

INFORMATION PACKET

2023-2024 | ALL STAR CHEER

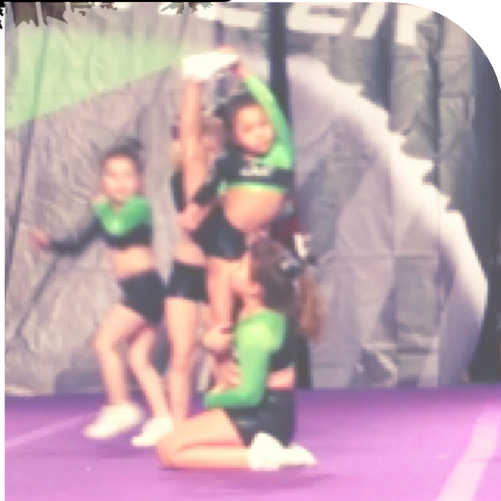
JOIN US THIS SEASON

We are incredibly excited to be releasing our all star packet for the 2023-2024 season and we thank you for your interest in Coastal Xtreme Athletics Cheerleading Program!

PROGRAMS FOR ALL

At Coastal Xtreme, we have several different competitive/performance team options. Whether you want to compete locally or travel to events, are brand new to cheer or an experienced athlete we offer a program for everyone!





INTRODUCTION

LEVEL PLACEMENT CHECKLIST:

- Register on www.joincxa.com
- Pay annual registration fee \$40 (if not already paid this year)
- Pay try-out fee and May tuition \$100
- Bring Official Birth Certificate

LEVEL / TEAM PLACEMENTS:

Following the skills assessment day athletes will be placed into a level practice group. Athletes will practice within these level groupings for three weeks to demonstrate their abilities.

Following that three week period staff will assess and make team placements with the highest success of the season in mind. Each athlete will be placed on a team regardless of experience.

Team placements are adjusted based off athlete performance and team needs.

Athletes may be asked to be a cross over.

Crossover = Participate on two teams

IMPORTANT DATES:

Pre-tryout Clinic: May 6

Level Evaluations: May 13

Level Placement Practices begin: May 15th

Team Placements: June 9th

Athlete Signing Day: June 10th

Elite Camp: July 14th - 16th

Prep Camp: July 28th - 30th

Team Choreography: (team dates TBA)

Dance Choreography: (team dates TBA)

ABOUT US:

CXA opened in February 2023. Although we are the “new gym in town,” our owner and staff have extensive backgrounds in cheer, tumbling, and gymnastics! We have all of the components to ensure our teams, and our athletes are successful and have healthy and safe experiences. Our mission is to develop athletes both on the mat and in their daily lives

TRYOUT CLINICS/LEVEL PLACEMENTS:

CXA strives to make the tryout and level placement process, transparent, smooth and EASY! EVERYONE MAKES A TEAM!

Prior to try-outs, we will host a pre-level assessment clinic! This is not required but is an opportunity to work with our staff, get comfortable in the facility, and get advice on what skills athletes should perform during their level assessment.

Athletes will have their skill level assessed by demonstrating their best quality of jumps and highest level of tumbling. Both running and standing tumbling is assessed.



PROGRAM COMPARISON & COST

PROGRAM SELCTION	AGE	SEASON	PRACTICE HOURS P/WEEK	MONTHLY TUITION	UNIFORM COST	TRAVEL	ELIGIBLE
ALL-STAR ELITE	6-18	MAY-APR	4-5	\$125	\$350	YES	SUMMIT
ALL STAR PREP	4-18	MAY-APR	3	\$100	\$250	Limited	Regional
CHEER FUNDAMENTALS	5-12	SEPT - DEC JAN - APR	1.5	\$85	\$75	NO	N/A

****Prices listed above do not include all fees associated with the season****

Including but not limited to: registration fees, camp fees, choreography/music fees, competition fees

TUITION:

Before considering competitive cheerleading please consider the financial commitment involved. Tuition will be monthly payments beginning on the first month of the season through the last month (season months listed above). Tuition payments will be run through our automated system and processed on the first of every month. Missed payments could result in the temporary postponement of your athletes participation until the athlete account is up to date. Tuition is set and will not be prorated for any reason.

All Star Elite \$125 /mth
All Star Prep..... \$100 /mth
Cheer Fundamentals..... \$85 /mth

DISCOUNTS:

Siblings will receive 25% off of their second/third/fourth child's tuition for All-star teams.

ASSESSMENTS:

Assessments are fees that the gym pays to outside vendors. Assessments include: summer camp, competition fees, music, choreography, coaches travel, practice apparel, warm ups, uniform & team bows.

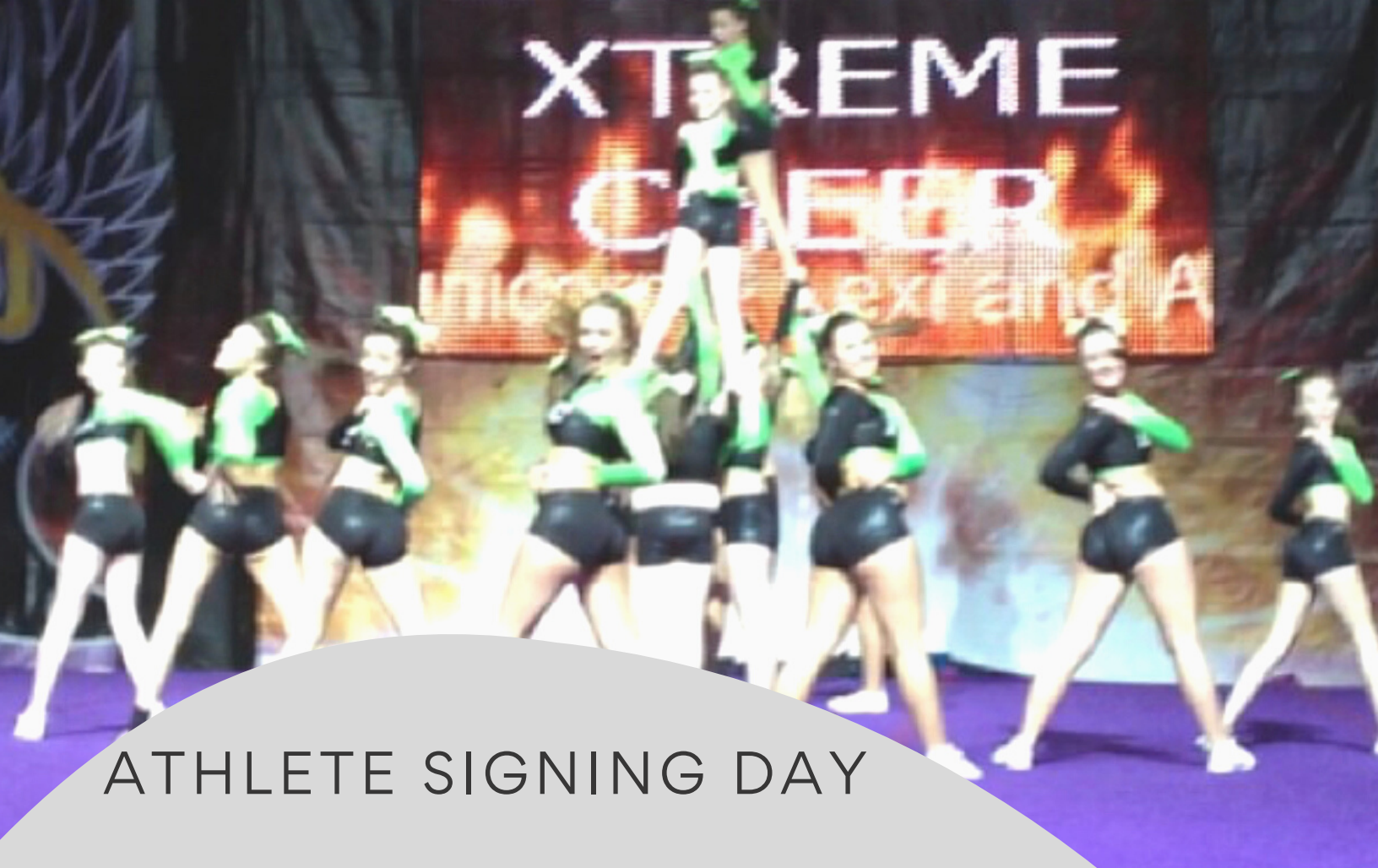
**Shoes & backpacks are not included and are to be purchased independently.*

Assessment payments will be run through our automated system on the 15th of every month. Several different payment options are available. A finalized list of assessment fees will be available at try-outs in May.

Travel expenses are not included within assessment fees. Families will be responsible for arranging and paying for all travel expenses to away competitions.

Summit fees are separate and will be assessed and communicated upon receiving a bid.

COMPLETE LIST OF PRICES WILL BE FINALIZED AND AVAILABLE IN MAY



ATHLETE SIGNING DAY

JUNE 10TH:

Signing day is not a MANDATORY event but highly encouraged. Athletes will attend by team they are placed on. Athletes will be fitted for uniforms, get their practice gear, sign the acceptance of position on team and ensure they and their families have joined the Team and Gym Band.

Athlete signing day is a fun experience for all athletes as they get to socialize with their official teammates, get great photos and overall capture the amazing excitement of being placed on the teams they will find success on all season! It is truly a celebration.

PARENTS ON SIGNING DAY:

Please come prepared to complete all of your registration paperwork if it has not been completed. Athletes who have not made their initial payment toward the season will not be able to order uniforms or receive their practice gear at signing.

Additionally, we want you to take part in the process, Celebrate your athletes placement, join all of the team Band groups so you do not miss out on communication, and ensure all of your contact information and GoMotion account information is correct.

Signing day is the first step in being fully set up for success all season.



ATTENDANCE

PRACTICE:

All teams will have set practice days which typically remain consistent throughout the season and are only changed based on certain circumstances. Practice days and times will be set following team placements.

Attendance is crucial to the success of any team. Every athlete will be allowed six absence/missed practices per season starting on Sept 1st. Every unexcused absence following will risk losing spot(s) in the routine. It will be at the discretion of the Program Director to grant exceptions for extenuating circumstances.

VACATIONS:

Please work to plan your family vacations around the gym schedule whenever possible, we work hard to give you the gym closures early. If you are taking a vacation for spring break, try to take it the week we are closed so you do not interfere with your team. When the competition schedule is released, please understand that this is what the entire team works for all year and an absence/miss the week of an event is detrimental to the team, and may result in your athlete being replaced for that event.



ATHLETE POLICIES

REQUIRED CLASSES:

In order to ensure the most comprehensive training and appropriately leveled competitive teams, it is required that athletes attend both their cheer and tumbling classes.

Additional tumbling classes are not required but are available. The cost of these additional classes will be the responsibility of the athlete.

Tumbling

If the athlete is not meeting the requirements for tumbling in accordance with the CXA Rubric, the athlete will be required to enroll in either one additional tumbling class per week OR two monthly privates through CXA until that athlete is within range for tumbling.

Flyers

If the athlete is a flyer and is unable to perform the stunting/flexibility skills within the teams' choreography, the athlete will be required to enroll in either one flying/flexibility class per week OR two monthly privates with a stunting/flexibility coach through CXA.

INJURIES:

If an injury should occur, it is the responsibility of the parent to seek professional help. A physician's evaluation/documentation of the athlete's injury and/or status must be provided to the coach. An athlete with a serious injury will only be allowed to return to activity with a release form from a medical professional.

UNIFORM / ATTIRE:

CXA clothing and uniforms must be kept in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the athlete.

Athletes are required to wear assigned practice clothing and bows to each practice. Athletes can not have any piercings and or jewelry in for practice or competition. Please be mindful of this when thinking of getting new piercings. Band-aids and clear space holders still count.

TRAVEL COMPETITIONS:

During the competition season, athletes are required to travel to events. Some athletes will travel to national events out of the state. In this case, a separate rule sheet is handed out closer to the time of the competition. Transportation to competitions is the responsibility of each athlete and their family.

END OF SEASON EVENTS

End of season events are an expected part of joining an Elite Team. Prep teams do not attend travel end of season events.

23-24 elite teams receiving At Large or Paid bids to the Summit WILL attend those events.

Teams not receiving bids will attend a regional event. Dates of these events are yet to be announced.



PARENT POLICIES

COMMUNICATION:

Here at CXA it is vital that you remain up to date with all gym & team updates. As a parent, you will receive information in several ways.

CXA's main form of communication for the cheer season is through the BAND app. "CXA All Stars" on the BAND app is where you will find the most current information regarding the all star program and upcoming events. Each athlete and parent will also be assigned to their specific teams BAND where you will find information specific to the athletes team. During the season the owners will go live on the band to give face-to-face updates as well as send out a monthly updates email.

PARENT VIEWING:

Our lobby and parent viewing room is open for your viewing pleasure but is a privilege and will be treated as such.

Please refrain from negative talk about CXA athletes, coaches, teams, decisions, etc... As well as negative talk about other programs or events. This should be a place to enjoy and share your athletes experience. NO GOSSIP ALLOWED!

COMPETITION ETIQUETTE:

CXA prides itself on excellent parent dedication and support. It is encouraged that all parents sit together and cheer on Coastal Xtremes' teams at competitions.

CXA clothing is also encouraged to support the athletes.

It is expected that any member associated with CXA shows respect for all athletes, coaches, teams and staff of the events.

ATHLETE / PARENT HANDBOOK:

CXA's Athlete/Parent Handbook contains all of the rules and guidelines for both the athletes and parents that participate on any team at Coastal Xtreme Athletics. It is integral that each family familiarize themselves with these guidelines to avoid any issues throughout the season.

DISCIPLINE:

1st Violation- A meeting with the athlete defining the problem.

2nd Violation- A meeting with the athlete and the parents.

3rd Violation- The athlete may be removed from the team or the entire program.

CXA reserves the right to remove athletes from the program for serious violations of our rules and expectations including but not limited to bullying, substance abuse, social media conduct, and toxic behaviors.

FUNDRAISING:

CXA offers individual fundraisers where all credits will be credited directly to the athletes' account. The offered fundraisers involve extra work outside of cheer but has historically helped athletes struggling with costs. Any surplus in fundraising credits can be applied to Classes, Teams, and Merchandise. Refund checks will not be issued in the event of a surplus.

TRADEMARK NOTICE:

The logo of Coastal Xtreme Athletics belongs to the owners of the program. Recreation or selling of the CXA logo is not permitted. This includes but is not limited to; team names and any likeness to the logo, affiliation, and or program without the permission of Coastal Xtreme Athletics.



Create life long friendships and memories

JOIN THE CXA FAMILY TODAY

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