



2023

ULTIMATE CHEER LUBBOCK | CHEERABILITIES

Perfection Cheer Team Information





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YOU BELONG HERE!

Thank you for your interest in Ultimate Cheer Lubbock! Ultimate Cheer Lubbock has a welcoming, warm, family atmosphere that is unlike any other cheerleading or tumbling gym in the area. Our program is determined to not only make better cheerleaders, but to make better people.

Ultimate Cheer Lubbock's core values are **Accountability, Commitment, Communication, Trust, and Support**. Our coaches, staff, athletes, and families are expected to adhere to these values.

WHAT IS CHEERABILITIES?

Playing sports at any level can be a key part of a young person's development and have a lasting impact on their life. Among its many benefits, being involved in athletics develops friendships, independence, confidence, mental focus, and, of course, physical fitness. Sports can teach valuable lessons about grit, discipline, teamwork and, most importantly, the respect that comes with inclusion. These benefits are universal for all individuals, including those with disabilities. That's the goal of USASF's Exceptional Athlete Division — to empower individuals with disabilities with an "I can do" attitude.

The USASF has carefully designed the CheerABILITIES Program for the Exceptional Athlete that:

- is safe, fun and good exercise
- improves flexibility and strength
- enhances independence and self-confidence
- provides a place for positive social interaction
- provides peer support and shared experiences among families

Athletes do not have to have any experience to join a CheerAbilities Team at Ultimate Cheer Lubbock. This team will perform in front of an audience and is not ranked or judged. This team is for athletes with disabilities ages 5 and up.



IMPORTANT DATES

DEADLINE TO SIGN UP IS AUGUST 7TH.

**TEAM PRACTICES WILL BE ON SUNDAYS
5:00-6:00PM BEGINNING AUGUST 6TH.**

PERFORMANCE DATES:

NOVEMBER 2023 (Date TBD)

UCL Orange & Blue Preview in Lubbock, TX

NOVEMBER 11, 2023

ASC in Lubbock, TX

DECEMBER 9, 2023

Redline in Lubbock, TX

OTHER IMPORTANT DATES

JULY 24-27, 2023: Nfinity Shoe Fitting

AUGUST 7, 2023: Uniform Payment Due

AUGUST 7-10, 2023: Uniform Fittings

NOVEMBER 12, 2023: UCL Picture Day

Please plan holidays and vacations to fall during the times below, as the gym will be closed. This is promised time off from Ultimate Cheer Lubbock.

Absolutely no team practice!

SEPTEMBER 1-SEPTEMBER 4 (Labor Day Weekend)

NOVEMBER 20-26 (Thanksgiving Break)

DECEMBER 22-JANUARY 6 (Christmas Break)

TEAM PRACTICE RULES

There is to be **NO JEWELRY** worn at practices, which includes all earrings, belly button rings, rings, bracelets, watches, and necklaces. This is for the safety of the one wearing the jewelry and for those either flying, basing, or back spotting who may be injured as a result.

There is to be NO FOOD, NO DRINKS (screw cap water only), AND NO GUM OR CANDY WHATSOEVER in the gym.



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MISCELLANEOUS

Manny & Shirley MUST APPROVE all designs bearing the Ultimate Cheer Lubbock name and/or logo. **Anything created without approval will not be acceptable and cannot be worn or sold independently. This includes home made designs and designs created by a third party.**

We expect for every athlete to watch and cheer for other Ultimate Cheer Lubbock teams. Poor sportsmanship by athletes or parents may result in removal from the program. Ultimate Cheer Lubbock has a reputation of very enthusiastic fans at competition and we would like to keep it that way! It is important for our parents to be loud and supportive for ALL of our UCL teams.

Parents are NOT allowed to spot their children on Ultimate Cheer Lubbock / APEX Event Center property. Absolutely NO unsupervised tumbling. An instructor must be present at all times.

CODE OF CONDUCT

A member (athletes and family members) must at all times be a positive representative of Ultimate Cheer Lubbock and a positive reflection of his/her teammates. Abusive behavior, lying, and/or any other form of negative behavior are grounds for removal from the team. We will NOT tolerate comments about other teams and their programs. Many of you communicate with other cheerleaders at various organizations through text message, Facebook, Twitter, Instagram, TikTok, SnapChat, and other social media. **Please remember anything you ever say is a direct reflection on this organization.** If you are caught sending rude or inappropriate messages on social media, you will be subject to immediate removal!

Teammates and families are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness, gossiping, or cliques; which attempt to exclude or alienate certain members.

Back talk, rolling of eyes and any other disrespect towards staff or teammates is unacceptable. After a warning, the team member will sit out of practice until the problem is solved.

Use of alcohol, drugs, or vapes/e-cigarettes by an athlete of Ultimate Cheer Lubbock can result in IMMEDIATE dismissal.

FREQUENTLY ASKED QUESTIONS

My athlete has never cheered before. Do we need to do tumbling first before joining? NO! You do not have to have any previous experience to join. We will teach your athlete everything they need to know!

When are team practices? Team practices are Sunday evenings from 5:00-6:00pm beginning August 6th.

Do we need special shoes? Yes. Athletes must wear all white cheer shoes for performances. UCL's preference of shoes are the Nfinity Vengeance or Nfinity Alpha. You can also purchase any all white cheer shoe!

Are there any discounts? Yes! If you choose to pay the season in full, there is a 10% discount on Tuition. We also offer a sibling discount. Let us know if you are interested in either of these.

What do they need to wear? Athletes may wear any UCL practice wear or t-shirt/tank top and shorts/leggings to practices. Hair must be pulled up out of their face. Athletes will be fitted for their performance uniform in August and will wear their performance uniform to all competitions and performances.

When is the deadline to sign up? All contracts and \$75.00 Commitment Fees must be submitted NO LATER than August 7, 2023 by 8:00pm.

How do I sign up? ****EASY!**** Sign ups are ONLINE! You can submit your contract online under the TEAMS tab of our website. You will receive a confirmation email when your registration is submitted.
www.ultimatecheerlubbock.com

What is the best way to stay up to date with UCL? Follow us on social media (Facebook/Instagram), check your EMAIL, and join your athlete's team BAND App. Your athlete's BAND App information will be sent out after you complete the CheerAbilities contract. A parent/guardian for each athlete is required to join the BAND App to stay up to date.

IF YOU HAVE ANY OTHER QUESTIONS ABOUT THE PROGRAM, PLEASE EMAIL MANNY@ULTIMATECHEERLUBBOCK.COM



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FINANCIAL INFORMATION

Ultimate Cheer Lubbock's only accepted method of payment is automatic draft from a BANK ACCOUNT for all monthly tuition and fee payments. ALL credit or debit card (Visa/Mastercard) drafts will be charged a 3% fee per transaction. Monthly Tuition payments will be drafted on the 1st of each month. **If you need a different payment schedule, there will be an additional \$20 charge per month per draft, no exceptions.**

All athletes must show a \$0.00 balance on their account to be eligible for the 2023 season. Ultimate Cheer Lubbock's CheerAbilities Program is a 5-month commitment from August 1, 2023 to December 22, 2023. By accepting a spot on a team, you are agreeing to a 5-month financial commitment and will owe tuition for all 5 months.

If an athlete's account falls 30-days past due, the athlete will be removed from the competition routine, and they will not be allowed to participate in practices or other Ultimate Cheer Lubbock events until the outstanding balance is paid.

There will be a \$30.00 charge for declined automatic draft payments or returned checks.

There are no refunds for tuition or fees paid into the program.

If your athlete is unable to finish the season due to a season-ending injury (must turn in a doctor's note), you will be released from your financial commitment and forfeit any funds already paid to Ultimate Cheer Lubbock. Please be aware that due to our payment schedule, you may owe additional fees that you have not yet covered. All resignations must be received by email or hand written letter (text message or Facebook/social media is not acceptable).

If an athlete quits without a season-ending injury with a doctor's excuse, their account will be immediately charged for all uncovered expenses PLUS a \$300 quit fee. If an athlete quits before receiving any Ultimate Cheer Lubbock merchandise including practice outfits, warm-ups, t-shirts, uniform, etc., they will become the property of Ultimate Cheer Lubbock, and the athlete will not receive a refund.

PRICING

Commitment Fee: **\$75**
Commitment Fee is due at the time of sign up and covers the athlete's Ultimate Yearly Registration Fee and practice clothes payment. If you are placed on a team and refuse your spot, your Commitment Fee will be nonrefundable. Athletes will not be placed on a team until the Commitment Fee is paid.

Monthly Tuition: **\$75**
5 payments on the 1st of each month from August 2023 - December 2023. Monthly Tuition covers all regularly scheduled and extra team practices. Tuition will not be pro-rated for gym closings, holidays, and weeks without practice.

OTHER COSTS (estimates):

- ****NEW FOR 2023**** Uniform \$225, (due August 7, 2023)
- Optional: Nfinity Cheerleading Shoes \$100-\$125 (due July 27, 2023) | Any ALL WHITE cheerleading shoe is also fine for Half Year Non-Travel Teams.
- Spectator entry fees into any events or competitions (\$10-\$25 per person, per event/competition)



ULTIMATE CHEER LUBBOCK

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