

2025-2026

TABLE OF CONTENTS

Mission	03
Monthly Fees	04
Registration & Team Placements —	
Fee Schedule	
Important Dates	-08
Practice & Skills	— 09
Attendance Policy	10
Communication	
Competition Policies ————————————————————————————————————	
Competition Schedule ————————————————————————————————————	13
Gym Expectations	14
FAQs —	_(15)

OUR MISSION

Mission

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.

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. Additional fees are included in tuition May through December and will be billed per our Prep Team Fee Calendar on the page 7. Monthly Tuition for Prep Teams is billed from September 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 end of season (EOS) events and apparel for EOS including US FINALS. 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

In order to be eligible to register, Athletes must have a birthday between June 1, 2006 - December 31, 2020

Online Registration is OPEN through August 14th, 2025.

ALL PRIVATE TRYOUTS MUST STILL REGISTER AS WELL AS EMAIL cheer@ourtribeathletics.com

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

- Team Placement Registration Fee
 - \$50: through July 1st, 2025
 - \$60: July 2 August 8th, 2025
 - \$75: After August 9th
- Annual Insurance Fee: \$55 (if you are new to TRIBE or your Athlete's anniversary date deems necessary)
- <u>REQUIRED</u> Uniform for Prep 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 Prep Uniform as 2024-2025 season)
 - \$180: Prep Team Uniform Top
 - \$70: Prep Team Uniform Skirt
 - \$25: Prep Team Uniform Bow
- OPTIONAL ITEMS for Prep 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 seperately for each Athlete.

REGISTRATION CONTINUED: TEAM PLACEMENT WEEKEND

Team TRYOUT Day

Saturday, August 9th 10:00am - 12:00pm

Athlete + 1 Parent/Guardian may come ANYTIME between the listed time above - Athletes do NOT need to be there for the whole 2 hours.

Tryout Process includes: Checking Forms are complete, Apparel Sizing, Tumbling/Jump/Flexibility Evaluation

If your Athlete cannot attend the August 9th Tryout Day, you MUST still complete the registration process on prior page and email cheer@ourtribeathletics.com to set up a Private Evaluation - Families will pay the staff member who completes the Tryout the 30 minute private lesson fee

FEE SCHEDULE



ALL INCLUSIVE TUITION - BILLED PER CALENDAR BELOW

Monthly Tuition Includes:

- Prep Athlete Team Tuition (\$115/month, 8 months)
 - Two, 1.5-hour Team practices per week
 - One, 55-minute Tumbling Class per week
 - Please note, as this is NOT INCLUDED in tuition
 - FLYER FLEX IS MANDATORY FOR ALL FLYERS FLYING IN A ROUTINE at an additional cost.
- Apparel: Practice Wear Package (\$175)
- Choreography + Music Fee (\$225)
 - Final amount will be determined based on number of Teams
- All Regular Season Competition and Coaches' Fees (\$700)

Monthly Tuition Doesn't Include:

- Annual Insurance Fee (\$55) during Athlete anniversary month or during registration
- PREP TEAM UNIFORM (If Needed) Year 2 of 2
 - Uniform Top (\$180) Due During Registration
 - Uniform Skirt (\$70) Due During Registration
 - Uniform Bow (\$25) Due During Registration
- USASF Registration (\$50) this fee will be paid directly to USASF between September/October
- Backpack (Optional) (\$75) Due During Registration
- Shoes (GK Shoe Required or can order Nfinity Vengeance on own) (\$95) Due During Registration
- Jacket (Optional) (\$140) Due During Registration
- EOS Event Fee (US Finals due March 1, 2026)



^{*}US Finals Event Fee will be due on March 1, 2026 and is typically approximately \$140 per Athlete

IMPORTANT DATES

MONTH	DATE
AUGUST 2025	August 9: Prep Team Tryouts August 15: Prep Teams Announced August 16: Registration for ALL School Year Classes Opens for Elite + Prep Families August 18: Registration for ALL School Year Classes Opens to the Public August 25th-August 29th: Gym Closed for Back To School Week!
SEPTEMBER 2025	August 29 - September 1: Gym Closed for Labor Day Weekend September 2: Prep Team Practices Begin September 2: School Year Schedule Begins
OCTOBER 2025	October 30: Closed for Beggars Night/Trick or Treat (Thursday Night Teams will practice Wednesday October 29th)
NOVEMBER 2025	November 21 - November 29: Gym Closed for Thanksgiving Break November 30: Gym Reopens for Team Practices
DECEMBER 2025	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 21st: Picture Day For ALL Athletes (Elite, Prep, Novice, ARROWS) January 25th: Prep Team POWWOW/Showcase - REQUIRED
MARCH 2026	March 13 - March 20: Gym Closed for Spring Break March 22: Gym Reopens for all Team Practices
APRIL 2026	April 5: Closed for Easter TBD: 10th Annual Festival of Feathers Awards Banquet TBD: 2026-2027 Elite Team Registration TBD: Possible US Finals

PRACTICE + SKILLS



Hours Of Practice

Each Team (Tiny, Mini, Youth, Junior, and Senior) will all have 4 <u>mandatory</u> hours of practice per week.

Two, 1.5 hour Team practices One, 55-minute tumbling class

Required For Flyers

Any FLYER who is flying on an Elite Team will be REQUIRED to be in a Flyer Flexibily Class. This class tuition is an additional cost outside of Prep Team Inclusive Tuition.

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.

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

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., <u>please record the future absence on the Parent Portal</u> - you do <u>NOT</u> 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 <u>class attendance will be taken into account while placing Teams</u>.

Absences will be limited to the following:

SEPTEMBER 2, 2025 - MAY 2026: UP TO, but not more than, THREE 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. <u>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</u>.

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.

<u>The 2 practices the week prior to a competition/required performance are 100% mandatory</u>. 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., <u>not first resolved by speaking with Team Coach</u>

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 (POWWOW, End-of-Season Send Offs, etc) are REQUIRED. We will discuss these items more as the competition season approaches, but <u>please understand at competitions that all Athletes are required to be at ALL TRIBE TEAM PERFORMANCES unless otherwise noted on an itinerary</u>. 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. Hair and make-up details will be sent before the POWWOW showcase in October. Athletes with improper hair or make-up will be required to fix it prior to competing. Athletes must have their Tribe Backpack and Tribe Warm-Up Jacket at each competition to unify our group and impact our presence in each arena.

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.

It is the responsibility of each Family to book their own hotels and travel for any out of town competitions. The Tribe Office will send out hotel information for all competitions by mid-Summer (earlier if we are able). Room blocks will fill, so please book immediately. Some competitions REQUIRE booking through their stay-to-play booking link. This is a competition policy, NOT a Tribe policy - please reach out to the housing company with questions.

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

<u>First draft itineraries come out on TUESDAYS</u> 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). <u>NO EXCEPTIONS</u>. 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 7th, 2026 MCDA Council Bluffs Nationals Council Bluffs, 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



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.





ANSWERS TO SOME F.A.Q.s

What days will we have practice?

Practice schedules will be released with Team placement emails in August - 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 allstar cheerleading, The USASF.



TRIBE ATHLETICS