

Southwest EXTREME

**"Come See Why
We Are..."**

**"MORE THAN A
GYM"**

TEAMS FOR AGES 3-18.

DOWNLOAD THE DETAILS ONLINE AT:

WWW.SWXATHLETICS.COM





"SWX ATHLETICS, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in SWX Athletics All Star Competitive Cheer Program. We opened our doors in 2018 with a reputation for excellence we are excited that you are considering joining us in Season 6. No matter the age or skill level of your child, we have a program that can meet your needs!

NEW IN SEASON 6

- Elite Teams will go to a Year End Event with a bid- In Orlando
- New Novice Program which runs May 2023- April 2024 - will practice 1 day per week
- New Recreational Program which Runs Nov 2023-April 2024



GREAT OPTIONS FOR EVERYONE!

- Payment options to meet everyone's needs
- Novice Teams ages 3- 14
- Prep Teams Level 1-2
- Elite Prep Teams Level 1-3
- Elite Teams Level 1-5



"WE LOVE SWX BECAUSE IT'S MORE THAN A GYM. IT'S A FAMILY. STACEY AND THE COACHES CARE ABOUT EVERY CHILD THERE LIKE THEIR OWN. THEY PUT IN EXTRA WORK IN TO MAKE SURE OUR CHILDREN SUCCEED NOT ONLY IN THE COMPETITIONS BUT SUCCEED THE REST OF THEIR LIFE".- KRYSTAL

EVALUATION AND TRY OUT DATES AND TIMES

Evaluation and Try Out Dates and Times

- May 16th – 18th

- Open Gyms (Athletes should come to as many Open Gym days

as they can to work on skills before Evaluation Clinics. Times are TBD)

- May 23rd – 25th

Evaluation Clinics

(All athletes are REQUIRED to complete an evaluation. Times are TBD)

- May 25th 6:30pm – Mandatory Parent Meeting. We will go over everything you will need to know for the upcoming season. (Location TBD)
- May 29th – 31st – Try Outs (You will need to sign up for your athlete's specific Try Out Time. Links for sign up times will be emailed out at the beginning of May. Try Outs will take about 20 minutes. They are closed family. We also ask that you do not park near the garage doors of the gym.)
- June 7th – Team Reveal Night! We will have a party at the gym for all athletes to find out what team they will be on for the new season. This is not a mandatory event. If your athlete can not attend, they will get a call from a coach that evening.
 - June 8th – 10th – Team Registration (This is a mandatory event.)
- June 12th – Team Practices Begin (Parents must attend first practice to ensure billing, uniform sizing, shoe sizing, and communication pages are set up.)

Please join our 2023-2024 Band for all the most up to date information.

<https://band.us/n/ada388K6h882Z>



TEAM INFORMATION



HOW DO YOU PLACE TEAMS?

Team Placement

Creating a team is like a giant puzzle and it is our job to make sure we fit each piece together perfectly. Some athletes will be stronger tumblers. Some will contribute to stunting better than others. Skills in pyramids, jumps, dance, and motions also factor into an athlete's placement. We do our best to match up athletes by level, but this isn't always the reason an athlete is placed on a team. The goal is to place each athlete on a team where they will be the most successful.

PREP & ELITE SKILLS BY LEVEL:

The following are the skills that will be performed by each level at evaluation. Your team placement does not always reflect your personal skill level.

Level 1:

Standing Tumbling: Forward Roll/Cartwheel
Running Tumbling: Front and Back Walkover Series

Level 2:

Standing Tumbling: Standing Back Handspring
Running Tumbling: Round Off Back Handspring

Level 3:

Standing Tumbling: Standing Series Handsprings
Running Tumbling: Round Off BHS Tuck

Level 4:

Standing Tumbling: Standing Tuck and 1 to Tuck
Running Tumbling: Round Off BHS Layout

Level 5:

Standing Tumbling: Series Handsprings to Layout
Running Tumbling: Round Off BHS Full



AGE GROUPS:

Your eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category. We will place them based on what we feel is the best fit for the athlete.

All Athletes- please bring a copy of your birth certificate for SWX Athletics to have on file.

TUITION

Tuition is paid monthly per athlete for all teams unless you pay in full at registration.

- Tuition for all teams are paid on a 11 month term that runs from June 2023 - April 1st, 2024.

Tuition covers all team practices , competition fees, competition bow, USASF membership, and gym registration. Tuition is charged on the 1st of every month for the upcoming month and is automatically ran through iClass Pro, our class management software. It is mandatory that a credit card or ACH is on file for every athlete (**No exceptions- unless paid in full**). If payment does not process there will be a late fee charged on the 2nd of the month. If it is not paid by the 3rd your athlete will be sat out of practice immediately.



ASSESSMENTS:

Assessments are the fees that the gym pays out to outside vendors. We offer a variety of ways for you to pay your assessments. You can select a pay in full option, 3 month option, 6 month option. The first assessment payment is on June 20th. All future assessment charges will be charged to accounts on the 20th of every month.

We do not discount Assessments.

The assessments include: Skills Camps, Choreography Fees, Music Fees, Coaches Travel Fees



DISCOUNTS AND SAVINGS:

1. Pay in Full, (Cash or Check only) discount of \$300 off of tuition only and free open gym for 2023-2024 season.

Must be paid at registration and does not apply to rec program

Sibling Discount only applies to classes, not to competitive cheer program



PROGRAM COMPARISON



We offer a variety of programs to meet your needs

	Rec Teams Ages 3-14	Novice Teams Ages 3-14	Prep Elite Teams Ages 4-18	Elite Teams Mini/Youth Ages 6-18	Elite Teams Ages 7-18
Season Runs	Nov- March	June- April	June- April	June- April	June - April
Practices	1.5 hour per week	1.25 per week in the summer and 1.5 hour per week Sept- April	1.5 hours per week in the summer and 4 hours per week Sept- April	3 hours per week in the summer 4 hours per week Sept- May.	3 hours per week in the summer 4.50 hours per week Sept- May.
Tuition/ Fees	See Below	See Below	See Below	See Below	See Below
Uniforms	\$100 Includes: Top, Bottom and Bow	\$225.00 Includes: Top and Bottom	\$350 Includes: Top, Bottom,	\$350 Includes: Top, Bottom,	\$350 Includes: Top, Bottom
Competition Schedule	2-3 performances within 4 state area	5 Events within the 4 States Area	6- One Day Events 1 being In Dallas 1 End of year Event-Travel	6- One Day Events 1 being In Dallas 1 End of year Event-Travel	6- One Day Events 1 being In Dallas 1 End of year Event- Travel
Additional Info	No Evaluation Required All White Cheer Shoe required	All White Cheer Shoe required and Evaluation Required Skills and Choreography Camp	All White Cheer Shoes and Evaluation Required. Skills & Choreography Camp	All White Cheer Shoes and Evaluation Required. Skills & Choreography Camp	All White Cheer Shoes and Evaluation Required Skills & Choreography Camp
Potential Teams	Tiny Mini Youth Junior	Exhibition Tiny Novice Youth Level 1	Tiny Level 1 Mini Level 1 Youth Level 1	Mini Youth	Level 1 Level 2 Level 3 Level 4 Level 5 NT

PAYMENT OPTIONS



We offer 3 different payment options

TEAM	PAY IN FULL	4 PAYMENTS
Tiny-Novice	\$1,625.00	\$407.00
Mini-Novice	\$1,870.00	\$468.00
Mini/Youth	\$2,310.00	\$578.00
Junior/Senior	\$2,585.00	\$647.00
Prep Elite	\$2,170.00	\$543.00
Rec Cheer- Nov-April	\$825.00	NA

June, July, Aug, Sept

MONTHLY

Tiny-Novice	\$148.00
Mini-Novice	\$170.00
Mini/Youth	\$210.00
Junior/Senior	\$235.00
Prep Elite	\$198.00
Rec Cheer- Nov- April	\$138.00

ASSESSMENT FEES



Assessment fees are new this year-Assessments are the fees that the gym pays out to outside vendors. We offer a variety of ways for you to pay your assessments. You can select a pay in full option, 3 month option, 6 month option. The first assessment payment is on June 20th. All future assessment charges will be charged to accounts on the 20th of every month. These are fees that we have always paid they are just being charged a different way this season!
 Music Fees, Skills / Choreography Camp and New this year COACHES FEES

	Pay In Full	3 Month Payments	6 Month Payments		Uniform Fee Due Date
Tiny Novice	\$360.00	\$120.00	\$60.00		July 31st
Mini Novice	\$370.00	\$124.00	\$62.00		July 31st
Mini/Youth	\$497.00	\$166.00	\$83.00		July 31st
Junior/Senior Elite	\$570.00	\$190.00	\$95.00		July 31st
Prep Elite	\$422.00	\$141.00	\$71.00		July 31st
Rec Cheer Nov-April	\$225.00	\$75.00	NA		Dec 5th

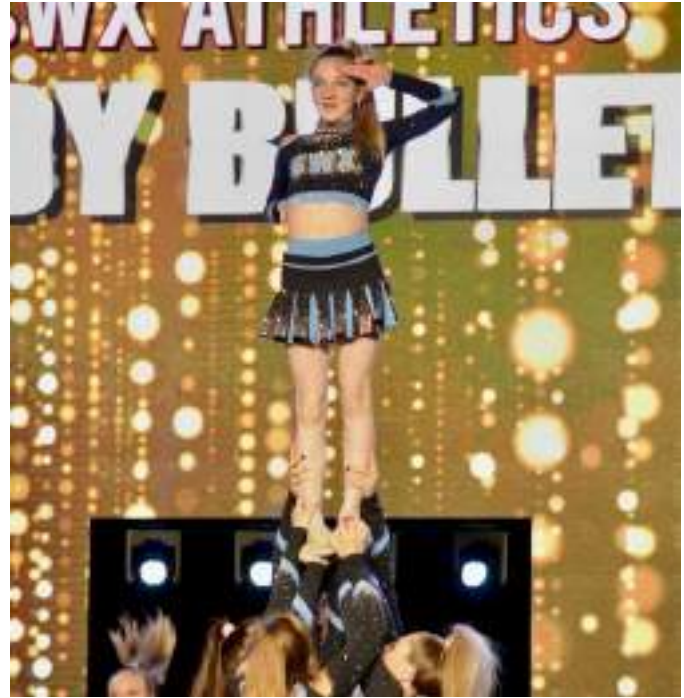
FAQ'S

Southwest
EXTREME

I COMPLETED AN EVALUATION NOW WHAT?

After individual evaluations, we will take the athletes scores and assign each athlete to a team. Teams will be announced at our team reveal on June 7th. This will be the team your athlete will practice with. Final team placement will be done the week before skills camp. Athletes can be moved to other teams to help build the strongest teams for both your athlete and the program.

Team practices will begin on June 12th practices. At your first practice all athletes and parents will come in and receive any additional information, fill out any missing paperwork, get sized for your uniform and make sure your iClass account is set up!



WHAT DO I NEED TO BRING FOR EVALUATION?

- \$45 Registration Fee- If you have not done early registration
- Evaluation Information Form
- Financial Agreement
- Participation Form
- Forms can be found in this packet or online
- Picture of your athlete

Be sure to arrive with these items in order to expedite the process. We look forward to working with you at our upcoming evaluations.



WHEN IS THE GYM CLOSED?

- Summer Break 7/31-8/6
- Labor Day Weekend- 9/1-9/4
- Halloween- 10/31/22
- Thanksgiving Break- 11/22/23 - 11/26/23
- Winter Break- 12/22/23- 1/2/24

OTHER IMPORTANT DATES

Team Reveal June 7th, 2023

Team Pics: Feb/March TBD

Year-End Banquet: Mid April

This year we are doing something NEW called Blackout weeks.

These are weeks that your athlete CANNOT miss at ALL!!

WHEN WILL MY CHILD PRACTICE?

Each team will receive a practice schedule for the season. These schedules will be created once we have all the teams we will have for the season. Teams will receive two schedules.

- Summer Schedule- This will run from June thru Labor Day weekend
- Primary Schedule- This is our main schedule which begins September 6th and runs through the duration of the season (April).

Practice schedules will be announced June 2nd

WHEN IS CHOREOGRAPHY CAMP BLACK OUT WEEK

Choreography Camp for Aug 21-25th and
Sept 11th-15th

A detailed schedule will be released as we get closer.

Choreography is mandatory for all team members.

Exact times and dates will be handed out BY
7/1

CAN I WATCH PRACTICE?

Yes! We have a few areas where parents can view from. Our parents are welcome as long as the Covid regulations allow it. However, parents are not allowed to come onto the floor unless accompanied by a coach. We have designated viewing areas for parents and family members, please understand this is for the safety of our athletes.

WHEN IS SKILLS CAMP?

Skills Camp: BLACK OUT WEEK- MANDATORY

SWX Skills Camp will take place at SWX from Aug 7th-11th.

Camp will run approximately 6 hours per day. A more detailed schedule will be released as we get closer to the start of skills camp. Skills Camp is important as it is when we start solidifying stunt groups and roles.

Camp tuition is included in Team Assessments. *There are no refunds for missing camp, camp fees are calculated on a set number of athletes. Do your best to plan ahead!*



TEAM/ATHLETE POLICIES



ABSENCES

Attendance is crucial to the success of any team. An absence request form on Google should be submitted prior to missing any practice. Every athlete is given 12 hours of PTO for the season. 6 hours for sickness and 6 hours for personal. Once those are gone athletes can not miss practice for any reason except contagious illness. If they miss more than 12 hours they are at risk for losing their spot on the team and possibly being removed from the program with a buy out fee charged.

WHERE CAN I FIND AN ABSENCE REQUEST?

All of our forms can be found on our website. This form should be completed at least two weeks prior to any absence.

THE WEEK BEFORE AN EVENT IS CONSIDERED A BLACK OUT WEEK.

ATHLETES ARE NOT ALLOWED TO MISS PRACTICE DURING THE WEEK LEADING UP TO THE EVENT. IF THEY DO THEY WILL NOT BE ALLOWED TO COMPETE!!

VACATIONS

Please work to plan your family vacations around the gym schedule, we work hard to give you the gym closures early.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athlete's injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional.

TRAVEL/COMPETITIONS

Event dates will be released by September 15th. We want to make sure we have the very best events picked out. During the competition season, cheerleaders will be asked to travel to events. Some athletes will travel to national events out of the state. Transportation to competitions is the responsibility of each team member and their family. If your athlete misses an event due to anything outside of serious illness they risk being removed from the routine and potentially the program.



TEAM/ATHLETE POLICIES



UNIFORMS AND ATTIRE

Please keep all SWX Athletics Clothing and uniforms in good condition. The cost of replacement will be the responsibility of the athlete.

Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings. Band-aids or clear space holders will not be allowed.

COPYRIGHT NOTICE:

The logo of Southwest Athletics belongs to the owners of the program. You cannot sell or create your own SWX clothing or any other items. This includes team names and any likeness to logo, affiliation and/or program without the permission of Stacey Johnson, Owner Southwest Athletics.



DISCIPLINE

If any of the attached rules are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program

These rules are for issues with both athletes and parents

CORE VALUES:

Here at Southwest Athletics all decisions we make are guided by our five core values. Please make sure you understand and can commit to these before becoming a part of Southwest Athletics

- Effort Over Everything - there may be people that have more talent than you, but there is no excuse for anyone to work harder than you.
- Kindness Matters - everyone you meet is fighting a battle you know nothing about. Be kind always.
- Integrity Always - always do the right thing, even if no one is watching
- Teamwork Makes the Dream Work - talent wins games, but teamwork wins championships.
- Just Keep Swimming - you grow in the moments when you think you can't go on, but you keep going anyways. Pause. Breathe, Cry if you have too, but NEVER GIVE UP.

PARENT POLICIES



COMMUNICATION

To streamline communication, As a parent, you will receive information one way, we will use a team Band app in which all events and current information can be found. We will give information at registration on tryouts on how to join the specific team Bands. Any billing questions go to Info@swxathletics.com

Do not reach out to staff via social media or private cell numbers regarding gym questions

GOSSIP AND THE LOBBY

- Our lobby is for your convenience to allow you to watch your child practice.
- Siblings are not to be left unattended in the facility nor in the parking lot. Siblings are not allowed to run around the facility.
- Our lobby is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the lobby, they will be asked to leave or could be removed permanently.
- Viewing areas have rules and expectations posted, please adhere to them.
- Videos and Photos of practice are not allowed to be taken from the lobby.
- By registering to be a part of our program you understand and agree to this.

FUNDRAISING

Southwest Athletics offers the following:

- A new fundraiser every month. These are individual fundraisers and all credits will go directly to your account. These fundraisers do involve extra work outside of cheer but we have seen people pay for an entire season of cheer! We strongly suggest you participate in fundraising.
- Any fundraising credit can be applied to camps and merchandise.
- A small portion of money raised goes to pay expense for the certain fundraisers
- Refund checks can not be issued in the event of a surplus.

FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in iClass and come out automatically on the 1st of the month.
- A late fee of \$25 will be assessed for all payments made after the 2nd of each month. If your payment is declined from your bank, please make the payment immediately at the desk or via iClass
- Monthly tuition is not pro-rated for any reason.
- Assessments are non-refundable. If you choose to leave or are removed from the team these fees are not returned.
- **By the 5th of each month, your account must be up to date. Otherwise, your athlete will no longer be allowed to participate.**

WAIVER AND PARTICIPATION FORM



Liability Waiver and Participation Form

Athletes Name: _____
Address: _____
Parents Name: _____ Email: _____
Cell: _____ Alternate Phone: _____
Parents Email: _____

Medical Authorization and Liability Release

I authorize Southwest Athletics and its representatives to consent to medical treatment for my child when I cannot be reached to consent. I am fully aware that any activity involving motion, height or athletic activities create the possibility of serious injury, paralysis or even death. I further agree to hold Southwest Athletics and its staff harmless for any injury or resulting expense(s). I release and discharge all rights and claims against Southwest Athletics, and it's parties. Southwest Athletics strives to provide the maximum in safety procedures and guidelines, and cannot assume responsibility for any accidents, injuries or illness that may occur.

Parents Name: _____ Parents Signature: _____
Date: _____

Please list any previous injuries, physical conditions or weaknesses that may affect the athlete
Condition/Injury: _____

Parent Consent

The athlete listed above has my permission to participate in the Southwest Athletics program and or camp for the 2023/2024 year. In consideration for the training and coaching provided by Southwest Athletics and its staff, I understand that my son/daughter must abide by the rules and regulations set forth by the coaches and staff. I understand that violations of any of these rules may result in removal from the classes and/or events. We acknowledge and recognize that hazards are present in any athletic event and that injury may result. Southwest Athletics coaches, staff and volunteers will not be liable for injury that occurs during practice, competitions, or travel to and from activities.

Parents Name: _____ Parents Signature: _____
Date: _____

FINANCIAL AGREEMENT



parent of

Name of parent / legal guardian

Print the name of the athlete here

I understand and agree to the following:

- I understand and agree that tuition is due on the 1st of the month for the current month. Tuition is set up and automatically drafted through iClass each month. Tuition is considered late as of the close of business on the 5th of each month.
- I understand that my uniform is a separate cost and if needed is due on the following dates:
 - Recreational Teams: Dec 5th 2023
 - Novice Teams: July 31st 2023
 - Elite Teams: July 31st 2023
 - Prep Teams: July 31st 2023
- I understand that shoes are not included with my uniform. I will order them personally. Southwest Athletics will set up sizing nights. All athletes will wear white cheer shoes.
- I understand that I am subject to a late fee charge of \$25 which is applied on the 5th of the designated month. Excessive tardiness of payments will be grounds for my child not competing and possible dismissal.
- I understand and agree that as the parent signing this contract, I am solely responsible for the Tuition, Travel Expenses, Uniform and Assessments as outlined in this packet.
- I understand if I leave the program prior to May 1st 2024, I am subject to a \$250 buyout fee. This will be billed to the card on file at the your time of departure from the program.

Parent / legal guardian signature

Date

INFORMATION FORM



Athlete Name

Athletes Date of Birth

Athletes Age on 12/31/24

Parent/ Guardian #1 Name: _____

Parent/ Guardian #1 Cell Phone: _____

Parent/ Guardian #1 Email: _____

Parent/ Guardian #2 Name: _____

Parent/ Guardian #2 Cell Phone: _____

Parent/ Guardian #2 Email: _____

Does your athlete have any allergies we need to be aware of? _____

Does your athlete have any medical conditions we need to be aware of? _____

Has your child ever experienced/diagnosed by a medical professional with a concussion(s)? _____

Please Check All That Apply to Your Athlete:

_____ My Child is evaluating for a Novice Team.

_____ My Child is evaluating for a Prep Team

_____ My Child is evaluating for a Elite Prep Team

_____ My Child is evaluating for an Elite Team

_____ My Child would like to be considered for a crossover (2 teams) position

If not, which level(s) are you interested in being considered for? _____

POLICY AGREEMENT



Please Read, Initial and Sign Fees, Payments and Policies

- ___1. The Cheer Season is a full year commitment from June 2023 - May 2024
- ___2. All Southwest Athletics customers are required to have a card set up in iClass Pro for all payments. All tuition is ran on the 1st of each month. Athletes will not be allowed to practice until there is a card on file or unless the account is paid In full at the beginning of the season.
- ___3. Your account must be current for your child to participate in team practices, tumbling classes, open gyms, private lessons and or competitions.
- ___4. All monthly fees, assessment fees, and/or uniform fees, must be paid in advance in order to participate in any event. **All fees are 100% Non-Refundable for any reason.**
- ___5. If you chose to pay your Assessments in full and choose to discontinue anytime from June 2023 to May 2024, your fees are **Non-Refundable**. The \$250 buyout fee and expenses already paid out for the season will be deducted and the remaining balance will be applied as a credit onto your account for SWX Services or Goods. **NO REFUNDS** will be given. Remember you are signing up for a spot on a SWX team, not for a specific team or position.
- ___6. I understand that if my child decides to quit the Southwest Athletics program (for any reason other than family relocation with a valid real estate document, or a season ending sport injury with a valid physician's certificate- they will. not physically practice) at any time from July 1st 2023 to the end of the competition season May 2024, I will be charged a \$250 buyout fee. This fee will be deducted from the card on file or needs to be paid by check within 5 days if card is not approved.
- ___7. It is mandatory to abide by the Attendance policy as outlined in the 2023-2024 Athlete Policies given out in this packet. All athletes are to attend their teams regularly scheduled practices. If an athlete is not feeling well, or injured, they are still expected to be at practice. If your child has a fever or is vomiting they should not attend. A parent must fill out an absent Google form PRIOR to practice . All school activities and pre planned vacations should be submitted 14 days in advanced online as explained in the packet. After the athlete has reached 12 PTO Hours of absences for the season, each additional unexcused will put you at risk for being removed from the team or program.. If your athlete reaches 10 missed practices a meeting with the All Star director will take place. At this time your child may be removed from their team and program at the discretion of the All Star Director. Attendance is required for success.
- ___8. If at any time your child misses a competition for an unexcused reason, this is means for immediate termination from the team and no refunds of any sort will be given.
- ___9. Southwest Athletics will issue a list of "BlackOut Weeks", which are the week prior to a competition and time during the summer. During said black out weeks, any missed practices/skills camp or choreography will result in the following: Athlete not being put in routine athlete, moved to alternate position and/or not being able to compete at the next competition. No choreography, skills or competition fee refunds will be given for missing a blackout event/practice.
- ___10. Your child can and will be suspended from practices and or competitions for displaying inappropriate behavior and refusal to follow gym rules and instructions from coaches and staff. Please discuss this with your child. You are still responsible for your athlete's fees during the period of suspension.
- ___11. Athletes should not be dropped off more than **15 minutes early for a team or class**. Athletes should not be picked more than 10 minutes from the end of their practice/class, as this requires coaches and staff to work past their set hours.

POLICY AGREEMENT



____12 Fundraising- All fundraisers facilitated are individual, unless otherwise noted. We will apply credits to your accounts. Questions regarding fundraisers can be emailed to Fundraisingswxathletics@gmail.com . Any surplus of credits from fundraisers can be used towards any services or products Southwest Athletics offers. Funds can't be transferred to another athlete. If athletes leave with a credit that will be transferred to the general fund. Refund checks will not be issued in the result of a surplus.

____13. All transportation to and from competitions is the sole responsibility of parents. I understand that some competitions require a specific hotel. Information will be given as those dates approach.

____14. I understand that as a Southwest Athletics member I am not allowed to use the SWX Athletics Logo and make my own SWX merchandise. I cannot sell or create my own Southwest Athletics apparel or merchandise. I also understand I am not allowed to contact any vendors on behalf of Southwest Athletics, doing so is grounds for dismissal from the program.

____15. I understand that my athlete needs to come to practice every day in the proper attire. Athletes can wear anything for class but must be in the right attire for team practice. Hair needs to be up and secure.

____16. We reserve the right to close practices at any time. This will occur if the viewing room becomes negative or distracting. Please remember to be your athlete's, team's and coach's biggest cheerleader! As a parent, if you are causing drama you can and will be removed from the gym.

____17. It is the parent's responsibility to stay informed. Check your team Facebook Group and personal emails regularly, if you are not receiving information contact the front desk immediately so we can check your account.

____18. Part of an All Star Team is uniform, hair and makeup. To be on the team, all athletes must follow these guidelines. If you cannot commit to doing hair and makeup in the designated style, your athlete can't participate.

____19. Athletes are placed on a team with the expectation that the skills they have at tryouts will remain and grow through the season. If an athlete can no longer fulfill the role they were placed on the team for, they will be moved to a team where they can fulfill the necessary role. Any athlete on a level 2 or above team is required to take at least 1 tumbling class or private lesson per week to progress on skills. All Flyers will be required to arrive 15 mins prior and stay 15 after class to go through flexibility workout.

____20. All athletes and parents are expected to carry and conduct themselves with the utmost maturity on social media. This includes but is not limited to social media posts, photos, interactions and discussion boards. Any violation of this policy may result in immediate termination from the program.

I understand and agree to abide by the policies as outlined above:

Athlete Name: _____

Print Parent Name: _____

Date: _____

Signature of Parent/Legal Guardian: _____

ATHLETE RULES



- ____ 1. All athletes and family members will represent Southwest Athletics in a positive and supportive manner
- ____ 2. Negative social media, email, text or any other type of negative communication will not be tolerated. ****This includes inappropriate pictures on social media including "private" accounts.****
- ____ 3. Abusive behaviors, bullying, lying and any other form of negative behavior by athletes and/or parents will not be tolerated. This behavior will be grounds for removal from our program and a buy out fee will be applied.
- ____ 4. I understand that as an athlete I need to come to practice every day in the proper attire. Athletes can wear anything for class but must be in the right attire for team practice. Hair needs to be up and secure. Along with proper cheer shoes. If I do not bring my cheer shoes I risk the chance of sitting out of practice.
- ____ 5. As an athlete I am required to maintain tumbling/flying skills shown at tryouts and need to continually work to improve skill level. Athletes selected as flyers are required to have flexibility and stretch regularly. Monthly skill checks will be done by coaching staff and reports given to parents. I understand as an athlete if I fail to maintain skills or do not do the "job" on a specific team I am at risk to lose said role and be placed in another role on the team.
- ____ 6. No underage drinking, smoking, vaping and/or drug use will be tolerated. If caught in any way (in person or over social media) you will be removed immediately from program with buy out fee of \$250 charged to card.
- ____ 7. Being tardy will not be tolerated. Missing practice affects your team and coaches plans for your practice time. So plan accordingly.
- ____ 8. As an Athlete of Southwest Athletics you are expected to treat everyone with kindness, love and compassion. Be a team player, be coachable and open to corrections. If at any point you can not follow these basic requirements a meeting with parents will be required and consequences could happen.
- ____ 9. As an Athlete of Southwest Athletics I will always come in to every practice event with a positive attitude, ready to work and be a true TEAM player. I will leave all my "problems" at the door and come in ready to get work done for my coaches and team.
- ____ 10. Disrespect towards coaches, staff, team moms and others within our program will not be tolerated. Watch how you speak to everyone around you at all times.

I understand and agree to abide by the policies as outlined above:

Athlete Signature: _____

Parent Signature: _____

Date: _____