

TRIBE ATHLETICS

FULL YEAR PREP

TEAM HANDBOOK

2026-2027



ourtribeathletics.com



Revised 4.02.2026

OUR MISSION AT TRIBE ATHLETICS

At TRIBE Athletics, our mission is to empower every member to become the best version of themselves, 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.

2026-2027 SEASON

FYP IMPORTANT DATES

MONTH	DATE
MAY 2026	<ul style="list-style-type: none"> Monday, April 13 - 7-8pm: Elite + Full Year Prep Team Informational Meeting (Optional) Saturday, May 2: Elite + Full Year Prep Team Tryouts Friday, May 22 - Monday, May 25: Gym Closed for Memorial Day Weekend
JUNE 2026	<ul style="list-style-type: none"> Monday, June 1: Summer Practice + Class Schedule Begins + Full Year Prep Team Practices Begin
JULY 2026	<ul style="list-style-type: none"> Wednesday, July 1 - Sunday, July 5: Gym Closed for Summer Break
AUGUST 2026	<ul style="list-style-type: none"> Monday, August 24 -Thursday, August 27: Gym Closed For Back To School Week Break
SEPTEMBER 2026	<ul style="list-style-type: none"> Sunday, August 30: School Year Schedule Begins Friday, September 4 - Monday, September 7: Gym Closed for Labor Day Weekend September 8 - 11: MANDATORY Practice (May include an additional practice if needed) September 13th - MANDATORY Routine Choreography Day (Approx 9am-1pm) September 20th - MANDATORY Routine Choreography Day (Approx 9am-1pm)
OCTOBER 2026	<ul style="list-style-type: none"> October TBD (Sunday, October 18th or Sunday, October 25th - block off both dates until finalized): Elite + Full Year Prep POW△WOW - Showcase of Routines (Required - Time TBD)
NOVEMBER 2026	<ul style="list-style-type: none"> Monday, November 23 - Friday, November 27: Gym Closed for Thanksgiving Break Sunday, November 29: Gym Reopens for Team Practices and Classes
DECEMBER 2026	<ul style="list-style-type: none"> Monday, December 21 - Saturday, January 2: Gym Closed for Holiday Break
JANUARY 2027	<ul style="list-style-type: none"> Sunday, January 3: Gym Reopens for Team Practices <p>***Plan on this practice date being REQUIRED due to potential competition the following weekend***</p> <ul style="list-style-type: none"> January TBD: Picture Day For ALL Athletes
MARCH 2027	<ul style="list-style-type: none"> Friday, March 12 - Friday, March 19: Gym Closed for Spring Break <p>***There IS a possibility that there will be required practices the weekend we return from break - keep this in mind if booking travel***</p> <ul style="list-style-type: none"> Sunday, March 21: Gym Reopens for all Team Practices and Classes Sunday, March 28: Gym Closed For Easter
APRIL 2027	<ul style="list-style-type: none"> TBD: 11th Annual Festival of Feathers Awards Banquet TBD: 2027-2028 Elite + Full Year Prep Team Registration TBD: End of Season Showcase (All Teams)

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.

LOGO USAGE

Third parties are not allowed to use any of the Tribe Athletics logos without license, signed agreement, or other written permission from the Tribe office. All logos and branding, both those trademarked and those not, are protected by US Copyright Law. The image of our gym Family, Culture, and Presence is very important to us, so we have strict usage guidelines for all apparel containing the Gym logos or Team logos. Thanks for understanding – and if there's something you want to see in the pro shop, let us know.



TUITION & FEES

We accept cash, checks, and all major credit cards. Cash and check payments must be paid prior to the end of the month or tuition and fees will be automatically charged to your card on file in our Parent Portal, no exceptions. Monthly Tuition for Full Year Prep Teams is billed from June 2026-April 2027 on the first of each month. Athletes with past due balances will not be able to practice until balance is paid.

Late Fees and Program Removal:

A \$25 late fee per charge will be added on the fourth of the month for past due accounts. There will be no refunds made to anyone who is asked to leave the program or that quits the Team. Athletes with past due balances after seven days will have all rec class enrollments automatically dropped.

Additional Fees include the items listed on following pages and are billed according to the fee schedule on page 8. These fees do not include travel costs, extra classes, extra practice wear, or lessons.

Team Commitment & Early Withdrawal Fee:

Participation on a TRIBE Athletics All-Star team is a full-season commitment. Each athlete's role is essential to the success of the team, and changes to the roster after choreography is completed result in significant additional expenses. In the event an athlete withdraws from their team after choreography has been set, the following applies:

Early Withdrawal / Re-Choreography Fee:

A fee of \$300 will be charged to the account on file. This fee is not a penalty, but is intended to offset costs associated with reworking the team routine, including but not limited to choreographer travel, time, and music adjustments.

If withdrawal occurs after the team's first competition, the fee will be \$400.

By accepting a position on a TRIBE Athletics team, you acknowledge and agree to this commitment and authorize TRIBE Athletics to charge the card on file for any applicable early withdrawal fees.



REGISTRATION DETAILS

In order to be eligible to register, Athletes must have a birthday
between
June 1, 2007 - December 31, 2021

Parents Must Register Online In Your Parent Portal Account Prior To
Attending Tryouts

After May 1, all tryouts must email cheer@ourtribeathletics.com to
set up a private tryout time

Email cheer@ourtribeathletics.com with any questions.

**Team Placement Registration Fee (Non-Refundable):
Includes: Tryout Clinics, Tryout Block, Season 11 Tribe T-shirt**

\$100: Register by April 10, 2026

\$115: Register April 11 - May 1, 2026

\$100 + \$35 Private Lesson: All Tryouts After May 2

\$100 + \$35 Private Lesson: Private Tryout Fee

INCLUDED TRYOUT PREP CLINICS (ALL LEVEL TIERS)

APRIL 17 (5:30-6:30PM)

APRIL 18 (2-3PM)

APRIL 24 (5:30-6:30PM)



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

REGISTRATION CONT'D: TRYOUT DAY

Athletes must register for THEIR SPECIFIC TIER based on Tumbling Skills. If they do not meet ALL of the requirements for a specific tier, they MUST come to the next tier down in which they can complete all listed skills.

Athletes must be present for the entire time of their skill tier block

Please see Placement Skills Booklet for placement process.

SATURDAY MAY 2 2026

****PLEASE NOTE: Prep Teams are only allowed to compete up to Level 2 skills. We still want all Full Year Prep Athletes to be assessed during the correct tier listed below so we can place them into the correct tumbling class and fully assess their current skills.***

Tier 1: Attend from 9:00am-10:25am

MUST have ALL of the following to attend: Round Off Back Handspring Layout, Standing Back Handspring Step Out Step In Tuck, Standing Tuck

Tier 2: Attend from 10:30am-11:55am

MUST have ALL of the following to attend: Round Off Back Handspring Tuck, Standing 3 Back Handspring, Standing Back Walkover 2 Back Handspring

Tier 3: Attend from 12:30pm-1:55pm

MUST have ALL of the following to attend: Round Off 2 Back Handspring, Standing Back Walkover Back Handspring, Standing Back Handspring Step Out Back Walkover Back Handspring

Tier 4: Attend from 2:00pm-3:25pm

No Tumbling Requirements to attend this level
Skills For Tier 4 (not required): Handstand Forward Roll, Round Off, Back Walkover, Front Walkover

FEE SCHEDULE

MONTHLY TUITION - BILLED TO ACCOUNT 1ST OF EVERY MONTH

JUNE 2026 - AUGUST 2026: \$285.00

SEPTEMBER - DECEMBER 2026: \$320.00

JANUARY 2027 -APRIL 2027: \$140.00

MONTHLY TUITION INCLUDES:

<u>ITEM</u>	<u>COST</u>
Athlete Team and Tumbling Class Tuition SUMMER: One, 2-hour Team Practices Per Week + One, 1-hour Tumbling Class Per Week SCHOOL YEAR: Two, 90-min Team Practices Per Week + One, 1-hour Tumbling Class Per Week	\$105/month (Summer) \$140/month (School Year)
Apparel: Practice Wear Package	\$175.00
Routine Choreography Camp + Competition Music	\$235.00
All Regular Season Competition Fees New This Season - All Tribe Teams will have US Finals included in tuition	\$850.00

MONTHLY TUITION DOESN'T INCLUDE:

<u>ITEM</u>	<u>REQUIRED?</u>	<u>COST</u>	<u>BILLING DATE</u>
Annual Insurance Fee	Yes	\$60.00	Anniversary
Uniform Deposit	Yes	\$250.00	5/2/2026
Shoes	If Needed	\$100.00	5/2/2026
Backpack	If Wanted	\$75.00	5/2/2026
Final Uniform Payment	Yes	\$50.00	5/18/2026
Season 11 Cover Up - Jacket Is No Longer Required	No	TBD	TBD
USASF Registration (pd to USASF)	Yes	\$50.00	9/1/2026



HOURS IN THE GYM FOR FULL YEAR PREP ATHLETES

PRACTICE

1x 2-Hour Practice Per Week For Summer, 2x 1.5-Hour Practices Per Week For School Year

- Summer Practices will be held Monday, Tuesday Wednesday, or Thursday
- School Year Practices will be held Sundays + 1 weeknight (Monday, Tuesday, or Thursday)

1x One-Hour Required Tumbling Class Per Week

- Athletes will be placed in the tumbling class best fit for their skill level

OPTIONAL - 1x Thirty-Minute Class

- Athletes have the option to add Flyer Flex (required for all flyers), Jump Class, Stunt Strength

MAINTAINING SKILLS

Athletes are expected to maintain the skills that placed them onto their Team and level. We understand that Athletes will have struggles with skills and this is part of the learning process. To keep our Teams competitive and our Athletes safe and progressing, we will adhere to the following policy:

- 1.If an Athlete loses a skill thrown at evaluations/placements, there will be communication directly from the Coach to the Parent/Family/and TRIBE Office immediately. This includes tumbling, flexibility, etc.
- 2.Athletes will be required immediately to take their one required class PLUS at least one private lesson per week with one of their Team Coaches (or other Coach if Team Coach is unavailable) until the skill is regained.
- 3.If after 30 days, the Athlete is not completing the skill, Tribe will determine if it is in the best interest of the Athlete and the Team to move them to a different Team.



ATTENDANCE POLICY

ABSENCES

We understand that you have Families and many of you enjoy spending time away on vacation or for holidays, and we want to ensure you can do that! To similarly ensure the progress and success of our Teams, we will use the following guidelines for attendance and absences:

ABSENCES SHOULD BE ADDRESSED AHEAD OF TIME, never the day of. Please try to plan your vacations during our scheduled closing dates. In the event that your Athlete will miss for a vacation, school event, etc., please record the future absence on the Parent Portal - you do NOT need to email the office any future absences unless they are ahead of time for a competition week practice conflict.

While tumbling classes do NOT count towards the allotted absences, missing tumbling class greatly reduces the success of the individual Athlete and Team, and class attendance will be taken into account while placing Teams.

Absences will be limited to the following:

MAY 18, 2026 - AUGUST 29 2026: UP TO, but not more than, THREE total absences for any reason
AUGUST 30, 2026 - MAY 2027: UP TO, but not more than, THREE total absences for any reason

If an Athlete is 30 minutes late to a practice OR leaves 30 minutes early, it will count as a HALF absence. If Athlete is more than 30 minutes late or leaves more than 30 minutes early, it will count as a WHOLE absence.

Practices during competition season are essential to the success of the Team, and our Staff are always looking for the best ways to help our Teams succeed. Please understand that our Staff may replace missing Athletes in parts of routines if an Athlete is on vacation during competition season - these changes may be temporary or permanent.

COMPETITION WEEK PRACTICES

During prime competition season October through May, **attendance is the MOST important factor to the success of your Athlete's Team.** Please limit extended travel during the competition season (October-May) when possible and check ahead of time for our gym closure dates around the holidays.

The 2 practices 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.



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.

COMPETITION SCHEDULE

COMPETITION SCHEDULE/COMPETITION POSSIBILITIES COMING ASAP!

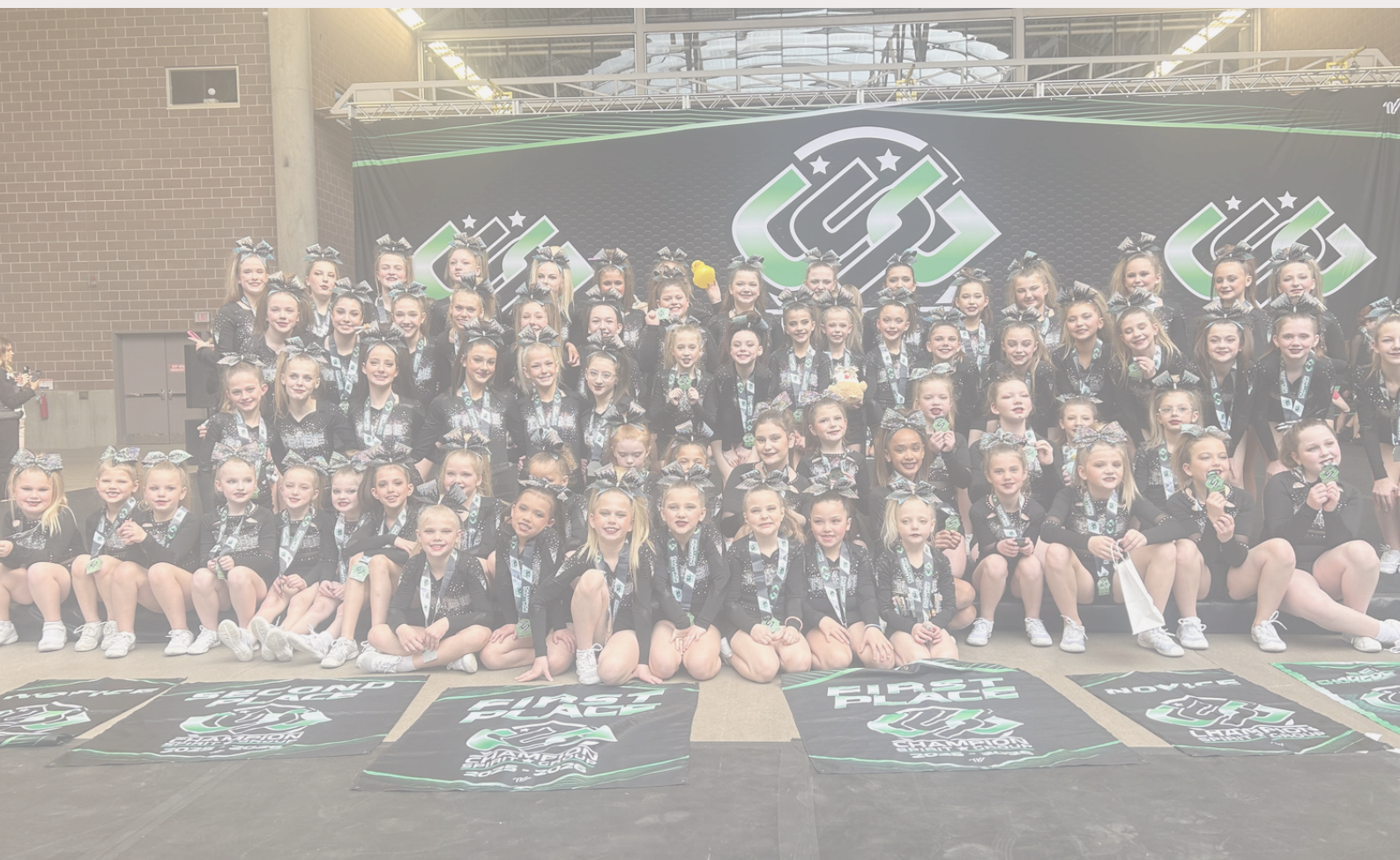
All competitions are REQUIRED (for respective Teams going to each competition). NO EXCEPTIONS.

PLEASE TENTATIVELY BLOCK OFF ALL weekends DECEMBER-MID APRIL (plan that an event could be ANY weekend). As a reminder, the two practices prior to competition and ALL competitions are required. Missing a competition will result in removal from the Team.

We try to have approximately ONE competition PER MONTH for Full Year Prep Teams from December thru April.

Competitions will be one day or two day. On two-day competition weekends, Full Year Prep Teams will compete one day unless stated otherwise.

It is important to us to give our entire Tribe a positive competition experience where Athletes get to compete, have opportunities for bids to end-of-the-year events, and in venues that are great experiences for our Families for viewing, hotel-booking, travel distance, and more!





TRIBE ATHLETICS