2026-2027 All Star Elite Program Parent Handbook

Checklist:

- Read the Parent Handbook - you are responsible for reading, understanding, and abiding by the rules/policies described.
- Complete the Registration Forms
- Deposit and Paperwork due by **June 5th**

Add spiritzonellc@gmail.com to your email address book to ensure you receive all email communications from Spirit Zone going forward.

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Spirit Zone strives to create POSITIVE, CARING, STRONG and CONFIDENT individuals to help facilitate success in their future.

Without a strong work ethic, success is very difficult to achieve. Our philosophy is to teach athletes the value of accountability and earning successes both on, and off the mat. At Spirit Zone, we work to motivate each athlete at an individual level, as well as a team level. We mentor our athletes to build cheerleading fundamentals and develop their strengths. With our effort-based standards, our athletes possess more self-confidence, trust their skills, build relationships with their teammates and coaches, and are prepared to overcome pressure and adversity in not only cheerleading, but in life.

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Spirit Zone Registration Information

Communication

You must have an accurate email address registered to your account. All billing and important information will be communicated through email.

Additional communication options include following our social media accounts on Facebook and Instagram, joining the Spirit Zone BC Facebook Page, and most importantly: our website. All available information about upcoming events, teams, programs, schedules, etc., is available on our website at www.spiritzonellc.com. This website is updated very frequently to include the most up-to-date information available.

Inclement Weather Closures: Spirit Zone will notify of any gym closings via email as well as post on our facebook page and website. Do not assume we will close if schools are closed. Usually, by practice time, roads are clear. Assume we are open unless otherwise notified.

Team Placement Process:

May 4th - 14th	Tryout Clinics
May 16th	Athletes will attend a two-hour tryout by AGE
May 18th - 22nd	Athletes will attend 2 two- hour practices based on level / age (Color Practices)
May 28th	**TEAM PLACEMENT DAY - In Person**
June 1st	Team practices begin
June 5th	Letter of Intent and Deposit Due

Mandatory Parent Meetings:
Parents must attend one of two offered Parent Handbook meetings offered at 7:00pm on May 20th and May 21st.

All athletes participating in the Team Placement Process are permitted to attend unlimited rec tumbling classes per our regular season policy during the month of May.

Tryout Fee: $125.00
Includes:

- ★ 6 hours of instruction

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★ Unlimited Rec Tumbling
★ Team Placement
★ Tryout Tank

Returning Elite Athletes:

- There will be NO practices April 20th to allow for traveling
- The last practices of the 2025-2026 Season will be April 21st-23rd
- There will be NO practices April 14th-20th (tumbling classes will continue)

Please take note that no athlete has a guarantee of a roster spot on a particular team. Cheerleading is a unique sport in which every athlete is required to be a part of the performance. Due to this factor, the coaching staff reserves the right, at any time and without advance notice, to change the rosters of the teams by adding to, rearranging, or removing athletes from teams. Additionally, no athlete has a right or guarantee to any particular role or location in a routine. There are various reasons coaches may move athletes to different spots in a formation or section of the routine. Aspects such as the flow of choreography or a difference of formations are just some of the many reasons for athletes to be moved to different spots.

Finally, athletes may be removed from a certain team or from our program at any time for reasons including but not limited to: attitude problems, absences, tardiness, skill loss, lack of improvement, financial issues, fitness level of an athlete, and conflicts between athletes, coaches, parents, or anyone involved in our program. There will be no refunds of tuition given after removal from a team or voluntary leave.

Alternates: Alternates are athletes chosen by coaches to practice with a team and potentially compete with that team in the event a fill-in is needed. Alternates are expected to maintain their commitment to their original team as well as attend at least one practice per week with their alternate team. Alternates will not participate in pictures, team-bonding, team events, fundraising events, etc. unless explicitly instructed to do so by their team coaches. An Alternate Contract must be signed to hold an alternate position on any team.

Crossovers: Crossover athletes are athletes that are asked to compete with a second team in addition to their own to fill a need, such as stunting or tumbling. There are fees associated with being a crossover. A Crossover Contract is required to hold a crossover position.

Time Commitment

Parents, we understand that this is an expensive and time-consuming sport. Competitive cheerleading takes total commitment from the entire family. Punctual attendance at all team practices and tumbling, competitions, choreography and awards ceremonies, is mandatory for all Spirit Zone team members. Please take into consideration competitions, performances, team practices and tumbling when scheduling family-related activities. The implementation and enforcement of all attendance-related issues is at the discretion of the coaches.

Team Practices

Team practices will be held twice a week for each team. Additional practices may be added as needed, especially in the weeks prior to competition. Practices will run according to two schedules throughout the year:
1) Summer Schedule: Tryouts → Labor Day Weekend (one/two week-day practices)
2) Competition Season: Labor Day Weekend → End of Season

Teams may lose Sunday practice due to competitions and/or traveling from competitions. Teams may gain extra practices at the discretion of team coaches. Tuition does not change in response to lost or extra practices.

Summer Break: Spirit Zone will be closed for all recreational classes and team practices for Summer Break: July 3rd - 10th

Thanksgiving Break: Spirit Zone will be closed for all recreational classes and team practices for Thanksgiving Break: November 25th - 27th
Practices on Sunday, November 29th are mandatory

Winter Break: Spirit Zone will be closed for all recreational classes and team practices for Winter Break: December 20th - January 2nd
Practices on Sunday, January 3rd are mandatory

Spring Break: All-Star teams, unless otherwise specified, will NOT have a Spring Break. All-Star athletes are expected to adhere to the attendance policy during school closure related to Spring Break.

Attendance Policy

All team practices and tumbling are mandatory and must be attended by all team members. In order to ensure an absence will be considered excused, athletes must inform the gym a minimum of 2 weeks in advance, via **email with the date and reason of absence included.**

Examples of Excused Absences *5 per season allowed with written, prior approval from coach* NO absences are excused within 2 weeks of a performance	**Examples of Unexcused Absences**
Graded School Events	Family Celebrations (birthdays, parties, dinners)
Contagious Illness (fever, vomiting, diarrhea, pink eye)	Homework/Studying/work
Family Funeral	Non-contagious illness (athletes must still attend)
Excused Summer Vacations	Vacations during the school year schedule

NO CALL NO SHOW: Failure to provide 24 hours notice of absence via email will result in a $100 absence fee.

UNEXCUSED ABSENCE: An unexcused absence, which follows the above guidelines and includes any planned absence without two weeks notice provided or any unplanned absence (contagious illness, family emergency), without adequate communication will result in a $75.00 absence fee.

Attendance during the **2 weeks** immediately prior to a performance is required in order to ensure your athlete will participate in the performance. Absence during the two weeks immediately before a competition for any reason including but not limited to: graded school events, high school cheerleading events including games, practices, tryouts, and other events, sickness, injury, travel, etc. will result in removal from the team for the performance, removal from stunt and/or tumbling sequences, and if appropriate, removal from the team. These decisions are not an attempt to "punish" an athlete, rather provide the team with the best opportunity to be successful. All decisions are made in the best interest of the team and at the discretion of the coaches. This policy does include extra practices regardless of the amount of notice provided.

Exceeding the allotted number of absences **WILL** result in removal from stunt/tumbling sequences and if necessary, removal from the team. We will work to keep you informed of the number of times your athlete has been absent from practice, however, it is your and your athlete's responsibility to ensure you are not violating the attendance policy.

Summer and Fall Schedules

Please visit https://www.spiritzonellc.com/elite-competitive-cheerleading for current schedules.

Our summer and fall schedules are based on potential teams and will be modified to reflect actual teams for the 2026-2027 season. **This schedule is designed around gym space, team overlap, potential crossover athletes, and staffing. This schedule cannot be modified to accommodate individual athlete/family schedules. Athletes which cannot abide by the attendance policy, regardless of the reason, will be removed from stunt sequences and/or dismissed from the program. Attendance and participation in Spirit Zone practices are expected to be the priority for the duration of the season.**

Tumbling

Current All-Star cheerleaders are permitted to attend as many recreational tumbling classes as their schedule allows, at no additional cost. During tumbling classes, All-Star and Tumbling coaches will communicate to determine which skills athletes should be working on. Athletes are required to continue to perfect skills included in their routine. While we want to promote the individual progress of each athlete, the team is the priority for the coaches, and should be the priority for each athlete. Spirit Zone also believes in PERFECTION BEFORE PROGRESSION, which means that we strive to teach skills in the correct order and ensure mastery of specific skills before moving on to more advanced skills. This allows us to minimize the risk associated with tumbling and promote more technically sound skills. Teaching skills beyond what an athlete is physically and/or mentally prepared for can cause unnecessary injury, plateau progression, and even cause mental blocks. Please trust that we always have your athlete's best interest in mind!

Injury/Illness

Injury requiring an athlete to not fully participate in practice will require a doctor's note. Athletes which cannot FULLY PARTICIPATE (stunt, jump, tumble, dance) 2 weeks prior to a scheduled competition, may be required to sit out of the competition. Injured athletes are still required to come to every practice. No refunds on competitions. Full doctor's release will be required to re-participate. Injury obtained while tumbling or stunting outside of Spirit Zone and Spirit Zone events (e.g. competitions) may result in immediate removal from the program. Our policies of Perfection Before Progression ensure we are working to reduce the risk of injury associated with this sport.

Choreography Camp

Choreography camp is **mandatory** for all All-Star team members. During choreography, the team works together to learn their routine for the season. If all athletes are not in attendance, this cannot be nearly as productive. Spirit Zone will have coaches and choreographers from other gyms across the country come in to work with our teams on their routines during choreography.

Details about what specific times and dates each team comes for choreography will be available shortly after the rosters are posted, following tryouts. **If you cannot attend on these weekends, please inform us IMMEDIATELY! You will be responsible for finding a replacement to learn your athlete's position during this time should we allow your athlete to maintain their position on the team.** Choreography camp dates cannot and will not be modified to accommodate individual family schedules/events including events related to other activities such as high school cheerleading, family vacations, etc.

2026-2027 ELITE Choreography Dates:
Stunt Choreo:
July 18th
Blitz - 8:30am-1:00pm
Burn - 12:30pm-5:00pm
Blaz3 - 4:30pm-9:00pm

Attire:
Black Practice Tank Top
Black shorts - Flyers need Spandex

Hair is to be worn in a high pony. Bow is optional.
Athletes wear their black Rebel Ruthless (cheer) shoes.
All camps are closed to all other activities and spectator viewing.

Routine Choreo:

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Aug 21-22 Friday & Saturday
Blitz 8-2
Blaze 2-8

Aug 29-30 Saturday & Sunday
Burn 2-8 Saturday
Burn 8-2 Sunday

Attire: TBD

Competitions

All competitions, to include Showcase, are mandatory for all team members. Missing a competition will result in suspension and/or dismissal from the program and ineligibility to participate in the following season. We participate in several local and national competitions throughout the year. These competitions provide our teams with an opportunity to showcase our talents and compete with other programs. We strongly encourage parents, family, and friends to attend these competitions to help show support for all of our teams.

Awards Ceremonies: Attendance at awards ceremonies is highly encouraged, but not required. Athletes that miss an awards ceremony forfeit any won prizes (jackets, earbuds, medals, backpacks, etc) and a $50.00 absence fee will be charged.

Please know that competition days are long and we ask that you block the entire day off for cheer (6:00 a.m. to 10:00 p.m.). This does not mean that the competition will last that long, however, we do not know our performance schedule until a few days before the competition. We ask everyone to not make any other plans for the day. Spirit Zone does not provide transportation. All set competitions are mandatory. Please review the competition schedule and plan accordingly. There are no refunds on competitions. All cheerleaders will arrive at competitions ready to go (uniform, make up, bow, shoes). All cheerleaders will go to the awards mat in complete uniform (no sweats, slippers, cell phones etc.) Failure to appear at a competition will result in immediate removal from the team.

Inclement Weather: Spirit Zone will attend all competitions as planned unless the competition is cancelled by the event producer. Typically, event producers only cancel competitions when a "state of emergency" is declared for the event's location.

Practice Area: Parents are strictly prohibited from entering or observing the practice room at competitions. Even when unenforced by event company staff, it is imperative that parents abide by this expectation to ensure complete focus and attention from our staff and athletes.

Coaches' Room: Under NO circumstance is a parent or athlete to enter a designated Coaches' Room at events. Failure to abide will result in removal from the program.

Postseason Competitions

If your athlete's team receives a bid to a post season competition (The Youth Allstar Worlds, US Finals, D1/D2 Summit, The ONE, etc.), they are required to attend. Account Balance must be paid in full for your athlete to attend.

Final Competition practice wear/bows: If your athlete wins a bid to compete at an exclusive end-of-season event such as The Youth Allstar Worlds, D1/D2 Summit, The ONE, or US FINALS, you may be required to purchase practice wear, including a bow, scrunchie, etc. for practice while at destination for this event.

Financial Commitment & Costs

The financial component largely consists of: the deposit, tuition, CMC fees, and competition fees.

Tuition

Monthly tuition for Elite teams covers all team practices, team tumbling classes, and unlimited Rec tumbling. Tuition fees also go towards the upkeep of the equipment necessary to train our athletes. Specific classes such as level tumbling, flyer, flexibility, or jump classes are not included in this monthly tuition fee. Monthly tuition is based on the number of hours a team practices, weekly, during the competitive season (August through May). Teams may lose Sunday practice time due to competitions and/or traveling from competitions. Teams may gain practice time through extra practices added at the discretion of team coaches. Tuition does not change in response to lost or added practice time.

Number of practice hours/week **includes all time spent with All-Star coaching staff*	Monthly Tuition	Yearly Tuition (11 months)
2 Hours per Week	$130.00	$1430
3 Hours per Week	$165.00	$1815

4 Hours per Week	$200.00	$2200
5 Hours per Week	$215.00	$2365
6 Hours per Week	$225.00	$2475

Tuition Discounts: A 5% discount will be given on tuition if you choose to pay for your season in full by July 1st. This payment must be made via Cash or Check. Full Season Tuition = June - April (11 months).

Deposit:

Annual Registration Fee	$35.00
Annual Program Membership Fee	$5.00
Annual ASCAP Fee (music licensing)	$5.00
REBEL Practice Wear Set	$100.00
Towards CMC Fee	$165

Total = $310

Camp/Choreography/Music (CMC) Fees

Please note these fees are paid to third parties and are non-refundable, regardless of the circumstance.

CMC Fees cover all anticipated expenses for team camps, routine choreography, and routine music. Your CMC fee will be broken into 2 payments in June/July. You can choose to pay this fee in advance. Increase in cost is related to the increase in outgoing expenses related to choreography and music.

Mini - Senior **ELITE** Teams $450

Competition Fees

Please note these fees are paid to third parties and are non-refundable, regardless of the circumstance.

Competition fees include athlete registration fees, crossover fees as applicable, and coaches fees. Competition fees will be billed out 3 months prior to each competition. For months with multiple competitions, both competitions will be billed out 3 months prior. For example, if the competition schedule indicates your athlete will participate in two competitions during the month of February, your November statement will include competition fees for both competitions.

The competition fees for postseason competitions (example: Youth Allstar Worlds, The Open Championship Series, The One, D2 Summit, Regional Summit, or U.S. Finals) will be billed based on when the bid was earned.

Competition	Competition Fee
	Elite
SZ Showcase	– - – - –
Rockstar	$145
Redline KC Kickoff	$145
Pop! Rockstar	$215
UCE Missouri	$125
The CoMo Crown	$145
Gold Rush Nationals	$350
Gold Rush KC	$275
Glow Tour KC	$250

Included competition fees are based on estimated registration fees and will be billed at actual cost

The 2026-2027 Event Schedule may require modification. Please allow flexibility for changes, as needed. In response to any change in the event schedule, competition fees may also be changed, as needed.

Monthly Financial Summary

Month	Owed		Month	Owed
May	Tryout Fee and $300.00 Deposit (due with Letter of Intent)		December	Tuition + March & April Comps
June	Tuition + ½ CMC Fee			
July	Tuition + ½ CMC Fee		January	Tuition
August	Tuition+November Comp		February	Tuition
September	Tuition +December Comp		March	Tuition

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October	Tuition + January Comps		April	Tuition *dependent on postseason*
November	Tuition + February Comps		Postseason competitions will be billed for depending on when the bid is earned.	

Expenses not included in Tuition, CMC, or competition fees such as the uniform, shoes, bows, postseason competition fees, etc., are not included in the monthly financial summary.

Financial Policy

Bills will go out on the 20th of each month. All families have from the 20th -1st to pay using a method of their choice (cash, etc.). If unpaid by the 1st, all fees will be automatically charged to the credit card on file, on the **1st of each month**, June-May. Prior to turning in the registration form and, therefore, officially becoming a member of the Spirit Zone family, one must be financially prepared to plan for all of the aforementioned expenses. This includes but is not limited to: monthly tuition, uniform, shoes and make-up, competition fees, transportation and lodging expenses. Consequently, refunds, discounts or credits are not given for vacations, absences, or cancellations. If, for whatever reason, you decide to leave Spirit Zone, there are no refunds for monies paid for tuition or any other fees, including payments made in advance. As a reminder, the competition fees found in this information are merely rough estimates in order to assist with budgeting. The 2026-2027 competition fees will be billed at actual cost and must be paid in full by their corresponding due dates in order for team members to participate. As competition fees are non-refundable, refunds, discounts or credits will not be given to athletes found unable to participate in competitions they have paid for, regardless of the provided reason. Travel arrangements for some out-of-state competitions may be organized by Spirit Zone, e.g. specified competitions, Nationals, etc. Like all other fees, travel fees will be billed to each athlete's all-star billing statement and must be paid in full by their corresponding due dates.

Re-Choreography Fee:
If your athlete were to leave a team prior to the completion of the season, no refunds are issued for any fees paid including but not limited to merchandise, tuition, competition fees, choreography fees, music fees, camp fees, etc. and you, the parent/customer, are liable for a $500 Re-Choreography fee in addition to any past-due or current balance on your account. You will be charged your full account balance and the $500 Re-Choreography fee at the time Spirit Zone LLC is notified your athlete will not be completing the season.

For split billing due to separation, divorce or other household circumstances, Spirit Zone is not responsible and will not participate in any billing or financial disputes. The signed party (Letter of Intent) is required to uphold the contract and all financial obligations.

If special financial arrangements are required, such as split billing, inability/refusal to put a credit card on file, etc., a $5.00 monthly service fee will be applied to the account.

Full Season tuition is payable regardless of injury, illness, vacation, or incompletion of the season. Tuition is paid beginning in May/June and through the following April/May depending on participation in post-season competitions. If a team member quits, parents that have signed the Letter of Intent will remain financially responsible until the completion of the season. Please keep in mind we must have funds when requested so that entry fees and other expenses can be paid on time. Your account on file will automatically be charged for any expenses due and not paid prior to the 1st of every month. Any fees due are always communicated to you through email. You must provide us with an accurate email address. It is the responsibility of the parent to check their email often. Coaches' travel expenses, transportation, lodging, entry fees and daily meal per diem, etc., will be paid for by team members and is incorporated in the competition fees. All gym fees from prior seasons at Spirit Zone LLC must be paid, in full, prior to participation in the 2026-2027 season.

Payment plans can be made on an as-needed basis for qualifying families. Athletes of families requiring payment plans are not eligible to enroll in add-on classes, private lessons, camps/clinics, or open gyms. Additionally, any purchased merchandise, including the competition uniform, will not be released until the account is paid in full.

Uniforms

All athletes must purchase their own uniform. New Elite Uniforms are [$575], Shoes are [$125], Warmup Jackets [$110] and bows are [$45]. Payment is due at the time of your uniform fitting (exception: Special Needs, Novice, and Prep teams). Spirit Zone may determine specific accessories are required as part of the uniform. These accessories are required to be purchased.

Image Policy:
Spirit Zone LLC reserves the right to utilize and reproduce any and all photos/videos including the Spirit Zone LLC facility, Spirit Zone uniforms and other branded merchandise, past or present, for advertisement purposes. Content may be shared on public Social Media forums, printed for physical display, emailed, or otherwise distributed.

Travel

Unless otherwise specified, all transportation and lodging arrangements are the sole responsibility of the athletes' parents. Please be prepared for transportation and lodging costs incurred by the out-of-town competitions. In the past, we have traveled to St. Louis, Omaha, Indianapolis, Dallas, Des Moines, etc. Athlete's have the possibility of traveling to Florida by qualifying for an end of season event which will likely take place in Orlando, FL. This competition is only attended if a team receives a bid from a qualifying event, and is not automatically anticipated to attend. **Inclement Weather:** Spirit Zone will attend all competitions as planned unless the competition is canceled by the event producer. Typically, event producers only cancel competitions when a "state of emergency" is declared for the event's location.

Traveling to Post-Season Competitions:
Athletes need to remain available for practices at Spirit Zone until 1 day prior to the day of competition unless otherwise specified. Athletes will need to be at the location of the

competition one day prior to the competition to attend a practice. Refrain from booking travel accommodations prior to full information regarding the competition being released by Spirit Zone. Should a “Send Off” be hosted by Spirit Zone, participation is required for athletes to be eligible to compete at the post-season competition. An athlete that does not participate in the send-off or adhere to our “two week mandatory” attendance policy, which does apply to practices scheduled at the location of the event the day prior to competing, will not participate in the end-of-season competition.

Late Adds

Athletes who join the team after tryouts have concluded will owe a $50.00 tryout fee, $300.00 deposit, and the associated CMC fee dependent on team placement. Tuition and competitions will be billed from the start of participation. Please note that only athletes participating in tryouts and through the summer are guaranteed a position on a team. Teams may or may not have positions available to athletes that do not participate over the summer.
“Taking the summer off” often leads to skill and strength regression, reduces the amount of time your athlete has to work in stunts with their new team, and will likely result in your athlete being excluded from stunt and tumbling sequences during choreography camp. Lack of participation over the summer months will likely impact team placement and due to anticipated regression, will result in a lower level team placement.

Program Rules

Appearance

Team members are to practice good personal hygiene. No jewelry of any kind is permitted in practice or performance. This includes new piercings. Hair must be pulled up and back using a hair band. The team members will always be dressed in appropriate attire for all practices and performance events. Unless specifically told otherwise for a special event, team members may not wear parts of the uniform with any other clothing items. Tops and skirts must be buttoned and zipped in public. Uniforms may not be permanently modified, temporarily modified, or worn in a modified way which includes but is not limited to tucking up the mesh to make the uniform appear as though it is a crop top, wearing the leotard unsnapped and outside of the skirt, rolling the skirt to shorten it, etc. This does not include basic alterations such as strap adjustments.

Nail Policy

Athlete’s fingernails must be kept trimmed below the fingertip throughout the practicing season. Artificial nails must be kept trimmed below the fingertip throughout the practicing season. Artificial nails may not be almond, oval, or coffin shaped and if square cut the corners must be rounded. Athletes with nails that are not cut to a length safe for practice will be sent home and an unexcused absence recorded. The absence policy and outlined consequences apply. **Competition Nails:** must be unpainted, skin-tone color, or white french tipped and all aforementioned length/shape rules apply.

Behavior

Everyone associated with Spirit Zone (i.e., coaches, athletes, family members, etc.) is expected to uphold a high level of sportsmanship and character. Positive attitudes, words, and actions are expected at all times.

Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes other All-Star programs and other Spirit Zone teams and athletes. Please do not speak negatively about any person, decision, or result. This includes social media (Facebook, Twitter, Instagram, Snapchat) and group text! We strive to teach our athletes respect and sportsmanship.

Disrespecting an athlete, parent, coach, or owner via any communication platform is never permitted. “Disrespect” can include all known definitions as well as interrupting practices and communicating complaints/feedback inappropriately.

Bullying: If your athlete is determined by SZ Staff to be bullying, the athlete will immediately be removed from the program with no refund of fees.

2026-2027 Spirit Zone Bullying Policy

A Spirit Zone staff member must be contacted within an appropriate time frame for the bullying protocol to be effectively implemented.

Illegal/unsafe behavior: Athletes participating in illegal or unsafe behavior, at any time, will be immediately removed from their team with no refund and are responsible for the re-choreography fee. This includes: law breaking (illegal drug use, stealing, driving recklessly, etc.), discussing illegal/unsafe/age-inappropriate behavior during any Spirit Zone event, etc. Owners and team coaches will determine whether or not an infraction has occurred and make decisions appropriately.

Personal belongings: Athletes are responsible for picking up after themselves. Spirit Zone is not responsible for lost or stolen items. Parents are responsible for their athlete throughout the duration of all events. If a parent cannot attend the event, he or she must plan for another adult to supervise their child.

Positive Environment = Positive Season: Parents and athletes which are excessively negative, rude, or persist in gossiping about team members, coaches, or the gym will be banned from the viewing area and/or may be asked to leave the program. Parents and athletes are expected to not speak negatively about any person, decision, or result**.** This includes social media (Facebook, Twitter, Instagram, Snapchat, TikTok) and group texts. Athletes require a positive learning environment and our coaches require a positive teaching environment. If a parent or athlete is determined by SZ Staff to be gossiping and/or excessively negative, Spirit Zone LLC may remove them from the program with no refunds and the family may be liable for the Re-Choreography fee.

Parents are required to remain civil throughout all communication with Spirit Zone staff. During conversation/communication with Spirit Zone staff, should a parent use curse words,

yell/shout, be interpreted to have threatening behavior or language, and/or be perceived to have personally insulted a staff member or Spirit Zone LLC, that parent and their athlete will immediately be removed from the program.

> **24 Hour Rule:** Parents/athletes will allow 24 hours between the time of the incident/concern and discussing the concern with SZ staff. Failure to abide by 24 hour rule will result in a fee of up to $240.00 and the following response:
>
> *Thank you for sharing your concerns. Unfortunately, 24 hours have not passed since the event/time of incident. After 24 hours have passed, please send us a detailed email regarding your concerns and a staff member will respond as appropriate.*
>
> The ONLY exception to this rule is if there is a safety concern and failure to notify gym staff of an issue that could result in athlete injury. Otherwise, the policy will be implemented as written. This applies to approaching staff to discuss a concern at a competition/event.

Athlete Policies

· Practice attire: Practice wear should be worn with hair up, bow in, no jewelry
· Late arrival: If an athlete is going to be late, they must email or call as soon as possible. If an athlete is not 100% ready to go, they are considered late.
· Missing practice: Athletes are allowed 5 absences, total. Exceeding 5 absences can result in the athlete being removed from stunt/tumbling sequences and/or being removed from the team. Missing practice within the 2 weeks immediately prior to a competition can result in the athlete being removed from stunt/tumbling sequences and/or being removed from the team. All decisions are made at the discretion of the coaches and in the best interest of the team.

Safety

While we strive to provide the safest possible environment for our athletes, injuries and/or illnesses may occur. Spirit Zone LLC is not liable for any expenses related to injuries or illnesses as a result of participating in our program. Every athlete must have their own insurance coverage to cover medical or other expenses. Team members may not attempt stunts or tumbling without proper instruction, adequate facilities and equipment, sufficient supervision and spotters. Team members will not use equipment without coach supervision. Team members who arrive early for practice or class or stay late to wait for a ride may not be on any equipment.

2026-2027 Spirit Zone Youth Sexual Abuse Prevention Policies and Procedures
2026-2027 Spirit Zone Electronic Communications Policy

Representing Spirit Zone

The name “Spirit Zone” and “Spirit Zone(s) All-Stars, LLC” as well as the Spirit Zone LLC logos are the property of Spirit Zone LLC. Permission is required before anyone may create any product that uses or displays our name, logo, team names, or likeness. All sales involving Spirit Zone merchandise must be approved by Tori Talley in writing.

Spirit Zone Etiquette and Conduct

We all represent Spirit Zone every time we enter a building or event wearing a Spirit Zone logo. This carries the responsibility of representing all of the families, athletes, and coaches that built the name and all it encompasses. We are proud of having extremely educated athletes and parents that appreciate our sport done well. Therefore, we have a very specific expectation of our parents’, athletes’, and coaches’ etiquette and conduct.

- Cheer for all Spirit Zone teams the best you can! They need and want the support!
- Never speak negatively of <u>any</u> team, program, or coach including your own!
- We must respect the rules of preferred seating at the competition.
- We only and always cheer when our Team Names are called during awards. Good sportsmanship comes from the athletes and the parents.
- Let coaches COACH!
- Parents/athletes are never permitted to communicate directly with competition companies, event producers, vendors, etc.
- When things don’t go our way…we go back to the gym and work hard! If you respect the decision when we win then you must do the same if things do not go our way.
- Coaches are very busy coaching and handling other situations at competitions. Coaches can be contacted at competitions in the event of an urgent/emergency situation, only. We want to give you our full attention and are not able to do so at competitions. Any parent/athlete concerns that may arise will not be discussed with SZ staff at competitions and the 24 Hour Rule applies.

We are so proud of each and every one of our athletes!