



Welcome to the Fire Family!

We are so excited to have you as a part of our fun and loving Fire Family! We are an all star cheerleading program, which means that our teams do not do sideline cheering. Instead, a routine is made to only music and is comprised of, tumbling, stunting, jumping, and dancing.

Everyone makes a team! Fall Half Season is an entry-level program, which means there are no team placements. Ages 3-7 are recommended; however, we accept up to age 9.

Season: The season begins on July 11th and ends on November 15th.

Practices: Practices are 1 hour per week on Saturday mornings.

Competitions: There are 2 local competitions and 1 in-house showcase.

- 1 In-House Showcase
 - **Saturday, 11/7**
 - *Fire Showcase – Fire House Gym: Johnsburg, IL*
- 2 Competitions:
 - **Sunday, 11/8** (one-day competition)
 - *Xtreme Spirit Championship – Grayslake, IL*
 - **Sunday, 11/15** (one-day competition)
 - *Xtreme Spirit Premier Championship – Elgin, IL*

Teams: 1-2 teams will be formed, based upon registration numbers. You will receive your team information in the BAND application on or before July 9th.

Uniform/Bow/Apparel:

- Each athlete will receive a program t shirt, a competition uniform, and a competition bow.
 - We are getting brand new uniforms and bows this season!
- All white, low top cheerleading shoes of your choice can be purchased on your own through Amazon, Payless, Rogans, etc.

Communication: All families must download the complimentary communication app, "BAND". This app is the ONLY method of communication throughout the season. Communication here has already begun! The calendar feature will be updated regularly and can be referenced at any time.

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Attendance

- All practices, showcases and competitions are mandatory. This is especially important due to the short timeline Half Season has to prepare.
- Absences must be communicated to the coaches via BAND messaging, and an absence form must be completed. Failure to complete an absence form will result in an unexcused absence.
- Excused absences:
 - School functions resulting in a grade
 - Family emergencies
 - Fever or vomiting
- Unexcused absences:
 - Birthdays or family gatherings
 - Withholding practice as a disciplinary consequence
 - Other extracurricular activities/ sports
 - No ride to practice
 - Other illnesses or Injuries
 - Fever, vomiting, or contagious skin illnesses are considered excused absences. For colds, runny noses, mild coughs, or other general feelings of unwellness, athletes are still expected to attend practice and may watch or participate depending on the severity of symptoms and the coach's discretion.
 - If an athlete is injured, it is still important to attend practice in case any changes are made and to support their team. All athletes are very important!
- ANY absence (excused or unexcused) 7 days prior to a competition may result in the athlete not competing (without a refund).

Practice Expectations

- Enter through the Cheer Lobby entrance (on the side of the building, between the 2nd and 3rd garage doors) for team practices.
- Enter through the main lobby for tumbling classes.
- Athletes should arrive to practice on time with their hair pulled back in a ponytail, with white cheer shoes on and a labeled water bottle. WATER ONLY in water bottles, please. Crop tops or sports bras are not allowed.

Parent Expectations:

- Parents are not allowed inside the gym at any time, no exceptions. Parents are welcome to either drop off/pick up athletes or observe from the cheer/gymnastics lobbies during practice.
- Support your athlete and the coaches. Trust the process and respect the coaches' decisions.



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- Communicate any special requests/accommodation with the coaches in BAND.
- Parents are what make this all happen! We love our Fire parents and everything they do for their athletes.
- Please display positive behavior while observing in the cheer lobby.
- Wear family-friendly attire at events and competitions where we are representing our gym.

Competition Expectations

- Athletes arrive at a scheduled meet time with hair and makeup complete and full uniform on.
- There will be a \$50 fee if an athlete is 20 minutes (or more) late to their report time at competition.

Sportsmanship: Athletes and parents represent Fire House Gym both inside and outside of the gym. We expect everyone to continue displaying the positivity, respect, and role-model behavior that makes our program special. Athletes will be taught proper sportsmanship and are expected to demonstrate it at all times, both in and out of the gym. We support and encourage all teams and athletes while proudly representing Fire House Gym.

Pricing & Team Member Incentives

- **Sibling Discounts:** Team members receive a 25% discount on sibling team tuition. The athlete with the highest tuition will pay full price, the second sibling will receive 25% off the lesser tuition amount, and the third sibling and any additional siblings will receive 50% off the lesser tuition amount(s).
- **Rec Class Discounts:** Team members can enroll in a tumbling, gymnastics, or ninja class with a 40% discount!
- **FREE unlimited open gym:** Team members receive FREE open gym while they are on a team!
- **Tuition & Fees:**

| Payment Schedule | | |
|------------------|---------------------------------|--------|
| Due Date | Fee | Amount |
| 7/13 | July Equal Monthly Payment | \$189 |
| 8/3 | August Equal Monthly Payment | \$189 |
| 9/7 | September Equal Monthly Payment | \$189 |
| 10/5 | October Equal Monthly Payment | \$189 |
| 11/2 | November Equal Monthly Payment | \$189 |
| N/A | UNLIMITED open gym | FREE |
| | Cheer Program T Shirt | FREE |
| | In-House Showcase Fee | FREE |

The Equal Monthly payments listed include:
 \$50 Semi-Annual Team Fee
 \$35 Competition Bow
 \$235 Uniform
 \$50 Music Fee
 \$200 Competition Fees
 \$375 Team Tuition
These are divided into 5 Equal Monthly payments for easier budgeting.

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I'm ready to join! Next steps:

1. **IMPORTANT!** Join the BAND app. This will be our only method of communication throughout the season. Join the BAND app by copy/pasting the link or scan the QR code below:
 - o <https://band.us/n/a0a9b12ai3Oc8>



2. REGISTRATION IS REQUIRED! It is free to register. Register today:
 1. Visit www.myfirehousegym.com
 2. Click on Client Portal
 3. Click on "Booking"
 4. Click on "Find a Class."
 5. Find "Fall Half Season Cheer Registration"