

CDX HANDBOOK

Cheer & Dance Xtreme Mission Statement:

To provide a safe and structured environment for all our athletes.

PURPOSE

Each athlete will learn the basic fundamentals of their sport, and a self-pride that is developed by instilling the concept of teamwork and good sportsmanship.

Safety is our FIRST concern!

Our hope is that the child has come to their sport with a desire to learn what they need to know about cheerleading & dance. We also hope the child will walk away at the end of the season with a true understanding of the meaning of good sportsmanship, teamwork, dedication, and perseverance.

We believe with proper preparation of our coaches and athletes and the positive support from our parents, we will accomplish this goal.

COMMITMENT

Cheer & Dance Xtreme requires devotion of time, effort, hard work & dedication.

COMMUNICATION

Communication is vital for a successful program.

Coaches/Directors will communicate:

- Requirements for the teams
- Location, dates, time of practices, and competitions

Parents should communicate:

- Concerns regarding your son/daughter with Directors at the appropriate time/place.

- Contact them via email or phone to schedule face to face meeting if necessary.

CONDUCT

CDX HAS A “NO BULLYING POLICY”

- *Athletes must and should maintain a positive attitude at all times. That means at practice and at events!

BAD ATTITUDES toward any Director, Coach, Team Mom(s), or Athlete will NOT be tolerated.

- *Athletes must refrain from putting any negative comments or photos on social media sites. If a coach/director sees any negative behavior this can result in suspension or dismissal from the program.

PRACTICES/ATTIRE

ALL PRACTICES WILL TAKE PLACE AT :

CDX Practice Facility located at :

122 AMBROGIO DR. GURNEE 60031

- *Attendance will be taken at ALL practices.

*Athletes should arrive in appropriate practice attire: Cheer shirt, shorts/leggings, Hair pulled up, and cheer shoes (please change shoes at practice not before to avoid ruining the cheer mats)

- * **PLEASE NOTE: Additional practices may be scheduled prior to competition or on an as needed basis including weekends.**

*All practices are CLOSED. We feel this will help your child have a more effective practice.

* We recommend dropping off and picking up due to the limited amount of space with the exception of Team Moms.

*Please bring your child a few minutes early so that practice may begin on time with the whole team.

*Athletes should bring a water bottle, towel, and wrap/tape (If needed) with them to each practice. CDX will no longer be supplying tape or wrap for athletes. However the coaches will assist with wrapping if need be.

*One-Two bathroom breaks will be allowed during practice (for younger squads)... if more are consistently necessary, parents may be asked to stay in order to accommodate their daughter's needs.

PRACTICE DAYS/TIMES

Days and Times of practices are subject to change at anytime at the discretion of the coached as needed.

PARENTS

If practices are running late being dismissed please do not disrupt the conclusion of practice by opening up the door. Failure to comply can result in your athlete being removed from the program. The coaches will open the door once their team is dismissed for the evening.

Absences/LatePolicy:

As with any sport it is necessary to limit the number of absences and showing up late to practice; to provide a more beneficial and consistent experience for our athletes.

We will follow these guidelines:

No UNEXCUSED absences are accepted.

*An absence will ONLY be excused for illness, family events or anything school related.

(Limit of 5 for Fall & 3 for Spring)

Please Note: Absences will only be excused if notice is given within a timely manner at least two hours before.

It is up to the discretion of the coach whether or not any and all absences will be excused.

*In the event your son/daughter will be absent OR late, the parent should notify the Directors or Coaches immediately.

VACATIONS

All scheduled vacations need to be submitted in writing to the coach and director.

IMPORTANT: PLEASE READ CAREFULLY

Anyone who misses 3 or more practices (UNEXCUSED) ,or exceeds the 3 excused practices will be removed from the program. If you are LATE (10 min or more) 3 or more times you will not be allowed to participate in the competition and possible removal from program.

If he/she can show the coaches/directors that they able to learn the routine, it will then be up to the coaches/directors to determine if he/she will be allowed to participate, and what position he/she will hold.

He/She will still be expected to attend all practices.

Please Note:

All communication should go through the Director

Contact Info for Director:

Stacey McKie 847 989 4489

cheerdancextreme@yahoo.com

FACILITY/GYM RULES

*If blinds for viewing are closed please do not bend them or open them unless instructed by a coach or director.

*Due to liability reasons there are NO CHEER/DANCE PARENTS allowed in the gym. **NO EXCEPTIONS (This rule will strictly be enforced) If any parents are in the gym it can result in your athlete being removed from the program.**

*When parents drop off we will make sure a coach is present to greet the younger girls, and at the conclusion of practice the coaches will walk the girls out to their parents.

* There will be scheduled days that parents can come in and watch the last 10 minutes of practice (per Coaches discretion)

*10 minutes before practice ends team moms are permitted to enter the gym if ONLY advised by coaches to receive updates.

*Only Cheer Shoes are permitted on the mats to avoid damages.

DAMAGES

Any damage to equipment in the gym will be the responsibility of the athletes and parents to cover the expenses to cover the expenses.

FUNDRAISING

Athletes are required to participate in fundraising throughout the season if you choose not to participate you can choose the

Buyout Fall: \$175 Buy-out Spring :\$100

UNIFORMS

Uniforms will be given out before the first competition - you must be paid in full in order to receive your uniform.

*A \$200 deposit check will be collected before you can take the uniform home. Please make checks out to:

B FLY Athletics. These checks will be held and cashed **only** if your child's uniform is not returned or damaged at the end of the season.

*Uniforms must be kept clean. **DO NOT DRY CLEAN – HAND WASH** with COLD WATER and **HANG DRY ONLY.** (No fabric softner)

Competition Bows, socks and shoes are each CDX member and do not have to be returned.

COMPETITIONS:

Please refer to the Competition Tab / Schedule on our website for more information on this seasons competitions.

COMPETITION HAIR

Coaches will decide on hair and makeup either the beginning of the season or give the team mom at least one week notice, so parents have time to prepare

Please Note: Coaches may offer help if the hairstyle is too difficult to achieve.

Additional Expenses:

- Tumbling
- USASF ATHLETE FEE \$30
- Competition Shoes
(*Nfinity Evolution*- Most squads
Rogan Shoes 10 % discount will be honored if you mention you are with CDX-
CHEER & DANCE XTREME)
- Competition Gifts
- Competition Shirts
- Optional Spirit wear

TEAM MOMS (MANAGERS):

Each squad will be assigned Team Moms.

Team Moms will be responsible for communicating information given by the CDX Director to parents of their respective squads.

If the information you received does not come from a Team Mom or CDX Director or Coach, please check with the Team Mom to validate the information.

*Only coaches/ and or Team Mom/Managers are allowed to check teams in on competition day.
Coaches will then distribute wristbands accordingly.
(if needed)

XTREME HANDBOOK AGREEMENT

We understand that all CDX members are required to attend ALL practices and competitions, and conduct positive sportsmanship during and outside of practice

We understand that there are financial obligations and fundraising requirements that are required as a CDX member and will make sure all financial obligations are met.

We understand and have read fully all of the information provided to us in this handbook.

Parent Signature _____

Date _____

CDX Athlete Signature _____

Date _____