



IMPACT - Elite PLUS Team Information Express All-Stars – All-Star Prep & Novice Cheer Program June 2025 – April 2026

Try Outs: May 24th
Choreography Camp: September 12th -14th

Practices will begin the week of June 2nd, 2025. Exact Practice Days and Times will be determined after Team Placement.

Evaluation Process

Athletes will have a chance to show us everything we need to see during the evaluation process. We have many different team levels at Express.

Therefore, if your child has all the required skills, we will find a place for them on a team. Athletes will have the chance to perform all running and standing tumbling skills that they can perform successfully without a spot as well as jumps, including toe touch, pike, and hurdlers.

Tryout Fee:

Returning Athletes: FREE if turned in on or before April 20th

New Athletes: \$50 if turned in on or before April 20th

\$100 if turned in after April 20th for <u>ANY Athlete</u>

These dates are strictly enforced, no exceptions.

Impact Elite Tryouts Saturday May 24 th 10:00am-12:00pm
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Atheltes may arrive anytime between 10:00am and 12:00pm

The Tryout Process can take anywhere from 15-30min.

Parents will need to attend Evaluations to size their athlete for practice wear and uniform.

Private Tryout Prices: \$75 if Paid in Full by April 20th or \$100 after April 20th

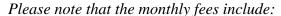
Pricing

MONTH	1st Athlete	2 nd Athlete	Male
			Athlete
Team Down Payment *	\$275	\$262	\$225
June**	\$275	\$262	\$225
July***	\$275	\$262	\$225
August****	\$275	\$262	\$225
September	\$275	\$262	\$225
October	\$275	\$262	\$225
November	\$275	\$262	\$225
December	\$275	\$262	\$225
January	\$275	\$262	\$225
February	\$275	\$262	\$225
March	\$275	\$262	\$225
April	\$275	\$262	\$225

^{*}Tryout Fee- Amount Based on Date Turned in

Team Downpayment is due at the time of turning in the packet. This includes Competition Fees, Uniform Rental along with the Registration Fee \$60 (if needed).

These payments must be made prior to signing up.

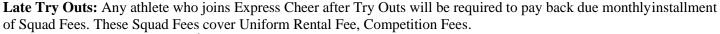


One Practice per week, Competition Fees, Uniform Rental.

Not included: Practice Wear \$100 (Sport Bra, Shorts, Tank Top), Bow \$20, Choreography and Music \$50, USASF Membership (approximately \$50), Coaches Travel Fee \$150 and Registration Fee (if needed).

All teams will compete at a minimum of two out of town events; you will be responsible for travel, lodging, meals, etc.

Impact Elite Athletes may add a tumbling or specialty skills class for a 10% discount.



\$135 per month May – August

\$100 per month September – December

\$50 per month January – April

Tuition is due on the 20th of each month prior to the month you will be attending. For example, September's tuition is due by August 20th.

All tuition payments are considered late on the 1st of the month and will be assessed a Late Fee of \$25.

Additional Impact Elite Information

All Impact Elite Plus Teams (Novice and Prep) will travel to out-of-town competitions and events. Some athletes/families may not be ready for the structure and commitment that is mandatory for the Impact Elite Plus Program. These cheerleaders will be offered a position in our Impact Elite or Half Year program - IMPACT.



^{**}Practice Wear - \$100 and Competition Bow- \$20

^{***}Choreography/Music Fee- \$50

^{****} Coaches travel Fee- \$150



2025-2026 Important DatesPlease Check ALL CLOSING Dates Carefully

Important Events and Closing Dates:
May 26th – May 30th – Gym Closed
June 2nd – Summer Practices Begin

June 31st- July 11th – Closed for 4th of July

August 11th – Fall Practices Start

August 31st & September 1st – Closed for Labor Day Choreography Camp- September 12th-14th

October 12th & 13th – Closed for Fall Break

November 23rd- 28th – Closed for Thanksgiving Break

DECEMBER 1st – TEAM PRACTICES RESUME

December 21st- January 5th – Closed for Winter Break

JANUARY 6TH – TEAM PRACTICES RESUME

February 13th-16th – Closed for Presidents Day March 15th- 21st – Closed for Spring Break

MARCH 22nd – TEAM PRACTICES RESUME

April 5th – Closed for Easter

Competition Dates:

NTGU Fall- November 15th – Denton, TX
January 18th – Justice League- Arlington, TX
January 31st -February 1st – NTGU Mega Nationals- Garland, TX
<u>February 27th - March 1st – NCA Nationals - Houston, TX</u>
March 28th- March Madness – Garland, TX
April 11th – Kalahari- Round Rock, TX



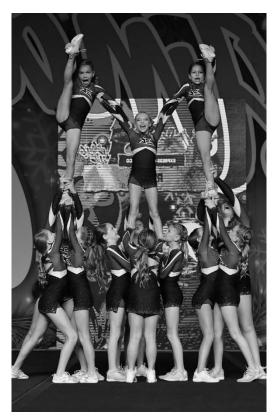
Please remember that these dates are tentative.

Practices and Events can be added, deleted, or substituted without notice.

Absences

Absence Policy

An Absence Request Form must be submitted TWO weeks prior to the absence. All absence requests submitted less than two weeks prior to the absence will be unexcused. Forms are located in the lobby and in our document section on our website. Be prepared to show documentation for absences. NO absences are permitted the week of an event, excused or unexcused. Unexcused absences must be approved by a member of Express Cheer Staff at least two weeks prior the date of the absence(s). No unexcused absence will be allowed at any practice that involves choreography. An excused absence is limited to mandatory school functions for a grade, death in the family or contagious illness (fever, vomiting, diarrhea). We will verify with school administrators or the school if we think someone is being dishonest. Exceeding the 2 allowed unexcused absence will put your athlete's position on the team in jeopardy at the coach's discretion. Missing practice for any other reason than those listed above will result in an unexcused absence. This includes but is not limited to; homework, no ride, Rising 6th Graders/Freshman, National Charity League, etc. All other sports that conflict with Express practices are NOT EXCUSED. Athletes who are late or miss practice may be required to condition at the following practice.



All athletes must attend practice even when they are sick. Athletes may not be required to participate but must be present and must provide a doctor's

note with detailed information regarding illness, treatment, and length of recovery. This includes dental, medical and all other mental or physical health related issues that would prohibit an athlete from participating. Extended sicknesses or injuries may jeopardize an athlete's position on the team. Athletes may also be removed from their team and the program for not following the Absence Policy. Understanding that this is a team sport is key. Commitment from all athletes for all practices is the only way we can set our teams up to have a successful season.

Competition & Event Absence Policy

ALL COMPETITIONS AND EVENTS ARE MANDATORY. Missing an event or competition will result in the athlete being placed in an alternate position or removal from the team. Do not plan family vacation or trips during or around competitions/events, if you have done so you must inform Express Cheer in writing before you are admitted onto a team. Understand that this is team sport and that if one person is missing, it is basically a waste of time for everyone else. Missing or skipping practices, as well as excessive tardiness will jeopardize your athlete's roll on the team.

NO ABSENCE WILL BE ALLOWED THE WEEK PRIOR TO ANY EVENT/ COMPETITION. Missing a practice during these weeks may result in the athlete being moved to an alternate position or being dismissed from the team.

Code of Conduct

It is understood that Express Cheer reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.

A member of Express Cheer must be a strong representative at all times. We expect that you will keep your social media clean and family friendly at all times. Remember you are a direct reflection of Express Cheer. If you are caught demonstrating abusive behavior, lying, or any form of negative behavior it will be potential grounds for removal. Express Cheer will not tolerate gossiping, pettiness, back talking or any disrespect to teammates or instructors. After warning a team member, a parent will be notified of the problem. If the issue is not resolved it will be potential grounds for removal.

Please be aware that inappropriate displays of behavior FROM PARENTS to office staff, instructors, athletes or other parents at events or inside Express Cheer can also result in removal of athletes from teams.

The use of Spirit Athletics LLC, Express Cheer DBA or any other subsidiary of our companies is strictly prohibited. It is prohibited to use our name in emails, social media formats, apparel, or other promotional material. No portion of our routines, music, dances, stunts, transitions, etc., should ever be used in any forum outside of our program.



Impact Elite PLUS Prep & Novice Try Out Form

Athlete's Name:	_Birth Year:	·
Parent's Email:		_
Athlete's Email:		_
Date of Birth:		
2024-2025 Grade:		
School:		
Do you have any kind of Cheer Experience?	Yes	No
If Yes, what kind?	n, Prep Team, etc.)	
Do You cheer for your School? Ye If yes, Which Squad		
Please Initial:		
I am aware that the Impact Elite Plus Teams travel of I will be responsible for all travel expenses.	out of town an	d understand



Acceptance of Terms & Conditions

Please take a moment and read carefully to ensure that you fully understand the time and financial commitment required for Express. You will need to initial each section and sign at the bottom of the page.

	I also understand that I am entering into the Express program of my own free will. There are NO REFUNDS!
	You must advise your coach in advance if your child will be arriving late or leaving early from practices.
	If a student is injured or sick and not contagious, they are required to attend practice, not participate.
	Express athletes are required to attend all practices. If habitual absences occur; athletes may be removed from the team without notice and no refund will be provided. Also, please note that if an athlete misses practices the week prior to a performance, regional or local event or competition, and/or two weeks prior to a national competition it is at the discretion of Express and its coaches whether or not they perform.
	An excused absence is limited to mandatory school functions for a grade, death in the family or contagious illness. Missing practice for any other reason other than the four listed previously will also result in an UNEXCUSED absence. This includes, but is not limited to: Too much home work / studying (please plan ahead)
	♦ Don't have a ride (again, please plan ahead)
	 ♦ Work ♦ School Sports ♦ Cotillion
	 National Charity League Rising Freshman/6th Grade Night
	Express Cheer athletes are required to attend all Events and Competitions. Everyone will receive an Event and Competition schedule and if you cannot attend any of the Events or Competitions, then you should not join the team.
	Tuition does not pay for the right to perform. Individuals must continue to meet the skill level requirements Failure to pay tuition will result in an athlete sitting out of practice.
	It is understood that Express reserves the right to move your child to another team during the season and/or dismiss an athlete from any practice or remove them from a team if their behavior or parents' behavior is deemed inappropriate. In the instance that an athlete quits or gets dismissed from a team, a \$750 cancellation fee will be processed immediately.
	Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from teams. This applies in all situations. Including, but are not limited to: practices, performances and competitions.
	I understand that team practices cannot be made up and in the event that practices are cancelled or there are global or local events out of the control of Spirit Athletics LLC (DBA – Express Cheer & Dance) or its subsidiaries, that limit our ability to provide services, I will be responsible for the duration of my contract and Spirit Athletics LLC (DBA – Express Cheer & Dance) or its subsidiaries will do everything in their power to provide substitute services and to make each family/customer whole.
[, erms and	(parent), understand, accept, and agree to all of the conditions within the Express Cheer Evaluation Packet.
Signature	
	Dut

Payment Contract Agreement

Student's Name								
Parent's Name:								
Phone Number:	:	E-Mail Address:						
Home Address:		City:	State:	_Zip:				
(parent's initials)	I acknowledge that, under the charged a registration fee on month prior. If fees are not	ce a year and all tu	iition will be p	ayable on the 20	th of each			
(parent's initials)	Tuition does not change bas	ed on the number of	or length of pra	actices in any me	onth.			
(parent's initials)	ME OF ANY OBLIGATION NO REFUNDS OR MAKE- NON-ATTENDANCE OR V	It is also acknowledged that FAILURE TO ATTEND PRACTICES WILL NOT RELIEVE ME OF ANY OBLIGATIONS TO PAY THE TUITON AGREED UPON, AND THAT NO REFUNDS OR MAKE-UP CLASSES FOR TUITON PAID SHALL BE MADE FOR NON-ATTENDANCE OR WITHDRAWAL. I further acknowledge that I will be required to pay for all uniform pieces, and trips and expenses not included in Express tuition.						
(parent's initials)		I further acknowledge that under the payment plan, if I withdraw my athlete for any reason, I may be responsible for additional fees. All resignations must be received in writing.						
(parent's initials)	reason, their uniform will nee	I understand that if my athlete is no longer a part of an Express Cheer team for any reason, their uniform will need to be returned within one week of their resignation. If it is not returned, I will be charged the full price of the uniform.						
(parent's initials)	In addition, I understand by signing this page, I give Express the right to run the credit card on file for any outstanding balance on the 1 st of each month, or for the cancellation fee of \$750.							
(parent's initials)	I understand that carrying a balance on my account will hinder my athlete from taking additional classes or private lessons until team tuition has been paid. In addition, if monthly tuition is not paid by the 1 st of each month, my athlete will sit out of practice until the account is current.							
(parent's initials)	I acknowledge the monthly to interest, penalties, unbilled at agree to pay additional charge necessary to collect the amou	torneys' fees, etc.) es or fees which ar	upon signing to the incurred if it	this agreement I				
(parent's initials)	I understand that if any install right to continue with the coll necessary to recover the full a cancellation of this agreemen all Express Cheer related acti	ections process an amount of debt incl t and/or exclusion	d take whateve luding but not	er action is deem limited to	ied			
(parent's initials)	I acknowledge that I must alv	ways have two form	ns of payment	on file.				
		,	ı					

Parent/Guardian Signature



Authorization Agreement for Collections

(Name) hereby authorize Express Cheer to automatically bill my credit
card/bank account my athlete's monthly tuition and any and all fees associated with his/her classes/squad. All requested information is required. Each month, your credit card /bank account will be billed for the amount indicated and your charges will appear on your statement. Any athlete/parent who wishes to change or cease payments entirely from the automatic payment system must notify Express Cheer in writing no less than 2 weeks prior to the automatic debit date. It is the cardholder's responsibility to maintain the correct information. We acknowledge that the origination of transactions to our account must comply with the provisions of the U.S. law. Please note that you are required to put both forms of payment on file. You may check the type of
payment you would like us to first process. Express reserves the right to process the second form of payment if your primary payment is declined.
Monthly Tuition is due on or before the 20 th prior to each month.
A late fee of \$25 will be assessed for payments received after the 1st of each month unless prior arrangements have been made.
Customer Information:
Name:
Athlete's Name:
<u>Credit Card Information</u> Please use this as my primary payment.
Account Number: Exp. Date: Security Code:
Billing Address associated with credit card:
Town: St: Zip:
Bank Account Information Please use this as my primary payment.
Name on Account
Name of the Banking Institution
Routing Number
Account Number
I authorize, Express Cheer to automatically charge my credit card/bank account on file in the amount due, each month. I understand that my payment is to be withdrawn on the 20 th of each month prior.
Signature Date:



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EXPRESS Check one: New Student Sibling Returning Student						
PARENT/GUARDIAN	INFORMA'	TION (Person responsible for the account)				
Guardian First Nan	ne	Guardian Last Name	Cel	l Phone Number	Allow	
					Texting	
					Ü	
					4.47	
Guardian First Name Guardian Last Name Ce			l Phone Number	Allow		
Texting						
	Ma	iling Address		Home Phone Nui	nber	
	City, S	tate, Zip Code		Email Address		
	J=1,5 ; =					
STUDENT INFORMA						
Student's First	Name	Student's Last Name		Birth date	Age	
G 1		M P I C PP D I PP AII 1	1/ 0			
Gender		Medical Conditions, Disabilities, Allergies	and/or Co	ncerns		
L L						
In consideration of the above-nature of the above enrolled a acknowledge that if I believe a activities involve risks of seric inactions, those of others partithere may be other risks either there may be other risks either. I hereby release, discharge, an volunteers, and employees, of considered one of the "RELE assumption of risk I, or anyon loss, liability, damage, or cost. I hereby approve, agree, and repiction of my child during a and/or training material or any damages, or relief due to the contacting the main office statemust be actively enrolled in clawithdraw from class. I have read the RELEASE AN given up substantial rights by	named students/pctivities and that event conditions a bould injury, icipating in the actresult or my or not covenant not to ther participants, a ASEES' herein) fie on my behalf, n, which any may it elease any photographic other form deem use of such media e of \$60 per stude ff or the online polasses and/or prographic and have of signing it and have	of Liability, Assumption of articipants participating in the programs of Express Cheer, I am, or my children are qualified, in good health, and in pure unsafe, I or my children will immediately discontinue p including permanent disability, paralysis, and death, which tivities, the conditions in which the activities take place, or my children's participation in these activities. I sue Express Cheer, Spirit Athletics LLC, its respective ow my sponsors, advertisers, and if applicable, owners and less from all liability, claims, demands, losses, or damages, on makes a claim against any of the Releasees, I will indemnify incur as the result of such claim. The property of the property of the result of such claim. The property of the prope	a Spirit Athle oper physical articipation in may be caus the negligence of the negli	tics company, I represent the condition to participate in some the activities. I fully undersed by my or my children's of e of the "releasees" named to a distribution of the activity takes or alleged to be caused a language of the Release or agents of Express Cheer whole or in part, in marketic Cheer, Spirit Athletics LLC est therein at no charge. Collment. Class Make Ups in the some phone or via the online on, by phone or via the online and medium and medi	at I understand the uch activities. I stand that these wn actions, or below; and that gents, officers, es place, (each in whole or in easees from any that include a ng, social media, from all claims, must be arranged by make ups, students e portal to change or inderstand that I have the and unconditional	
in full force and effect. X	Parent/Guardian Si	gnature	note to be inv	Date		
OFFICE USE ONLY	System Ent	ry Follow Up Email				

TEAM REPRESENTATIVE FORM

List All phone contacts where you can be reached ANY TIME!

NAME OF ATHLETE	DOB	AGE
NAME OF PARENT OR LEGAL GUARI	DIAN	
MOM/GUARDIAN'S CELL PHONE		
MOM/GUARDIAN'S E-MAIL		
DAD/GUARDIAN'S CELL PHONE		
DAD/GUARDIAN'S E-MAIL		
ATHLETE'S CELL PHONE		
ATHLETE'S E-MAIL		
ATHLETE'S JACKET SIZE	ATH	LETE'S SWEATSHIRT SIZE
MEDICAL CONDITIONS, DISABILITIE	CS, ALLERGIES AND/OR CO	NCERNS
EMERGENCY CONTACT NAME & PHO	ONE	
Express Cheer & Dance Competition	Release Waiver:	
I,	vities without my presence. low for said activities, I wil	I also understand that if my ll be required to be present at me provided in competition
Parent Print & Signature		Date
Athlete Print & Signature		Date



ABSENCE REQUEST FORM

NAME OF ATHLETE:			DATE:		
TEAM	[:				
REQU	ESTING TO BE ABS	ENT:			
MONT	ГН:	DAY:	TIME:		
SCHO	OL ACTIVITY:				
VACA	TION/OTHER:				
WILL	YOU BE ABLE TO A	TTEND ANY PORT	ON OF THE SCHEDULED P	'RACTICE?	
YES	- OR - NO				
IS SO	WHICH PART?				
(athlete's initials)	I KNOW THAT SO EXCUSED ABSEN		CTIVITIES FOR A GRADE	ARE THE ONLY	
(athlete's initials)	I AM AWARE THA PRACTICE.	AT MY ABSENCE CA	N AND WILL AFFECT THE	REST OF THE TEAM	
(athlete's initials)			INT OR STUNT GROUP WII FORMATIONS WILL BE AFI		
(athlete's initials)	I PROMISE TO LE PRACTICE.	ARN ANY NEW OR	CHANGED MATERIAL PRI	OR TO MY NEXT	
(athlete's initials)	I UNDERSTAND A MEMBER OF A TH		PARDIZE MY POSITION AS	S A PERMANENT	
ATHL	ETE'S NAME		PARENT'S NAME		
ATHL	ETE'S SIGNATURE		PARENT'S SIGNAURE		