TRIBE ATHLETICS

ARROWS TEAM HANDBOOK

2026-2027



Revised 11.20.2026

OUR MISSION AT TRIBE ATHLETICS

At TRIBE Athletics, our mission is to empower every member to become the best version of themself, both as an individual in the world and as an Athlete on the mat. We are dedicated to fostering a culture that prioritizes Teamwork and selflessness, embracing a Team-first mentality where WE triumphs over ME. Our goal is to not only excel in Athletic performance but also to nurture personal growth, character development, and a strong sense of community among our Athletes, Staff, and Families. Together, we strive to inspire each other to reach new heights, both on and off the mat, embodying the values of respect, unity, and unwavering support for one another. We will work to change lives for the better each day, week, month, and season.

WE OVER ME	We believe in putting the WHOLE OF THE TEAM above the individual. When the Team wins, so does the individual. We will demonstrate this with the placement of our Staff, our Athletes onto Teams, and in everything we do and work to accomplish in the gym. The strength of a group and community always outweighs the strength of one.
GOOD VIBES ONLY	We believe that positivity is the way to win daily. While the world presents various challenges and negativity that our Athletes, Families, and Staff face in their lives, we will aim to be a space full of positivity and seeing the good in each situation. We will work with Athletes and Families in a positive way, and will expect our Families and Athletes to reciprocate a positive culture and model of communication.
FRIENDSHIP	We will work alongside our peers to make each other better as members of our TRIBE develop lifelong friendships.
POSITIVITY	We will spread positivity through our words and actions in the gym, out of the gym, and in our daily lives.
ENERGY	We will create an energy that attracts and motivates those around us to be their best.
INTEGRITY	We will choose the hard right over the easy wrong and always work to take accountability for our words and actions.
TRUTH	We will be honest with one another by honoring our words and intentions.

ABOUT ARROWS

ARROWS is made for EXCEPTIONAL ATHLETES! Designed for athletes ages 5+ with a disability as defined by the Americans with Disabilities Act (ADA), ARROWS creates an inclusive, supportive, and exciting environment where every athlete has the opportunity to experience the joy of All-Star Cheerleading!

ARROWS will practice once a week, learning a fun cheerleading routine that includes cheers, jumps, stunts, and tumbling! Throughout the season, athletes will build confidence, develop new skills, make friendships, and experience the excitement of being part of a team.

What makes ARROWS extra special? Every ARROWS athlete will be paired with a “Buddy” from one of our TRIBE teams for the entire season! These buddies will practice alongside their ARROWS athletes and take the competition floor with them - providing encouragement, support, and friendship every step of the way.

At TRIBE, we believe WE OVER ME — and ARROWS embodies that in every way. Our goal is to create a space where every athlete feels included, celebrated, and loved while experiencing the magic of cheerleading.

Different abilities. One TRIBE. Endless possibilities.










2026-2027 SEASON
ARROWS IMPORTANT DATES

ARROWS WILL PRACTICE EVERY THURSDAY FROM 6:00-7:00 PM.

PRACTICES WILL BEGIN THURSDAY JANUARY 7TH. FINAL PRACTICE WILL BE THURSDAY, APRIL 29TH.

PRACTICES ARE SO IMPORTANT AS THE TEAM WILL BUILD THEIR ROUTINE TO PERFORM. PLEASE PRIORITIZE PRACTICE NIGHTS.

MONTH	DATE
DECEMBER 2026	• December 28: Registration Closes • Monday, December 21 - Saturday, January 2: Gym Closed for Holiday Break
JANUARY 2027	• Thursday, January 7: First Arrows Team Practice • Wednesday, January 27: **Picture Day For ALL Athletes** • Thursday, January 28: **Required Practice 6-7pm (Practice Before Performance)** • Sunday, January 31: **Showcase/Performance - Required - Time TBD**
FEBRUARY 2027	
MARCH 2027	• Thursday, March 4: **Required Practice 6-7pm (Practice Before Performance)** • Saturday, March 6: **Competition Day - Spirt Sports Des Moines - REQUIRED** • Friday, March 12 - Friday, March 19: Gym Closed for Spring Break • Sunday, March 21: Gym Reopens for all Team Practices and Classes
APRIL/MAY 2027	• Thursday, April 15: **Required Performance at Tribe Athletics** • Sunday, May 2: 11th Annual Festival of Feathers Awards Banquet • Thursday, April 30: **Required Practice 6-7pm (Practice Before Performance)** • Sunday, May 2: TBD: **End of Season Showcase (Required for All Teams)**

REGISTRATION DETAILS

In order to be eligible to register, Athletes must have a birthday in 2014 or before

Parents Must Register Online In Your Parent Portal Account at https://portal.iclasspro.com/tribeathletics

Email cheer@ourtribeathletics.com with any questions.



If you have multiple Athletes, you must register them and proceed through the checkout process **seperately** for each Athlete.

FEE SCHEDULE

ALL ARROWS FEES ARE COVERED FOR THE 2026-2027 SEASON THROUGH OUR GYMS ‘WE ARE TRIBE’ FUND.



ATTENDANCE POLICY

Practices throughout the season are incredibly important, as this is when Athletes will learn and build their CHEER routine! Attending practice allows each Athlete to learn their routine, develop teamwork skills, build a meaningful relationship with their Buddy, gain confidence, and so much more. Every practice is an opportunity to learn, grow, and be part of something special!

COMPETITION WEEK PRACTICES

The practice the week prior to all competitions and required performances are 100% mandatory.

Athletes not in attendance may be removed from the routine for that competition or for the season. The only exceptions are as follows:
» Funeral with documentation
» Athlete hospitalization or medical emergency - must provide documentation
» Required school event with at least 60 days notice

Please check the competition schedule, INCLUDING any changes to the schedule as the season progresses, and plan any trips over breaks accordingly.



GYM EXPECTATIONS

At Tribe Athletics, we are dedicated to maintaining high standards every day, grounded in love, positivity, and sharing good vibes! We kindly ask all members of our community to always represent our gym and gym Family with pride and respect, both inside and outside the gym.

We believe in creating a positive and supportive environment for our Athletes, their Families, and our Coaching staff. Negative talk about other Parents, Athletes, Coaches, or the Gym is not tolerated, as we strive to cultivate a community built on respect and encouragement.

If you or your Athlete have/has a question or concern, please encourage them to speak directly with their Coach first to resolve the matter. Open communication helps us grow together as a positive and unified community, as well as serves as an opportunity for our growing Athletes to work on their communication skills and both providing and receiving feedback.

All Team-related groups or chats—whether for Parents or Athletes—are expected to remain positive. If negative comments are made, individuals will be removed from the group. For any concerns, please reach out to us at office@ourtribeathletics.com. We kindly ask that all unofficial groups or chats about Tribe Athletics include at least one coach to ensure a positive and supportive environment.

We also ask that you are mindful of the images and posts shared on social media while representing Tribe Athletics and wearing Tribe gear. Let's continue to spread good vibes and positive energy both online and offline.

We always love when our Families and Athletes use #GoodVibeTribe and #GoodVibesOnly in your posts so we can all stay connected and share our favorite Tribe memories.



COMPETITON SCHEDULE

2026-2027 COMPETITION + SCHEDULE

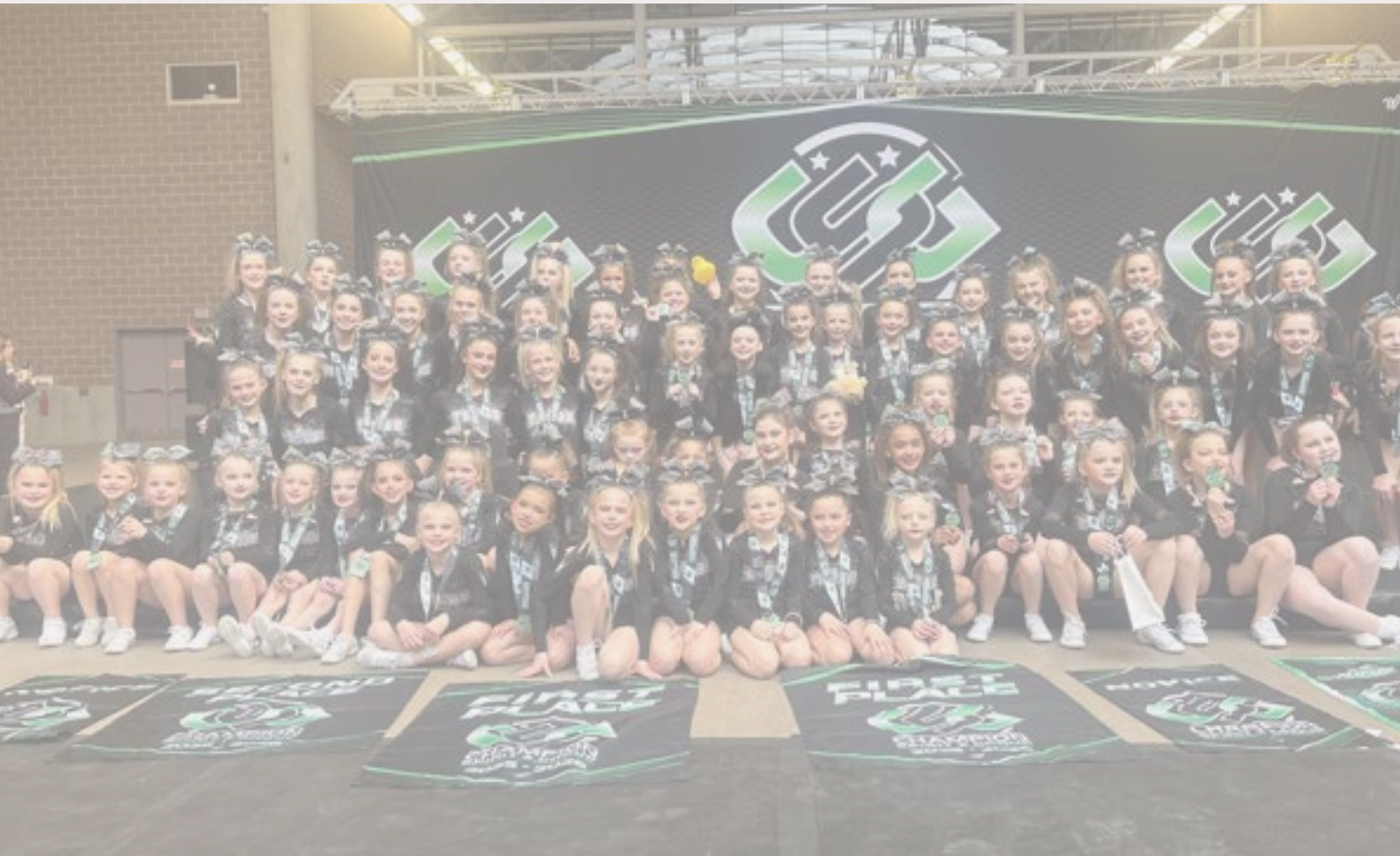
As a reminder, all dates and competitions are REQUIRED for all Athletes, there are no exceptions. Please note this schedule is subject to change in the event of a competition changing, dates changing, venue changing, etc. Block off the entire day of all dates listed below - A Schedule including the time Athletes will compete is not provided to us until the final week leading up to an event. A Schedule will be emailed out and posted in all Team Bands the Tuesday before each event. For any two day events listed, Elite will compete BOTH days (Saturday and Sunday). Prep/Novice will only compete ONE day (Saturday).

*****ELITE Teams will practice on Tuesday AND Thursday 7-9pm of all BOLDED competition weeks.*****

FYP = Full Year Prep, HYP = Half Year Prep

DATE(S)	EVENT	LOCATION	EVENT CENTER	Elite	FYP	HYP	Novice	Arrows
9/27/2026	Elite Full Out Day	Grimes, IA	Tribe Athletics					
10/25/2026	**Full Year POWWOW - Showcase**	Grimes, IA	Tribe Athletics					
12/12 - 12/13/2026	**America's Best - Grand Nationals**	Kansas City, MO	Kansas City Convention Center					
1/9 - 1/10/2027	**American Heartland**	Council Bluffs, IA	Mid America Center					
1/16 - 1/17/2027	**JAMfest - Cheer Super Nationals**	Indianapolis, IN	Indiana Convention Center					
1/27/2027	Team Picture Day	Grimes, IA	Tribe Athletics					
1/31/2027	Half Year POWWOW - Showcase	Grimes, IA	Tribe Athletics					
2/6 - 2/7/2027	**CSG - Grand Nationals**	Schaumburg, IL	Schaumburg Convention Center					
2/13/2027	CSG - Iowa Challenge	Coralville, IA	Xtream Arena					
3/6 - 3/7/2027	**Spirit Sports - Nationals**	Des Moines, IA	Jacobsen Event Center					
4/17/2027	**The U.S. Finals**	Coralville, IA	Xtream Arena					
5/2/2027	Summit Send Off, End Of Season Showcase, Banquet *Pending Final Venue Contract*	Des Moines, IA	TBD					
5/6/27 - 5/10/27	The DII Summit	Orlando, FL	ESPN Wide World Of Sports					

If yellow, Teams MUST receive a bid in order to be eligible to compete. A Summit bid can be earned at any TWO day events throughout the season - Tribe will only accept At-Large, Partial Paid, and Paid Summit Bids, we will not accept Wild Card Bids as Wild Card Teams compete a day earlier (this would require travel a day earlier).



COMMUNICATION METHODS

OFFICE, DAN
office@ourtribeathletics.com

- Billing Questions
- Parent Portal Related Questions

ALL-STAR DIRECTOR, BAYLEE
cheer@ourtribeathletics.com

- Travel/Hotel Related Questions
- Questions Regarding Placements
- Team Questions (if not first resolved by Team Coaches)
- Questions Regarding Scoring (if not first resolved by Team Coaches)
- Competitions
- Uniform/Practice Wear Questions

TUMBLING DIRECTOR, AMY
tumbling@ourtribeathletics.com

- Tumbling Class Related Questions
- Athlete Tumbling Skill Progression
- Tumbling Class Evaluation
- Questions Regarding Tumbling Class Move Up/Down
- Skills Clinics

TEAM COACH
via phone # or Facebook

- Routine or Practice Related Questions
- Scoring Questions
- Absences
- Injuries
- Team Specific Questions

Please allow at least 24 hours for a reply and respect that all of our staff have families and lives outside of the gym. If calling or texting, please use normal business hours.



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