS OFFERED

Washington Extreme offers competitive cheer at various levels of commitment, travel and cost. All full year athletes (prep & elite) must attend tryouts to be placed on a team. Tryout requirements can be found in the Team Placement section of this handbook.

Financial Information for each program can be found in the Financial Information section of this handbook on pages 7-13.

NOVICE

Our Novice program is a great introduction into All Star cheerleading. This program is a half-season program that runs October through April. **Athletes do not try out to be placed on a Novice Team.** During summer, athletes may attend Extreme Start classes one day per week to learn and work on cheerleading basics. Novice teams registration will open in late September and practices start in October. Athletes in our Novice program will attend practice one day per week with the option to attend additional classes during the week at an extra charge. They will learn and practice a routine to perform at our Gym Showcases and at a local competition in the Pacific Northwest.

PREP (Levels 1.1-3.2)

Our Prep program is a full season program running June-April that competes at one-day competitions locally in the Pacific Northwest with **one flight travel competition, if earned, during the season.** Teams practice 2 days per week. **Tryout is required for Prep Team placement.** Athletes in our Prep program are expected to attend additional camp and choreography dates in the summer and extra practice(s) may be scheduled in advance near competition time if necessary. Athletes in our Prep program are expected to attend end of season events with additional costs required.

ELITE (Levels 1-6)

Our Elite Program is a full season program running June-April that competes at two-day competitions both locally and nationally. This is our highest commitment program. Teams practice 2-3 days per week. **Tryout is required for Elite Team placement.** Our Elite program has specific tumbling and stunt requirements. Athletes in our Elite program are expected to attend additional camp and choreography dates in the summer and extra practice(s) may be scheduled in advance near competition time if necessary. Athletes in our Elite program are expected to attend end of season events with additional costs required. **Elite team athletes are expected to attend every scheduled practice throughout the entire season. Please consider this when selecting your preferred program.**



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CROSSOVERS AND ALTERNATES (elite teams only)

Some athletes may be asked to participate as an **alternate**. Alternates will attend practices for their alternate team, to take advantage of additional training that is potentially outside their current level of mastery. This is to give athletes every opportunity to gain new skills. There is no guarantee that alternate athletes will compete with the team they are an alternate for. Alternate athletes are by invitation only. Alternates may or may not be used to fill holes during practice or competitions due to illness, injury, or absences.

- If invited to be an alternate on a team AND already a current athlete, there are no other additional fees.
- If invited to be an alternate on a team AND not a current athlete, you will be responsible for team tuition ONLY.

Some athletes may be asked to participate on more than one team. **Crossover** teams will be within the appropriate age range, and athletes must meet the requirements for that team. Being a crossover is **not mandatory**, but if you commit to it, you must see it through for the entire season. If you are interested in being a crossover, please indicate on your tryout application.

- If offered to be a crossover to another team, you will be responsible for the music and choreography fees, and competition crossover fees.

FINANCIAL INFORMATION

GENERAL FINANCIAL INFORMATION

Washington Extreme works hard to keep costs down to provide the best program at an affordable price. Please make sure you are aware of our policies as well as the financial obligations for our programs. Washington Extreme does its best to include the fees that are known and certain in the annual fee, however there is no guarantee that the annual fee is inclusive of all expenses and costs. **All accounts must be paid in full in order to be placed on and remain on a team. All members are required to have autopay information saved and up to date on their iClass account.**

- All teams are charged a monthly tuition (June-April) based on their program. Competition teams will also have monthly installment fees divided into 10 payments (June-March) due on top of monthly tuition fees and end-of-season event deposits.
 - **Team tuition and installment fees will be billed on the 25th-28th of the preceding month, and charged via autopay on the 1st of the month.**
 - Washington Extreme does not prorate or refund tuition and fees for holidays, vacations, illness, injury, required family visitation, gym closure, or the varying lengths of the months.
- Account balance must remain up to date.



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- If a payment is overdue by 30 days, Washington Extreme reserves the right to suspend the participant from its program until all payments are current or until Washington Extreme and Participant agree to an acceptable financial payment arrangement. Washington Extreme reserves the right to make financial arrangements in its sole discretion and can deny any financial arrangement for any or no reason.
- No refunds will be given if an athlete quits or is removed from the program.
 - Any athlete who leaves or is dismissed is responsible for all debts and legal fees. A 30-day written notice to the front desk is required if an athlete leaves the team, regardless of the reason.
 - A \$250 separation fee per team is due for any athlete who quits between June 1st-team choreography. If an athlete quits after team choreography, the \$250 quit fee is not charged, however the athlete is responsible for the remainder of the season fees, including end of season events, if applicable, if the athlete was rostered on the team when bid was earned.
 - This \$250 separation fee is required for ALL novice, prep and elite athletes.

DISCOUNTS

Only full year programs (Prep & Elite) are eligible for discounts.

- \$150 off for tuition paid 12 months in advance (entire 2026-27 season)
- Sibling tuition discount
 - 1st athlete: full price
 - 2nd athlete: 30% off tuition (for lower costing athlete)
 - 3rd or more: 50% off tuition (for lower costing athlete)

*If you are interested in discount options, you must email Michelle (Billing Administrator) at waextremebilling@gmail.com

MALE CHEERLEADERS

To encourage equality and participation in the sport of cheer, male athletes will have their monthly tuition waived. **This does not include novice athletes.**

FUNDRAISING

Washington Extreme organizes a variety of fundraising opportunities throughout the season. All fundraisers are optional and benefit individual, or team cheer accounts. Fundraising opportunities will be posted on the BAND app 'Fundraising' page when available. All Fundraising ideas are welcome, but need to be run by Carol Anderson or Michelle Prudente.



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NOVICE FINANCIAL OBLIGATIONS

TINY-MINI NOVICE (born 2017-2023)

Practice: 1 hr/1x a week

Gym Tuition: \$100 /month

YOUTH-JUNIOR NOVICE (born 2011-2019)

Practice: 1.5 hr/1x a week

Gym Tuition: \$120 /month

- Tuition covers practice instruction, choreography, music, team set and competition fees.
- Team Set includes: Program shirt and a bow for performances and practice.
- Tuition DOES NOT cover expenses for travel competitions, such as; airfare, transportation, food, and hotels. These are the responsibility of each athlete/family.

If you are interested in our Novice Program athletes may attend Extreme Start classes during the summer (May-September) one day per week to learn and work on cheerleading basics such as motions, jumps, tumbling, and stunting while they prepare for Novice registration. Novice athletes do NOT try out during May Team placements. [Extreme Start Registration Link](#)



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PREP FINANCIAL OBLIGATIONS

TINY PREP (born 2019-2021)

Practice: 1-2 hr/2x a week

TINY PREP

Gym Tuition: \$130/mo (11 months) = \$1,430

Registration Fee: \$50

Music Fee: \$100

Choreography Fee: \$75

Camp Fee: \$150

Competition Fees: \$60/mo (10 months) = \$600

Coaches Fees: \$25.50/mo (10 months) = \$255

Practice Uniform: \$75

MINI-SENIOR PREP (born 2020-6/1/07)

Practice: 1.5-2.5 hr/2x a week

MINI-SENIOR PREP

Gym Tuition: \$160/mo (11 months) = \$1,760

Registration Fee: \$50

Music Fee: \$100

Choreography Fee: \$75

Camp Fee: \$150 (Mini only) \$220 (Youth-Senior)

Competition Fees: \$60/mo (10 months) = \$600

Coaches Fees: \$25.50/mo (10 months) = \$255

Practice Uniform: \$75

**WE does its best to include the fees that are known and certain in the annual fee, however there is no guarantee that the annual fee is inclusive of all expenses and costs.*

Additional Fees

USASF MEMBERSHIP

- This is a required membership in order for your athlete to compete. This will be paid separately by you, outside of your gym fees and is due by October. Each family is responsible for maintaining their membership with USASF. Required for all Prep and Elite athletes. The cost is \$49.

UNIFORM

- Competition uniform and hair accessory: Not to exceed \$300 (shoes not included)
 - All prep athletes must purchase a uniform for the 2026-27 season.

COMPETITION TRAVEL/ACCOMODATIONS

- Competition fees DO NOT cover expenses for travel competitions, such as; airfare / transportation, food, and hotels. These are the responsibility of each athlete/family.

END OF SEASON EVENTS

- Prep teams have the opportunity to earn bids to the West Regional Summit by placing top 3 at any regular season event. This event is planned into the prep competition schedule and there is an estimated additional cost of \$230 plus coaches fees. This additional cost will be charged in multiple installments throughout the season. More information listed on page 13.



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TINY-YOUTH FINANCIAL OBLIGATIONS

TINY/MINI/YOUTH ELITE (born 2021-2014)

Practice: 2-3 hr/2x a week

TINY- MINI ELITE

Gym Tuition: \$190/mo (11 months)= \$2,090
One Time Registration Fee: \$50
Music Fee: \$100
Choreography Fee: \$125
Camp Fee: \$150
Competition Fees: \$115/mo (10 months)= \$1,150
Coaches Fees: \$42/mo (10 months)= \$420
Practice Wear: \$150

YOUTH ELITE

Gym Tuition: \$190/mo (11 months)= \$2,090
One Time Registration Fee: \$50
Music Fee: \$100
Choreography Fee: \$125
Camp Fee: \$220
Competition Fees: \$115/mo (10 months)= \$1,150
Coaches Fees: \$42/mo (10 months) = \$420
Practice Wear: \$150

**WE does its best to include the fees that are known and certain in the annual fee, however there is no guarantee that the annual fee is inclusive of all expenses and costs.*

Additional Fees

USASF MEMBERSHIP

- This is a required membership in order for your athlete to compete. This will be paid separately by you, outside of your gym fees and is due by October Each family is responsible for maintaining their membership with USASF. Required for all Prep and Elite athletes. The cost is \$49.

UNIFORM

- Competition uniform and hair accessory: Not to exceed \$500 (shoes not included)
 - All elite athletes must purchase a uniform for the 2026-27 season.

COMPETITION TRAVEL/ACCOMODATIONS

- Competition fees DO NOT cover expenses for travel competitions, such as; airfare / transportation, food, and hotels. These are the responsibility of each athlete/family.

END OF SEASON EVENTS

- Tiny, Mini and Youth Elite teams have the opportunity to earn bids to the West Regional Summit. Youth Elite teams have the opportunity to earn bids to the Youth Summit. If teams are awarded these bids during the season, there is an estimated additional cost of \$230 plus coaches fees. More information listed on page 13.



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JUNIOR-SENIOR FINANCIAL OBLIGATIONS

JUNIOR - SENIOR ELITE (born 2018-06/01/07)

Practice: 2.5-3.5 hr/2-3x a week.

Gym Tuition: \$215/mo (11 months)= \$2,365

Registration Fee: \$50

Music Fee: \$100

Choreography Fee: \$125

Camp Fee: \$220

Competition Fees: \$115/mo (10 months) =\$1,150

Coaches Fees: \$570

Practice Wear: \$150

**WE does its best to include the fees that are known and certain in the annual fee, however there is no guarantee that the annual fee is inclusive of all expenses and costs.*

Additional Fees

USASF MEMBERSHIP

- This is a required membership in order for your athlete to compete. This will be paid separately by you, outside of your gym fees and is due by October. Each family is responsible for maintaining their membership with USASF. Required for all Prep and Elite athletes. The cost is \$49.

UNIFORM

- Competition uniform and hair accessory: Not to exceed \$500 (shoes not included).
 - All elite athletes must purchase a uniform for the 2026-27 season.

COMPETITION TRAVEL/ACCOMODATIONS

- Competition fees DO NOT cover expenses for travel competitions, such as; airfare / transportation, food, and hotels. These are the responsibility of each athlete/family.

SUMMIT & WORLDS PACKAGE

- Junior and Senior Elite teams have the opportunity to earn bids to the D1 Summit and The Cheerleading Worlds. If teams are awarded these bids during the season, there is an estimated additional cost of \$1,500 per person. **A sponsorship of at least \$175 is required and due by January 1st, 2027.** More information listed on page 13.



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END OF SEASON EVENTS FINANCIAL INFORMATION (prep & elite)

Prep and Elite teams have end of season events planned into their competition schedule for the season and cost is not included in monthly fees. All athletes rostered at the time of the team earning a bid are expected to complete the season and are responsible for all associated costs, regardless if they are no longer rostered on the team. No refunds will be given if an athlete quits after deposits have been charged.

- End of season event fees will be billed into 3 separate deposits during the regular season on top of regular installment fees. The deposit amount is dependent on your program, age, level, and end of season event that your specific team will attend. The first deposit for your end of season event will be due in July. The second deposit is due one week following bid acceptance. The third and final deposit will be due in March. If a bid is not earned, the first deposit will go towards your regular season installment fees.
 - **US Finals:** Prep Teams will attend US Finals as an end of season event if they do not earn a bid to the West Regional Summit by placing top 3 during the regular season. This is the policy our gym has set in order to attend the West Regional Summit.
 - **West Regional Summit:** Prep & Elite teams have the opportunity to earn bids to the West Regional Summit by placing top 3 at any varsity event. There is an estimated additional cost of \$230 plus coaches fees.
 - **Youth Summit:** Youth Elite teams have the opportunity to earn bids to the Youth Summit. If teams are awarded these bids during the season, there is an estimated additional cost of \$230 plus coaches fees.
 - **D1 Summit:** Junior and Senior Elite teams have the opportunity to earn bids to the D1 Summit. If teams are awarded these bids during the season, there is an estimated additional cost of \$1,500 per person. This covers athletes competition fees, hotel accommodations, transportation to and from the competition venue, team dinner, and coaches fees.
 - Athletes will be required to obtain a sponsorship of at least \$175, due by January 1st, 2027. See page 8 for more information.
 - **The Cheerleading Worlds:** Senior Elite level 6/7 teams have the opportunity to earn bids to The Cheerleading Worlds. If teams are awarded these bids during the season, there is an estimated additional cost of \$1,600 per person. This covers athletes competition fees, hotel accommodations, transportation to and from the competition venue, team dinner, and coaches fees.
 - Athletes will be required to obtain a sponsorship of at least \$175, due by January 1st, 2027. See page 8 for more information.



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QUESTIONS

All financial inquiries should be directed to the front desk at ijashingtonextremeinfo@gmail.com OR Michelle (Billing Administrator) at waextremebilling@gmail.com Team coaches will not be able to advise you on financial matters.

TEAM PLACEMENT INFORMATION

We have a no-cut policy; the tryout process is to determine which team and program will be the best fit for each athlete. Tryouts are required for Prep and Elite team placement. Tryouts will be a two-part process where athletes will demonstrate tumbling, jumps, stunts, athleticism, showmanship and their ability to take and apply feedback. Stunt positions will be evaluated during the level group training sessions. Required skills are based on USASF Level Rules and Scoring.

- Our coaches are confident in the placement of our athletes. The best interest of the program comes first. For the tumbling portion of tryouts, athletes will demonstrate the level skills they have mastered.
 - There will be **no spotting** during evaluations. All skills must be performed on the spring floor.
- Team placement is not directly dependent on the tumbling portion of tryouts. Our goal is to build teams that are successful in their divisions.
- Washington Extreme reserves the right to evaluate all athletes on their previous years of participation. Attendance, attitude, conduct and skills are just some of the areas that will be considered.
- Athletes are required to practice with their assigned team for two weeks before placement concerns or requests for re-evaluation will be addressed. Whatever the situation, we expect cheerleaders and their parents/guardians to respect our decisions on team placements.
 - If you have concerns, please contact team coaches after the athlete has attended AT LEAST two weeks of practice with the team.

HOW TO JOIN

REGISTER FOR TRYOUTS

Register via iClassPro (ICP) on our website or on your mobile device. If you are new to using the ICP app, you can find us under washingtonextreme (no spaces) under organization name. We use our registration system for all of our weekly classes.

- All athletes attending tryouts need to register here: [Tryout registration link](#)
 - The tryout fee will cover evaluation and training sessions during May.

ATTEND THE PARENT MEETING

A parent meeting will be held prior to tryouts on **Wednesday, May 6th 6:30-7:30pm** to review the handbook and answer any questions you may have about the policies, tryout process or upcoming season.



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- All athletes (new and returning) must have a parent attend the parent meeting prior to tryouts. This will be in person and via zoom. A link to join virtually will be emailed to all families who have filled out the [2026-27 Tryout Interest Form](#) and who are registered for tryouts.

ATTEND TRYOUTS

Tryouts are May 7th- May 29th. Tryouts are a two-part process: Tryouts by age, and group level training sessions. This process ensures each athlete is placed where they can thrive and contribute to the success of our program. Athletes must attend both individual and group tryouts to be placed on a team.

- **Tryouts by age** are for athletes to demonstrate individual tumbling skills and jumps.
 - Tryouts are split by age on May 7th & 8th. You will attend the day and time that fits your athlete's current age range.
 - May 7th: Ages 5-10 years old
 - 5-7 years old 5:00 pm-6:30 pm
 - 8-10 years old 6:45 pm-8:15 pm
 - May 8th: Ages 11-18 years old
 - 11-13 years old 5:00 pm-6:30 pm
 - 14-18 years old 6:45 pm-8:15 pm
- The **level group training sessions** are May 11th-27th and are for athletes to demonstrate various stunt positions, ability to perform skills on time with other athletes, and teamwork. Athletes will be assigned to specific level group training sessions following their first round of tryouts (by age). Athletes may be assigned to attend multiple level group sessions based on coaches discretion. Group level training sessions will be assigned via email by Sunday, May 10th, following individual tryouts.
 - Plan to attend ALL days for your assigned training group(s).
- **What to wear:** Athletes should come dressed in athletic apparel. Spandex and sports bras are required under loose fitting clothes. Hair must be styled up and out of face, NO jewelry, nail at a short, athletic length no longer than fingertips. Any athletic sneaker or cheer shoe is acceptable. Bow and makeup is optional.



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TRYOUT SCHEDULE:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 3	May 4	May 5 Open Gym 5-7pm	May 6 Parent Info Meeting 6:30-7:30pm	May 7 <i>Individual Tryouts by age</i> 5-7 years old: 5-6:30pm 8-10 years old: 6:45-8:15pm	May 8 <i>Individual Tryouts by age</i> 11-13 years old: 5-6:30pm 14-18 years old: 6:45-8:15pm	May 9
May 10 Group Tryout placement emails sent.	May 11 <i>Group Tryouts</i> Level 2 5-7pm Level 5/6 7-9pm	May 12 <i>Group Tryouts</i> Level 1 5-7pm Level 3/4 7-9pm	May 13 <i>Group Tryouts</i> Level 2 5-7pm Level 5/6 7-9pm	May 14 <i>Group Tryouts</i> Level 1 5-7pm Level 3/4 7-9pm	May 15 Open Gym 6-8pm	May 16
May 17	May 18 <i>Group Tryouts</i> Level 2 5-7pm Level 5/6 7-9pm	May 19 <i>Group Tryouts</i> Level 1 5-7pm Level 3/4 7-9pm	May 20 <i>Group Tryouts</i> Level 2 5-7pm Level 5/6 7-9pm	May 21 <i>Group Tryouts</i> Level 1 5-7pm Level 3/4 7-9pm	May 22 Open Gym 6-8pm	May 23 <i>*Memorial Day weekend</i>
May 24 <i>*Memorial Day weekend</i>	May 25 <i>*Memorial Day weekend</i>	May 26 <i>Group Tryouts</i> Level 1 5-7pm Level 3/4 7-9pm	May 27 <i>Group Tryouts</i> Level 2 5-7pm Level 5/6 7-9pm	May 28 Open Gym 6-8pm	May 29 TEAM REVEAL 6-7:30 PM	May 30
May 31	June 1 New Season Begins	June 2	June 3	June 4	June 5	June 6



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TRYOUT SKILLS AND LEVEL TRACKER

Athletes being evaluated for **PREP TEAMS** must complete their best two standing and running tumbling passes. Coaches will advise on skills if athletes do not know what skills to demonstrate. Athletes being evaluated for **ELITE TEAMS** must complete all standing and running tumbling passes listed in the required skills for that specific level routine. Tryout routines are posted in the All Gym Updates band.

- Athletes wanting to be considered for top girl positions must have excellent body positions. Extra stunt training and weekly homework will be required for all top girls.
- Tumbling is a factor in placing members on a cheer team, but competition score sheets are made up of several sections that we also consider such as jumps, performance ability, stunt technique, and attitude.
- Athletes will be evaluated on various stunt positions during tryouts.
- The following will be considered during evaluations:
 - Tumbling: Approach, body control, control of connections, landings, timing.
 - Jumps: Arm placement, leg placement, landings, height, timing.
 - Stunt: flexibility, stability, control, technique, grips, timing.
 - Dance/motions: technique, motion placement, timing, energy/entertainment.

Level 1	Standing Tumbling	Running Tumbling	Stunts
For elite team placement - Athletes must demonstrate the selected skills.	☐ Back walkover switch leg ☐ Back walkover-back walkover	☐ Cartwheel-back walkover-back walkover ☐ Front walkover-cartwheel	☐ ¼ twist to prep ☐ ¼ twist to prep level body position ☐ Tic toc below prep-body position to body position ☐ ¼ switch up to prep lib ☐ Straight cradle from prep
Level 2			
	☐ BWO-BHS step out-BWO ☐ BWO switch leg-BHS	☐ CW-BHS step out ☐ Round off BHS series	☐ Release style from waist to prep level body position ☐ ½ twist to extension ☐ ½ twist to prep level body position ☐ inversion from ground level to prep level body position ☐ ¼ twisting cradle from extension ☐ Straight ride toss



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Level 3			
	☐ BHS step out-BHS series ☐ BHS step out-BWO- BHS series	☐ RO BHS Tuck ☐ RO-BHS step out-½ turn-RO-to-Tuck ☐ FWO-RO-to-tuck	☐ Switch up to prep level body position ☐ ½ twist to extended body position ☐ Full twist to extension ☐ Full twisting suspended forward roll ☐ Full down from prep ☐ Full twisting basket
Level 4			
	☐ BHS-Tuck ☐ BHS series- Tuck	☐ RO BHS Layout ☐ RO to Whip to Tuck/layout ☐ Punch front step out-RO-to-Layout	☐ Released inversion from prep to extension ☐ High to low tic toc body position to body position ☐ 1 ½ twist to prep level body position ☐ Full twist switch up to prep level body position ☐ Double down from prep ☐ Double full basket COED: walk in hands press extended 1 leg
Level 5			
	☐ BHS Series-Layout ☐ BHS tuck BHS BHS Layout ☐ Toe Touch-Tuck	☐ RO Arabian ☐ RO BHS Full	☐ BHS up to extended lib ☐ high to high tic toc lib to body position ☐ Full twist to extended body position ☐ Full twist switch up to extended body position ☐ Double down from extended body position ☐ Hitch kick full basket COED: toss hands press extension 1 leg stunt



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Level 6			
	☐ BHS Full ☐ BHS series full ☐ Jump to tuck	☐ PF step out to full ☐ RO-whip-full ☐ RO arabian-to-full ☐ RO-to-double full	☐ Rewind to prep ☐ High to high tic toc body position to body position ☐ 1 ¼ twist to extended body position ☐ ¼ twist BHS up to body position ☐ Full twist switch up to extended body position ☐ Hitch kick double full basket COED: toss extended 1 leg stunt



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COMPETITION GUIDELINES

GENERAL

All athletes and parents need to adhere to the following when competing with Washington Extreme:

- Parents/Guardians are responsible for arranging transportation for their athlete to and from all competitions.
 - If a parent/guardian is unable to attend a competition or transport their athlete to the competition location, they must contact the team representative in advance so a plan can be coordinated.
 - The gym owner and coaches are not responsible for transportation or supervision of athletes outside of scheduled team competition and/or practice times.
- Athletes are expected to arrive promptly to practice and competition check in times.
 - Athletes that arrive late to the assigned check-in times may not compete for the remainder of the event.
- All uniform pieces must be with and on the athlete upon check-in. This includes hair and makeup.
- Be mindful of rest before practice and competitions. No excessive sun or swimming the night before or day of competition.
- No parents are allowed in the team or warm up room(s) at any time for any reason.
- After competing, teams will remain in full competition uniform (including shoes) until after the awards presentation.
- During competitions, BAND APP will be the primary source of communication. Ensure notifications are TURNED ON.
- A detailed itinerary will be sent out via BAND APP and email the week of scheduled competitions.
 - The event producers/directors reserve the right to change performance times and may run slightly ahead or behind schedule.
- Coaches will not discuss routine concerns with athletes or parents for at least 24 hours after the performance.
- Teams will review competition score sheets at the practice following competition. Parents/guardians are welcome to attend the review at coaches discretion.

COMPETITION TRAVEL DATES:

Athletes and families should plan for plenty of time to travel to competitions. Performance and awards times are released the week of competitions, so traveling on competition day is NOT acceptable. We have no control regarding team performance times, awards schedules, or schedule changes.

Leaving scheduled practices or events early due to travel will not be accepted. For travel (fly away for elite) competitions, WE teams will have **required travel dates** to accommodate regularly scheduled practice or required practice at the location of the competition. **Athletes' accounts will be charged a rescheduling fee of \$100 for each occurrence if they miss practice within the 2-week required window**



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before competition and/or performances. Please note that an alternate practice schedule in the gym may be set closer to the competition date to account for travel dates. **All added practices are mandatory.**

- Rocky Mountain Nationals (Worlds only)- Travel Thursday November 19th-Friday November 20th, 2026. **Arrive by 2pm 11/20.**
- ATC Grand Nationals- Travel Friday, January 29th. **Arrive by 4pm on 1/29 elite only.**
- JAMZ Nationals- Travel Friday, February 12th- Saturday, February 13th, 2027. **Arrive by 1pm 2/13.**
- USA Super Nationals- Travel Thursday, March 11th- Friday March 12th, 2027. **Arrive by 2pm 3/12.**
- West Regional Summit- Travel Thursday April 8th- Friday April 9th. **Arrive by 2pm 4/9.**
- Youth Summit- *Travel dates will be finalized after a bid is earned.
- The Cheerleading Worlds- *Travel dates will be finalized after a bid is earned.
- D1 Summit- *Travel dates will be finalized after a bid is earned.

MANDATORY HOTELS

Some Nationals events will be required to Stay to Play. Due to contract and “Stay to Play” obligations, all athletes are **required to stay at team hotels.** Failing to stay at the required hotels during events could lead to disqualification of our program, so there are no exceptions. Events with required Stay to Play hotels are highlighted on the competition schedule below. Hotel information will be posted on BAND when available.

END-OF-SEASON EVENTS (Prep & Elite teams)

Teams who earn bids to end-of-season events will attend. These events come with Stay to Play guidelines and extra financial responsibility that is stated in the financial information section of this packet. All prep and elite athletes rostered at the time of the team earning a bid are **expected to complete the season and are responsible for all associated costs, regardless if they are no longer rostered on the team.** **For D1 Summit and The Cheerleading Worlds, Athletes are required to stay at the resort assigned by the Program with the rest of their team. No exceptions.**

- A bid information packet will be sent to families following bid acceptance that outlines remaining deposit information, bid type information, housing and transportation information, rules and guidelines, etc.



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COMPETITION SCHEDULE

Competitions are subject to change if necessary.

***Events with Stay to Play required housing are highlighted in red on the schedule.**

NOVICE TEAMS

Nov, 2026 TBD	WE Fall Showcase	Spokane, WA
March 5th-6th, 2027	Lilac City Championship	Spokane, WA
April, 2027 TBD	We Spring Showcase	Spokane, WA

PREP TEAMS

Nov, 2026 TBD	WE Fall Showcase	Spokane, WA
Dec 5th, 2026	American NW Championship	Portland, OR
Jan 9th, 2027	Aloha Showdown	Portland, OR
Jan 30th, 2027	ATC Grand Nationals	Seattle, WA
Feb 6th, 2027	ASC Return to Atlantis OR	Tacoma, WA
March 5th-6th, 2027	Lilac City Championship	Spokane, WA
April, 2027 TBD	Spring Showcase	Spokane, WA
End of Season Event: *Each team will only go to one. Additional costs and fees associated with these events.		
April, 2027 TBD	US Finals	Tacoma, WA
April 10th, 2027	*West Regional Summit	Phoenix, AZ



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ELITE TEAMS

Nov, 2026 TBD	WE Fall Showcase	Spokane, WA
<u>*Level 6 Senior Team only</u> Nov. 20th-22nd, 2026	World Cheer Co-Rocky Mountain Nationals	Denver, CO
<u>*Levels 1-5 only</u> Dec 5th-6th, 2026	American NW Championships	Portland, OR
Jan 9th-10th, 2027	Aloha Showdown	Portland, OR
Jan 29th-31st, 2027	ATC Grand Nationals	Seattle, WA
<u>*Only if summit bid is needed</u> Feb 6th-7th, 2027	ASC Return to Atlantis **not included in competition fees**	Tacoma, WA
Feb 14th-15th, 2027	JAMZ Nationals	Las Vegas, NV
March 5th-6th, 2027	World Cheer Co- Lilac City Championship	Spokane, WA
March 12th-14th, 2027	USA Super Nationals	Anaheim, CA
April, 2027 TBD	We Spring Showcase	Spokane, WA
<u>End of Season Event:</u> *Each team will only go to one. Additional costs and fees associated with these events.		
April 10th-11th, 2027	*West Regional Summit	Phoenix, AZ
April 22nd-23rd, 2027	*The Youth Summit	Tampa, FL
April 23rd-26th, 2027	*The Cheerleading Worlds	Orlando, FL
April 29th- May 2nd, 2027	*The D1 Summit	Orlando, FL



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IMPORTANT DATES

Families are asked to arrange their vacations around the following closures and important dates. If an athlete cannot arrange a leave of absence around a gym closure/important date, please message coaches via band. Camp and choreography dates for Prep and Elite teams are mandatory.

IMPORTANT DATES:

- Season 10 Tryouts: May 7th-29th, 2026
- Team Reveal: May 29th, 2026
- Practices begin: Week of June 1st, 2026
- **Team Choreography: July 20th - August 8th 2026**
 - Team specific dates announced following team placement.
- **Youth-Senior All Star Camp @ Deer Lake: August 9th - 11th, 2026**
- **Tiny/Mini In-Gym All Star Camp: July 13th & 14th, 2026**
- Novice Team Registration: September 2026
- Elite Teams Fall schedule begins: Sunday, August 30th, 2026
- Fall Showcase: November, 2026 TBD
- Spring Showcase & Worlds/Summit Send-Off: April, 2027 TBD
- WE Season 10 Banquet: May, 2027 TBD

GYM CLOSURES:

- Mother's day: Sunday, May 10th, 2026
- Memorial Day Weekend: Friday, May 22nd - Monday, May 25th, 2026
- Father's Day: Sunday, June 21st, 2026
- Summer Break: Monday, June 29th - Sunday, July 5th, 2026
- Back to School Break: Sunday August 23rd - Saturday, August 29th, 2026
- Labor Day Weekend: Friday, September 4th - Monday, September 7th, 2026
- Thanksgiving Break: Wednesday, November 25th - Saturday, November 28th, 2026
- Christmas Break: Wednesday, December 23rd, 2026 - Saturday, January 2nd, 2027
 - We are NOT closed for mid-winter break in February
- Easter: Sunday, March 28th, 2027
- Spring Break: Monday, April 12th, 2027 - Friday, April 16th, 2027 **(Depending on end of season events)**



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We have read, discussed, understand and agree to the expectations and policies outlined in the Washington Extreme Program Packet.

Athlete Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Please sign and return to the gym at your first team practice.