

Prodigy Xtreme 365
Cheer and Tumble
SEASON 5



Duncanville Fieldhouse
1700 S. Main St. Duncanville, TX 75137
info@pxtreme365.com

PUSHING EXCELLENCE 365

Thank you for choosing Prodigy Xtreme (PX365) as your home. We are committed to having a fun, exciting, and rewarding cheer experience. We are a **DII USASF certified** cheer gym currently located in Duncanville, Texas. The mission of PX365 is to serve children and parents with an uncompromising standard of excellence whereby each of our families experience ongoing growth in their homes and communities. With the assistance of our amazing coaching staff, supportive parents, and faith in God we are stepping into our **fifth season** with a goal in mind, our children!

We take pride in our young athletes being positive role models on and off the mat and can't wait for you and your family to join the PX365 Family!

What is All Star Cheer?

All Star Cheer is a high energy, team-based, performance sport that is athletic, artistic, and acrobatic. It involves athletes competing with a routine composed of tumbling, stunting, pyramids, dance, and cheer segments.

While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

All Star Cheer **differs from traditional school** cheer teams in that its primary purpose is competition, while school cheer involves crowd leading and other school roles, as well as the option for competition.

Teams are formed based on tiers for every ability level, from Novice to Elite. All Star rules are leveled based on progressions of skills commonly performed in cheer and are developmentally appropriate for the age of the competitor. Teams range from Level 1 to Level 6.

The United States All Star Federation (USASF) is the main governing presence in our industry, and Prodigy Xtreme 365 forms our teams based upon the age and ability levels specified by them.

The talent level and expectations of these athletes increase with each year. Our focus when forming teams for the season will be to place highly competitive teams on the mat where the hard work of the athletes is rewarded throughout the season.

MEET THE TEAM

Jelisa” Jamma” Jackson

Gym Owner

Carol Bates

General Manager

Dorlisa Randolph

Director of Finance

Tiphonie Sanders-Wright

Director of Operations

Erica Davidson

Director of Activities & Fundraisers

Anna Clark

Director of Social Media & Communications

Please contact us at:

Info@pxtreme365.com for general questions.

acctg@pxtreme365.com for finance related questions.

PX365 CHEER AND TUMBLING OFFERS

All Star Cheer is divided into categories by age and experience so that athletes may participate in a way that fits them perfectly. These divisions allow us to place athletes on teams where they can grow, be inspired, and challenged throughout the season ahead.

- All Star Elite Team (5 competitions & 1 national competition)
 - Advance Level Teams (Tumbling and Non-Tumbling)
 - Ages 9-16
 - Level Required Skills
 - Year long program and mandatory attendance commitment
 - Travel Required
- All Star Prep Teams (5 competitions & 1 national competition)
 - Beginners/Intermediate
 - Ages 4-6
 - Level Required Skills
 - Year long program and mandatory attendance commitment
 - Travel Required
- All Star Novice Teams (4 competitions)
 - Beginner Level Team (Level 1 and 2)
 - Ages 4-16
 - Minimal Skills Required (must have cartwheel, forward roll, bridge kick-over-no exceptions)
 - Year long program and mandatory attendance commitment
 - No out of state travel
- All Star Show Team (4competitions)
 - Beginners
 - Ages 4-6
 - Forward roll & cartwheel required
 - Year long program and mandatory attendance commitment
 - No out of state travel

Prodigy Xtreme 365 Cheer and Tumble offers group and private tumbling sessions. This is an additional cost aside from tuition and fees. You may inquire about sessions via email at info@prodigyxtreme365.com.

REQUIRED SKILLS BY LEVEL

LEVEL 1 & NOVICE	
STANDING TUMBLING LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING LEVEL APPROPRIATE SKILLS
Forward Roll • Pushup to Backbend • Backward Roll • Handstand • Backbend Kick Over • Front/Back Limber • Cartwheel • Handstand Forward Roll • Back Extension Roll • Front Walkover • Back Walkover • Valdez	Cartwheel (CW) • Cartwheel - Backward Roll • Round Off (RO) • Front Walkover (FWO) • Cartwheel -BWO
STANDING TUMBLING ELITE LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING ELITE LEVEL APPROPRIATE SKILLS
2 or More Connected Level Appropriate Skills	3 or More Connected Level Appropriate Skills
LEVEL 2	
STANDING TUMBLING LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING LEVEL APPROPRIATE SKILLS
Back Handspring (BHS) • Back Handspring Step Out • Back Extension Roll - BHS • Back Walkover - BHS • Back Walkover - BHS Step Out • Valdez - BHS Step Out	Cartwheel - BHS/BHS Step Out • Round Off (RO) - BHS • Round Off (RO) - BHS Step Out • CW - BHS Series • RO - BHS Series • Front Handspring (FHS) • FWO - FHS
STANDING TUMBLING ELITE LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING ELITE LEVEL APPROPRIATE SKILLS
2 or More Connected Skills: At least 1 Level Appropriate	3 or More Connected Skills: At least 1 Level Appropriate
LEVEL 3	
STANDING TUMBLING LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING LEVEL APPROPRIATE SKILLS
BHS/BHS Step Out • Jump -BHS/BHS Step Out • BHS/BHS Series -Jump • BWO-BHS Series • BHS(3) • Jump-BHS (2)	Round Off - Tuck • Aerial • Punch Front • Round Off - BHS - Tuck • Round Off - BHS Series - Tuck
STANDING TUMBLING ELITE LEVEL APPROPRIATE SKILLS	RUNNING TUMBLING ELITE LEVEL APPROPRIATE SKILLS
3 or More Connected Skills: At least 2 Level Appropriate	2 or More Connected Skills: At least 1 Level Appropriate

IMPORTANT PROGRAM DETAILS

PX365 is a year-round program. Our program practice and skills sessions begin in June of 2024 and conclude in May 2025.

PROGRAM COMMITMENT

Athletes are required to attend all competitions as a team. We realize many athletes are involved in a variety of activities; however, **we cannot make exceptions for schedule conflicts.** We expect 100% commitment and attendance from all athletes.

TEAM PRACTICES

Team practice plays a critical role in our success. Therefore, practices are mandatory unless they are approved absences or fall within our non-mandatory period. Failure to comply often results in removal from the team and or placement on team with fewer requirements/commitments. Practice dates and times will be finalized and sent by July 5th.

EVALUATION/CLINIC DATES

Registration begins May 10th and ends May 24th (athlete must be registered before evals- no exceptions)

June 1st- returning athlete evaluations (you will be given a specific time)

June 8th- new athlete evaluations (you will be given a specific time)

June 10th, June 11th, June 12th- Evaluation Clinic 6:30pm-8:30pm (you will be provided with date/time for your athlete)

June 13th- flyer try-outs 6:30pm-8:30pm

June 14th- evaluation/Clinic make-up 6:30pm-8:30pm

June 17th- team announcements

June 30th- 1st installment is due (see fee schedule)

TEAM REQUIREMENTS

Individuals must meet the level skill requirements and level placement is on-going throughout the season. Athletes may be moved to another team or alternate status if required skills are not consistent. **PX365 reserves the right to change a team's level at any time throughout the year.**

ABSENCE POLICY

Athletes are allowed to take vacations from June 1 - September 4, as long as absences do not conflict with **MANDATORY TEAM CHOREOGRAPHY, CAMPS, CLINICS, and OTHER REQUIRED DATES.**

These absences may also be in conjunction with any of the summer holidays/breaks. Plan ahead, as excessive absences will impact an athlete's placement on the teams. We will not hold spots or make a spot for athletes who are not present during summer training.

Beginning September 5, the only excused absence is a school function that results in a grade. All other absences are unexcused. This includes special events, traveling, school social events, and any other non-related required school activities. Please do not falsify school events as we can check, and this may result in immediate removal.

UNEXCUSED ABSENCES

Unexcused absences may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the Coach or Gym Owner.

Absences are NOT allowed the weekend and week prior to any Competition or Performance.

ABSENCE REQUEST PROTOCOL

1. All absence requests must be submitted a minimum of 7 days in advance.
2. Parents MUST SUBMIT your absence via form on the website. (look under forms)
3. In the Event of an Emergency Absence ... Absences must be emailed to (info@pxtreme365.com) with the subject line "**Emergency Absence Request**".
4. DO NOT VERBALLY INFORM a COACH or SEND a TEXT.
5. This also includes all school activities for a grade.
6. When absent it is the responsibility of the athlete to learn any changes prior to the next practice, and/or reach out to a coach to access material covered when necessary.

SICK ABSENCES

Athletes that are tired, have sinuses, or day-to-day headaches, cramps, and non-threatening/contagious illness are not considered excusable sick absences.

Sick absences would include:

- Fever
- Strep Throat
- Vomiting
- Covid
- Contagious Illnesses

Athletes must sit out until fever free and non-contagious. During this time, athletes are responsible for material covered while out, and may need to take private lessons if necessary or for an extended period.

INJURIES

Athletes are expected to attend practice if an injury allows them to do so. (observation only). The rationale is the athlete is able to keep up with any changes and mentally keep up with the team. This will also make it difficult to pick up once recovered.

If an athlete is injured outside the gym: **Please notify the coach as soon as possible.**

At times it is necessary to re-choreograph routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may be choreographed back into the routine, if possible.

HOLIDAYS / BREAKS

The following dates are available for holidays and vacations throughout the **2024-2025 season** and are **subject to change depending on season details; and any oversights.**

- July 4th
- Mandatory Coaches Meeting & Training (TBA)
- August 31-September 2 (Labor Day Weekend)
- November 27th-30th (Thanksgiving)
- December 23rd-27th & December 31st-January 1st (Christmas and New Year's)

Planned mandatory dates consists of travel events or mandatory sessions. Dates will be finalized based on team placement.

- To Be Shared (Early August)

CHOREOGRAPHY / STUNT CAMPS

Team choreography and stunt camps will be confirmed once the teams have been solidified. All choreography sessions, camps, and clinics are **Mandatory**. Dates will be provided as soon as they are available! ALL athlete's tuition and fees must be current to participate. Additionally, any athlete that misses **MUST** make arrangements to learn the choreography outside of regular practice time.

TEAM PRACTICE & SKILLS SESSIONS

Due to space, all practices are closed to parents unless otherwise instructed by the coaches and/or gym owner. Athletes should not arrive any more than 15 minutes early unless directed to do so by a coach. Athletes must be picked up no later than 10 minutes after practice. Parents are required to come on the inside of the building to pick up your child unless otherwise communicated. **Absolutely NO unsupervised tumbling! An instructor must always be present.**

PRACTICE EXPECTATIONS

PRACTICE CLOTHING must be worn, or athletes should wear ALL BLACK (if practice clothes have not been received). Athletes must wear cheer shoes, or flexible/soft sole tennis until purchased. ALL TEAMS will follow a strict practice wear schedule.

NO JEWELRY can be worn at practices. This includes earrings, belly button rings, and necklaces. This is for the safety of the one wearing the jewelry and for those either flying or basing who might be injured as a result. If athletes wear jewelry that must be removed, we will not be responsible for those items.

CELL PHONES will not be allowed to be on during practice times.

There is to be **NO GUM** whatsoever at practice for protection of floors.

TATTOOS must be covered and can NEVER be exposed.

NO long fingernails or false nails. No polish **during COMPETITION SEASON.**

COMMUNICATION

Most communication is set forth via messages shared in **REMIND**. YOU MUST CHECK the GROUP APP OFTEN! This season each team will have a selected team mom and a secondary coach responsible for relaying information to the parents.

You should only seek team information from these assigned people. Questions or team related problems should be first directed to the **Director of Operations at info.prodigyxtreme365.com**.

CODE OF CONDUCT

All Athletes and Parents must be a positive representative of the organization.

- Abusive behavior, dishonesty, fighting, bullying, constant disruptions or any other form of negative behavior are grounds for immediate removal.
- We will not tolerate slander of other teams and programs, and we will always exhibit great sportsmanship.
- **Avoid social media** ... If athletes are caught doing anything inappropriate, this is grounds for removal.
- We will not tolerate disrespect or cliques, which attempt to exclude or alienate certain members. Any form of disrespect for instructors or teammates is unacceptable.

SOCIAL MEDIA

No athlete or parent may post inappropriate messages on a social media platform (Facebook – including team Facebook pages, Twitter, Fierce Boards, group chats, etc.) about athletes in the program, other programs and their athletes, parents, or coaches/staff.

No bullying will be tolerated, either in person or on social media or group chats.

Any athlete or parent who bullies another person in person or on social media or in Group chats will result in their athlete being dismissed from the program.

MATERIAL AGREEMENT

As a member of Prodigy Xtreme 365 Cheer and Tumble (PX365), any material (pyramids, partner stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose to anyone outside the PX365 program. All material is owned by PX365 and may not be reproduced or taught in any manner without prior written consent from Prodigy Xtreme 365. This includes posting on YouTube, Facebook, or other internet websites. Anyone violating this agreement may be expelled immediately from PX365.

UNIFORM AGREEMENT

All parts of the Prodigy Xtreme 365 (PX365) uniforms may only be worn during specific and official PX365 activities. This uniform may not be worn for any other activity without prior written consent from PX365. No part of the uniform may be loaned to any person that is not a current member of the program. **(The exception to this is jackets)**

PROPERTY RIGHTS AGREEMENT

- NO PERSON can create or use our logos unless full approval has been granted by the Director of Finance.
- NO PERSON create/advertise any items to sell or purchased without permission. Those who violate this will be fined and removed from the program without a refund.

After registration parents will be sent the following documents to sign electronically in the IClass App:

- Code of Conduct
- Social Media Policy
- Financial Agreement
- Attendance Policy
- Membership Agreement

FINANCIAL POLICIES & OBLIGATIONS

Registration/Evaluation Fee:
\$100 new athlete; \$85 returning athlete

Teams will be selected no later than **June 17, 2024**.

Season 2024-2025

- **Tuition is due on the 15th of every month.** Payments will be auto drafted by PX365 via the IClass Parent Portal. Balances and payments can also be viewed via the portal.
- A \$35 late fee will be added to your balance if payment has not been received by the 20th of each month.
- All balances, including late fees, must be paid by the end of the month or the athlete cannot participant until the balance is current, this includes competition.
- Please see the Membership Agreement for further details.
- **Choreography, apparel, and any misc. items** can be paid through the portal on the designated due dates (which are listed below).
- They will **NOT** be auto drafted.
- Please go into the portal and make payments accordingly. You are welcome to pay them in advance of the dates given.
- There will be travel competitions for **Prep & Elite level teams**. Competition schedule will be provided no later than August 1st so that families can plan accordingly.
- Competition schedule is subject to change (we appreciate your flexibility)

**Please contact Ms. Dorlisa for finance related questions at
acctg@pxtreme365.com**

COST BREAKDOWN BY TEAM

Novice & Show Team (4 competitions)	Prep Teams (5 competitions & 1 national competition)
<p>Monthly Tuition (July-March) \$140</p> <ul style="list-style-type: none"> Includes 2 practices per week and all competition fees <p><u>Required Additional Fees</u></p> <ul style="list-style-type: none"> Practice Wear \$140 Competition Uniform \$230 Competition Accessories \$160 (make-up, bow, shoes) Team Warm up/cover up: \$100 Choreography Fee w/Comp Music \$250 <p style="text-align: center; margin-top: 20px;">Total Cost: \$2140</p>	<p>Monthly Tuition (July-April) \$200</p> <ul style="list-style-type: none"> Includes 2 practices per week and all competition fees (exception of USAF registration and misc. cost) <p><u>Required Additional Fees</u></p> <ul style="list-style-type: none"> Practice Wear \$140 Competition Uniform \$375 Competition Accessories \$160(make-up, bow, shoes) Team Warm up/cover up: \$100 Choreography Fee w/Comp Music \$350 National Competition Fee: \$300 <p style="text-align: center; margin-top: 20px;">Total Cost: \$3425</p>

Elite Team (5 competitions & 1 national competition)
<p>Monthly Tuition (July-April) \$215</p> <ul style="list-style-type: none"> Includes 2 practices per week and all competition fees (exception of USAF registration and misc. cost) <p><u>Required Additional Fees</u></p> <ul style="list-style-type: none"> Practice Wear \$140 Competition Uniform \$450 Competition Accessories \$160(make-up, bow, shoes) Team Warm up/cover up: \$100 Choreography Fee w/Comp Music \$350 National Competition Fee: \$300 <p style="text-align: center; margin-top: 20px;">Total Cost: \$3650</p>

ATTENTION: PREP & ELITE TEAMS PARENTS:

In addition to the 5 competitions, these teams will also participate in 1 National Competition-NCA Dallas.

Note: If a paid bid (not partial or at-large) to **All Star Worlds** or **The Crown** is received, the teams awarded will participate. You are responsible for the travel costs associated with these trips.

Payment Schedule

*****Monthly Tuition begins July 15th*****

June 2024

Practice Wear - \$140

Choreography & Music - Partial Payment

(show team - \$100; all others - \$200)

Due Date: June 30th

July 2024

Monthly Tuition- according to team selection

Due Date July 15th

Competition Uniform - according to team selection

Due Date: July 30th

August 2024

Monthly Tuition- according to team selection

Due Date August 15th

Choreography & Music - Partial Payment

(show team - \$100; all others - \$150)

Due Date: August 30th

September 2024

Monthly Tuition- according to team selection

Due Date September 15th

Team Warmup/Cover up - \$100

Competition Accessories

Due Date: September 30th

October 2024

Monthly Tuition- according to team selection

Due Date October 15th

National Competition Fee - \$300 (if required)

Due Date: October 30th

USASF Registration Fee: \$45

**Required to compete in NCA competition and is paid directly to USASF. ** (will provide website)

Due Date: October 30th

November 2024

Monthly Tuition- according to team selection
Due Date November 15th

December 2024

Monthly Tuition- according to team selection
Due Date December 15th

January 2025

Monthly Tuition- according to team selection
Due Date January 15th

February 2025

Monthly Tuition- according to team selection
Due Date February 15th

March 2025

Monthly Tuition- according to team selection (last payment for novice & show teams)
Due Date March 15th

April 2025

Monthly Tuition- according to team selection
Due Date April 15th

***End of the Year Activity will be an additional fee – TBD.**

