

2023-2024

**ALL-STAR PACKET**

**#WeAreUXC**



## WELCOME TO SEASON 15!

Thank you for choosing Utah Xtreme Cheer! Utah Xtreme Cheer is a well recognized program and welcomes everyone to our family! Utah Xtreme Cheer, or UXC, was founded by Morgan and Kory Uyetake in 2008 with only 18 athletes! Since then, we have grown to over 120 and look forward to expanding our program even more in the 2023-2024 season! We look forward to working with you this upcoming year and are excited to have you be part of the UXC family!

With over 87 years of combined experience, the staff at UXC is committed to provide our athletes with a successful cheerleading experience. Our goal at UXC is to help athletes reach their maximum potential in the sport of All Star Cheerleading. Qualities such as teamwork, confidence, leadership and perseverance are inherent in our goals at UXC.

All Star Cheerleading requires hours, weeks, months, and years to improve and refine stunts, tumbling, jumps, timing, coordination and motions. Developing and improving overall athletic ability can position athletes to qualify for college cheerleading and beyond. UXC will also strive to teach life lessons such as sportsmanship, working as a team towards a common goal, and striving to win, all while giving it their very best. While our goal is to develop the best cheerleaders and teams, we know that the discipline and skills they develop will serve our athletes throughout the rest of their lives.

Our mission at UXC is to develop skilled athletes who will not only compete and win in their chosen field, but carry the skills, values and sportsmanship learned in the competitive arena with them throughout their lives.





**ONE** Family, **ONE** Heartbeat! WE ARE UXC!

## COACHING STAFF

KORY UYETAKE GYM OWNER (801) 635-6573	MICAH WORRELL GYM DIRECTOR (435) 851-6036	AMBER JENSEN TEAM COACH / ACCOUNT MANAGER. (801) 819-2127	ARIANNA CHRISTENSEN TEAM COACH (801) 419-9015	KALLIE CANNING TEAM COACH (801) 750-4118	KYLIE DEARDEN TEAM COACH (801) 903-8379	KATIE WILLIAMS TEAM COACH (801) 718-4149

All UXC coaches are USASF certified coaches! This means they've been trained in the proper progressions of stunting and tumbling. They understand that ALL athletes are different and that each athlete brings something new and different to the sport of All Star Cheerleading!

## TEAM PLACEMENTS

- There are 7 levels in All-star Cheerleading. Level 7 is a level that is not common and we will not have a level 7 team as it is usually for elite college members. A level refers to the types of stunts, pyramids and tumbling that a specific team can safely perform. They are numbered 1-7 increasing in difficulty. The level your athlete is placed on is decided by the coaching staff.

- There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up athletes by level the best we can, but please remember stunting, jumps, motions, dance, age and attitude are all HUGE factors in deciding team placement. We also choose our teams based on positions we need to fill i.e. bases, flyers, tumblers, etc. Due to possible skills, a younger member may be placed on a Sr. team. Every athlete will be on a chosen team for a reason - **please trust our staff!**

- Maintaining position on a team:

- Once a team member shows a skill at tryouts, they are expected to maintain and demonstrate these skills as well as work on advancing skills throughout the season at every practice as well as extra tumbling classes.
- If an athlete's skills are digressing because of missed practices or attitude, it is up to the UXC coaching staff to evaluate and determine if their placement on their team will stay the same.
- On the other hand, an athlete who continues to excel and show improvement and positive attitude may be moved to a higher position on their current team or moved up to the next level team. Athletes being moved up to a higher level team will usually only occur during the summer months. Rarely will athletes move up during the competition season unless they are filling in for another athlete for a certain competition.



### SKILL GRID

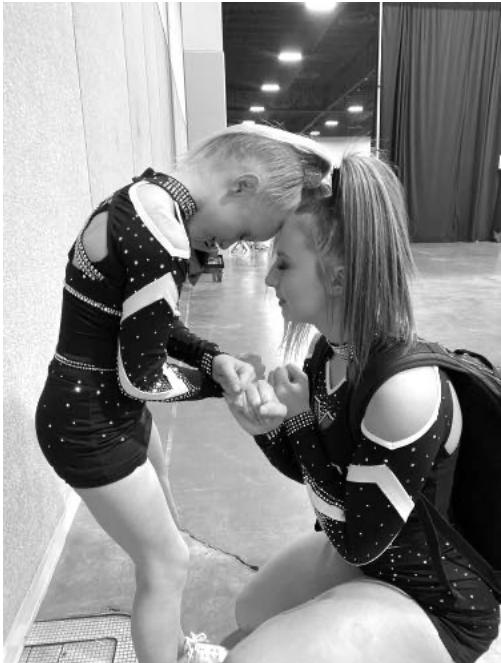
**IMPORTANT: ATHLETES MUST DEMONSTRATE AT LEAST ONE ELITE LEVEL APPROPRIATE AND ONE ADVANCED LEVEL APPROPRIATE IN STANDING AND RUNNING TUMBLING TO BE CONSIDERED FOR THAT TEAM.**

LEVEL	STANDING TUMBLING	RUNNING TUMBLING		
<b>ADVANCED LEVEL 1</b>	<ul style="list-style-type: none"> <li>- HANDSTAND FORWARD ROLL.</li> <li>- BACK EXTENSION ROLL.</li> <li>- FRONT WALKOVER (FWO).</li> <li>- BACK WALKOVER (BWO).</li> <li>- BACK WALKOVER, BACKWARD ROLL, BACK WALKOVER.</li> </ul>	<ul style="list-style-type: none"> <li>- ROUND OFF (RO).</li> <li>- FRONT WALKOVER (FWO)/FWO SERIES.</li> <li>CARTWHEEL, BWO.</li> </ul>		
<b>ELITE LEVEL 1</b>	<ul style="list-style-type: none"> <li>- BACK WALKOVER SERIES.</li> <li>- BACK WALKOVER SWITCH LEG.</li> <li>- BACK EXTENSION ROLL, BWO/BWO SERIES.</li> <li>- VALDEZ.</li> </ul>	<ul style="list-style-type: none"> <li>- CARTWHEEL, BWO SERIES.</li> <li>- FWO, CARTWHEEL/ROUND OFF.</li> <li>- FWO, CARTWHEEL, BWO/BWO SERIES.</li> <li>- FWO, CARTWHEEL, BWO SWITCH LEG.</li> </ul>		
<b>ADVANCED LEVEL 2</b>	<ul style="list-style-type: none"> <li>- BACK EXTENSION ROLL, BACK HANDSPRING (BHS).</li> <li>- BACK WALKOVER, BHS.</li> <li>- BACK WALKOVER, BHS STEP OUT.</li> </ul>	<ul style="list-style-type: none"> <li>- ROUND OFF (RO), BHS STEP OUT.</li> <li>- CW, BACK HANDSPRING SERIES.</li> <li>- RO, BHS SERIES.</li> <li>- FRONT HANDSPRING (FHS).</li> <li>- FWO, FHS.</li> </ul>		
<b>ELITE LEVEL 2</b>	<ul style="list-style-type: none"> <li>- BWO, BHS STEP OUT, BWO.</li> <li>- BWO, SWITCH LEG, BHS.</li> <li>- BHS STEP OUT, BWO, BHS.</li> <li>- VALDEZ, BHS.</li> <li>- VALDEZ, BHS STEP OUT.</li> </ul>	<ul style="list-style-type: none"> <li>- SERIES FRONT HANDSPRINGS.</li> <li>- BOUNDER/FLYSPRING.</li> <li>- FWO, RO, BHS/BHS SERIES.</li> <li>- CW, BHS STEP OUT, BWO, BHS/BHS SERIES.</li> <li>- RO, BHS STEP OUT, BWO, BHS/BHS SERIES.</li> </ul>		
<b>ADVANCED LEVEL 3</b>	<ul style="list-style-type: none"> <li>- BWO, BHS SERIES.</li> <li>- BHS, BHS, BHS...OR MORE.</li> <li>- JUMP, BHS SERIES.</li> </ul>	<ul style="list-style-type: none"> <li>- PUNCH FRONT.</li> <li>- RO, BHS, TUCK.</li> <li>- RO, BHS SERIES, TUCK.</li> </ul>		
<b>ELITE LEVEL 3</b>	<ul style="list-style-type: none"> <li>- BHS/BHS SERIES, JUMP, BHS/BHS SERIES.</li> <li>- JUMP, BHS, JUMP, BHS.</li> <li>- BHS STEP OUT, BHS SERIES.</li> <li>- BHS STEP OUT, BWO, BHS SERIES.</li> <li>- BWO, BHS, JUMP, BHS/BHS SERIES.</li> </ul>	<ul style="list-style-type: none"> <li>- FWO, AERIAL.</li> <li>- RO, BHS STEP OUT, 1/2 TURN, RO TO TUCK.</li> <li>- FWO, RO TO TUCK.</li> <li>- BOUNDER/FLYSPRING, RO TO TUCK.</li> </ul>		
<b>ADVANCED LEVEL 4</b>	<ul style="list-style-type: none"> <li>- BHS SERIES, TUCK.</li> <li>- ONODI.</li> <li>- BWO, TUCK.</li> <li>- BACK EXTENSION ROLL, TUCK.</li> </ul>	<ul style="list-style-type: none"> <li>- PF STEP OUT, AERIAL.</li> <li>- ROUND OFF, BHS, LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG.</li> <li>- RO, ONODI TO WHIP/LAYOUT.</li> <li>- PF STEP OUT, RO TO WHIP/LAYOUT.</li> <li>- FRONT WALKOVER, RO TO WHIP/LAYOUT.</li> <li>- AERIAL, BACK TUCK/LAYOUT/LAYOUT STEP OUT.</li> <li>- FWO, AERIAL, TUCK.</li> </ul>		
<b>ELITE LEVEL 4</b>	<ul style="list-style-type: none"> <li>- BHS/BHS STEP OUT, TUCK.</li> <li>- JUMP, BHS SERIES, TUCK.</li> <li>- JUMP, BHS, TUCK.</li> </ul>	<ul style="list-style-type: none"> <li>- FRONT AERIAL, RO TO WHIP, TUCK/LAYOUT.</li> <li>- FRONT HANDSPRING/PUNCH FRONT, PUNCH FRONT.</li> <li>- PF, STEP OUT, RO TO LAYOUT.</li> <li>- RO TO WHIP/TUCK TO TUCK/WHIP/LAYOUT.</li> <li>- FWO, RO TO WHIP/TUCK TO TUCK/WHIP/LAYOUT.</li> <li>- PF STEP OUT, RO TO WHIP/TUCK TO TUCK/WHIP/LAYOUT.</li> <li>- FHS, PH STEP OUT, RO TO TUCK/WHIP/LAYOUT.</li> <li>- FRONT HANDSPRING, PF STEP OUT, RO TO WHIP/TUCK TO TUCK/WHIP/LAYOUT.</li> </ul>		
<b>ADVANCED LEVEL 5</b>	<ul style="list-style-type: none"> <li>- TUCK, BHS/BHS SERIES, TUCK.</li> <li>- BHS, WHIP/TUCK, BHS, TUCK.</li> <li>- BHS SERIES, WHIP/TUCK, BHS, TUCK.</li> <li>- JUMP, BHS SERIES, WHIP, BHS, TUCK.</li> <li>- BHS SERIES, WHIP, TUCK.</li> </ul>	<ul style="list-style-type: none"> <li>- BARANI.</li> <li>- RO, BHS, FULL.</li> <li>- FWO, RO TO FULL.</li> <li>- ROUND OFF, ARABIAN.</li> <li>- SIDE AERIAL/FRONT AERIAL TO FULL.</li> </ul>		
<b>ELITE LEVEL 5</b>	<ul style="list-style-type: none"> <li>- BHS, WHIP, TUCK.</li> <li>- BHS, LAYOUT.</li> <li>- JUMP, BHS/BHS SERIES, LAYOUT.</li> <li>- JUMP, BHS, WHIP, TUCK.</li> <li>- BHS, WHIP/TUCK TO LAYOUT.</li> <li>- BHS/BHS SERIES, WHIP TO LAYOUT.</li> <li>- JUMP, BHS/BHS SERIES, WHIP TO LAYOUT.</li> </ul>	<ul style="list-style-type: none"> <li>- FRONT FULL.</li> <li>- PF STEP OUT, RO TO FULL.</li> <li>- FRONT HS, PF STEP OUT, RO TO FULL.</li> <li>- RO TO WHIP TO FULL.</li> <li>- FRONT HS, FRONT FULL.</li> <li>- PF STEP OUT, RO TO WHIP TO FULL.</li> <li>- FRONT HS, PF STEP OUT, RO TO WHIP TO FULL.</li> </ul>		
<b>ADVANCED LEVEL 6</b>	<ul style="list-style-type: none"> <li>- BHS SERIES, FULL.</li> <li>- JUMP, BHS SERIES, FULL.</li> <li>- BHS, WHIP, BHS SERIES, FULL.</li> <li>- BHS SERIES, WHIP, FULL.</li> <li>- BHS, WHIP TO FULL.</li> </ul>	<ul style="list-style-type: none"> <li>- RO, BHS, KICK FULL/FULL STEP OUT.</li> <li>- PUNCH FRONT STEP OUT TO FULL.</li> <li>- RO, WHIP, FULL.</li> <li>- RO TO WHIP TO FULL.</li> </ul>		
<b>ELITE LEVEL 6</b>	<ul style="list-style-type: none"> <li>- BHS, FULL.</li> <li>- JUMP, BHS, FULL.</li> <li>- STANDING FULL.</li> <li>- JUMP, FULL.</li> <li>- BHS, WHIP, FULL.</li> <li>- JUMP, BHS, WHIP, FULL.</li> <li>- BHS SERIES, DOUBLE FULL.</li> </ul>	<ul style="list-style-type: none"> <li>- JUMP, BHS SERIES, DOUBLE FULL.</li> <li>- BHS, WHIP, BHS SERIES, DOUBLE FULL.</li> <li>- BHS SERIES, WHIP, DOUBLE FULL.</li> <li>- BHS, WHIP, DOUBLE FULL.</li> <li>- JUMP, BHS/BHS SERIES, WHIP, DOUBLE.</li> <li>- BHS SERIES, FULL/DOUBLE, WHIP FULL/DOUBLE FULL</li> </ul>	<ul style="list-style-type: none"> <li>- FRONT HANDSPRING, FRONT FULL.</li> <li>- FRONT HANDSPRING, PF, RO TO FULL.</li> <li>- RO, ARABIAN, HALF FULL STEP OUT, RO TO FULL.</li> <li>- RO, BHS, FULL TO FULL.</li> <li>- RO TO FULL, FULL.</li> <li>- RO TO 1.5 FULL STEP OUT TO FULL.</li> <li>- RO DOUBLE FULL.</li> <li>- RO TO DOUBLE FULL.</li> </ul>	<ul style="list-style-type: none"> <li>- FWO TO DOUBLE FULL.</li> <li>- PF STEP OUT TO DOUBLE FULL.</li> <li>- RO, TO WHIP TO DOUB. FULL.</li> <li>- RO, ARABIAN TO DOUB. FULL.</li> <li>- RO, TO FULL, TO DOUB. FULL.</li> <li>- MANY MORE.....</li> </ul>

## TUITION / ADDITIONAL COSTS

Competitive cheerleading can be an expensive sport and costs can add up very fast. Before you and your athlete consider this program, please carefully review the financial commitment involved. If you accept a position on any Utah Xtreme Cheer team, you will be responsible for all of the following participation costs and seeing to them being paid on time. The amount due for each month is different and outlined on page 6. Each monthly charge is due NO LATER than the 5th of every month. For the 2023-2024 season, we will use GoMotion. This is an online platform that allows you to manage your account at Utah Xtreme Cheer. A credit card is required to stay on file within GoMotion. If you chose to pay your monthly dues by either cash or check, and your account is behind, your credit card will automatically be charged on the 6th of that month for any unpaid amount. If the CC on file declines, our account manager will call the #1 contact parent for alternate payment

information. If payments are received past the 5th, the payment is considered late and a \$25 late fee will be applied to the athlete's GoMotion account for that particular month. This will automatically be charged the next time the card is run. Likewise, if an invoice has not been paid by the 5th (for any reason) of any month, the athlete may sit out until payment is received in full for that month. If you wish to pay by cash or check, please have your athlete give your payment to Coach Kory or Coach Amber in the office.



**NEW FOR 2023-2024:** Because the nature of our sport is team based, athletes are expected to be in attendance. We will work with athletes and their travel schedule during the summer months, but our during our "season" (beginning of school through the end of their season - either end of April or mid-May), athletes must be at their scheduled practices. Athletes that miss practice during the "season" on a non-comp week, will be assessed a \$25 fee per missed practice. Athletes that miss during the "season" on a comp week, a higher fee of \$60 per missed practice will be assessed.

**COLLECTIONS, COURT COSTS AND ATTORNEY'S FEES:** In the event payment under this agreement is not made at the time and in the manner required (in full by May 5, 2024), the undersigned agrees to pay all cost of collection, including court cost, attorney fees, including charges and collection agency fee which would be 35% of the balance assigned, with or without suit.





### EXPLANATION OF TEAM TUITION AND FEES

#### 1 - MONTHLY TUITION

Monthly tuition will begin on May 22, 2023 (prorated). The last tuition will be charged on the 5th of April, 2024.

NOVICE / PREP Tiny, Mini or Youth Levels 1-3 Team(s):

- \$90 / Month

Tiny or Mini ELITE Level 1-3 Team(s):

- \$110 / Month

Youth ELITE Levels 1-3 Team(s):

- \$130 / Month

Junior or Senior ELITE Levels 1-5 Team(s):

- \$145 / Month

Open Divisions ELITE Level 4 and/or 6 Team(s):

- \$110 / Month

PLEASE SEE PAGE 7 FOR BOTH PAYMENT PLAN OPTIONS. THIS PAGE OUTLINES OUR INSTALLMENT PAYMENT PLAN IN DETAIL. IF CHOOSING OUR EQUAL PAYMENT OPTION, THE AMOUNT DUE FOR THE YEAR WILL BE THE SAME, BUT INSTEAD OF DOING THREE LARGER INSTALLMENTS, YOU WILL HAVE AN EQUAL AMOUNT DUE EACH MONTH.

NOTE: PREP/NOVICE TEAMS WILL HAVE THEIR OWN PRICING AFTER TEAM PLACEMENTS.

#### 2 - REQUIRED SEASON FEES

In addition to monthly tuition, there are additional fees associated with all star cheer. See section 3 for installment fees and amounts. If you pay by our equal pay option, these fees will be paid equally throughout the year. Comp fees are estimated and could be adjusted.

- Annual Registration Fee: \$120
  - Includes Team Registration, Nationals T-shirt and other items throughout the season.
- Shoes: \$125
- Make-up (Girls only): \$40
- Practice Wear: \$175
- Choreography Camp / Music Fee: \$375
- Uniform (top and bottom) & Bow: \$575 (girls), \$425 (boys)
  - Returning athletes from '22-23: \$0.00 (assuming it will fit still)
- Coaches Travel Fee (excluding Post-season travel): \$250
- Regional Competitions (estimate based off 2022-2023 season): \$725
- National Competitions - ELITE TEAMS (4 events - Tiny, Mini, Youth, Junior & Senior Levels 1-6 only): \$800
- National Competitions - NOVICE/PREP (2 events - 1 local and 1 travel national event): \$215

#### 3 - INSTALLMENT BREAKDOWN - INSTALLMENT OPTION ONLY

##### • INSTALLMENT #1 (Due June 1, 2023)

- Registration Fee - \$120
- Shoes - \$125
- Practice Wear - \$175
- Choreography Camp / Music - \$375

INSTALLMENT #1 (New athletes & returning) TOTAL: \$795

##### • INSTALLMENT #2 (Due August 1, 2023)

- Uniform/Bow - \$575/Girls, \$425/Boys
  - Returning athletes from '22-23: \$0.00 (assuming it will fit still)
- Coach Travel Fee - \$250

INSTALLMENT #2 TOTAL GIRLS: \$825 (ONLY \$250 for Returning athletes)

INSTALLMENT #2 TOTAL BOYS: \$675 (ONLY \$250 for Returning athletes)

##### • INSTALLMENT #3 (Due November 1, 2023)

- Make-up (Girls) - \$40
- Regional Competition Fees - \$725
- National Competition Fees - \$800

INSTALLMENT #3 TOTAL GIRLS: \$1,565

INSTALLMENT #3 TOTAL BOYS: \$1,525

#### 4 - PAYMENT SCHEDULE - INSTALLMENT OPTION ONLY

JUNE 2023: TUITION + INSTALLMENT 1 (See Step 3)

JULY 2023: TUITION

AUGUST 2023: TUITION + INSTALLMENT 2 (See Step 3)

SEPTEMBER 2023: TUITION

OCTOBER 2023: TUITION

NOVEMBER 2023: TUITION + INSTALLMENT 3 (See step 3)

DECEMBER 2023: TUITION

JANUARY 2024: TUITION

FEBRUARY 2024: TUITION

MARCH 2024: TUITION

APRIL 2024: TUITION

THIS IS NOT THE EQUAL PAY SCHEDULE. EQUAL PAY WILL BE THE TOTAL AMOUNT DUE DIVIDED BY 11 MONTHS. SEE COACH AMBER FOR DETAILS.



## TEAM TUITION AND FEES CONT.

### REFUND POLICY

UXC MONTHLY TUITION AND INSTALLMENTS ARE A REFLECTION OF YEARLY COSTS. BECAUSE OF THIS, THERE WILL BE NO REFUNDS OR PARTIAL CREDITS IF YOU CHOOSE TO NOT CONTINUE WITH THE PROGRAM, ARE REMOVED FROM A UXC TEAM, OR JOIN MID- MONTH. THERE WILL BE NO CREDITS GIVEN FOR SHORT MONTHS (I.E. WINTER BREAK ETC). FURTHERMORE, IT IS POLICY OF UTAH XTREME CHEER TO CHARGE ONE MONTH WORTH OF TUITION AFTER THE ATHLETE DEPARTS FROM THE TEAM FOR ANY REASON. THIS FEE IS ASSESSED DUE TO THE TIME INVOLVED CHANGING ROUTINES AND CHANGING NECESSARY PAPERWORK. ALL ATHLETES ARE ALSO RESPONSIBLE FOR ANY EXPENSES THAT HAVE BEEN CHARGED TO THE GYM ON THE ATHLETE'S BEHALF (I.E. UNIFORM, REGIONAL/ NATIONAL COMP FEES ETC.). IT IS NOT THE RESPONSIBILITY OF UXC TO COVER THESE CHARGES.



### PAYMENT METHODS

Utah Xtreme Cheer is able to take all forms of payment except AMEX. Cash or checks are preferred methods and avoid a fee. Credit cards within GoMotion are accepted. Please note, credit card transactions through GoMotion will incur a percentage fee (3.9%) as well as a \$.30 per transaction fee each time your card is run. GoMotion accepts all major credit cards with the exception of American Express. If paying by cash or check, your invoice total will remain the same and no fee will be added from GoMotion as long as the payment is made on time.

#### **PAYMENT PLAN #1: INSTALLMENT OPTION - DEFAULT OPTION WITHIN GoMotion**

By default, this is our first payment method option. Outlined on page 6 (section 4) is the payment schedule that GoMotion will follow if you select this option. Some months are larger in amounts so please understand the outlined schedule on page 6 (section4).

#### **PAYMENT PLAN #2: EQUAL MONTHLY PAYMENT OPTION - WITHIN GoMotion**

Based off years past, families often prefer to pay their dues in a monthly equal installment (averaged out, making the same payment amount each month). This method of payment is also preferred for the gym. If you have questions on how to set this up, please contact our office manger, Coach Amber, upon registering. By selecting this option, your last payment will be April 5, 2024.



## RULES & EXPECTATIONS

**ONE** Family, **ONE** Heartbeat! WE ARE UXC!

### PARENT RULES

- Once practice starts, only coaches and athletes are allowed in practice areas. **For the 2023-2024 season, practices will be closed.**
- Gossiping about staff, athletes or other athlete's parents is prohibited.
- Please feel free to ask questions only at appropriate times, i.e. before or after practice/competitions.
- When attending competitions, it is up to the parent that each athlete has a chaperone before and after warm-up/competition time. UXC staff will not be responsible for chaperoning our athletes at any competition (in-state or out-of-state) other than in warmups or while they are on the competition floor.
- While in attendance at competitions, parents, relatives, friends and cheerleaders may not approach or speak with competition officials at any time.
- Parents need to be aware that All-Star cheerleading is a competitive sport that could lead to injuries. These include, but are not limited to: pulled or strained muscles/ligaments, bruises, broken bones, dislocation or even death.
- As professionals, UXC staff will do everything in our power to avoid injuries. Even though safety is our top priority, please remember that accidents can and do happen.

### ATHLETE & OTHER GYM RULES

- Gossiping about other athletes, whether they belong to UXC or not is strictly prohibited.
- Profanity and other non-productive language is prohibited.
- It is expected that teams will gain and lose athletes. The dismissal or addition of an athlete is at the coach's discretion.
- Routines, practices, schedules may be changed at any time to coincide with current capabilities and/or events at the discretion of the coaches.
- It can be expected that practices may be added or removed from the schedule at any time.
- Any athlete who threatens quitting will be dismissed with no refund.
- UXC will try to accommodate any external circumstances as much as possible, but a parent or care-giver who threatens to remove their child from the program without reasonable cause will be immediately dismissed with no refund.
- It is the responsibility of the parents and athletes to know what is going on with their squads at all times. **CHECK our BAND App, GoMotion, emails AND FLYERS REGULARLY!**
- The staff at UXC will do the best they can when working out schedules for other extracurricular activities. However, if a school coach or advisor will not work with our schedule for practices and competitions, you will have to choose which activity to continue.
- We understand that "Young Mens" or "Young Women's" or other church activities may conflict with UXC practice schedules. Because of the nature of All- Star cheer, we cannot guarantee that UXC practice schedules will not be on these days. Please be aware that practices are not excused for other non-school related functions.
- Please contact the gym, your coach, or UXC owners at APPROPRIATE times ONLY.
- While an athlete at UXC, good sportsmanship must be upheld at ALL times.
- The use of alcohol and drugs is absolutely not permitted. While representing Utah Xtreme Cheer, athletes are expected to uphold a certain level of expectation. These athletes are just that, athletes. Disciplinary action will be done on a case-by-case scenario and can result anywhere from team/gym suspension to complete removal from the program.



## RULES CONT.

- ALL PRACTICES ARE MANDATORY UNLESS STATED OTHERWISE BY A COACH! **PLEASE SEE NEW '23-24 MISSED PRACTICE FEES outlined on page 5.**
- Cell phones must be turned off and in your locker prior to the beginning of each practice. Exceptions to this rule may only be made by coaches if they are informed of an EMERGENCY. **NO EXCEPTIONS!**
- All absences, excused or unexcused could alter the athlete's role on the team.
- During the time in which the athletes learn material, absences are prohibited (i.e. Choreography Camp)
- Tardiness will not be tolerated during the season (tryouts - last competition). We do understand that things pop up at the last minute, but please be on time. **If an athlete will be late, please be sure to contact all coaches of that team.**
- In addition, leaving early alters the progress of practice. Once practice is in session, it is expected that athletes stay the entire time.
- Once athletes enter the gym for practice, hair must be pulled back, away from the face.
- NO GUM once athletes enter the gym and ALL JEWELRY MUST BE OUT!
- No food or drink of any kind is allowed on the spring floor, Tumbl Trak or cheer mats.
- Unnecessary and excessive talking during practice is prohibited.
- Poor attitude, disrespect to coaches, other athletes or other teams is unproductive and may result in suspension or the possibility of team and/or program removal.
- In order to sit out of a practice due to an injury or illness, a doctor's note must be brought with athlete to that particular practice. The exception would be if the injury happened at practice or recent enough that a doctor's appointment could not be made.
- **Because Spring Break is different for all school districts, UXC will not close during this time. Furthermore, it is mandatory that each athlete attends practice during their spring break. With our last nationals falling close to the time of spring breaks, practices become even more important! Again, during spring break, practices are MANDATORY! PLEASE plan your family trips for after D2 Summit (usually first weekend in May).**
- **On the weeks of out-of-state nationals, all UXC teams will practice on the Wednesday prior to that weekend's event. This practice is MANDATORY for all athletes! The following day (Thursday), is designated as a travel day.**
- All competitions are required. By registering for a team and signing the Utah Xtreme Cheer agreement, you are committing to all scheduled competitions. **NO EXCEPTIONS!**
- All national events do fall over weekends and are two-day events. This will require athletes to perform on Saturdays and Sundays at our out-of-State events. Salt Lake 2-day events may be held on Friday and Saturday. All Regional competitions (1-day events) are held on Saturdays.
- **Missing any competition for vacations, or any other engagement is prohibited.**
- **It is the responsibility of the parents and athletes to know where and when teams meet for competitions. This information will be distributed to athletes and parents once event companies release the information (approximately 5 days before an event). Upon arrival to the competition site, it is expected that hair and make-up be done and athlete is in full uniform (competition ready) according to UXC standards.**
- Jewelry is not allowed during warm-up or competition, this includes ALL body piercings. This rule is enforced by UXC and the United States All Star Federation (USASF). This rule is in place for the safety of our athletes. **NO EXCEPTIONS WILL BE MADE!**  
Tape or bandages may not be placed over the jewelry piece. UXC is not responsible for holding your jewelry. Furthermore, if an athlete chooses to wear a piercing or any jewelry during practice or competition without disclosing it to UXC staff, the athlete is responsible for any injuries he/she may acquire or inflict on another individual.



## INJURY PROTOCOL

Utah Xtreme Cheer is dedicated to do everything in our power to ensure the safety of our athletes. While we strive for no injuries, they can happen. After signing the release waiver within GoMotion, we will follow a certain protocol in the event of an injury. Utah Xtreme Cheer staff will be the "first responders" in the event of an injury. Medical professionals will be called immediately if an injury requiring them shall arise. A call to the athlete's parent or guardian will be made; if they cannot be reached, the alternate contact will be called. It is the hope of Utah Xtreme Cheer that this protocol will never be needed.

## IMPORTANT SUMMER DATES

- Choreography Week - July 9-15, 2024 (Teams will not be there all week. A detailed schedule will come out at a later time)

## GYM CLOSURE DATES

UXC will be closed the following dates: (In order to maximize the success of our season, plan your family vacations around these dates)

- Memorial Day - Monday, May 29, 2023
- Independence Day Holiday - July 1 - July 4, 2023 (practices will resume Wednesday, July 5)
- Labor Day - Monday, September 4, 2023
- Thanksgiving Break - Wednesday, November 22 - Sunday, November 26, 2023
- Winter Break - Saturday, December 23, 2023- Monday, January 1, 2024 (practices will resume Tuesday, January 2, 2024)



UTAH XTREME CHEER

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## 2023-2024 COMPETITION SCHEDULE - ELITE TEAMS

EVENT NAME	DATE(S)	EVENT LOCATION	D2 SUMMIT BIDS OFFERED?	TEAM(S)
UXC SHOWCASE	NOVEMBER 4, 2023	TBD	NO	ALL*
ATC - UTAH - CHALLENGE	NOVEMBER 11, 2023	SALT PALACE CONVENTION CENTER - SLC, UTAH	YES	ALL*
JAMZ TWIN PEAKS STATE CHAMPIONSHIP	NOVEMBER 18, 2023	UCCU CENTER - UVU CAMPUS - OREM, UTAH	NO	ALL*
UCA - SANDY - FALL CLASSIC	DECEMBER 9, 2023	MOUNTAIN AMERICA EXPO CENTER - SANDY, UTAH	YES	ALL*
ALL STAR CHALLENGE - SLC - SHOWDOWN DI/DII	JANUARY 19-20, 2024	SALT PALACE CONVENTION CENTER - SLC, UTAH	YES	ALL*
UCA - SANDY - SPRING CLASSIC	JANUARY 27, 2024	MOUNTAIN AMERICA EXPO CENTER - SANDY, UTAH	YES	ALL*
ENCORE - LAS VEGAS - SHOWDOWN DI/DII NATIONALS	FEBURARY 24-25, 2024	LAS VEGAS CONVENTION CENTER - LAS VEGAS, NEVADA	YES	ALL*
PACWEST - UTAH - CHALLENGE DI/DII	MARCH 2, 2024	LEGACY EVENTS CENTER - FARMINGTON, UTAH	YES	ALL*
PACWEST GRAND NATIONALS - DI/DII	MARCH 9-10, 2024	PACWEST - OREGON CONVENTION CENTER - PORTLAND, OR	YES	ALL*
THE AMERICAN CELEBRATION - SANDY - NATIONALS DI/DII	MARCH 23-24, 2024	MOUNTAIN AMERICA EXPO CENTER - SANDY, UTAH	YES	ALL*
JAMZ MOUNTAIN WEST NATIONAL CHALLENGE	APRIL 13-14, 2024	UCCU CENTER - UVU CAMPUS - OREM, UTAH	NO	ALL*
<b>VARSITY D2 SUMMIT (THIS EVENT IS INVITATION ONLY, BUT WE WILL ATTEND IF WE RECEIVE A BID)</b>	TENTATIVELY MAY 9-12, 2024	ESPN WIDE WORLD OF SPORTS COMPLEX ORLANDO, FLORIDA	-	ELITE TEAMS ONLY

**THIS IS SUBJECT TO CHANGE. SCHEDULE CREATED 5/10/2023. EVENTS MAY BE ADDED, REMOVED OR SWITCHED AT THE DISCRETION OF UTAH XTREME CHEER AND ITS COACHES.**

THE GOAL OF OUR ELITE TEAM PROGRAM IS TO GET A BID TO THE END-OF-SEASON EVENTS, YOUTH SUMMIT, US FINALS, REGIONAL SUMMIT OR DII SUMMIT.

FOR NOW, PLEASE PLAN ON D2 SUMMIT FOR ELITE TEAMS AS AN ADDITIONAL EVENT. THIS IS AN INVITATION ONLY EVENT AND A "BID" MUST BE RECEIVED IN ORDER TO ATTEND. THE TENTATIVE DATE FOR DII SUMMIT 2024 WILL BE MAY 9-12, 2024.

FOR THE OTHER POST-SEASON EVENTS, DATES WILL BE RELEASED AT A LATER TIME.

## 2023-2024 COMPETITIONS CONT.

This schedule is set as of the time this packet was created (5/15/2023). Exact dates may change from now and the time competition season begins. We will know more information as we get closer to summer. At that time, we will finalize an exact schedule for each competing team as well as make any adjustments to fees if necessary.

**IMPORTANT:** For out-of-state national competitions, please plan on arriving in the destination city the day before the event begins and return home the day after the event ends. We will have practice rounds the day prior and then awards may be late the last day, so returning home the following day is best. Also, we will have practice at UXC on the Tuesday or Wednesday prior to each out-of-state nationals, **even if this falls during spring break!** Please plan accordingly and make sure your athlete is at all scheduled practices! They are mandatory!

Please note that out-of-state national events are not on the schedule for every team. More information on this will be given as we wrap-up team placements and get exact information for each team.

**IMPORTANT:** Post season events (D2 Summit, US Finals Regional Summit) are not on our regular season schedule nor are they incorporated into our regular season fees. In the event any of our get a "bid" to any of these events, we will be accepting those bids and we will plan on attending. Following the announcement of receiving these bids, we will have a parent meeting for each team to discuss attendance options as well as any additional information regarding fees, travel etc. BUT, remember that we will accept these bids and plan on taking that team to those events even if the roster may change slightly.





## CONTRACT

**ATHLETE NAME**

- I understand how team placements work at Utah Xtreme Cheer. I also understand that it is up to the coaching staff to determine my athlete's placement at UXC.

Initial

- I understand the payment commitment I have to Utah Xtreme Cheer. Furthermore, I understand that once I sign this contract, I am committed to the financial obligation for my child's account with Utah Xtreme Cheer. I understand that I am responsible for all legal and collections fees stated in this agreement should I fail to pay my invoice by the designated time (April 5, 2024).

Initial

- In the event payment under this agreement is not made at the time and in the manner required (by April 5, 2024), the undersigned agrees to pay all cost of collection, including court costs, attorney fees, including charges and collection agency fee which would be 35% of the balance assigned, with or without suit.

Initial

- I understand that UXC will use GoMotion to track and receive all fees and payments associated with the 2023-2024 season. (ref. Page 6)

Initial

- I agree to and understand that I will be on time with my monthly payments by the 5th of each month for the balance due that month. Furthermore, I understand that if my payment is made after the 5th of each month, a \$25 late fee will be added to my GoMotion account.

Initial

- I agree to and understand that a credit card processing fee (3.9% + \$.30 per transaction) will be added to each transaction I make in GoMotion if paying by credit card. Furthermore, I understand that UXC will not collect these credit card fees, but rather GoMotion. (ref. Page 6-7 of this packet).

Initial

- I have read, agree to and understand the Fees refund policy, payment methods and equal payment option specified on page 7 of this packet.

Initial

- I have read, agree to and understand the rules and expectations of Utah Xtreme Cheer from its athletes and parents. These rules and expectations are outlined on pages 8-9 of this packet.

Initial

- I have read and understand that UXC coaches will not chaperone at any competition other than when athletes are in warm-ups or while competing on the mat.

Initial

- I have read and understand the injury protocol at UXC on page 10 of this packet. I understand that UXC coaches will act as first responders until medical providers are present in the event of an injury.

Initial



## CONTRACT CONT.

- I understand that the gym closure dates are tentatively set. Changes may be made later in the season. These changes will be addressed as they come.  
 Initial
- I understand that the competition schedule is set at the time of this packet being created. I also understand that changes to the schedule may be made, but notice will be given to me as these changes happen.  
 Initial
- I understand that for out-of-state events, a gym wide (all teams) practice will be set for either Tuesday or Wednesday of the competition week. I agree to **NOT** travel before this practice is complete on those traveling weeks. I understand that if we travel prior to that combined practice, we risk having spots changed in the routine.  
 Initial
- I understand that **ALL** competitions are required to attend.  
 Initial
- I understand that during the summer months, practices are required if athletes are in town. UXC understands that families travel and that is encouraged. I agree to having my athlete at practice whenever we are not traveling as a family in the summer.  
 Initial
- I understand that during the school year, all practices are required and absences could result in my child being moved in their routine(s).  
 Initial
- I understand and agree to the new '23-24 missed practice fee (\$25 for non-comp week and \$60 for comp week) that will be added to my GoMotion account for any practices missed during the "season" (school start date through April or mid-May 2024). This new rule is outlined on page 5 of this packet.  
 Initial
- I understand that UXC will send frequent messages through BAND (communication app) as well as through GoMotion via e-mail and push notifications. I understand that it is my responsibility to check these messages regularly to ensure I have all the information necessary.  
 Initial
- I understand that drugs and alcohol are not allowed from ANY athlete while maintaining a position on a team at UXC. I understand that this is a case-by-case situation that may result in suspension and/or team removal.  
 Initial
- I understand that practices will still resume during the time spring break is going on for all of the school districts in the Salt Lake valley. I agree to getting my athlete to practices during their spring break as we will be preparing for end-of-season events. I understand that travel during this time cannot happen unless practices are not missed.  
 Initial
- I understand that UXC will work towards Summit and Worlds (LVL 6 team) Bids. In the event we earn a bid to one of these events, I agree that I will have my athlete at ALL scheduled practices three weeks prior to these events. I understand that I will not miss these practices and if they do, I understand that placements in the routine(s) and or removal from the team is possible.  
 Initial



# UTAH XTREME CHEER

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## CONTRACT CONT.

By signing this contract, I acknowledge that I have read, understand and will adhere to the above terms, conditions and expenses within this team information packet. I understand that failure to follow these terms and conditions could result in removal from team(s) and cancellation of all private lessons and/or classes. I acknowledge that I have read through and agree to this entire packet and understand the All Star program at Utah Xtreme Cheer.

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Athlete Signature

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Date

---

Parent / Guardian Signature

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Date

---

Parent / Guardian EMAIL ADDRESS

---

Parent / Guardian EMERGENCY PHONE

## ATHLETE INFORMATION

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Athlete Name: \_\_\_\_\_ Athlete Cell#: \_\_\_\_\_

1st Parent/Guardian Name and Contact Number: \_\_\_\_\_ #: \_\_\_\_\_

2nd Parent/Guardian Name and Contact Number: \_\_\_\_\_ #: \_\_\_\_\_

Athlete's Birthday: \_\_\_\_\_ Athlete's Birth Year: \_\_\_\_\_

Are you willing to cross-over to a lower level team? Please Check:

YES

NO



## PAYMENT METHOD **IMPORTANT - PLEASE INITIAL ONLY YOUR PAYMENT CHOICE!!!**

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Please initial next to the method of payment you wish to use each month - Please note that a Credit Card is required to be kept on file even if paying cash/check. If paying by cash or check, remember that the credit card will be run for that month's dues if cash/check is not received by the 5th or each month.

### OPTION #1 - CASH/CHECK

I would like to pay each month by cash or check. By selecting this option, I understand that I must have payments to UXC on the 1st of each month (No later than the 5th). If payment is received after the 6th of that month, I understand that a \$25 late fee will be added to my GoMotion Account and that my credit card will be run for that month including the late fee. Furthermore, if payment is not received by the 5th, I understand that my child will sit out of practice until payment is received.

---

Initial

### OPTION #2 - CREDIT CARD OPTION

I would like to pay each month by credit card within GoMotion. I understand that a Credit Card service /processing fee will be added to each transaction. I authorize GoMotion (on behalf of UXC) to debit my account with the credit/debit card number I have provided in GoMotion. I understand that Utah Xtreme Cheer does not have access to this card number once it is input into my GoMotion account. GoMotion will automatically post a payment to your account on the 1st of each month and run that payment (plus credit card fees and a transaction fee) on the 5th of each month. These monthly dues will run from the first payment in May (prorated) to the last payment due on April 5, 2024 (May 2023- April 2024). If payment is received after the 5th of the month, I understand that a \$25 late fee will be added to my account and my athlete will sit out of practice until payment is received. The amount charged each month is outlined on page 6 of this contract. Please note that the amount charged will include tuition as well as any additional fees. Lastly, I understand that I can have the option within GoMotion to select paying by option #1 (Installments outlined in this packet) or option # 2 (Equal payments throughout year).

---

Initial

## MY PREFERRED PAYMENT PLAN

**PLEASE SIGN BY YOUR PAYMENT METHOD OF CHOICE BASED OFF PAGE 7 OF THIS PACKET.**  
**PLEASE ONLY SIGN YOUR PREFERRED PAYMENT OPTION.**

**#1: INSTALLMENT PAYMENT OPTION**

**#2: EQUAL MONTHLY PAYMENT OPTION**

OR

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Parent / Guardian Signature

DATE

---

Parent / Guardian Signature

DATE



**ONE** Family, **ONE** Heartbeat! WE ARE UXC!

## MEDIA RELEASE

I, \_\_\_\_\_(Parent), give my consent to and authorize the use of any and all photographs which have been taken under Utah Xtreme Cheer's program to be used towards advertising, promotions etc. I also agree that these photographs may be posted on our website, Facebook, Instagram, Twitter, any other social media as well as published advertisements throughout the season (May 20, 2023 - May 31, 2024).

UXC Athlete Name: \_\_\_\_\_

UXC Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



@UTAHXTREMECHEER