



Lakeland Xpress Athletics
3711 Century Blvd Ste #2, Lakeland, FL 33811 / (863) 937-5248
www.lakelandxpresscheer.weebly.com

CHEER STARS ALL-STAR

2024-2025

SEASON11

Welcome to our Cheer Family!

There is nothing comparable to the feeling of knowing that you are involved in an X-citing and dynamic organization which is known for not only its competitive success, but most importantly its VALUES. Welcome to Lakeland Xpress Athletics. We are honored that you are interested in joining our Cheer Family!

At Lakeland Xpress, we believe in character development. Our focus is not only the sport, we pride ourselves in promoting teamwork while working to develop incredible individuals who are driven, dedicated, and ambitious.

Since 2013, we have witnessed change in the cheer industry and have experience to evolve. However, no matter the size of our program, our gym remains consistent. Our focus has and will always be the personal and skill progression of each athlete.

Our incredible staff is known for reinforcing safety and technique. We are extremely proud of the program that we have developed over the last eight seasons and we are exhilarated to begin our 2024-2025 Season!

Xciting ★ **Xperienced** ★ **Xcellent**

PHILOSOPHY

When you tryout at Lakeland Xpress Athletics, you are accepting a spot in the PROGRAM not a specific team. Everyone will make a team. We choose our teams with precision. The program comes first, the teams come second, and the individual third. Our attention to detail and technique driven approach had helped us to put together the best teams we can so please, TRUST THE PROCESS!

Anyone interested in joining Lakeland Xpress Athletics should know that we expect: Commitment, loyalty, integrity and passion.

**The following are the standing and running tumbling requirements by level according to the United Scoring System.
The skills are in order based on what we look for to maximize our scoresheet.
EXECUTION of the skill is the primary factor when selecting teams.**

LEVEL 1

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Forward Roll Straddle Roll Pushup to Backbend Backward Roll (BWR) Handstand Backbend Kick Over Standing Backbend Front Limber/Back Limber Cartwheel (CW) 	<ul style="list-style-type: none"> Handstand Forward Roll Back Extension Roll Front Walkover (FWO) Back Walkover (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> Back Walkover Series Back Walkover Switch Leg Back Extension Roll - BWO/BWO Series Valdez

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel (CW) Cartwheel - Backward Roll 	<ul style="list-style-type: none"> Round Off (RO) Front Walkover (FWO)/ FWO Series Cartwheel - BWO 	<ul style="list-style-type: none"> Cartwheel - BWO Series FWO - Cartwheel/Round Off FWO - CW - BWO/BWO Series FWO - CW - BWO Switch Leg

LEVEL 2

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Back Handspring (BHS) Back Handspring Step Out 	<ul style="list-style-type: none"> Back Extension Roll - BHS Back Walkover - BHS Back Walkover - BHS Step Out 	<ul style="list-style-type: none"> BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS Valdez - BHS Step Out

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel - BHS/BHS Step Out Round Off (RO) - BHS 	<ul style="list-style-type: none"> Round Off (RO) - BHS Step Out CW - BHS Series RO - BHS Series Front Handspring (FHS) FWO - FHS 	<ul style="list-style-type: none"> Series Front Handsprings Bouncer/Flyspring FWO - RO - BHS/BHS Series CW - BHS Step Out - BWO - BHS/BHS Series RO - BHS Step Out - BWO - BHS/BHS Series

LEVEL 3

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> BHS - BHS/BHS step out Jump - BHS/BHS step out BHS/BHS Series - Jump 	<ul style="list-style-type: none"> BWO - BHS Series BHS - BHS - BHS or more Jump - BHS Series 	<ul style="list-style-type: none"> BHS/BHS Series - Jump - BHS/BHS Series Jump - BHS - Jump - BHS BHS Step out - BHS/BHS Series BHS Step out - BWO - BHS Series BWO - BHS - Jump - BHS/BHS Series

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Round Off - Tuck Aerial 	<ul style="list-style-type: none"> Punch Front Round Off - BHS - Tuck Round Off - BHS Series - Tuck 	<ul style="list-style-type: none"> FWO - Aerial RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck FWO - RO - to - Tuck Bouncer/Flyspring - RO - to - Tuck

Lakeland Xpress Athletics Program Costs

We understand that All-star Cheer is an expensive sport. We give all of our pricing upfront so you know what the financial commitment is before you sign your child up. We do offer different fundraising opportunities that can help to offset the cost, if you choose to participate in them. However, we expect all fees to be paid on time based on our payment schedule. Our prices include everything with the exception of travel and spectator costs. It is possible that teams will travel out of town a minimum of twice per season. Cheerleaders travel and stay in hotel rooms with their parents to these competitions. There is usually a block of rooms secured at a hotel under "Lakeland Xpress" and parents will call and book their own rooms within this block. We bill heavier in the first 9 months of the season as many vendor fees have to be paid out; and lighter in the last 3 months of the season once we have already registered. Each child is charged a monthly tuition fee for the 12 months of the season along with a comprehensive All-star Fee for the first 9 months. The All-star Fee includes most of the necessary items for the season: competition fees, choreography, music, and several other expenses. The fees listed below are estimates by level, but are very close to what your child's fees will be for the season. Once teams are announced, parents will receive information packets by team with the exact fees for the season. This will help parents' budget for the season with no hidden fees.

FAQ's

Q: Will there be fundraisers?

A: YES! We average about one fundraiser every other month. We have had a few families pay for their entire expenses just through fundraisers. If you want to cheer, we will do our best to try to make it happen. Fundraiser Funds are applied to Uniform fees, then All-stars fees, and finally to monthly tuition fees. All funds raised are non-refundable.

Q: How do you select teams?

A: We build teams to be the most competitive in each level. We will be looking at tumbling level, jumps, stunting ability, performance potential, attitude, maturity and age when selecting our competitive teams. And yes, EVERYONE makes a team! Athletes' will be placed where the coaches feel they will excel the most. We will not tolerate questioning of team placements. If you cannot trust our coaches LXA is not the place for you. Level of teams are Novice, Prep, and Elite teams.

Q: How many competitions will they compete in?

A: Depending on program, teams will compete in 4-7 regular season competitions. This number does not include bids that can be earned for the end of the season. (The US Finals, The One Finals, The D2 Summit, ETC)

Q: We have a summer vacation planned - what should I do?

A: We value the importance of family and encourage you to take time with each other during the summer months. We will excuse an athlete for a summer vacation. Athletes are permitted to miss 6 practices in the months of June and July. A written notice emailed to lxa.parents@gmail.com is required at least 2 weeks prior to their absence. Starting in the month of August, practices are MANDATORY!

Q: My child was a flyer/my child wants to be a flyer.

A: Flyer spots ARE NOT GUARANTEED. These positions are chosen based on a number of factors. Coaches will always choose what is best for the team. No one has a guaranteed flyer spot regardless of previous positions or returning to LXA.

EXPENSES

Competitive cheerleading can be costly. It is our goal to continue to make competitive cheerleading affordable. We plan on acquiring sponsors and holding fundraising events throughout the season to help defray the costs. Participation from the parents and students is necessary in order for us to be successful. THE COST ARE JUST ESTIMATES AS WE ARE STILL FINALIZING PRICING. THESE PRICES COULD CHANGE AND ITEMS MAY BE ADDED.

Cheer Stars All-Stars Programs

NOVICE - All Star Novice is designed to provide cheerleading teams for beginners, and for the athletes who are not yet ready to commit to the rigor of the competitive program. The Novice teams are a good starting place for athletes interested in trying out the sport, as well as for athletes and families who have a busier schedule or want to diversify their athletic interests. The season runs from June to May, during which time the athletes will perform in 4 local competitions, at times, alongside our competitive cheer teams. All athletes between the ages of 4 to 18 as of December 31st, 2024 can participate in the Novice Program.

PREP - All Star Prep is recommended to athletes who are ready to transition from novice or an athlete with previous prep or recreational cheer experience. Prep teams' practice 3 to 4 hours a week, travel in state, and competes only 1 day (either Saturday or Sunday.) Prep is ideal for those who are interested in competitive cheer with less time and financial commitment. Teams participate in 5-6 competition which may include one out of town event. All athletes between the ages of 6 to 18 as of December 31st, 2024 can participate in the Prep Program.

ELITE - All Star Elite is recommended to athletes with prior elite cheer experience or athletes who are ready to transition from All Star Prep to a high-performance level. Elite teams' practice 4 plus hours a week, travel in state with possible out of state competitions, compete both Saturdays and Sundays at most events and overall requires year-round and more financial commitment. Teams compete at Regional and National events. Athletes invest a significant amount of time on building their personal and team skills to achieve their goals to excel competitively. Teams participate in between 6 to 8 events. All athletes between the ages of 6 to 18 as of December 31st, 2024 can participate in the Elite Program.

IMPORTANT DATES

New Parent Information Meeting

Thursday, April 11th @ 7pm

Friday, May 17th @ 7pm

In person ONLY

Onsite Registration Dates (Tour Facility)

Monday, April 15th, 24th, 29th & May 6th – 6pm to 7:30pm

Wednesday, May 15th – 6pm to 7:30pm

Location

Lakeland Xpress Athletics

3711 Century Blvd Ste#2

Lakeland, FL 33811

Registration Fee:

- \$70 (age 4 & 5)
- \$90 (age 6 to 18)

Includes:

- Registration Fee
- LXA Season11 T-Shirt
- Jumps & Dance
 - Age 6 to 18 only
- Evaluation / Tryout



<p>Evaluation Clinics – Cost \$20ea</p> <p>May 3rd & 17th – Tumbling (Ages 6 to 18) 5:30pm to 7:00pm – Level 1 7:00pm to 8:30pm – Level 2 and up *Level 2 and up - Athlete is required to be physically able to throw a minum skill of a BHS on the tumbltrak, incline or floor without a spot</p> <p>May 20th – Jumps and Dance – Athletes will learn Evaluation dance & jump technique Ages 6 to 18 – 6pm to 8pm</p>	<p>Flyer Evaluations</p> <p>May 24th - 6pm to 7:30pm</p> <ul style="list-style-type: none"> • Ages 6 to 18 • Cost \$20 (additional cost) • Required to RSVP
<p>Evaluations / Tryouts</p> <p>May 21st – 6:00pm to 8:30pm – Age 7 to 9 May 22th – 6:00pm to 7:30pm – Age 4 to 6 **Note: Ages 3 & 4 will be released at 7pm May 23th – 6:00pm to 8:30pm – Age 10 to 18</p>	<p>Call Backs</p> <p>May 24th - Athlete Re-evaluation</p> <ul style="list-style-type: none"> • Parent will be contacted via email

****Evaluation League Age is DOB by December 31st, 2024 / Everyone Makes a Team!!!**

COMPETITION DATES

A competition schedule will be given out at the Team Parent Meeting.

Lakeland Xpress Projected Activities

Date	Activity
May 31 st	Team Level Reveal <ul style="list-style-type: none"> Practice schedules are typically M/W or T/TH, however, this will be provided with level placement announcements. Please notate on registration if there is a particular day that you are unable to practice.
June 3 rd (week of)	Weekly practices begin <ul style="list-style-type: none"> Athletes will need to report to their first practice. 1st Monthly payment is due at this time. Athletes will not be able to participate in practice unless fees are paid.
June 7 th & 21 st	Stunt Clinic – Mandatory for all athletes <ul style="list-style-type: none"> June 7th & 21st – Date / Times are subject to change <ul style="list-style-type: none"> 5:30pm to 7pm – level 1 7pm to 8:30pm – Level 2 Pro Shop <ul style="list-style-type: none"> Friday, June 7th & 21st <ul style="list-style-type: none"> 6pm to 8pm (Registered Athletes Only) Purchase Mandatory Practice Outfit and Shoe / Uniform Fittings
June 30 th	Team Reveal <ul style="list-style-type: none"> Email
July 8 th	Team Practices Begin <ul style="list-style-type: none"> New cheer schedules begin. This will be the schedule for the remainder of the season.
May 12 th (week of)	Last practice of the Season

Days off - In order to help us have a successful season, we ask that you plan your vacations around these dates:

- | | |
|---|---------------------------------------|
| • July 1 st – 5 th | Independence Day / Cheer Break |
| • July 19 th | CDIP Conference |
| • September 2 nd | Labor Day |
| • October 31 st | Halloween |
| • November 25 th – 29 th | Thanksgiving Break |
| • December 23 RD – January 2 ND | Winter Break |
| • March 17 th – 21 st | Spring Break |

TRAVEL EXPENSES

Travel Expenses for any (local or national) competitions are the responsibility of the individual family.

REFER A FRIEND PROGRAM

Lakeland Xpress will credit you \$50.00 for every athlete you refer to our program. (Athlete must join program and pay for three months before credit is issued.) ****All-stars only**

Sibling discounts are available!

2nd child: \$20 off tuition

3rd child: \$20 off tuition

4th child: Free tuition (responsible for cost of purchase items and competition fees)

LAKELAND XPRESS PROGRAM COSTS

Competitive cheerleading is an expensive sport and families should carefully consider the costs involved before committing. Lakeland Xpress Athletics has one of the best air-conditioned facilities in Lakeland, FL. Our programs encourage progressive skill learning as athletes can safely accomplish new skills by using our variety of tumbling surfaces and equipment. We are open and up front with our fees and have built in a monthly charge that covers most of the expenses throughout the year.

CHEER STARS Program Costs

Monthly tuition payments include Gym Fees and All-star fees.

- Gym fees cover your child's practice times
- All-star fees cover competition fees, routine music, choreography, camps, administration and coaches' fees, end of the season awards, competition makeup and bow.
- Registration Fee – Each participant is required to pay a registration fee paid online to register for program. Registration fee includes child's gym registration fee, insurance, LXA practice shirt, Evaluation Jump & Dance, and Tryouts
 - \$70 – Ages 4 & 5 year olds
 - \$90 – Early registration by May 1st, 2024
 - \$100 – Registration fee after May 1st, 2024

Tuition is paid on a monthly basis on the 1st of every month. (June – May) June Tuition needs to be paid in cash or check. Cheerleaders will not be allowed to participate in practice without paying their January Tuition.

PAYMENT ESTIMATES

Novice Team	June 2024 Payment (Due 1 st day of practice)		Gym Fees (July 2024 – May 2025)	All-Star Fees (Jul. 2024 – Mar. 2025)
	Gym	Allstar Fees		
Ages (4 to 7)	\$70	\$55	\$70	\$55
Ages (7 to 18)	\$80	\$55	\$80	\$55

Novice Teams Practice Times:

- Tiny Novice (ages 3 to 7) - (1 day) 1.25 hr practice per week
- Mini/Youth/Junior/Senior (ages 7 to 18) – (1 day) 1.75 hr practice per week

Prep Team	June 2024 Payment (Due 1 st day of practice)		Gym Fees (July 2024 – May 2025)	All-Star Fees (Jun. 2024 – Feb. 2025)
	Gym	Allstar Fees		
2 days – 1.5 hrs	\$95	\$80	\$95	\$80
2 days – 2hrs	\$110	\$80	\$110	\$80

Prep Teams Practice Times:

- Tiny/MIni (ages 6 to 9) - (2 day) 1.5 hr practice per week
- Mini / Youth/Junior/Senior (ages 8 to 18) – (2 day) 2 hr practice per week

Elite Team	June 2024 Payment (Due 1 st day of practice)		Gym Fees (July 2024 – May 2025)		All-Star Fees (Jun. 2024 – Mar. 2025)
	Gym	Commitment Fee	Gym	(1) Tumbling Class	
2 day – 1.5hrs	\$95	\$95	\$95	\$40	\$95
2 day – 2hrs	\$110	\$95	\$110	\$40	\$95

Elite Teams Practice Times:

- Tiny/MIni (ages 6 to 9) - (2 day) 1.5 hr practice per week / (1 day) 45 min Tumbling Class per week
- Mini/Youth/Junior/Senior (ages 9 to 18) – (2 day) 2 hr practice per week / (1 day) 45 min Tumbling Class per week

Additional Mandatory cost:

- Practice Wear Package \$250 - MANDATORY (Estimated Cost)
 - Fittings / Purchase – June 7th or June 21st (See important dates)
 - Includes: Tank, butterfly shorts, sport bra, spunks, cheer shoes
- Competition Uniform
 - Elite - \$400 / Prep - \$310 / Novice (ages 4 to 18) - \$175
 - 2 installments of equal payments (July 15th & Sept 15th)
- USASF Membership Fee - \$50

*****Fundraising Available*****

GYM FEES – DO NOT INCLUDE

Tumbling / Jump Classes

(Monthly classes will be given at a discounted rate for Lakeland Xpress Athletes)

Cost	Classes	Total Classes
\$40 – (a month)	1 – (class per week)	4 – (classes per month)
\$60 – (a month)	Unlimited	Unlimited

To receive discount, payment must be paid at the front desk. Once the 1st monthly payment is paid, amount will be added to monthly statement which will be required to be included in monthly payment by the 25th of each month.

➤ ADDITIONAL FEES

- **Flyer Class** – Athletes chosen for flyer positions will be required to attend Flyer Stretch & Stunt class in the months of Sept thru May (discounted rate)
 - \$40 Per month (1hr per week = 4 classes per month)
- **Items for Purchase**
 - Rebel Glitter backpack / Chasse Glitter Backpack
 - Warm up Jacket / Pant outfit
 - LXA Parent T-shirts

➤ PAYMENT OPTIONS AND INFORMATION

- Monthly payments – All monthly payments are due on or before the 1st of every month
 - Note: fundraising is available to offset athlete's account. Fundraising schedule will be handed out at official team parent meeting.

➤ FUNDRAISING OPPORTUNITIES

Fundraising opportunities will be provided for athletes to fundraise for All-star fees.

- Selling fundraisers include but not limited to the following:
 - Raffle Tickets
 - Candy Bars
 - Popcorn
 - Poinsettia's

➤ SPONSORSHIPS

- Lakeland Xpress All-Stars Booster Club is a non-for-profit organization including 501c3 status. Sponsor packets are available to distribute to businesses. A sponsorship is mutually beneficial for businesses as it promotes advertising for their company and remains in the top 10 best tax write-offs. Great way for athlete to collect funds for their account while company is recognized and publicly promoted on website and social media sites.
- Packet available upon request

Lakeland Xpress Athletics LLC

Handbook and Financial Agreement

I hereby understand that each time "Xpress" is mentioned throughout this contract it is meant to be all inclusive of Lakeland Xpress Athletics LLC., Lakeland Xpress All-Stars, Inc. and all officers, board of directors, and staff members.

GENERAL

- Only registered athletes are allowed in the practice area.
- Siblings, family members, friends, etc. are not allowed in the practice area at any time.
All siblings MUST be monitored at all times.
- All spectators must remain in the designated area and keep the noise level down at all times.
- Any person that disrupts a practice will be asked to leave the gym immediately.
- No food, drinks, or gum are permitted in the practice area.
- All trash must be disposed in the appropriate trash receptacles.
- Cell phones must be put on silent mode or left outside of the practice area.
- Xpress is not responsible for any personal items lost or stolen.
- All athletes and parents must register on the Xpress website and check emails daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided.
- All completed forms or information needed by Xpress must be downloaded and turned in to the Xpress office as requested.
- The Xpress name and logos are the property of the gym. Any privately created, monogrammed or embroidered items bearing the Xpress name / logo is strictly prohibited. We have a working pro shop and can usually get what you want with the Xpress name on it. All athletes and parents must adhere to this rule. Breaking this rule will result in the athlete being immediately removed from the team / program.
- All choreography including dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of Xpress and shall not be shown or discussed with others. NO VIDEOS of routines/choreography is permitted to be uploaded to any online site or social media such as YOUTUBE or FACEBOOK!

TEAMS

- **Xpress retains the right to:**
 - Place its athletes on the team(s) it feels will best suit the athletes and the program.
 - Decide the roles and/or positions an athlete will have/play on their team(s). For example: flyer, base, backspot, tumbler, alternate
 - Request that an athlete/team take additional classes or camps to improve their skills.
 - Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.
 - Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc.
- **Athletes that elect to participate on more than one Xpress team must:**
 - Be in good financial standing
 - Be willing and able to fulfill all the responsibilities required by each team
 - Be responsible for any additional entry fees they incur beyond their first team

Rules and Regulations Continued

ATTENDANCE

➤ **All Athletes Must:**

- Make Xpress a priority over all other extracurricular activities
- Attend and be prepared to participate in all Xpress activities and practices including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.
- Notify Xpress immediately if an injury occurs so changes can be made prior to practice.
- Arrive at least 15 minutes early to all Xpress activities.
- Schedule all vacations so as not to interfere with any Xpress activities.
- Notify Xpress in writing immediately of all expected tardiness or absences.
- An absentee form is required for all missed practices.
- All members of the team must be in attendance in order to have productive practices. You are allowed TWO (2) absences from August to December and TWO (2) absences from January through May. Any absences beyond TWO (2) are unacceptable and may be grounds for dismissal from the program. There are absolutely no excused absences from a competition. Family Birthdays are not considered an excused absence. Please schedule birthday celebrations around practice. (Family Emergencies are an exception).
- These absences can in no way fall in the two weeks before a competition. These practices are mandatory and non-negotiable. At coaches' discretion, an athlete

DRESS CODE

➤ **When training, competing, or representing Xpress, all athletes must:**

- Maintain a well-groomed appearance and good personal hygiene.
- Wear their designated attire, socks, and sneakers.
- Keep hair out of the face (if possible, in a high ponytail) and wear a bow at all times unless otherwise instructed.
- Keep nails shorter than fingertips.
- Remove all jewelry (except approved medical ID tags). New piercing is permitted between the months of June and September.
- Cover tattoos and may not wear inappropriately dyed or cut hairstyles.
- Wear closed-toe shoes (sandals, flip flops, and other open-toed shoes are not allowed at any time with any Xpress apparel).
- Immediately repurchase all lost or noticeably damaged articles and wear a matching substitute until the item is replaced.

COMPETITION DRESS CODE

➤ **Athlete's must:**

- Be dressed as specified below by each team's scheduled meeting time unless otherwise instructed by their coach.
- Remove all rollers and have hair and makeup completed as per coach's request by each team's scheduled meeting time.
- Wear a cover up at all times unless heading to/from or at a team warm-up, performance, or awards.
- Remove all jewelry (except approved medical ID tags) and colored nail polish.
- Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, and iPods.
- Put on and supply braces or tape needed to perform prior to going to the warm-up area.
- Be in full competition uniform and may not wear backpacks, warm-ups, or any other items during any award ceremonies.

SPORTSMANSHIP/CONDUCT

➤ **All athletes AND parents must always:**

- Set a positive example for others to follow.
- Be respectful and courteous to everyone.
- Schedule an appointment to speak with a coach or staff member to discuss any issues that may arise.
- Refrain from gossiping (including social media) or any form of verbal or physical confrontation.
- Refrain from celebrating the misfortune or defeat of another person, team, or program.
- Accept team placements with dignity and class.
- I will not be involved in any matter of disrespect toward any member of the Xpress Staff, Parents, or Athletes.
- Any parent/athlete threatening to quit their team may be dismissed from the program immediately.
- I understand that the parent viewing area should be a positive atmosphere and I may be prohibited from using it if I cannot maintain a positive attitude while there.

HEALTH/INJURIES

➤ All Athletes must:

- Provide Xpress with current health insurance and emergency contact information.
- Inform Xpress of all medical conditions that may limit or prevent their ability to participate in any Xpress activities.
- Provide a valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any Xpress activities.
- Provide Xpress with a list of any medications that they are currently taking.
- Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.
- Participate in any drug or health-related testing, counseling, or rehabilitation if asked to do so.
- In the event of an injury, injured athletes are required to attend practices and competitions to support their team. Your team coach will decide the appropriate time for an athlete to be put back in the routine. Athletes may not be able to return unless they are fully able to participate in all aspects of the routine. All athletes must be cleared with a doctor's note before participating in a practice!

FINANCIAL OBLIGATIONS

➤ All parents must understand that:

- 1) They assume full responsibility for all costs incurred as a member of Xpress including but not limited to: gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s), or services purchased or rendered and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.
- 2) The Xpress Auto Debit Authorization form is required to be completed at the time of registration and kept on file.
- 3) Monthly payments are to be made via cash or check by the 1st of every month. Credit card on file will be charged by the 2nd of the month for all accounts that payment has not been received.
- 4) Use of credit card to pay monthly tuition will incur a 3.9% convenience fee charge.
- 5) Monthly payment for tuition is due from Jun, 2024 through May, 2025 for the 2024-2025 competition season – totaling 12 payments.
- 6) Tuition does not fluctuate based on the number or duration of practices in any month.
- 7) Tuition pays for training. It does not pay for the right to perform.
- 8) All payment due dates must be met.
- 9) A \$25.00 late fee will be assessed in the event that a payment is past due after the 1st of each month.
- 10) Any payment attempts resulting in an NSF (non-sufficient funds), declined credit card, expired credit card, returned check, electronic debits, etc. will incur a \$25.00 service charge. It is your responsibility to update your information with us if your information changes (E.g., card number, exp. Date, etc.).
- 11) An athlete's account must be current and in good standing to participate in practices, competitions, private lessons or special events.
- 12) Xpress reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
- 13) Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.
- 14) All tuition/fees must be current before any athlete may collect any clothing/uniform or other retail items.
- 15) If an athlete chooses to leave or is asked to leave Xpress for any reason before the season is over, any and all funds and/or payments are completely non-refundable.
- 16) Xpress reserves the right to turn over all delinquent accounts to a collection agency and the parent/athlete will be responsible for all additional costs incurred.
- 17) Missed practices
 - a. Athletes that exceed the allowed number of missed practices according to the attendance policy will be charged a \$10 fee for each missed practiced unless excused by a doctor through valid written documentation.

TRAVEL / COMPETITIONS

➤ All Athletes and their families must:

- Read all emails or band posts concerning competitions dates, venues, and itineraries.
- Athletes are expected to remain at competitions the entire time, including their awards, and be ready to give 100%, along with cheering on other teams.
- All athletes are required to book hotels within the STAY TO PLAY room blocks. Failure to do so can result in our teams being disqualified. We take this very seriously and will require a confirmation number for each competition required STAY TO PLAY.
- Arrive to competition by the designated time and will check-in with the coaches/staff/gym owners accordingly. Athletes that arrive late or that are not at designated areas will be subject to an inconvenience fee of \$1 per minute for each minute the child is late up to a max charge of \$25.
- Not use competitions as family vacation, adhere to the designated schedules, and abide by all rules set forth by Xpress.
- At no time are you allowed to speak to any judge, official, event producer or any other competition official for any reason.

PARENT COMPLAINT PROCEDURES

➤ All Parents must:

- Wait 24 hours after incident
- Email complaint to owner at lxa.parents@gmail.com
- Owner will respond within 24 hrs. to schedule a meeting
 - If an emergency due to health, notify owner immediately

VIOLATIONS OF RULES AND REGULATIONS

➤ Disciplinary Actions

- 1st offense - Parent meeting
- 2nd offense - Written disciplinary action
- 3rd offense – Dismissal from Team

REGISTRATION CHECK LIST

All athletes must submit the following forms to the Lakeland Xpress Athletics office before permission to participate in any Lakeland Xpress Athletics activity is granted. Thank you for your cooperation!

To be submitted by the Team Mandatory Parent Meeting:

- Registration fee**
- Registration, Medical Release Form and Waiver**
- Signed Handbook and Financial Agreement**
- Auto Debit Authorization Form for Credit Cards Only**

2024-2025 Lakeland Xpress Athletics

ATHLETE DEMOGRAPHICS

PLEASE WRITE LEGIBLY SO WE CAN INPUT ALL INFORMATION INTO OUR SYSTEMS CORRECTLY. EMAIL WILL BE USED FOR TEAM PLACEMENT CONTACT SO PLEASE MAKE SURE IT IS CORRECT.

Athlete First Name _____

Athlete Last Name _____

Birth Date _____

Age as of 12/31/2024 _____

Street Address _____

City _____ State _____ Zip _____

School _____ Grade Level (during 23-24 school year) _____

Mom Name _____ Cell _____

Email _____

Dad Name _____ Cell _____

Email _____

Primary Email to receive all LXA information _____

Primary Cell phone to receive all group messages _____

Referred by: _____

Medical Conditions / Allergies _____

List other information here _____

Emergency Contact & Phone # (other than parent) _____

Insurance Information:

Insurance Carrier _____ Policy # _____

Carrier's Phone _____ Group # _____

PRIOR CHEERLEADING EXPERIENCE: Flyer Base (Main / Side) Backspot No Experience

TUMBLING: Level 1 Level 2 Level 3 None

Can't tumble? Do not worry. We will teach you!!!

Note: Lakeland Xpress Athletics staff will make position determination at our discretion.

What type of team are you interested in? (Check all that apply)

Elite Prep Novice (ages 7-18) Tiny Novice (ages 3 to 7)

Would you allow your child to double-team? Yes ___ No ___ NOTE: Cross over competition fees do apply.

Days your child is NOT available to practice:

Monday Tuesday Wednesday Thursday Fridays Saturdays

For Office Use Only: (Check Reg and / or Flyer)

Reg Pd: _____ Reg: ___ Flyer ___ Pmt Date recv'd: _____ Program: _____ 23-24 Team: _____

22-23 Team: _____ League Age: _____ Shirt Size: _____ Recv'd Date: _____

Lakeland Xpress Athletics and/or Lakeland Xpress All-Stars, Inc.
(herein after referred to as "LXA")
ACKNOWLEDGEMENT, AUTHORIZATION, AND RELEASE FORM

In consideration for (athlete name) _____'s participation in the activities provided by LXA, including but not limited to all aspects of cheerleading, tumbling, trampolines, and dance training and/or competition, I am fully aware that any activity involving motion, height, or athletic creates the possibility of serious injury and/or death. I hereby release LXA, including its officers, share/holders, agents, and employees, from and liability to the above-named athlete, of the person claiming through him/her, arising from injury to the person or property of the above-named athlete occurring on the premise of LXA, including any event sponsored or sanctioned by LXA, and/or travel to and from such activities. This release includes but is not limited to any claims of negligence, dangerous condition, latent defect, premises liability, code violation, negligent security, failure to warn, vicarious liability, negligent hiring, negligent supervision, negligent maintenance, or improper/ dangerous equipment; it is intended to be as broad as permissible under Florida law. I am fully aware of the nature of the activities provided and the possibility of injuries arising from such activities. I further agree to hold harmless, indemnify and defend LXA, including its officers, shareholders, agents, and employees from any loss, liability, damage, or cost incurred by them due to the above-named athlete, his/her heirs, assignees, and successor in interest, and anyone claiming by or through him/her. In addition to photography waiver, I give LXA permission to film, photograph, or videotape the above athlete for any reproductions, movies, televised events, or promotional printed associated or in any way connected with LXA. I have read and understood the registration form and agree to all terms as stated above. I also attest that all information given is factual. I certify that the athlete is in good health and may participate in any LXA activities. In case of an emergency requiring medical treatment, the undersigned hereby authorizes LXA to take the above-named athlete to a qualified medical or hospital facility for care and treatment.

Lakeland Xpress Waiver of Liability, Release

For and in consideration of the undersigned participant's registration with Lakeland Xpress Athletics LLC and/or Lakeland Xpress All-stars, Inc. (referred to herein as the "Organization") and being allowed to participate in events and member activities, participant and the parent(s) or legal guardian(s) of participant waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant or participant's parent(s) or legal guardian(s) arising out of participation in events, or sports, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant and/or participant's parent(s) or legal guardian(s) may have are hereby waived, released and relinquished, and participant and participant's parent(s)/guardian(s) do so on behalf of their heirs, executors, administrators and assigns.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume all risks relating to cheerleading and tumbling events or sports participation and activities incidental thereto including but not limited to cheerleading and tumbling, and understand that activities incidental thereto involve risks to participant's and participant's parent (s)/guardian (s) person including bodily injury, partial or total disability, paralysis and death, and damages which may arise there from and that we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant, participant's parent(s)/guardian(s) or the negligence of others, including the organization, its affiliates, members, event hosts, other participants, other parents and legal guardians, coaches, officials, sponsors, advertisers, owners and operators of the premises used to conduct any event and each of them, their officers, directors, agents and employees (collectively, "releasees"), and include risks arising from the conditions and use of facilities and related premises. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time.

Participant and participant's parent(s)/guardian(s) acknowledge, understand and assume the risks, if any, arising from the conditions and use of facilities and related premises, whether as a participant or a spectator, including without limitation, the risks involved with participating in the Organization's activities. Participant and participant's parent(s)/guardian(s) further acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said facilities, for negligent selection of certain releasees, or negligent supervision or instruction by releasees.

Participant and participant's parent(s)/guardian(s) acknowledge, understand The Organization reserves the right to photograph facilities, activities and program participants for potential future use. All photos remain the property of the Organization and may be used for publicity and promotional services.

Consent to Medical Treatment of Minor: I hereby give my consent to have the above applicant treated by a physician or surgeon in case of sudden illness or injury while participating in the above event. It is understood that the Organization provides no medical insurance for such treatment under its liability insurance coverage. Medical benefits for such treatments/injuries may be provided with proof of medical coverage purchased through the Organization. The location of the activity or the nature of the illness or injury may require the use of emergency medical personnel.

Participant and participant's parents(s)/guardian(s) acknowledge, understand a chaperone (age 21 or over) is required to attend with participants. This chaperone will be responsible for participants at all times. I/we acknowledge that the Organization are not responsible for supervising my/our child.

Participant and participant's parent(s)/guardian(s) agree if any claim for personal injury or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless from any and all claims or causes of action including without limitation to damages, liability, costs, expenses, attorney's fees incurred in connection therewith by whomever or wherever made or presented for his/her personal injuries, property damage or wrongful death.

Participant and participant's parent(s)/guardian(s) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers and risks and understand these waivers and releases are necessary to allow the activities of the Organization to exist in its present form.

All services and registrations are final. No cash refunds. Services rendered maybe transferred to other Lakeland Xpress programs. Payments referred to herein shall not be refundable under any circumstances, including but not limited to the termination of this Agreement for whatever reason.

Athlete Name (Print): _____
Athlete Signature: (18yrs and older) _____
Date: _____

Witness (Print) _____
Witness Signature: _____
Date: _____

Parent/Guardian Name (Print): _____
Parent/Guardian Signature: _____
Date: _____

LAKELAND XPRESS ATHLETICS LLC

APPAREL & SPIRIT ITEMS

All **Lakeland Xpress Athletics and/or Lakeland Xpress All-Stars, Inc.** logos or brands (team names) are protected as representation of Lakeland Xpress Athletics and/or Lakeland Xpress All-stars, Inc. All spirit wear items are to be purchased through the gym. You are NOT permitted to create your own apparel using our name or logo. If you need spirit apparel you can purchase the following from our pro shop: shirts, blankets, jerseys, sweatshirts, socks, bows, etc. **If you create anything with name or logo without getting approval from Kimberly Brock you will be fined \$100 per occurrence.** Parents/athletes cannot make or sell any promotional spirit items with name or logo on it to other Lakeland Xpress Athletics and/or Lakeland Xpress All-stars parents or athlete. Lakeland Xpress Athletics takes this policy very seriously. No money is to be profited off our brand or parents! NO exceptions or excuses. NO clothing, bows, bags, bracelets, keychains, etc.

Parent signature _____ Date _____

LAKELAND XPRESS ATHLETICS LLC

PHOTO RELEASE & ACCEPTANCE

I, as parent/guardian of _____, grant permission to the Lakeland Xpress Athletics LLC and/or Lakeland Xpress All-stars, Inc. ("LXA") Cheerleading to use photographs or video taken of my child at the LXA competitions, performances, or fundraisers for use in publications, LXA's website or other electronic forms or media to promote the LXA cheer program.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph. I hereby agree to release, defend, and hold harmless the Lakeland Xpress Athletics and/or Lakeland Xpress All-stars including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including, but not limited to any misuses, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that product, its publication or distribution.

I have read this release & by signing below, I acknowledge I fully understand the contents, meaning and impact. I understand that I am free to address questions regarding this release by submitting those questions in writing. My failure to do so will be interpreted as a free/knowledgeable acceptance of the terms of this release.

Parent Name

Parent Signature

Date

LAKELAND XPRESS ATHLETICS
and/or LAKELAND XPRESS ALL-STARS INC
FUNDRAISING AGREEMENT

Lakeland Xpress Athletics and/or Lakeland Xpress All-stars (LXA) will be offering various fundraisers throughout the season in order to raise funds for all-star fees. In order to participate in fundraising, each parent must complete the bottom portion of this agreement including parent signature.

Fundraising Terms and Conditions:

- Participation in non-LXA sponsored fundraisers under the Lakeland Xpress Athletics and/or Lakeland Xpress All-stars name is not permitted.
- Athletes and parents must adhere to the code of conduct during all sponsored fundraising events.
- Athletes must arrive in appropriate LXA attire for all fundraising events.
- An athlete must be present for the entire duration of the fundraiser, or assigned time slot, in order to receive credit towards their account. Cancelling day of event will result in athlete ineligibility for following fundraiser.
- All funds raised for a fundraising event will be divided between the number of participants and credited to each participant's account. At times, multiple sites may be combined into one total at the discretion of the organization.
- Up to 25% of each fundraiser will be credited to the Lakeland Xpress All-stars organization to cover the costs of supplies, setup, take down, travel costs, and facilitation fees.
- Parents may not set up any fundraising events using the Lakeland Xpress Athletics and/or Lakeland Xpress All-stars organization name or Federal Tax ID without written permission from Lakeland Xpress Athletics Owner, and/or Lakeland Xpress All-stars Director, Kimberly Brock. An Authorized Fundraising agreement form must be completed and submitted to Kimberly Brock prior to the event. This is a zero-tolerance policy. Athlete will be dismissed from organization immediately and no refunds for any amounts already paid will be issued.
- If athlete quits or is removed from team, funds raised will be allocated back to Lakeland Xpress All-stars expenses and are not payable to a private party.

By signing this agreement, you agree to the terms and conditions that Lakeland Xpress has set forth above.

Athlete's Name _____	Witness (Print Name) _____
Parent/guardian name _____	Witness (Signature) _____
Parent/guardian signature _____	Date _____
Date _____	

LAKELAND XPRESS ATHLETICS LLC
Handbook and Financial Agreement
Acknowledgment

I, the undersigned parent of the athlete named below, have read in their entirety and understand the Lakeland Xpress Athletics LLC and/or Lakeland Xpress All-Stars, Inc. Rules and Regulations (the "Rules") of Lakeland Xpress Athletics LLC ("LXA"), including without limitation those related to LXA's program(s) and any update(s) to the Rules available on the LXA website which may be updated at any time in the sole and absolute discretion of LXA. I understand the responsibility my child is undertaking by becoming a Lakeland Xpress member. I agree to fully support my child and will encourage them to fulfill their commitment to Lakeland Xpress. I also understand that by signing this contract and acknowledging my acceptance of the Rules and any amendments thereto, I agree to not use my child's participation in this program as a form of punishment as I acknowledge that this individual form of punishment also punishes the LXA team and the entire Lakeland Xpress program. Furthermore, I understand that being a Lakeland Xpress member is a commitment on the part of me as the parent of the athlete. I acknowledge that when representing Lakeland Xpress, I must always conduct myself with the highest level of class and responsibility. I understand that any athlete or parent that does not abide by the Rules or acts in the manner that jeopardizes the name and reputation of the Lakeland Xpress program, will be subject to removal from the program with no refund(s) of any nature whatsoever for any and all amounts paid to LXA even if pre-paid in advance to the foregoing, I agree to give LXA a limited power of attorney and full permission to seek medical attention when necessary on behalf of my child and/or take any other actions deemed necessary in the sole and absolute discretion of the LXA director to ensure the safety and well-being of my athlete and those other athletes around them including but not limited to drug testing of my athlete to ensure the safety and well-being of my child and those around them.

Please initial below:

_____ I understand that by signing this contract I assume full responsibility for any and all costs incurred as a member of Lakeland Xpress including but not limited to: gym registration, monthly tuition, practice outfits, uniforms, competition and travel expenses, or any other item(s), reservations, or services purchased or rendered to you and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, the Replacement/Re-choreography Fee or disbandment of the team.

_____ I understand that all payments must be paid on or before the 1st of each month to avoid a late fee.

_____ I understand that all payments will be made by credit card on file if payment is not received by the 1st of the month via check or cash.

_____ I understand that if my tuition/apparel payments are not made on time, my athlete will not be allowed to participate in any gym sponsored event such as practice, private lessons, clinics, competitions, etc.

_____ I understand that if I quit mid-season all fees paid are NON-REFUNDABLE and items that have not been distributed REMAIN the property of Lakeland Xpress Athletics LLC regardless of payments made.

Athlete Name (Print)

Athlete Signature (Age 18 or older)

Date

Parent Name (Print)

Parent Signature

Date

Witness Name (Print)

Witness Signature

Date

LAKELAND XPRESS ATHLETICS/LAKLEAND XPRESS ALL-STARS

Auto Debit Authorization Form for Credit Cards Only

Please complete all fields. You may cancel this authorization at any time by contacting us.

This authorization will remain in effect until cancelled or account paid in full.

Athlete First and Last Name (Print):

Credit Card Type: (Circle One) MC Visa Amex Disc Other: _____

Credit Card Number: _____

Expiration Date: _____ Security Code: _____ Cardholder Zip Code: _____

Cardholder Name (as it appears on card):

Cardholder Address as it appears on the account:

Cardholder Phone Number:

Alternate Number:

Cardholder Email:

I have read and understand the financial policies of Lakeland Xpress Athletics LLC and / or Lakeland Xpress All-Stars, Inc. I am authorized to sign on the account listed above and I certify that all the information above is complete and accurate. I hereby authorize Lakeland Xpress Athletics LLC to collect payment for fees due by processing a debit to the account listed above on the tenth of each month. I understand that if the debit should be declined, a \$25.00 returned item fee would be assessed. I understand that it is my responsibility to give new card information to Lakeland Xpress Athletics LLC and / or Lakeland Xpress All-Stars, Inc. before the 1st of the month in the event my card is no longer valid. I also understand that I will be charged a fee of 3.9% to use my credit card for tuition purposes.

Cardholder First and Last Name (Print)

Cardholder Signature:

Date:
