



TRIBE ATHLETICS

NOVICE TEAM HANDBOOK

2025-2026

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OUR MISSION

Mission

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.

Mantras

- **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.

Core Values

- **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.

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 Novice Teams is billed from December 2025-April 2026 on the first of each month. ***Athletes with past due balances will not be able to practice until balance is paid.***

Tuition does not include optional or extra apparel as noted on the following pages.



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 7. These fees do not include travel costs, end of the year competitions, extra classes, practice wear, or lessons.

REGISTRATION

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In order to be eligible to register, Athletes must have a birthday between
January 1, 2010 - December 31, 2022

Online Registration is OPEN through November 1st, 2025.

Please be prepared for the following fees to be assessed during online registration:

- Team Placement Registration Fee (Non-Refundable)
 - \$50: through September 30, 2025
 - \$60: October 1 - October 31, 2025
 - \$75: November 1 and after
- Annual Insurance Fee: \$55 (if you are new to TRIBE or your Athlete's anniversary date deems necessary)
- REQUIRED Uniform for Novice Team Athletes - you will select "YES" or "NO" during the online registration process based on your need of the item (Year 2 of 2 for this uniform - same Novice Uniform as 2024-2025 season)
 - \$155 + Tax: Novice Team Uniform Top
 - \$26 + Tax: Novice Team Uniform Bottom
 - \$24 + Tax: Novice Team Uniform Bow
- OPTIONAL ITEMS for Novice Team Athletes - you will select "YES" or "NO" during the online registration process to purchase or forego:
 - \$140: Warm Up Jacket
 - \$75: Backpack
 - \$95: Shoes (MUST order if you don't have white cheer shoes yet - please see details during online registration)

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

FEE SCHEDULE

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ALL INCLUSIVE TUITION - BILLED PER CALENDAR BELOW

Monthly Tuition Includes:

- **Novice** Athlete Team Tuition (\$75/month, December 2025 - April 2026)
 - Two, 1-hour Team practices per week
- Apparel: Practice Wear Package (\$115)
- Choreography + Music Fee (\$150)
- All Regular Season Competition and Coaches' Fees (\$435)

Monthly Tuition Doesn't Include:

- Additional Classes (Tumbling Class, Jump/Flexibility Class)
 - A 60 minute tumbling class can be added at a discounted rate of \$40/month (regularly \$55/month)
- Annual Insurance Fee (\$55) - during Athlete anniversary month or during registration
- NOVICE TEAM UNIFORM (If Needed) - Year 2 of 2 (same uniform as 2024-25 Season)
 - Uniform Top (\$155 + Tax) - Due During Registration
 - Uniform Skirt (\$26 + Tax) - Due During Registration
 - Uniform Bow (\$24 + Tax) - Due During Registration
- USASF Registration (\$50) - this fee will be paid directly to USASF between September/October
- Backpack (Optional) (\$75) - Due During Registration
- Shoes (Optional) (\$95) - Due During Registration
- Jacket (Optional) (\$140) - Due During Registration

Nov 1, 2025

Registration Fee +
Uniform

Paid for during
Registration

Dec 1, 2025

\$250

Jan 1, 2026

\$250

Feb 1, 2026

\$250

March 1, 2026

\$250

April 1, 2026

\$75

IMPORTANT DATES

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MONTH	DATE
NOVEMBER 2025	November 1: Last Day To Register For Novice Team November 7: Novice Team Announcements November 8: Register For Additional Classes (optional) November 21 - November 29: Gym Closed for Thanksgiving Break
DECEMBER 2025	December 1: First Week of Novice Team Practices December 22 - January 3: Gym Closed for Holiday Break
JANUARY 2026	January 1-3: Gym Closed for Holiday Break January 4: Gym Reopens for Team Practices January 25th: Half Year Team POWWOW/Showcase - Required January 21st: Picture Day For ALL Athletes
FEBRUARY 2026	February 28: CSG Des Moines Competition: Des Moines, IA - Required
MARCH 2026	March 7: Spirit Sports Competition: Des Moines, IA - Required March 13 - March 20: Gym Closed for Spring Break March 22: Gym Reopens for all Team Practices
APRIL 2026	April 5: Closed for Easter April 11: The US Finals Competition: Des Moines, IA - Required TBD: 10th Annual Festival of Feathers Awards Banquet TBD: 2026-2027 Elite Team Registration

PRACTICE + SKILLS

Hours Of Practice

Novice Teams will all have 2 mandatory hours of practice per week

Two, 1 hour Team practices (One weeknight - Monday, Tuesday, or Thursday + 1 Sunday Practice Time)

Optional but recommended:

One, 55-minute tumbling class

30 minute Jump Class or Flyer Flexibility Class

Practices & Weather

In the event of inclement weather, Families will be notified by 3PM on the weekdays and 12PM on Sundays. During Holidays and closures due to weather, a refund for practice will not be given. When availability allows, Athletes will be able to make up any classes that they missed following the make up policy listed on our website. The TRIBE Staff and office will work together in the case of cancelled practices to schedule make-ups, but typically practices will NOT be made up due to staffing, floor space, crossovers, etc.

Practice Wear

Athletes will receive practice wear as well as a practice wear schedule for practices during competition weeks. During all other practices, Athletes are required to wear any Tribe shirt or sports bra with athletic shorts and a bow. In the event that an Athlete loses a piece of their practice wear, you will be required to replace the item immediately at current retail cost.



ATTENDANCE POLICY

PRACTICES

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:

DECEMBER 1, 2025 - MAY 2026: UP TO, but not more than, **TWO** total absences for any reason

If an Athlete is 45 minutes late to a practice OR leaves 45 minutes early, it will count as a WHOLE absence unless coming from/leaving for a REQUIRED event (school concert with 30 days notice, Athlete hospitalization, funeral).

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 PRACTICE ATTENDANCE

Attendance is one of the most important things to the success of your Athlete's Team. Please limit extended travel during the competition season (January-May) when possible and check ahead of time for our gym closure dates around the holidays. Competition dates are subject to change.

The 2 practices the week prior to a competition/required performance are 100% mandatory. Athletes not in attendance will 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 with proper documentation
- » Required school event **with at least 1 month notice**

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



COMMUNICATION

Communication Methods

Communication is very important to us. We have a variety of methods of communication and ways that information will be relayed to you. We will relay information through:

Email (please do not unsubscribe from any email blasts)

Team Facebook Groups and our Tribe Media Group (we will send you a link to join after Team placements are announced)

Vibes of the Week - our weekly Monday email communication

Our website, which is updated weekly: www.ourtribeathletics.com

WHO Should You Contact?

THE TRIBE OFFICE:

office@ourtribeathletics.com

- Billing Questions
- Parent Portal Related Questions

ALL-STAR DIRECTOR:

cheer@ourtribeathletics.com

- Hotel and Competition Questions
- Team/Individual Questions not first resolved with Team Coach
- Questions regarding Team Placements, necessary skills towards next season, etc.
- Questions regarding scoring, Teams, etc., not first resolved by speaking with Team Coach

TEAM COACH:

via phone or Facebook

- Practice Questions
- Routine/Scoring Questions
- Team Specific Questions
- Last Minute Absences or Tardies -(please list reason)
- Questions about your specific Athlete/Skills

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 POLICIES

ALL COMPETITIONS and SHOWCASES are REQUIRED. We will discuss these items more as the competition season approaches, but please understand at competitions that all Athletes are required to be at ALL TRIBE TEAM PERFORMANCES unless otherwise noted on an itinerary. The vibe of the Tribe gym every time an Athlete walks on the floor in their uniform is huge to us. Thanks for helping make our competition day atmosphere like no other!

Please ensure that Athletes are on time and fully ready at their Team meet time.

NO JEWELRY is allowed at competitions as per USASF guidelines. Athletes will be required to remove all jewelry prior to warm up. Please note this for timing if getting new piercings, etc. FINGERNAILS must be trimmed to a safe length. Long nails, whether real or fake, will not be allowed due to the safety issues it causes for the athlete and other athletes on the floor. Coaches will trim nails if necessary to keep Athletes safe.

At the competition, the first priority for the Athlete and the Family of the Athlete is that we are there to compete and there for our Team. Please wait to make plans with family/friends until you have a final schedule. Also note that Teams will do team dinner sometimes as a fun way to bond and grow together.

AWARDS are NOT OPTIONAL for your Athlete's Team. ALL Athletes should be present in full uniform unless our Staff indicates otherwise. Athletes missing awards will be removed from their Team permanently at our Staff's discretion.

COMPETITION WEEK INFORMATION

First draft itineraries come out on TUESDAYS from the Tribe office. This itinerary is very likely to change. Schedule changes, last-minute updates, etc will be posted in the Team Facebook Groups. It is imperative the parent traveling with the Athlete is in the Team's group.

Please block off the FULL DAYS of the competition. Plan on each competition taking the entire day from approximately 7AM-10PM as we do not receive schedules of performance times until the week before the events in most cases. At most competitions, all TRIBE Athletes are expected to be at each TRIBE performance.



COMPETITION SCHEDULE

All competitions are **REQUIRED** (for respective Teams going to each competition). NO EXCEPTIONS. Cheerleading is very much a team sport. If one member is absent the ENTIRE Team loses out on their hours of practice time. Please note schedule is subject to change and we will notify you as soon as we are made aware of any changes.

THE SCHEDULE BELOW IS TENTATIVE AND SUBJECT TO CHANGE!

January 25th, 2026

Half Year POWWOW (Showcase for Families + Friends)

Grimes, IA

February 28th, 2026

CSG Des Moines

Des Moines, IA

March 7th, 2026

Spirit Sports Nationals

West Des Moines, IA

April 11th, 2026

The US Finals

Des Moines, IA



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.

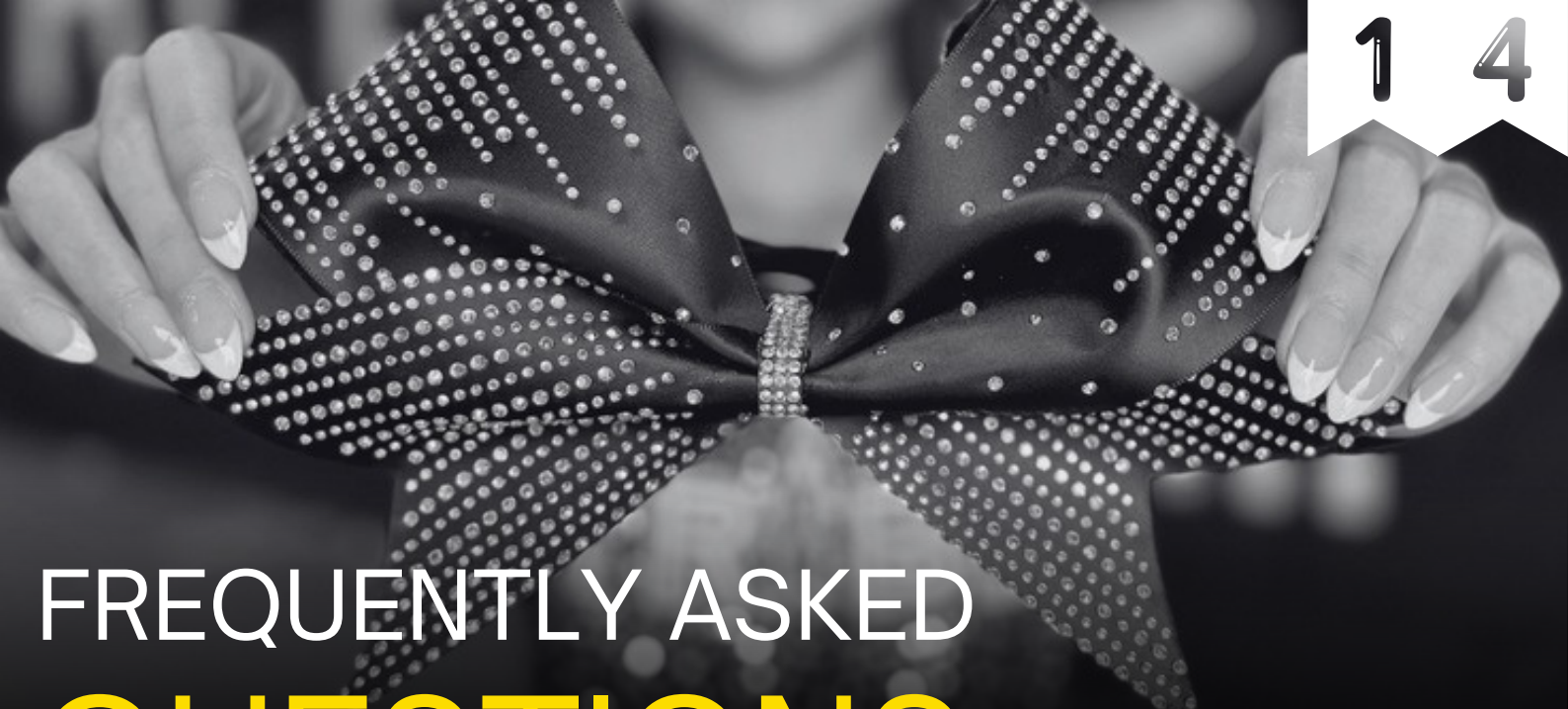
We also ask that you are mindful of the images and posts shared on social media while representing Tribe Athletics and wearing Tribe gear. Let's continue to spread good vibes and positive energy both online and offline.

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.





FREQUENTLY ASKED QUESTIONS

ANSWERS TO SOME F.A.Q.s

What days will we have practice?

Practice schedules will be released with Team placement emails in November- once we work through the created Teams, staffing, floor rotations, etc. Team practices follow a School Year Schedule as follows:

Each Team will have one practice on Sunday + one practice on either Monday, Tuesday, or Thursday.

I/My Athlete have/has _____ skills...which Team will I/they make?

We do not know exactly the Teams we will have until after registration day. While certain skills drive Athletes to different levels, as a Staff we are looking to create TEAMS that will succeed and compete well with the information and knowledge we have on the scoring system. Many of our L1 Athletes are working on L2 skills after perfecting their L1 skills, many of our L3 team Athletes already have individual L4 skills, and so on. The key to success is to create Teams that are well-rounded and will hit every area of the scoresheet. Much like baseball/softball teams, it is not advantageous to have a "16 and under Team" (Junior Division) that is full of 8-10 year olds. Those Athletes will become much more competitive on an "12 and under Team" (Youth Division) that is full of Athletes that age who will compete against athletes their same age.

I've never cheered before...can I still participate? Will I make a Team?

NO EXPERIENCE is necessary! We have an age group and level for every Athlete's needs and experience from beginners to the most elite Athletes in the state.

How do you decide which Athletes are placed on which Team?

We place Athletes based on the divisions we are allowed to compete in by the governing body of all-star cheerleading, The USASF.



TRIBE ATHLETICS