

..... ✨ 2025-2026 Season 22 ✨ .....

# CHEER XPRESS

## *Handbook*



## COME BE PART OF OUR #CXFAMILY

Our goal at Cheer Xpress is to develop athletes who are successful in the sport of cheerleading and who can take with them life skills such as confidence, kindness, empathy, resilience and humility. We want our students to have FUN, develop friendships, learn to be coachable, and enjoy their time at Cheer Xpress. We believe we have the BEST STAFF who go above and beyond to not only help your children succeed in this sport, but also care about each and every athlete that walks through our door. We strive to be competitive, and love to watch our teams as they continue to grow.

[www.cheerxpress.com](http://www.cheerxpress.com)

[cheerxpressinfo@gmail.com](mailto:cheerxpressinfo@gmail.com)

# CHEER XPRESS OVERVIEW



Come be a part  
of our CX  
family!!!

Welcome to our 22nd season of competitive cheer! We are beyond excited to kick off another incredible year with you.

Please take the time to read through this packet carefully to explore all the options available for next season. At Cheer Xpress, we offer different tiers of teams with varying levels of commitment, ensuring every athlete can find the perfect fit for their family's needs. Whether you're just starting your cheer journey or are a seasoned competitor, we have a team for you!

Our incredible coaching staff is dedicated to providing top-tier training, personal attention, and—most importantly—**FUN** to every athlete. No matter your experience level, you will receive the same high-quality instruction and support that makes Cheer Xpress a standout program.

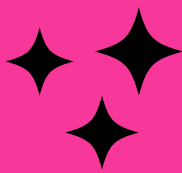
We can't wait to see what Season 22 has in store!

Love,  
Cheer Xpress Staff

[www.cheerxpress.com](http://www.cheerxpress.com)

[cheerxpressinfo@gmail.com](mailto:cheerxpressinfo@gmail.com)

# TEAM SELECTION PROCESS



## ATHLETE SKILL EVALUATIONS:

**May 5th-May 8th**

NEW this season! We will be doing LEVELED Athlete Skill Evaluations. Prior to registering your athlete, please watch each tryout skill video that will be posted on our Facebook & Instagram pages to decide, with your athlete, which level best suits their current skills. You will then register your athletes for the level **tumbling** in which they are able to complete all skills required. At their skill evaluation, coaches will ask to see all skills required at the level that they are attending. Coaches may also ask to see other skills, as they see fit. After their skill evaluation, your athlete will be invited to specific tryout practices to work with their potential team for the next season.

## TEAM TRYOUT PRACTICES:

**May 11th-May 23rd**

Athletes will attend 2 practices a week for these two weeks to practice and tryout with their potential 2025-2026 team. This will be part of the tryout process. The parent viewing area in the lobby will be closed these weeks in order to keep the focus of the athletes. At the end of the 2 weeks of practices, new teams will be announced via email on Friday, May 23rd!

## TEAM Celebration Party:

NEW this season!! Come to the gym to celebrate with your new team!! Celebration party will be at Cheer Xpress on Wednesday, May 28th from 6-7 PM.

- Inclusive
- Competitive
- Supportive



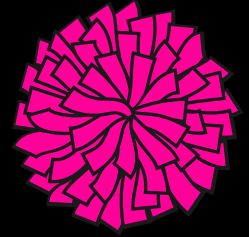
Athletes are selected for teams based on skills. The stunting positions they may hold within a team, work ethic, potential ability, age appropriateness, and coaches evaluations (for returning members). Athletes will be required to demonstrate their level of standing tumbling, running tumbling, flexibility, and jumps at their initial skill evaluation. After our initial placements, athletes will be placed on a tentative team and invited to attend tryout practices. During the two weeks of tryout practices, coaches will evaluate the athlete's skills and position to decide if that team is the best fit, or if another team would be a better fit for that individual athlete. With trends in cheerleading continuing to move towards a higher demand in skills for stunting each level, we want to ensure your understand that although your athlete may have tumbling abilities of a higher level, we have to also take into account all skills. When we are putting teams together, we are truly looking to put together the ideal teams so we can put out the best routines on the competition floor that we possibly can!

[www.cheerxpress.com](http://www.cheerxpress.com)

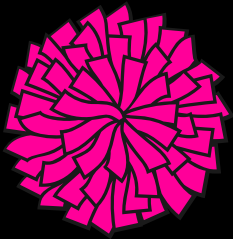
[cheerxpressinfo@gmail.com](mailto:cheerxpressinfo@gmail.com)

# .. OPTIONS AT A GLANCE ..

## \* Novice Teams \*



Novice Teams are our Half-Year Teams. These teams are a great way to get involved in All-Star Cheer if you are just starting out, or want a smaller time and financial commitment. These teams will perform locally and compete in the “Novice” division at 2-3 events in Omaha/Council Bluffs, as well as a showcase at Cheer Xpress. The season runs from September-April and they will practice once per week. Novice teams wear a practice wear style of uniform, as required for their division. There are no skill requirements to join a Novice team. If you are interested in a Novice Team, you will sign up for these teams in late July!



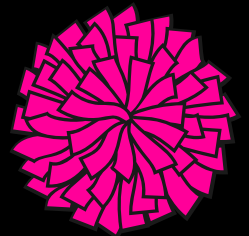
## \* Prep Teams \*



Prep Teams are Full-Year teams for our Intro, Level 1, and POSSIBLY Level 2 athletes, or any athlete who wants a smaller commitment. This is a great way to experience competitive cheer with less commitment to practices and traveling. These teams will practice once a week during the summer and school year. They will have a less expensive uniform than our Elite Teams. They will attend 5 regional competitions, locations will include Omaha/Council Bluffs, and 1-2 competition will be travel less than 3 hours away (Kansas City, Des Moines, Sioux Falls).



## \* Elite Teams \*



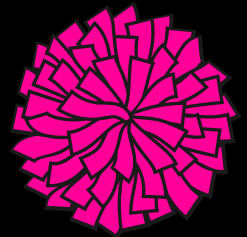
Elite Teams are Full-Year teams for Level 1-6 Athletes who want to compete in our region, as well as travel to 1-2 bigger events, which could be located farther away for all level teams. These teams are very passionate, committed, and motivated. Athletes will be expected to make cheer a priority. Excellent technique in skills is a requirement. These teams will practice two times per week. Athletes who are placed on a Mini, Youth, Junior or Senior level team should also plan to compete at The All-Star Worlds should their team receive either an At-Large or Paid bid invitation.



## \* Practices \*

Summer Practices will be finalized when teams are announced on May 23rd. Team practices will be scheduled Sundays through Thursdays. There will be no team practices on Fridays or Saturdays. Some teams may do two weekday practices in the summer (as we try to avoid summer Sundays as much as possible), but switch to a Sunday practice during the school year. We will try to keep practices close to the same times in the school year that they will practice in the summer, with the exception of some teams moving to Sundays. Extra practices and makeup practices will be scheduled from time to time.

## \* Team Tumbling \*



All athletes trying out will take a May tumbling class. These May tumbling classes will be leveled according to your tumbling skills that you already have. Starting in June, tumbling will be incorporated with your team practices. Team tumbling classes will include skills that need to be worked on as a team, as well as growing and developing new skills individually. All team athletes may add additional tumbling classes at any time for a 25% discount from the regular class price!

**NEW THIS SEASON** - Tiny and Mini athletes will be able to choose to do their tumbling with their team or with another similar level team on a different day.



## \* Flyer Class \*

Flyer Class:

If your athlete is selected to be a flyer on the team, there will be a mandatory flyer & body position class that they must enroll in for the year. This will be offered at a discounted rate. Flyers classes will start in June. If you would like to opt out of your child being a flyer you can let your team coach know.

# UNIFORMS, PRACTICE GEAR & TRAVEL



## Uniforms & Practice Gear

We are so excited to have the same uniform design this year! Uniform and practice gear fittings for new athletes, or athletes that need a new uniform/practice gear, will take place during your first week of team practices, during practice time. Parents are encouraged to attend the fittings to ensure proper sizing and fit is ordered. Elite and Prep Athletes are required to wear matching practice tops. Prep teams will have one new design practice top and Elite teams will have 2 practice tops - the black sparkle top from last season and a new design practice top. All team members should wear plain black shorts/skirt with their practice top. Novice Uniform fittings will be in September, day/time TBA.



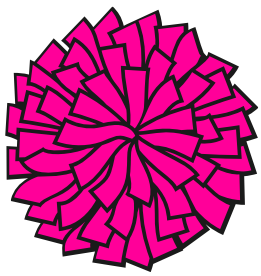
## Travel Info

For most events we will have blocks of rooms that you can book under, but aren't required to stay at a specific hotel. "Travel Dates" will be included with your competition schedule. These dates will tell you when you can travel to and from a competition, that way there are no questions about when practices will be the week of competition! Possible locations to travel this year include, Kansas City, Des Moines, Dallas, Chicago, Denver.

## End of Season Events

For the 2025-2026 Season, All Youth, Junior & Senior ELITE Teams will try to earn an At-Large OR Paid bid for All-Star Worlds. Mini team is still TBD on end of season events, we will discuss once the team is formed. If the team earns either of these types of bids, they will attend All-Star Worlds in Orlando, Florida at the end of April. For these end of season events, you will be charged additional fees that are not included in the listed payments on the next page. A payment plan for the fees will be sent out following earning a bid.





# Practices and Camps 2025-2026



## ✦ All-Star Novice Teams ✦

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO. CAMP
Tiny Novice	1 Hour Practice 1x Per Week	Season Runs September 2025 – End of April 2026	2 competitions in Council Bluffs/Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD
Mini, Youth, Junior Novice	1 1/2 Hour Practice 1x Per Week	Season Runs September 2025 – End of April 2026	3 competitions in Council Bluffs/Omaha and 1 performance in Lincoln	Choreography Camp will be in September, Date TBD

## ✦ All-Star Prep Teams ✦

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO. CAMP
All Levels	(1) 2.5 hour practice & tumbling per week	Season Runs May 2025 – End of April 2026	5 competitions and 1 performance in Lincoln	Exact Dates and Times TBD, Please hold the Dates of July 8th-July 14th.



# Practices and Camps 2025-2026

## ✦ All-Star Elite Teams ✦

LEVEL	TEAM PRACTICE	WHEN	COMPETITIONS	MANDATORY CHOREO. CAMP
Levels 1 & 2	(1) 1.75 hour practice per week & (1) 2.75 Hour tumbling/practice per week	Season Runs May 2025 – End of April 2026	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD - please hold the dates of July 10- July 14th
Level 3	(1) 2.5 hour practice per week & (1) 3 hour tumbling/practice per week	Season Runs May 2025 – End of April 2026	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD - please hold the dates of July 10- July 14th
Level 4+	(1) 3 hour practice per week & (1) 3.5 hour tumbling/practice per week	Season Runs May 2025 – End of April 2026	7-8 competitions, 1 performance in Lincoln	Exact dates and times TBD - please hold the dates of July 10- July 14th







# Anticipated Costs 2025-2026

## ✦ All-Star Novice Teams ✦

	<b>DUE WHEN ENROLLING- WILL OPEN IN AUGUST</b>	<b>SEPTEMBER 15TH</b>	<b>OCTOBER 1ST THROUGH APRIL 1ST</b>	<b>OCTOBER 15TH</b>	<b>NOVEMBER 15TH</b>
Tiny Novice	\$170	\$55	\$80	\$125	\$200
Mini, Youth and Jr. Novice	\$210	\$55	\$120	\$125	\$300
What you are paying for	Annual team membership fee- \$75, \$15 team t-shirt & September tuition	Cheer shoes (if you are new or need new shoes)	Monthly tuition (September tuition paid when enrolling)	Uniform & bow (if needed)	Competition, music & music license fees



# Anticipated Costs 2025-2026

## ✨ All-Star Prep Teams ✨

	APRIL 1- APRIL 30	MAY 15TH	JUNE 1ST	JUNE 15TH	JULY 1ST	JULY 15TH	AUG 1ST	AUG 15TH	SEPT 1ST	OCT 1ST	NOV- APRIL 1ST
<b>Total Payment</b>	\$250	\$255	\$255	\$400 or \$150	\$255	\$255	\$255	\$255	\$255	\$255	\$145
<b>What you are paying for</b>	\$75 Annual team membership fee, \$20 "Early Bird" Tryout fee, \$70 May tumbling & \$85 for two weeks of Tryout practices	Team Fees Payment #1, New Practice Top, Team Shirt, Spirit Gifts fee, Pictures & Team Makeup	Tuition  Team Fees Payment #2	\$150 Team Fees Payment #3  \$250 uniform & bow (only if needed)	Tuition  Team Fees Payment #4	Tuition  Team Fees Payment #5	Tuition  Team Fees Payment #6	Tuition  Team Fees Payment #7	Tuition  Team Fees Payment #8	Tuition  Team Fees Payment #9	Monthly Tuition





# Anticipated Costs 2025-2026

## All-Star Elite Teams Additional Fees for New Members/Optional Items

MAY 9-11	MAY 15TH	JULY 15TH	SEPTEMBER 15TH
\$105 Elite Cheer Shoes/\$55 Prep Cheer Shoes (if needed)	\$250 Team Deposit This fee rolls over for returning members who fulfilled their 2024-2025 commitment	\$55 Black Practice Top (Returning Members already have this if it still fits)	Second order of cheer shoes (if needed). Optional Backpacks and Team Warm Ups

## All-Star Elite Teams Team Deposit

We take your commitment to your team for the season very seriously. Your teammates are investing a lot of time and finances into being on a team, and when someone on the team doesn't follow through with their commitment, it affects everyone. This causes the team to have to learn new parts, change stunt groups, or even make us have to take out an entire stunt group, which is not fair to the athletes who have been working together for months. Our choreographers create and choreograph seamless routines with perfect transitions and when someone is no longer on the team, our CX coaches have to spend many hours of practice changing and re-doing formations and transitions, and work with teaching a replacement. This is time that could have been better spent helping the team learn new skills and improve. When you make a commitment to your team, you should be held accountable and follow through. We charge a \$250 team commitment deposit fee that will be paid at the beginning of the season for new Elite team athletes. When your athlete(s) fulfill their commitment to their team(s), this deposit can either be reimbursed at the end of the season, or it will rollover to the next season. This fee is based per family, not per athlete. Additionally, we will be charging an additional \$350 "break of contract" fee for any Elite team athlete who chooses to quit their team after choreography camp has taken place.

# Anticipated Costs 2025-2026

## All-Star Elite Teams Crossover Fees

TENTATIVE CROSS-OVER FEES	PREP TEAMS	MINI ELITE TEAMS	LEVELS 1-2 ELITE TEAMS	LEVELS 3+ ELITE FEES	PAYMENT WILL BE CHARGED AUTOMATICALLY ON THE DATE BELOW
Camp, Spirit Gift Fee, Music Fee, Team T-Shirt	\$350	\$500	\$660	\$660	September 15th
Crossover Competition Fees	\$335	\$500	\$600	\$600	November 15th

**Crossover Athletes** - Athletes who crossover onto a second prep or elite team will have slightly discounted entry fees for their second team. Payment of these fees for your second team are due in September & November. Second team fees can be added to your first team and divided between your tuition and team fees payments, or will be withdrawn on the due date. This is the total for their competition fees for the entire season. Crossover athletes who compete on two teams will be charged \$15/month tuition for their second team on the first of each month.

**Season Changes** - We plan our future season as much as possible, but some parts are tentative as we have not received all competition dates or prices from competition companies yet. We are basing prices off of last season so it should be fairly accurate. If prices change more than expected, we will try to select different events to attend that are in our price range. If they change, you may have a small amount extra to pay in entry fees in November. Competition dates for next season will be announced in June, but please keep in mind those could also change, and will be tentative at that time. If you go through the entire tryout process and choose not to accept your place on your new team when announced, the only fees paid that will be refundable at that time are your spirit gift fee, team t-shirt fee, camp deposit and team commitment deposit as long as you let us know by May 31st. Your annual membership fee will be good for any classes or camps you take for the next year and your practice top can be worn to classes or sold to another CX family. Teams are created with a specific amount of team members and if you break your commitment to the team, someone else will have to take your place. If you choose to go the route of paying the year in full, there will be no refunds if you choose to leave before the end of the season.

**Payment Options**-All payments will be done online and will automatically come out of the checking or savings account you entered into your iclass account. You can also choose to pay with a credit or debit card, but a 4% fee will be added for all card payments.

**Option #1** - Pay monthly, your account will be automatically withdrawn on each due date.

**Option #2** - Pay the year in full, pay the entire cheer season in one payment and get a half month of tuition free! This includes all fees due after May 30th - including your uniform (if needed). Any fees due prior to May 30th will automatically be deducted in your online portal on the due dates. Please email Pamela at [cheerxpressooffice@gmail.com](mailto:cheerxpressooffice@gmail.com) by May 28th if you plan to pay the year in full and to get your total. Your account will be charged on May 31st.



# Attendance Policy Overview



Attendance is critical to our team's success. Every athlete is expected to be present, on time, and fully engaged at all practices, competitions, and scheduled events. Attendance will be recorded at each practice.

## 1. General Expectations

- Every athlete must attend all practices and team events, arriving on time and ready to participate.
- Consistent attendance is essential for team cohesion and performance.

## 2. Absence Notification

- Advance Notice: If you must be absent, you will submit a written notice to your team head coach and put into the team BAND calendar at least 1 week in advance.
- Unexcused Absences: Absences without proper notice will be marked as unexcused, except in cases of a family emergency or contagious illness.
- Excessive Absences: More than 2 unexcused absences—or an overall excessive number of absences—will prompt a conversation between the coach, the athlete, and their family to develop an improvement plan. If absences are excessive, the coaches reserve the right to make changes to the routine based on their discretion. .
- Note: All absences, whether excused or unexcused, will be reviewed collectively. Excessive absences may lead to position changes in routines based on team needs. Blackout weeks (**2 weeks** before a competition, no absences will be allowed unless for a family emergency or contagious illness).

## 3. Competition Preparation & Blackout Dates

- Blackout Weeks: The **TWO** weeks before any competition are BLACKOUT weeks—practices during this period are mandatory.
- If an athlete misses during a blackout week, coaches may, at their discretion, temporarily or permanently fill a spot if an athlete's attendance is insufficient.

## 4. Consequences and Evaluations

- Attendance Record: All absences, tardies, and early departures are recorded and reviewed.
- Position Consideration: Excessive absences or habitual tardiness/early departures may lead to position changes within the routine, as determined by coach discretion.

## Balancing Academics and Team Commitments

- We understand that school activities are important and we want our athletes to develop effective time-management skills to balance these commitments with team practice. While we recognize that a graded school event may occasionally result in a missed practice, we cannot support missing practice to catch up on homework, prepare for tests, or to attend spectator sports.

## Injury

- If an athlete is injured we still expect them to attend practice. We will work with the athlete to determine the amount of participation that is allowed.





# Communication



Cheer Xpress utilizes the free app BAND as the primary channel for all communication between athletes, coaches, and staff. All important information will be put into your team's BAND group.

## Communication Process:

- If you have any questions or concerns, please reach out **DIRECTLY** to your athlete's coach first, via a private BAND message. If your question or concern is not resolved with your team coach, please reach out to one of our gym directors, Coach Katie or Coach Waller. If gym directors feel that Julian or Ashley needs to be involved, they will reach out.
- The reason we ask you to refrain from posting questions in the BAND group is because we have found that when parents are constantly posting, it clogs the feed and leads to parents missing important information. If your question pertains to the whole group, coaches will make sure everyone gets that information.
- Posting concerns in the BAND group or BAND chat will not be allowed. This often times lead to misunderstandings, creates unnecessary drama, and disrupts communication for the entire team. If you have a concern, please address it directly with the appropriate staff member via private message. This approach ensures confidentiality, clarity, and a more efficient resolution process.
- For any absences, please contact your team coach via private BAND message and mark the absence on the team BAND calendar at least 1 week in advance. Any absence not marked in advance will be considered unexcused.
- For any absences the day of due to illness or a family emergency, please DIRECT message your coach.
- For any billing related questions please reach out to Pamela: [cheerxpressooffice@gmail.com](mailto:cheerxpressooffice@gmail.com)

## Who Do I Ask for Help?

### All Billing Questions, Class Drop/Add Requests:

Pamela

[cheerxpressooffice@gmail.com](mailto:cheerxpressooffice@gmail.com)

### Concerns:

Please reach out to your team coach first via a PRIVATE BAND message.

### All Team Questions:

Reach out to either your team rep or your team coach via BAND message.

Our team reps are a good person to ask for things like: competition questions, scheduling, parties, makeup/hair questions. If it's a question related to the routine or practice feel free to reach out to your team coach.

If your concern is NOT resolved by reaching out to your team coach, please reach out to Katie Samson or Makenzie Waller, our gym directors.

### Apparel Questions

Ask in the main office!

Things such as: is my item in yet, sizing questions or any other issue.

If the concern is not resolved with the gym directors, they will reach out to the Gym Owners to schedule a time for a call.



# Athlete Code of Conduct



## • General Expectations

- Athletes must demonstrate respect for coaches, teammates, parents, and gym staff at all times.
- A positive and supportive attitude is expected during practices, competitions, and gym events.
- Athletes must be on time and prepared for all practices, events, and competitions.
- Gossip, bullying, or negative talk about teammates, coaches, or other programs will not be tolerated.
- Athletes should handle wins with humility and losses with grace.

## • Commitment & Attendance

- Attendance at all practices, competitions, and mandatory events is required unless excused by a coach.
- Excessive absences or tardiness may result in a change of position or removal from the team.
- Athletes must notify coaches in advance of any conflicts.
- Missing a practice before a competition may result in the athlete being replaced for that performance.

## • Sportsmanship & Teamwork

- Athletes should encourage and uplift teammates rather than criticize.
- No arguing, talking back, or disrespecting coaches or teammates.
- Cheer for **all** teams, not just your own, and show good sportsmanship at competitions.
- Social media posts should be positive and reflect the values of the gym. No negativity, bullying, or inappropriate content.

## • Practice & Training Etiquette

- Athletes must wear proper practice attire, including shoes, practice wear, and hair secured.
- No jewelry, gum, or cell phone use during practice.
- Athletes must stay focused and give 100% effort in all drills and routines.
- If an athlete is injured, they must still attend practice, unless otherwise excused.

## • Safety & Conduct in the Gym

- Follow all safety guidelines for stunting, tumbling, and spotting.
- No reckless behavior in the gym or lobby.
- Respect gym property and keep the space clean.

## • Competition Behavior

- Arrive on time, in full uniform, with hair and makeup done as required.
- No use of cell phones while with the team in warm ups or awards.
- Follow all competition rules and respect judges' decisions.
- When hotel stays are required based on traveling needs, all athlete behavior in hotels must be representing Cheer Xpress in a respectful, positive and appropriate manner.

## • Social Media & Public Representation

- Athletes represent the gym both inside and outside of practice.
- No public OR private Social Media posts or stories with inappropriate language, negative comments about teammates/coaches, or unsportsmanlike content will be tolerated.
- Parents and athletes should not engage in online conflicts regarding their team, our gym, or any other gym.



# Bullying



## Definition of Bullying

**Bullying is intentional, repeated behavior that causes harm, discomfort, or distress to another individual. It can be verbal, physical, social, or digital.**

## **Types of Bullying Include:**

- Verbal Bullying – Name-calling, insults, teasing, mocking, threats, or hurtful jokes.
- Physical Bullying – Hitting, pushing, shoving, tripping, or any form of physical aggression.
- Social/Relational Bullying – Exclusion, spreading rumors, embarrassing someone in public, or encouraging others to ignore or isolate someone.
- Cyberbullying – Using social media, text messages, or online platforms to spread rumors, send hurtful messages, or publicly shame someone.

## **Expectations**

- Treat all teammates, coaches, and gym staff with kindness and respect.
- Encourage and support teammates instead of tearing them down.
- Report any bullying behavior immediately to a coach, gym staff member, or trusted adult.
- Avoid engaging in negative conversations, gossip, or drama in person or online.
- Use social media responsibly and refrain from posting negative or harmful content.





# Parent Code of Conduct



- **General Expectations**

- Support all athletes, coaches, and staff with respect and positivity.
- Recognize that cheerleading is a team sport and encourage good sportsmanship at all times.
- Respect all athletes, parents, and coaches by avoiding gossip and negative talk.

- **Communication & Conduct**

- Follow the gym's communication process for concerns.
- Refrain from engaging in public disputes, social media negativity, or in-person confrontations regarding gym matters.

- **Competition Behavior**

- Demonstrate respect for judges, and opposing teams regardless of competition results.
- Cheer positively for all athletes and refrain from yelling negative comments in the stands.
- Do not interfere with your child during practices, competitions, or events.

- **Respect for Coaches & Gym Staff**

- Trust and respect the coaching staff's expertise in making decisions for the team.
- Avoid coaching your child from the lobby or contradicting coaching directions.
- Support the team by understanding that the role of a parent is to encourage, not instruct.

- **Team Culture & Drama Prevention**

- Do not gossip, spread rumors, or create drama within the gym community; the lobby is intended for watching athletes, not for discussing or gossiping about others.
- Encourage children to resolve conflicts maturely and refrain from interfering in minor team disputes.

- **Social Media Policy**

- Refrain from posting negative comments, complaints, or gym-related drama on social media.
- Do not share team choreography, music, or routine videos without proper permission.
- Promote children and their teammates positively and respectfully.

- **Financial & Commitment Expectations**

- Fulfill all financial obligations (tuition, competition fees, uniforms, travel expenses) on time.
- Understand that missed practices may result in a loss of a spot in the routine.
- Avoid scheduling vacations or personal events that interfere with mandatory practices or competitions.

- **Consequences for Violations**

- Failure to adhere to this Code of Conduct may result in:
  - A verbal warning from gym staff.
  - A written warning with official documentation.
  - Suspension from gym events or competitions.
  - Removal from the program without a refund.



## Other Information



- Parents are welcome to watch practice from the lobby area, although at some times, teams will be in the back gym where you are unable to see them. We have to think of all teams and we utilize different floors for different reasons, but we will try to make sure you are able to watch your athletes for part of their practice. At no time is it allowed for a parent to enter the gym, unless told by a coach that you can come in and watch a routine. If you need assistance, please ask the office staff and they can help. The lobby is for your convenience to watch your child while they practice. Siblings should be monitored at all times, no running or jumping on the furniture. The lobby WILL be a positive environment. Gossip about athletes, coaches or other parents will not be tolerated. Coaches have the right to shut the windows at times during practices if they feel they need more focus from the athletes.
- Winter Weather Policy: We typically follow LPS closings for weather. However, if LPS is closing for a cold weather day, and there are no other weather factors to consider, we may choose to remain open. Please check our social media that day to see if we are open. We do not issue refunds/makeup classes for days closed due to weather.

# 2025-2026 IMPORTANT DATES

- **April 1st-30th**
  - Early Bird Pricing when you sign up for prep or elite team tryouts
- **May 1st-4th**
  - Regular pricing when you sign up for prep and elite team tryouts (+\$15)
- **May 5th-8th**
  - Individual athlete skill evaluations for our 2025-2026 prep and elite teams
- **May 9th**
  - You will receive an email as to what tryout practices your athlete is invited to attend
- **May 11th-23rd**
  - Tryout practices
- **May 23rd**
  - You will receive an email stating what team you will be on for the 25-26 season
- **May 28th**
  - Celebration Party at CX from 6-7pm
- **June 2nd**
  - Summer Practices start - Uniforms + practice wear fittings will happen during the first week of practices
- **June 29th-July 6th**
  - Mid Summer Break - CX is closed for all team practices + classes
- **July 8-14th**
  - Please hold these dates for choreography camp. Exact times and dates will be sent out in early June. Teams will not practice this week, other than during their specific team choreography days and times
- **August 1st-September 1st**
  - Sign up for Novice Teams
- **August 10th-16th**
  - No team practices, but team tumbling will continue (times/dates TBD)
- **August 17th**
  - Fall Schedule Begins
- **August 31st-September 1st**
  - CX is closed for all team practices + classes for Labor Day Weekend
- **September 2nd**
  - Novice Team Practices Begin
- **November 26th-29th**
  - CX is closed for all team practices + classes for Thanksgiving
- **December 21st-January 3rd**
  - CX is closed for Winter Break. **Elite Teams** will practice December 29th and 30th, more info announced at a later date
- **March 8th-14th**
  - CX is closed for all team practices + classes for Spring Break
- **April 5th**
  - CX is closed for all team practices + classes for Easter



We can't wait for  
Season 22!!

## Contact Us

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