

Cover



COMPETITIVE CHEER PROGRAM HANDBOOK

2026-2027 SEASON

Our Future Is Bright

SKILL • CONFIDENCE • TEAMWORK • DISCIPLINE • LEADERSHIP

Glo Xtreme Cheer & Dance

— Corinth, Texas —

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Welcome to Glo Xtreme

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Welcome to the Glo Xtreme Competitive Cheer Program!

Our program is designed to help athletes grow not only in their technical abilities and performance skills, but also in confidence, discipline, teamwork, and leadership.

Competitive cheer requires dedication and commitment from both athletes and their families. This handbook outlines the expectations, policies, and procedures that help create a positive, organized, and supportive environment for all participants.

Through structured training, consistent expectations, and a team-centered culture, athletes are encouraged to challenge themselves, support one another, and strive for personal excellence both on and off the mat.

The Glo Xtreme Competitive Cheer Program provides opportunities for athletes to develop strong technical foundations, build meaningful friendships, gain valuable life skills, and represent our gym through performances and competitions throughout the season.

At Glo Xtreme, we believe every athlete's future is bright, and our competitive teams are designed to help each athlete grow, succeed, and shine.

Participation in the program indicates agreement to the policies and expectations outlined in this handbook.

Program Philosophy

Program Philosophy

Mission

At Glo Xtreme Cheer & Dance, our mission is to develop confident, disciplined athletes through quality training, positive mentorship, and a culture built on teamwork, accountability, and respect.

Vision

Our vision is to build a thriving competitive program where athletes are inspired to pursue excellence, develop lifelong friendships, and discover their full potential both on and off the floor. As our program grows, we strive to create a lasting legacy of athletes who embody confidence, character, and leadership in everything they do.

Team Structure

Team Structure

The Glo Xtreme Competitive Cheer Program offers multiple team levels designed to meet athletes where they are in their development while encouraging continued growth and progression within the sport.

Each level of the program focuses on developing well-rounded athletes through structured training in several core areas of competitive cheerleading. These training areas include:

- Stunting and partner work
- Tumbling technique and progression
- Jump technique and motion precision
- Conditioning and flexibility
- Performance confidence and stage presence
- Team synchronization and routine execution

As athletes move through the levels of the program, they will experience increased expectations, more advanced skill development, higher training intensity, and additional competition opportunities.

Our goal is to ensure that every athlete is placed in an environment that supports both their individual development and the overall success of their team.

Class Structure

All required training classes are one hour in length, with the exception of Prep and Elite team rehearsals, which are two hours each due to the increased training intensity and skill level required at that level.

Additional practices, choreography sessions, or team events may occasionally be scheduled throughout the season as needed to support routine preparation and competition readiness. Families will be notified in advance whenever additional practices are required.

Team Evaluations

Team Evaluations

Team evaluations take place during the summer prior to the start of the competition season. During evaluations, coaches assess each athlete's current skills, technique, experience, and readiness in order to determine the most appropriate team placement.

Athletes are placed on teams based on several factors including:

- Skill level and technique
- Age and physical readiness
- Previous cheer experience
- Team needs and routine structure
- Overall athlete and team success

The age ranges listed for each team are guidelines only. Coaches reserve the right to place athletes outside of these ranges when necessary to ensure the best environment for both the athlete's development and the overall success of the team.

Team placements are made carefully with the goal of building balanced teams that allow athletes to grow while creating routines that are technically appropriate, competitive, and developmentally supportive.

While athletes may express interest in certain teams, final placement decisions are made by the coaching staff based on what they believe will best support both the individual athlete and the team as a whole.

Team placement decisions are final and are not subject to appeal. Coaches carefully evaluate each athlete using multiple criteria and make placement decisions with the best interests of both the athlete and the program in mind.

Coaches reserve the right to adjust team placements throughout the season if an athlete's development, attendance, commitment level, or program needs warrant a change.

Acceptance of a team placement constitutes a 10-month commitment to the competitive cheer program. This commitment begins upon acceptance of placement and continues through the completion of the competition season and end-of-year banquet.

Team Levels and Monthly Tuition

Team Levels and Monthly Tuition

SHOW TEAM – GLO FIREFLIES

Developmental Competitive Team

The Show Team is designed for athletes who are new to cheer or who are still developing the foundational skills required for higher competitive levels. This team introduces athletes to the structure and expectations of competitive cheer while building confidence and basic technique.

Athletes will focus on developing:

- Basic cheer motions
- Jump technique
- Introductory tumbling skills
- Beginner stunt positions
- Performance confidence and stage presence

Weekly Training

- 1 Team Rehearsal (1 hour)
- 1 Tumbling Class (1 hour)
- 1 Saturday Practice per Month

Approximate Weekly Training: 2 hours

Competition Schedule

- 2 Competitions per Season

Monthly Tuition

\$90 per month

NOVICE TEAMS – GLO SPARK (MINI)/GLO FUSION

Beginner Competitive Cheer

The Novice Team represents the first full competitive level within the Glo Xtreme program. Athletes begin participating in a more structured competitive environment while continuing to develop strong cheer fundamentals.

Athletes will focus on improving:

- Motion precision and sharpness
- Jump technique
- Stunt fundamentals
- Beginner tumbling skills
- Routine synchronization and timing

Weekly Training

- 2 Team Rehearsals (1 hour each)
- 1 Tumbling Class (1 hour)
- 1 Saturday Practice per Month

Approximate Weekly Training: 3 hours

Competition Schedule

- 3 Competitions per Season

Monthly Tuition

\$130 per month

PREP TEAM – GLO IGNITE

Intermediate Competitive Cheer

The Prep Team is designed for athletes who are ready for increased training intensity and more advanced routines. Athletes at this level focus on improving strength, stunt stability, tumbling skills, and overall routine execution.

Weekly Training

- 2 Team Rehearsals (2 hours each)
- 1 Tumbling Class (1 hour)
- 1 Saturday Practice per Month

Approximate Weekly Training: 5 hours

Competition Schedule

- 3 Regional Competitions
- 1 In-State Travel Competition

Monthly Tuition

\$180 per month

ELITE TEAM – GLO INTENSITY

Advanced Competitive Cheer

The Elite Team represents the highest level of training within the Glo Xtreme program. Athletes on this team train at a higher intensity and perform more advanced routines that require strong technical skills, teamwork, and dedication.

Weekly Training

- 2 Team Rehearsals (2 hours each)
- 1 Tumbling Class (1 hour)
- 1 Stunt Class (1 hour)
- 1 Saturday Practice per Month

Approximate Weekly Training: 6 hours

Competition Schedule

- 3 Regional Competitions
- 1 In-State Travel Competition
- 1 Out-of-State Travel Competition

Monthly Tuition

\$230 per month

The chart below provides a quick overview of training expectations and competition schedules for each team level.

Quick Program Comparison

Team	Weekly Training	Competitions	Monthly Tuition
Show – Fireflies	~2 hours	2 competitions	\$90
Novice Mini - Spark	~3 hours	3 competitions	\$130
Novice – Fusion	~3 hours	3 competitions	\$130
Prep – Ignite	~5 hours	3 regional + 1 travel	\$180
Elite – Intensity	~6 hours	3 Regional + 1 In-State Travel + 1 Out-of-State Travel	\$230

Season Timeline

Season Timeline

The Glo Xtreme Competitive Cheer season follows a structured timeline designed to allow athletes adequate time to learn, refine, and perform their routines successfully throughout the year.

June

Team evaluations and placements take place.

August

Choreography camp is held and regular team practices and required classes begin.

September – January

Athletes focus on routine development, skill progression, conditioning, and routine cleaning as teams prepare for the upcoming competition season.

February – May

Competition season takes place, with teams typically attending approximately one competition per month.

May

The season concludes with the End-of-Year Banquet, where athletes and teams are recognized and celebrated for their accomplishments throughout the season.

Participation on a competitive team is considered a 10-month commitment. This commitment begins upon acceptance of team placement and continues through the completion of the competition season and end-of-year banquet.

An annual calendar outlining competition dates, practice schedules, and gym closures will be released prior to the start of each season. Families are responsible for reviewing this calendar carefully and planning accordingly.

While every effort will be made to maintain the published schedule, adjustments may occasionally be necessary. If schedule changes occur, the gym will notify families as soon as possible so that they may make the necessary arrangements.

Athletes and families are expected to prioritize competitive team commitments when scheduling vacations, extracurricular activities, and other events throughout the season.

Alternate Athlete Program

Alternate Athlete Program

The Glo Xtreme Competitive Cheer Program may utilize alternate athletes to support team development and ensure routines can be maintained throughout the season.

Alternate athletes are individuals who may still be developing certain skills needed for the performing lineup but demonstrate the potential and commitment required to train with the team.

This program allows athletes to continue developing their skills while learning the team routine and remaining prepared if a team position becomes available.

Role of Alternate Athletes

Alternate athletes are expected to:

- Attend all required team practices and classes
- Learn and practice the full routine alongside the team
- Participate fully in all training and skill development activities
- Demonstrate commitment, effort, and a positive team attitude

Alternate athletes should approach their role with the same dedication and responsibility as performing team members.

If an athlete's skills improve or if roster adjustments become necessary, coaches may place an alternate athlete into the performing lineup at any time during the season.

Coach Discretion

For the success and safety of the team, coaches reserve the right to make roster adjustments throughout the season.

This may include moving athletes:

- Up or down within the lineup
- On or off alternate status
- Into or out of the performing routine

These decisions are made at the coaches' discretion and in the best interest of the team.

Athletes are encouraged to continue improving their skills, as commitment and progress may result in placement changes.

The number of alternate positions per team will be determined by the coaching staff based on the structure and needs of each team.

Alternate Status Due to Attendance or Financial Standing

In some situations, an athlete who was originally placed in the performing lineup may be moved to alternate status if:

- The athlete exceeds the allowed number of absences
- The athlete demonstrates ongoing attendance concerns
- The athlete has significant outstanding account balances

This allows the athlete to remain involved in training while protecting the team's ability to perform safely and consistently.

Competition Participation

Alternates are welcome to attend competitions with their team and may participate by:

- Wearing team warm-ups
- Supporting teammates during the event
- Attending team meetings and warm-ups when appropriate

However, alternate athletes will not perform in the competition routine unless they are placed into the lineup by the coaching staff.

Alternates are not responsible for competition fees while they remain in alternate status.

Tuition for Alternates

Alternate athletes attend the same training practices and classes as performing team members and are therefore responsible for the same monthly tuition as their team level.

Because alternate athletes do not perform in competitions while in alternate status, competition fees will not apply unless the athlete is moved into the performing lineup.

Uniforms for Alternates

Alternate athletes will be measured and fitted for team uniforms so they are prepared in the event they are moved into the performing lineup.

However:

- Alternates are not required to purchase a uniform initially
- If the athlete is invited to join the performing lineup, the uniform purchase will then become required

Athlete Responsibility

The alternate position should be viewed as an opportunity for growth and development.

Athletes who demonstrate:

- Skill progression
- Strong work ethic
- Consistent attendance
- Positive attitude

may be given opportunities to move into performing roles during the season.

Athlete Expectations

Athlete Expectations

Competitive cheer is a team commitment that requires dedication, responsibility, and cooperation from every athlete. The expectations below help ensure a positive experience for all athletes while allowing teams to train and perform at their highest potential.

Athletes selected for the **Glo Xtreme Competitive Cheer Program** are expected to demonstrate strong sportsmanship, dedication, and teamwork throughout the season.

Athletes are expected to:

Attend all scheduled practices and competitions.

Consistency is essential to building strong routines, maintaining safe stunt groups, and ensuring overall team success.

Arrive on time and prepared for practice.

Athletes should arrive ready to train with appropriate practice wear, cheer shoes, water, and a positive attitude.

Demonstrate coachability.

Athletes should listen respectfully to coaches and apply corrections during practice in order to improve their skills.

Support teammates and maintain a positive team culture.

All athletes are expected to encourage one another, communicate respectfully, and work together as a team.

Practice safe training habits.

Athletes must follow all safety guidelines during stunting, tumbling, and conditioning activities.

Represent Glo Xtreme positively.

Athletes represent the gym both inside and outside of practices and competitions and should conduct themselves in a way that reflects positively on their team and the gym.

Practice Behavior

To maintain a productive and safe training environment, athletes are expected to follow basic practice behavior guidelines.

- Athletes should remain focused and attentive during practice
- Phones should not be used during training time unless permitted by a coach
- Athletes must show respect toward teammates and coaches at all times
- Negative behavior, bullying, or disruptive conduct will not be tolerated

Maintaining a respectful and focused training environment allows all athletes to train safely and perform at their best.

Athletes who repeatedly fail to meet behavior expectations may face disciplinary action, removal from portions of routines, or reevaluation of their role on the team.

Parent Expectations

Parent Expectations

Parent support plays a vital role in the success of each team and the overall program. Positive communication, cooperation, and encouragement from families help create a strong and supportive environment for all athletes.

Parents are expected to:

Ensure athletes arrive on time for all practices, events, and competitions.

Maintain respectful communication with coaches and staff.

Schedule meetings to discuss concerns with coaches.

Parents who wish to discuss athlete progress, team concerns, or program questions should schedule a meeting with the coach or program staff. Conversations regarding concerns should never take place during practices or competitions.

Keep negative or sensitive conversations private.

Any concerns or frustrations should be addressed privately with staff. Negative conversations about coaches, athletes, or team decisions should never occur in front of athletes or other families.

Support team decisions made by the coaching staff.

Team placements, positions, choreography, and routine decisions are made with the best interest of the entire team in mind.

Meet all financial obligations by their due dates.

Encourage positive sportsmanship and team support.

Refrain from coaching athletes from the sidelines.

Athletes should receive instruction directly from the coaching staff in order to maintain consistency and safety.

Parent Communication

Glo Xtreme will communicate important program information through official gym communication channels such as:

- Email
- Team communication apps
- Parent meetings
- Team messaging groups

Parents are encouraged to reach out with questions or concerns. We ask that communication remains respectful, constructive, and focused on finding solutions that support both the athlete and the team.

Parents who repeatedly disregard communication guidelines may be asked to meet with program leadership to address concerns and maintain a positive environment for all athletes.

Attendance Policy

Attendance Policy

Attendance is critical to team success. Competitive cheer routines rely heavily on timing, synchronization, and stunt group consistency. When athletes are absent, it affects not only their own progress but also the safety, preparation, and performance of the entire team.

Athletes are expected to attend:

- All team rehearsals
- Required classes (tumbling, conditioning, and stunt classes)
- Monthly Saturday practices
- All competitions and team events

Athletes are allowed **no more than three unexcused absences per semester**.

Exceeding this limit may result in:

- Removal from portions of the routine
- Changes in stunt groups or positions
- Removal from a competition performance
- Reevaluation of team placement
- Placement on alternate status

Coaches may also take action if an athlete accumulates an excessive number of **excused absences**, as consistent attendance is necessary for team safety and routine preparation.

Excused Absences

Excused absences may include:

- Illness or injury
- Family emergencies
- School-required events that directly affect an academic grade

A **school-required event** is defined as an event that directly impacts an athlete's academic grade.

Examples may include:

- Academic competitions
- Mandatory school performances
- Required academic presentations

School-required absences must be **verified with written documentation from the school**.

Unexcused Absences

The following are **not considered excused absences**:

- Birthday parties
- Social events
- Non-required school activities
- Vacations during the season
- Other extracurricular activities
- Forgetting about practice
- Transportation issues

Families are strongly encouraged to review the competition schedule and practice expectations before committing to a team to ensure that the program fits their schedule.

Competition Commitment

All athletes selected for competitive teams are expected to attend **every scheduled competition**.

Competitions are a team commitment, and missing a competition impacts the entire team's ability to perform their routine safely and successfully.

Families should review the season competition schedule carefully prior to accepting a team placement and ensure that athletes are available for all scheduled events.

Athletes who miss a competition without prior approval from the coaching staff may be subject to removal from the team.

Dress Code & Appearance

Dress Code & Appearance

To maintain a safe, focused, and professional training environment, all athletes are expected to follow the dress code and practice preparation guidelines outlined below.

Proper attire allows athletes to move safely, perform skills effectively, and maintain a consistent team appearance.

Practice Attire

Athletes should arrive at practice **dressed and ready to train**.

Required practice attire includes:

- Team practice wear when assigned
- Athletic shorts, skorts, or leggings
- Athletic cheer tops or fitted athletic shirts
- Practice cheer shoes (gym use only)

Practice cheer shoes should **only be worn inside the gym** and should not be worn outdoors in order to maintain cleanliness and protect the training floor.

Athletes should also bring:

- A sealable water bottle clearly labeled with their name
- Hair ties or additional hair supplies if needed

Hair Requirements for Practice

All cheerleaders are required to attend practice with their **hair in a high ponytail and wearing their assigned practice bow**. Practice bows are considered part of the required practice uniform and should be worn at every practice unless otherwise directed by a coach.

This requirement helps maintain a consistent team appearance, ensures hair remains secured during stunting and tumbling, and helps athletes build the habit of preparing their hair properly for competitions.

Hair should be:

- Pulled securely into a high ponytail
- Kept off the face and shoulders
- Secured with appropriate hair ties or accessories

Jewelry

For safety reasons, **all jewelry must be removed before practice.**

This includes:

- Earrings
- Necklaces
- Bracelets
- Rings
- Smart watches

New piercings must be covered appropriately or removed in order to comply with safety guidelines.

Nails

Athletes must keep nails **short and natural** for the safety of both themselves and their teammates.

The following are **not permitted during practices or competitions:**

- Long nails
- Acrylic nails
- Press-on nails

Long or artificial nails can pose a safety risk during stunting and tumbling.

Competition Appearance

To maintain a consistent team look during competitions, athletes will be required to follow specific **hair and makeup guidelines.**

Competition appearance requirements include:

- Team competition bow
- Mascara or false lashes
- Black eyeliner
- Blush that complements the athlete's skin tone

- Specific lip color (*to be announced*)
- Specific eyeshadow colors (*to be announced*)

Full hair and makeup instructions will be provided before the competition season begins.

Personal Hygiene

Athletes are expected to maintain **good personal hygiene** during both practices and competitions.

This includes:

- Wearing clean practice attire
- Using deodorant when appropriate
- Proper care of uniforms, shoes, and gear

Maintaining personal hygiene helps ensure a comfortable training environment for all athletes.

Athletes who do not meet dress code or safety requirements may be asked to sit out of certain activities until the issue is corrected.

Training Area Rules

Training Area Rules

To maintain a safe, clean, and focused training environment, all athletes are expected to follow the training area policies outlined below.

Food & Gum Policy

Food and gum are never permitted on the cheer mats or in the training area.

This rule helps maintain the cleanliness of the mats and prevents potential safety hazards during stunting and tumbling.

Athletes will be given short scheduled breaks during practice where they may step off the mats and eat a healthy snack if needed.

Snacks must always be consumed away from the training floor.

Drink Policy

Only water in a sealed water bottle is permitted in the training area.

This helps prevent spills and protects the safety and cleanliness of the training surfaces.

The following are not permitted in the training area:

- Sports drinks
- Soda
- Juice
- Open cups or containers

Staying in the Training Area

For athlete safety and proper supervision, athletes are not permitted to leave the practice area during training times unless given permission by a coach.

Athletes should remain:

- In the training area
- With their team
- Under coach supervision

If an athlete needs to leave the training area for any reason, they must notify a coach first.

Respect for Equipment & Facility

Athletes are expected to treat all training equipment and gym facilities with care and respect.

This includes:

- No sitting or lying on stunt equipment unless directed by a coach
- No running or playing on equipment outside of structured drills
- Keeping personal belongings organized and off the training floor

Maintaining a safe and clean facility helps ensure that all athletes are able to train effectively and safely.

Repeated violations of training area rules may result in athletes sitting out of portions of practice for safety reasons.

Athlete Access to Training Areas

Athlete Access to Training Areas

For the safety of all athletes, only registered athletes and coaches are permitted in the cheer training areas and on the cheer mats.

Parents, siblings, and guests are not permitted in the training areas unless they have been specifically invited or approved by gym staff.

This policy helps ensure:

- Athlete safety during stunting and tumbling
- Limited distractions during practice
- Proper supervision of all athletes

Maintaining controlled access to the training areas allows coaches to focus on athlete safety, instruction, and skill development.

Spectators and family members are welcome to observe practices from designated viewing areas only.

Locker Room Expectations

Locker Room Expectations

Locker rooms are shared spaces that must be treated with respect and responsibility by all athletes.

Athletes are expected to:

- Place personal belongings neatly in lockers or designated areas
- Keep bags and equipment organized
- Clean up after themselves before leaving
- Dispose of trash properly
- Respect the personal belongings of others

Athletes should leave the locker room in the same or better condition than they found it.

Food in Locker Rooms

Athletes may only eat food that they personally bring with them.

Athletes should:

- Keep food contained in their own bags
- Clean up all trash and food wrappers
- Avoid leaving food unattended

Food should never be shared without permission, and athletes should be mindful of potential allergies among teammates.

Locker Room Behavior

To maintain a safe and respectful environment, the following behaviors are not permitted in locker rooms:

- Horseplay or roughhousing
- Running or unsafe behavior
- Yelling or disruptive conduct
- Tampering with another athlete's belongings

Athletes should treat the locker room as a shared team space and behave respectfully toward teammates.

Younger Children in Locker Rooms

For safety and supervision purposes, children under the age of six are not permitted in the locker room without adult supervision.

Parents or guardians must accompany younger children at all times while using locker room facilities.

Respect & Privacy

Locker rooms are spaces where athletes should feel comfortable and respected.

All athletes are expected to respect the privacy, belongings, and personal space of others.

Any behavior that makes another athlete uncomfortable or violates these expectations should be reported to a coach or staff member immediately.

Phones may never be used to photograph or record others in locker rooms.

Violations of locker room policies may result in disciplinary action to ensure the safety and comfort of all athletes.

Required Purchases

Required Purchases

Participation in the Glo Xtreme Competitive Cheer Program requires certain uniform items, practice apparel, and competition appearance items. These items help maintain a consistent and professional team appearance during practices, performances, and competitions.

All required items will be ordered through the studio or approved vendors to ensure uniformity across the team.

Pricing listed below reflects current vendor pricing and is subject to change based on vendor adjustments, shipping costs, and product availability.

Competition Uniform

Each athlete will be required to purchase a team competition uniform.

Competition Uniform Package Includes:

- Uniform Shell & Skirt — **\$300**
- Kaepa Stellalight Competition Shoes — **\$85**
- Competition Bow — **\$35**

Total Required Competition Package: **\$420**

Additional details regarding sizing and fittings will be provided prior to ordering.

Undergarments

Female athletes who require additional support are required to purchase specific undergarments.

The approved undergarment is Bloch Deva Clear Black Bra. It normally retails around **\$40**.

Links to find this item will be posted on the website.

Footwear

Athletes will be required to purchase the following footwear:

Practice Cheer Shoes

These shoes must be worn only inside the gym and should not be worn outdoors in order to maintain cleanliness and protect the training floor. Athletes may purchase any brand or color cheer shoes they prefer. There are no required vendors.

Competition Cheer Shoes

These shoes will be worn exclusively for performances and competitions and must be ordered through the gym. It is the family's responsibility to inform the gym with notice if their athlete's shoes need to be replaced.

Jewelry and Make-Up

To maintain a polished and consistent appearance on the mat, all competitive athletes are required to follow the team's competition makeup guidelines.

Required Competition Makeup Kit

All athletes are required to purchase their team's competition makeup kit through Pretty Girl Cosmetics.

Each team-specific kit includes:

- Eyeshadow palette
- Lipstick
- Black Eyeliner
- Black Mascara

Competition makeup kits are approximately **\$50.00**.

A link to purchase the required kit will be posted on the studio website. Individual replacement items may also be purchased directly through Pretty Girl Cosmetics if needed.

Additional Required Makeup Items

The following items are required for all athletes but are not included in the competition makeup kit and must be purchased separately:

- Blush that compliments their skin tone

Competition appearance requirements may be adjusted throughout the season as needed to ensure a consistent team appearance.

Recommended Makeup Products

The following products are recommended by Glo Xtreme coaches. These items are optional and may be substituted with similar products that work best for the athlete.

- Primer – Elf Power Grip Primer
- Foundation – Elf Halo Glow Liquid Filter

- Concealer – Tarte Shape Tape Concealer
- Contour – Elf Halo Glow Contour
- Powder – Elf Halo Glow Setting Powder
- Bronzer – Elf Primer-Infused Matte Bronzer
- Blush – NYX Buttermelt Pressed Powder Blush (Shade: U Know Butta)
- Eyebrow Pencil – Elf Instant Brow Lift
- Mascara – L'Oréal Voluminous Lash Paradise Volume Mascara (Shade: Blackest Black)
- False Lashes – KISS Lashes and Glue
- Eyeliner – NYX Epic Ink Waterproof Liquid Eyeliner
- Setting Spray – NYX Matte Finish Long Lasting Makeup Setting Spray

Additional makeup tutorials, application guides, and competition appearance instructions may be provided throughout the season.

Warm-Up Set

All competitive athletes are required to have a warm-up set for competitions and team events. Warm-ups help maintain a professional team appearance and allow athletes to represent Glo Xtreme when entering and exiting competition venues while protecting their uniforms.

Required Warm-Up Components

- Plain black jogger-style pants
- Plain black zip-front or snap-front jacket

Warm-up pants should not be form-fitting in order to fit comfortably over uniforms.

Warm-up jackets must be zip-front or snap-front. Hoodies and pullover sweatshirts are not permitted.

Families may purchase their own black warm-up jacket that meets these requirements, or they may choose to purchase the official Glo Xtreme Team Jacket.

The official Glo Xtreme Team Jacket is available through Edybella Custom Gifts for approximately **\$85**. Purchase of the official team jacket is optional, provided the athlete has an approved black warm-up jacket that meets the requirements listed above.

Backpacks

All competitive athletes are required to purchase the designated Glo Xtreme team backpack through Raven Moon Morgan Boutique.

Backpacks will be used to carry:

- Water bottles
- Snacks
- Makeup supplies
- Competition shoes
- Other competition essentials

Backpacks start at approximately **\$75**, with additional personalization options available for an additional cost.

Practice Wear and Practice Items

Athletes are required to wear designated team practice wear during rehearsals to maintain a consistent and professional training environment.

Glo Sparks, Glo Fusion, Glo Ignite, and Glo Intensity athletes are required to purchase both Set A and Set B practice wear.

Glo Fireflies athletes are required to purchase Set A only.

For each set, athletes must purchase:

- One top or one sports bra
- The matching bottoms

Athletes are welcome to purchase both the top and sports bra if desired, but only one is required.

Set A – Neon Set

- Tank Top: \$30
- Sports Bra: \$22
- Bottoms: \$30

Set B – Black Set

- Tank Top: \$30
- Sports Bra: \$22
- Bottoms: \$40

Practice wear will be purchased through Raven Moon Morgan Boutique. A paper order form will be provided, and an online store link will be posted on the studio website.

Ankle Weights

All competitive athletes are required to provide their own set of ankle weights for conditioning and strength training exercises used throughout the season.

Required weights by team level:

- Novice: 0.5 lb ankle weights
- Prep and Elite: 2 lb ankle weights

Ankle weights should be clearly labeled with the athlete's name and brought to all team rehearsals unless otherwise instructed by the coaching staff.

Ankle weights may be purchased from any retailer and typically range from \$15–\$30 depending on brand and style.

Bows

Athletes will be required to have both practice and competition bows.

Required items include:

- Practice Bow
- Competition Bow

These bows will match team colors and help maintain a consistent team appearance.

The Competition bow is included in their team package but the practice bow must be ordered separately through Raven Moon Morgan Boutique.

Practice bows: **\$10**

Additional Required Items

Athletes must also have:

- Black ankle or no-show socks

Additional spirit wear or team merchandise may be offered throughout the season. These items are optional unless otherwise stated.

Purchasing Timeline

Required items will typically be ordered throughout the season at designated times, including:

- Early season apparel orders
- Costume fittings
- Competition appearance supplies

Families will be given advance notice and deadlines for all required purchases.

All custom apparel, backpacks, practice wear, warm-ups, and personalized items are non-refundable once ordered.

Families who miss ordering deadlines may be responsible for additional rush shipping fees or may risk items not arriving in time for competitions.

Required purchases not received by established deadlines may impact an athlete's ability to participate in performances, competitions, or team activities.

Estimated First-Year Gear Cost

The estimates below are intended to assist families with budgeting and may vary based on costume assignments, apparel selections, and optional purchases.

While exact prices are still being finalized, families should plan for an estimated initial gear investment that typically falls within the following range:

Team Level	Estimated Range
Show	\$657-\$822
Novice - Elite	\$724-\$979

This estimate may include items such as:

- Competition uniform
- Warm-up set
- Practice wear
- Competition shoes
- Practice shoes

- Practice bow
- Competition bow
- Make Up

Actual totals may vary depending on vendor pricing, uniform design, and optional add-on items.

All required items must be purchased by the posted deadlines in order to ensure athletes are properly prepared for the season and competitions.

Additional Program Fees

Additional Program Fees

In addition to monthly tuition and required gear purchases, participation in the Glo Xtreme Competitive Cheer Program includes several season-related program fees that support routine creation, competition participation, and team events.

Unless otherwise stated, all fees listed below are charged once per season.

Annual Registration Fee

\$65 per athlete

The annual registration fee helps cover administrative and operational costs associated with running the program.

This may include:

- Athlete registration processing
- Insurance and program administration
- Team management systems
- Program planning and preparation

To support families with multiple students, Glo Xtreme offers a Family Registration Cap.

The maximum registration fee per family is \$150 per year, regardless of the number of students enrolled.

Registration fees are non-refundable and are required to secure a student's place in the program.

This fee is due at the time of registration and secures the athlete's place in the program.

Choreography Fee

\$175 per athlete

Each competitive team routine is custom choreographed specifically for that team's skill level and strengths.

This fee helps cover:

- Routine creation and choreography
- Formation transitions and stunt placement
- Routine installation sessions
- Choreography camp
- Team choreography shirt

Choreography fees are non-refundable once choreography has begun.

Music Fee

\$50 per athlete

Each team receives a custom professionally edited music mix designed specifically for their routine.

This fee helps cover:

- Professional music editing and mixing
- Custom routine music cuts
- Licensing and production costs

Competition Fees

Estimated Range: \$80 - \$125 per competition

Teams will typically attend approximately one competition per month during competition season.

Competition fees cover:

- Athlete competition registration
- Event participation fees
- Coaching and staff support at competitions
- Equipment and program expenses related to competition participation

Important Note:

Competition pricing is set by the competition organizations and may vary by event. These prices are subject to change each season.

Competition fees are to be collected two months prior to the competition

All travel, lodging, meals, parking, spectator admission, and other personal expenses associated with competitions and conventions are the responsibility of the athlete's family unless otherwise stated.

Competition registrations cannot be submitted until all applicable competition fees have been paid. Athletes with unpaid competition fees may be ineligible to participate in the event.

2027 Competitions

Competition Name	Date	Location	Teams	Show	Novice	Prep	Elite
Bravo Justice League	Jan 17	Garland	Novice- Elite	-	\$100	\$100	\$115
Fun Cheer Sweetheart Classic	Feb 7	Denton	All	\$80	\$100	\$100	\$115
Bravo NTGU Sock it to em	Mar 13	Denton	All	\$80	\$100	\$100	\$115
Fun Cheer All-Star Athletics	Apr 10-11	San Antonio	Prep-Elite	-	-	\$110	\$125
Out of State Competition	TBD	TBD	Elite	-	-	-	TBD

End-of-Year Banquet Fee

\$50 per athlete

At the end of the season, Glo Xtreme hosts an End-of-Year Banquet to celebrate the accomplishments of our athletes and teams.

The banquet may include:

- Team recognition
- Awards and acknowledgements
- End-of-season celebration
- Athlete memories and highlights

Additional tickets for family members may be available for purchase.

Estimated Additional Seasonal Fees

Fee Type	Cost
Annual Registration	\$65
Choreography	\$175
Music	\$50
Competition Fees	\$80–\$125 per competition
End-of-Year Banquet	\$50

Estimated seasonal program fees are typically **approximately \$500–\$900 per season**, depending on final competition registration costs.

This estimate **does not include**:

- Monthly tuition
- Uniform and gear purchases
- Travel costs for competitions

Family Savings & Tuition Options

Family Savings & Tuition Options

Glo Xtreme Cheer & Dance offers select tuition savings options designed to support families while maintaining a high-quality training experience.

Sibling Discount

A 10% sibling discount is applied to additional children enrolled within the same family.

- The student with the highest tuition will be charged full price.
- The sibling discount will be applied to all additional enrolled siblings.
- The discount applies to tuition only

Military Discount

We are proud to support our military families by offering a 5% military discount on tuition.

- A valid military ID may be required
- This discount applies to tuition only

Military discounts must be requested at the time of registration and may require annual verification.

Multi-Class Pricing

Students enrolled in multiple classes are eligible for multi-class pricing based on the number of classes taken per athlete.

Multi-class pricing is structured as follows:

- 2 classes: \$15 off total monthly tuition
- 3 classes: \$35 off total monthly tuition
- 4 or more classes: \$70 off total monthly tuition

Multi-class pricing applies to one student's enrollment only and may not be combined across multiple students within a family.

Multi-class pricing is automatically calculated based on the student's enrolled recreational classes.

Competition team tuition packages already include required technique classes, tumble classes, and team rehearsals. Multi-class pricing applies only to additional recreational class enrollments outside of the competitive team package.

Competition Athlete Training Add-On

Competitive team athletes have the opportunity to enroll in additional recreational classes to further develop their skills.

Competitive athletes may enroll in unlimited additional recreational classes for \$85 per month.

- This rate is available only to athletes currently enrolled in the competitive program
- Classes are subject to availability and instructor approval
- The Competition Athlete Training Add-On is a special program rate and is not considered a discount
- Eligible sibling or military discounts may still be applied in accordance with studio policies

Discount & Tuition Program Policy

To maintain a fair and sustainable pricing structure, the following policies apply:

- Discounts apply to tuition only
- Discounts do not apply to registration fees, recital fees, costumes, competition fees, or other program expenses
- Only one tuition discount may be applied per athlete
- Sibling and military discounts may not be combined or stacked
- Multi-class pricing and the Competition Athlete Training Add-On are special tuition programs and are not considered discounts
- Eligible sibling or military discounts may still be applied in conjunction with multi-class pricing or the Competition Athlete Training Add-On
- When applicable, tuition discounts will be calculated after multi-class pricing or special program rates have been applied.
- The studio reserves the right to modify or discontinue discounts and tuition programs as needed

Competition Fees

Competition Fees

Competition fees vary by event and will be communicated once competition registrations and pricing have been finalized for the season.

Teams will attend competitions throughout the competition season according to their team level.

Competition fees help cover:

- Athlete competition registration
- Event participation fees
- Staff and equipment expenses associated with competition participation

Important Note:

Competition pricing is determined by the competition organizations and may vary depending on the event. These prices are subject to change each season.

Competition Fee Payment Deadlines

Competition fees must be paid two months prior to the scheduled competition date in order for the athlete to be registered for that event.

If competition fees are not received by the payment deadline:

- The athlete may not be registered for the competition
- The athlete may be unable to participate in that event

Competition registrations must be submitted by the gym prior to competition deadlines, and late registrations are typically not permitted by event organizers.

Competition Fee Refund Policy

Competition fees are non-refundable within 30 days of the competition date, as athlete registrations are typically finalized and submitted to the competition organization during that time.

If an athlete withdraws from the team after competition registration has been submitted, the family will remain responsible for the competition fee.

Routine Adjustment Fee

If an athlete withdraws from a scheduled competition performance after competition registration has been submitted and routine adjustments are required, a \$50 routine adjustment fee may be assessed.

This fee helps cover the additional coaching time required to:

- Modify choreography
- Adjust formations and spacing
- Re-clean the routine to ensure the team can continue performing successfully

All athletes must remain in good financial standing in order to participate in competitions.

Competition schedules, locations, and event selections are subject to change based on event availability, scheduling conflicts, enrollment, team needs, or circumstances beyond the gym's control.

Spectator Tickets

Spectator admission tickets are not included in competition fees.

Tickets must be purchased separately by families directly through the competition organizer.

All athletes must remain in good financial standing in order to participate in competitions.

Travel & Hotel Policy

Travel & Hotel Policy

Certain teams within the Glo Xtreme Competitive Cheer Program may attend competitions that require overnight travel. Travel competitions provide exciting opportunities for athletes to perform at larger events, represent Glo Xtreme, and spend time bonding with their teammates.

To ensure a safe and organized experience, the following expectations apply during travel competitions.

Travel Accommodations

Families are responsible for booking and paying for their own travel accommodations for all competitions that require overnight stays.

Glo Xtreme does not require families to stay in a specific hotel, allowing families the flexibility to choose accommodations that best fit their needs and budget.

When competitions offer discounted hotel blocks, that information will be shared with families so they may choose to take advantage of those rates if they wish.

Team Travel Coordination

Travel competitions can be a great opportunity for team bonding and shared experiences.

Families are encouraged to communicate with other team families to coordinate travel plans when possible. Many families choose to:

- Stay at the same hotel
- Share travel arrangements
- Organize group accommodations such as Airbnb or vacation rentals

Coordinating with teammates can help reduce travel costs while also creating a fun and supportive environment for athletes.

Participation in shared accommodations is completely optional and at the discretion of each family.

Athlete Supervision

Athletes must be supervised by a parent or approved guardian at all times during travel competitions.

Coaches are responsible for:

- Team preparation
- Warm-ups
- Competition performance

Coaches are not responsible for overnight supervision of athletes.

Athletes may not stay in hotel rooms or travel accommodations without a parent or designated adult responsible for their care.

Team Meeting Times

During travel competitions, teams may have scheduled:

- Team meetings
- Practice walk-throughs
- Hair and makeup touch-ups
- Team warm-ups at the competition venue

Athletes must arrive on time and fully prepared for all scheduled team activities.

Competition schedules can change quickly, so athletes and families should remain flexible and attentive to team communication.

Hotel & Accommodation Conduct

Athletes and families represent Glo Xtreme Cheer & Dance during travel competitions and are expected to behave respectfully in hotels, vacation rentals, and surrounding areas.

Expectations include:

- Respecting hotel staff, property owners, and other guests
- Following property rules and quiet hours

- Maintaining appropriate behavior in shared spaces
- Keeping accommodations clean and free of damage

Any damages or violations of accommodation policies are the financial responsibility of the family responsible for the booking.

Representing Glo Xtreme

When attending competitions, athletes and families represent the Glo Xtreme community.

We ask all families to demonstrate:

- Positive sportsmanship
- Respect toward other teams and judges
- Encouragement for all athletes

Our goal is to create an environment where athletes compete with pride, confidence, and respect for the sport.

Payment Policies

Payment Policies

Monthly Tuition

Monthly tuition covers the athlete's weekly team training and required classes associated with their competitive team.

The competitive cheer program operates on a 10-month seasonal commitment.

Tuition payments are automatically drafted on the 1st of each month using the payment method on file.

Families are responsible for ensuring their payment information is current and up to date within the studio's billing system.

Families may also choose to pay for multiple months or the full season in advance. In some cases, early payment options may include discounted pricing.

Tuition payments are non-refundable once the billing cycle has begun.

Tuition reserves the athlete's place on the team and is not dependent on the number of competitions attended or practices scheduled.

Families are responsible for any fees associated with declined payments, returned transactions, or failed automatic drafts.

Athletes must remain in good financial standing in order to participate in competitions, performances, showcases, and other program activities.

It is the family's responsibility to update payment information prior to scheduled billing dates. Failure to update payment information does not waive payment obligations.

Tuition obligations following withdrawal are governed by the Withdrawal Policy outlined in this handbook.

Payment Transparency

Glo Xtreme is committed to clear and transparent communication regarding program costs.

Families will receive:

- Advance notice of upcoming fees
- Payment deadlines
- Competition schedules

Our goal is to provide a high-quality competitive program that remains organized, professional, and manageable for families.

Late Payment Policy

Late Payment Policy

All program payments must be made by the stated due dates.

If a payment is not received within 10 days of the due date, a \$20 late payment fee will be applied to the account.

If a payment method fails during an attempted transaction, a \$20 failed payment fee will be applied.

Families are responsible for ensuring that valid payment methods are kept on file and up to date in the gym's billing system.

Accounts that become significantly past due may result in the athlete being restricted from participating in:

- Practices
- Classes
- Competitions

until the account balance has been brought current.

Withdrawal Policy

Withdrawal Policy

Competitive cheer teams are built on long-term commitment and team consistency. Because routines, choreography, and competition registrations are planned based on team roster sizes, participation in the program is considered a 10-month commitment once teams are finalized.

Placement Acceptance

After team placements are announced, families will have 7 days to accept or decline their athlete's placement.

If an athlete withdraws within this 7-day acceptance window, no drop fee will apply.

Withdrawal After the Acceptance Window

If an athlete withdraws after the 7-day acceptance window but before choreography has been completed, a \$150 drop fee will be applied.

This fee helps cover administrative costs and adjustments required to restructure the team roster.

Withdrawal After Choreography

If an athlete withdraws after choreography has been completed, the following will apply:

- A \$300 withdrawal fee
- Responsibility for any outstanding program fees
- Responsibility for any competition fees already due or submitted

This policy helps cover the additional coaching time required to restructure formations, adjust choreography and spacing, and re-clean routines after a roster change.

Withdrawal fees are due immediately upon withdrawal and must be paid before any remaining account balances can be considered settled.

Withdrawal requests must be submitted in writing to the studio. Failure to attend classes, rehearsals, or competitions does not constitute official withdrawal from the program.

Non-Refundable Payments

The following payments are non-refundable once paid:

- Annual registration fee
- Choreography fee
- Music fee
- Competition fees once registration has been submitted
- Required gear purchases once orders have been placed

Return to Program

Athletes who withdraw from the competitive program during the season may not be eligible to return to a competitive team until the following season.

This policy helps maintain fairness to athletes who have remained committed to their teams throughout the season.

Team Culture

Team Culture

At Glo Xtreme, we strive to develop athletes who are not only strong performers, but also:

- Confident leaders
- Supportive teammates
- Respectful competitors

We believe the best teams are built on:

- Hard work
- Accountability
- Encouragement
- Trust
- Team pride

Our goal is to create an environment where athletes feel supported, challenged, and inspired to grow both as competitors and as individuals.

Because at Glo Xtreme...

Our Future Is Bright.

Parent & Athlete Agreement

Parent & Athlete Agreement

Participation in the Glo Xtreme Competitive Cheer Program requires a commitment to the expectations, policies, and responsibilities outlined in this handbook.

By signing below, both the athlete and parent/guardian acknowledge that they have read, understood, and agree to follow the policies contained within the Glo Xtreme Competitive Cheer Program Handbook.

These policies are designed to ensure a safe, organized, and positive experience for all athletes while maintaining the integrity and success of the program.

By participating in the program, families agree to support the values of teamwork, respect, sportsmanship, and commitment that define the culture of Glo Xtreme.

Athlete Commitment

As a member of the **Glo Xtreme Competitive Cheer Program**, I understand that competitive cheer requires dedication, teamwork, and responsibility.

I agree to:

- Attend practices, competitions, and team events as required
- Demonstrate positive sportsmanship and teamwork
- Respect my coaches, teammates, and competitors
- Follow all gym rules, policies, and safety guidelines
- Represent Glo Xtreme in a positive and respectful manner

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Agreement

As the parent or guardian of the athlete listed above, I understand the expectations and commitments required for participation in the **Glo Xtreme Competitive Cheer Program**.

I agree to:

- Support my athlete in meeting team expectations
- Maintain respectful communication with coaches and staff
- Follow the financial policies outlined in the handbook
- Ensure my athlete attends practices, competitions, and team events
- Support the positive team culture of Glo Xtreme

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Program Acknowledgment

By signing above, we acknowledge that we have received, read, understood, and agree to abide by the policies and expectations outlined in the Glo Xtreme Competitive Cheer Program Handbook.

Glo Xtreme Cheer & Dance reserves the right to modify, amend, or update policies, procedures, fees, schedules, and program requirements as needed. Families will be notified of significant changes in a timely manner.