



Performance Cheer Squads

Parent and Student
2026 Handbook

CDM Semester(s): **Spring** - Jan 5th to May 2nd and
Fall - Sept 14th to Dec 12th (tentative date)

Age Cut Off Dates: **Spring** - by April 1st and
Fall - by Oct 1st

Squad Ages Requirements: **Mini Sparks** - 5yrs to 7yrs
Power Prep - 8yrs to 10yrs
Legends - 11yrs and Up

Minimum Skill Level Requirement: **Mini Sparks** - Assisted Forward Roll
Power Prep - Cartwheel
Legends - Assisted Back Walkovers

Practice Time: **Mini Sparks** - Mondays - 5pm to 6pm
Power Prep - Mondays - 6pm to 7pm & Thursdays - 5:30pm to 6:30pm
Legends - Tuesdays - 5:45pm to 6:45pm & Thursdays - 6:30pm to 7:30pm

Limitless Summer Rec Program: **Dates:** June 30th to August 21st
Tuition: \$100
Includes: Uniform, Bow, Summer Camp & Fair Performance
Squads: **Mini Sparkle** - Ages 4yrs to 7yrs
Shimmer Squad - Ages 8yrs to 10yrs
Shine Crew - Ages 11 and Up

Camp Dates: **Spring Semester:** February School Break - Monday to Wednesday - 16th, 17th & 18th
Summer Program: 2nd Week in July - Monday to Wednesday - 6th, 7th, 8th & 9th
Fall Semester: TBD

Welcome to Limitless Cheer!!

This Performance/Competition-Like Cheer Program here at Catskill Dance Moves has become such a success and we are honored you've chosen to join us!

At CDM and Limitless Cheer, we are proud of the quality and professionalism we deliver with our program. The development, safety, and support of our athletes and families is our top priority. This handbook provides information about the cheer season, as well as conduct expectations, and policies and procedures. Please familiarize yourself with information contained in this handbook and ask questions if needed.

Limitless Cheer Mission Statement

At Limitless Cheer, we believe cheerleading is so much more than pom-poms and sidelines. It's about confidence, teamwork, and pushing past limits! Our program is built to help every athlete shine, whether they're just starting out or dreaming big about competing.

We're proud to bring something more to our community; a place where kids can grow, belong, and build lifelong skills both on and off the mat. From learning strong fundamentals to mastering performance, our athletes gain strength, discipline, and spirit in every practice and routine.

Home to our Mini Sparks, Power Prep & Legends squads, Limitless Cheer is growing fast and ready to reach new heights. Our goal is to create an environment where every cheerleader feels supported, motivated, and unstoppable.

With passionate coaches, a family-like atmosphere, and a focus on teamwork, confidence, and fun, we're here to help every athlete discover that the sky isn't the limit... It's just the beginning.

Communication Information

All official team communications will be conducted primarily through the **Band App**, which is the required and main platform for all families. Downloading and using the Band App is mandatory. All important team information, updates, schedules, and direct communication with coaches will be posted exclusively through the Band App.

Facebook and email will be used as supplemental communication tools for event promotion, advertising, community outreach, and general announcements. Families are encouraged to follow the Catskill Dance Moves Facebook page and the Limitless Cheer Facebook page for these updates; however, these platforms should not be relied upon for official team communications.

Team communication is managed by the Limitless Coaches and CDM Staff and will take place through the Band App, as well as through email, Facebook, and in person when appropriate. In addition, a primary cell phone number with text messaging enabled is required at sign-ups to support timely communication when needed.

Expectations

Coaches, parents and athletes represent Catskill Dance Moves and Limitless Cheer when we travel to any competition, public event, whenever wearing studio apparel in public, and at all times on social media. The CDM staff takes the program's professional reputation very seriously and expects to be regarded as a respectful program with high standards, morals and ethics. We hope to form positive relationships with all other studios, gyms, competition companies, and officials. All staff,

parents and athletes are expected to display a high level of sportsmanship at all times. Any violation may be subject to disciplinary action mentioned above.

Zero Tolerance Policy

Zero Tolerance means that every claim of harassment or discrimination is taken seriously, with a goal to deter and eliminate undesirable conduct. A Zero Tolerance Policy imposes automatic punishment for infractions of Catskill Dance Moves and Limitless Cheer's Non-Discrimination Policy and Retaliation Policy. This will be in effect regardless of an individual culpability. Anyone who violates this policy of zero tolerance is subject to appropriate disciplinary action, up to and including immediate termination or dismissal from the Limitless Cheer Program.

Coaches Expectations

- ★ To protect your child from any physical or emotional harm
- ★ To treat your child with dignity and respect
- ★ To prepare your child for the cheerleading semester
- ★ To do what is best for the team
- ★ Communicate practice changes and/or event changes
- ★ Communicate uniform requirements for all events
- ★ Be a positive role model for all cheerleaders
- ★ Know and help as needed with cheers, tumbling, routine(s) and choreography
- ★ Be present at ALL events to ensure their safety
- ★ Share team information like Camps, Fundraising Events, Community Events and other extracurricular activities that may arise through the semester

Parents Expectations

- ★ It is expected that parents will have their cheerleader to practice on time and will pick their cheerleader up from practice at the time provided by their coach unless notification has been given in advance. Please be aware, repeated tardiness or missing practices may have an impact on knowing and developing the skills needed and can result in removal of the program.
- ★ If you have any issues concerning your cheerleader, discuss it with the Limitless Coaches. If you cannot reach a resolution with the cheer coach, please contact Rebecca Hanley, Director of CDM.
- ★ Behavior. All parents, grandparents, guardians, etc. are expected to set an example for their players in sportsmanship both during practice and all events your child attends. Berating other athletes, coaches or officials will not, in any way, be tolerated. Profanity is automatic grounds for removal from both practice sites and event sites.
- ★ Notification of any scheduling conflict well in advance. Minimum TWO Weeks.
- ★ Direct any concerns regarding the cheerleading program directly to the Limitless Cheer Coaches. If you have any questions or concerns about the cheer program you need to discuss, please set up a meeting with the Director of CDM and the Limitless Coaches. Confronting the Limitless Coaches, CDM Director or CDM Staff in a disorderly manner before, during or after a practice/event is unacceptable. There is a time and place for legitimate concerns. At practice, in front of others, or after an event when emotions are high is not the right time or place.

APPROPRIATE CONCERNS to discuss with the Limitless Coaches and CDM's Director:

- The treatment of your child (physically and mentally)
- Ways to help your child improve
- Concerns about your child's behavior
- Concerns about coach's behavior

Athlete's Code of Conduct

- ★ Have Fun!
- ★ Work hard to improve your skills.
- ★ Be a team player – get along with your teammates.
- ★ Be a role model
- ★ Learn teamwork, sportsmanship and discipline.
- ★ Be on time.
- ★ Dress appropriately - Strictly Enforced!
- ★ Learn the rules and play by them. Always be a good sport.
- ★ Respect your coach, your teammates, your parents.
- ★ Never argue with a coach's decision.
- ★ Do not engage in any form of abusive behavior toward any other person.
- ★ Understand your rights to play in an environment free from harassment and/or abuse in any form. Report any such incidents immediately.

Athletes are encouraged to develop a deep sense of respect for all while endeavoring to enjoy the sport and improve their playing ability. Each Athlete is expected to use proper skill and technique when engaging in any activities.

If by any reason, the coaches feel the cheerleader violates the code of conduct, they will be asked to sit out for the remainder of the day/practice/event. If the cheerleader continues to violate the code of conduct, they will be removed from certain activities and asked to sit during practice and performances until Coaches and CDM Directors meet with the parent(s) to decide if the cheerleader can return or should be removed from the program.

Injuries

If an injury occurs during a practice, public event or a competition, the athlete must notify a coach immediately. In the case of a serious injury, the staff at CDM will attempt to contact a parent/guardian immediately. If the staff cannot contact a parent/guardian, the staff will use their best judgement to ensure that the athlete receives the proper medical attention. Only participants that have a valid medical note will be given exemptions from normal practice expectations. Unless a medical professional specifically states that the athlete is not permitted to attend practice and is not permitted to do any physical activities, injured athletes are expected to attend practices.

Injured athletes will focus on flexibility, strength, and specific skills that do not affect the injured area, can perform physical therapy treatments, and will learn any changes to the routines. A written doctor's release is required for the athlete to return to practice. Once the athlete is cleared, the CDM staff will be the sole decision makers in determining when the athlete is ready to rejoin practices and participate in events or competitions. The safety of the injured athlete, the safety of

the injured athlete's teammates, and the best interests of the team will be the primary factors when the coaching staff makes decisions.

Attendance

Because cheerleading is a team sport, consistent attendance is essential. Every athlete has a specific role on the floor, and there are no benches or substitutes. The skills required to be successful in cheerleading demand consistent practice. For these reasons, we enforce a strict attendance policy.

Additional practices may be scheduled to accommodate choreography or to prepare for special events, showcases, or competitions. These additional practices are mandatory. While we make every effort to be mindful of family schedules, ample notice will be provided so families can plan accordingly.

Important Dates:

Spring Semester - 2026

February 16th to February 18th - Limitless Cheer Winter Camp

March 7th - Spring Showcase (Power Prep and Legends only)

May 1st - CDM Dress Rehearsal

May 2nd - CDM Recital

Summer Rec Program - 2026

June 30th to August 21st - Tuesday Practices - 5pm to 7pm

July 6th to July 9th - Limitless Cheer Summer Camp - 4pm to 7pm

August 21st - Delaware County Fair Performance - 12pm Arrival, 1pm Performance

Fall/Winter Semester - 2026

August 31st to September 2nd - Limitless Fall Camp

October 17th - Sidney Cheer Convention

November 11th - SUNY Broome Showcase

November 14th - Limitless Cheer Exhibition

December 11th - CDM Dress Rehearsal (tentative date)

December 12th - CDM Christmas Performance (tentative date)

Event Expectations:

- ★ Make sure all cheerleaders arrive 60 minutes prior
- ★ Stretch
- ★ Stay engaged
- ★ Respect their teammates and coaches

Absences

Because cheerleading is a team sport, missed practices impact the entire team. When an athlete is absent, stunt groups are unable to practice, choreography is disrupted, and in some cases, safety may be compromised.

All planned absences must be communicated to Limitless Coaches or CDM Staff at least two (2) weeks in advance. In the event of an unexpected absence, families are expected to notify Limitless Coaches or CDM Staff as soon as possible. While we understand that occasional conflicts and

excused absences are sometimes unavoidable, we have observed a recent trend of frequent and continuous absences in previous semesters. This pattern has placed athletes at a disadvantage during performances and events, created challenges during choreography, and negatively affected team performance, including spacing, timing, formations, and overall execution.

With only one to two practices per week, each lasting one hour, every practice is critical. We have been intentional and respectful when creating practice schedules to minimize disruption to family commitments. In return, we expect consistent attendance, as we are asking for a limited but essential time commitment to ensure athlete safety, growth, and team success..

Types of Absences:

Excused - Family Emergency, Contagious illness, School Related Events (award ceremonies, participant in concerts, activities resulting in a grade), Planned Family Vacations (with 2 week notification) or Religious Events.

Unexcused - No Shows, Excessive Tardiness, Last Minute Vacations (without sufficient notice), Personal Time, Recurring Illness without Doctor's Note.

All events listed above are **MANDATORY** attendance.

If an athlete has 3 or more unexcused absences, Limitless Coaches will be forced to take disciplinary action and possible removal from the squad may be in effect without refund.

Payment and Fees

Tuition Cost - Mini Sparks - \$225 per semester

Power Prep - \$320 per semester

Legends - \$320 per semester

Includes: Uniform Rental, Bows, Semester Camps, Event Costs and Semester Costs

***** Tuition is a fixed rate for all squads each semester and is based on the costs incurred throughout the season. This rate will not increase or decrease during the season. If any adjustments are considered for a future term, families will be notified and changes will be communicated and discussed in advance.*****

Payment Plans:

Monthly - Monthly Payments are due the 1st week of the month. \$30 registration fee for this option

Semester - Full Semester Payments are due within the first month of the semester.

***** If you set up a monthly payment schedule through the studio, there is a late charge per week if payment is not made within the 5 day grace period. If you are signed up for Full Semester Payment, if not paid in full by the end of the first month of classes. You are responsible to contact CDM's Director to set up Monthly Payments or your child will NOT be able to attend classes until payment is made*****

Additional Costs:

White Cheer Sneakers - \$25 to \$40 - These **MUST** be purchased. They are to **ONLY** be worn in the studio/gym. **NO** outside wear.

Christmas Costume/Apparel (Fall Semester Only) - \$20

Amazon Link:

https://www.amazon.com/LANDHIKER-Cheerleading-Fashion-Training-Athletic/dp/B0B4W21JDJ/ref=sr_1_2_sspa?crid=QGX415BSP5FJ&dib=eyJ2ljojMSJ9.x7-l5oFCT1CoiaLpjyx_QNi52JvcE2dH-pxycJWS_oB-Sk4jp2XAPShuJ3rS-wuLyXpaSQPoXf6TWGGn16poLvRpLmv4DOF08XAlFb7jrX2wOOFNMMsb-8C-ZHKD1-j-OSO36eyk0glwt_vWfP3tgGS7COg2PfEoYAZDX6h3v8YZgJWmtc2AGL8DhlgZ99zvu3oRSDapKcXgKoXdmMBCvxgh9CbLmVCzB-5J7TWEXjzqvqWzYVPg73gsLEN7A9RdC0wIBVyD4Qv54J3Nhx4baiwbhILxj0oXHzNI6Kt2rI.it9Tpq6Rk3ShLwB46UD_a991wnlEgZNYE6xT1ZSDVqk&ib_tag=se&keywords=cheerleading%2Bsneakers&qid=1735533086&sprefix=cheerleading%2Bsne%2Caps%2C361&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

Uniform Rental Policy

The uniform cost will cover the shell, skirt, bloomers and bow. Parents are responsible for additional attire: white cheer sneakers, black leggings and CDM or Limitless Shirt. Your child will **NOT** keep their uniform after the semester is over (shell, skirt). The only items that are to be kept are the bows and bloomers (if not sewn in skirt) . Uniforms will be sized to order for each cheerleader and numbered accordingly. All uniforms must be stain and rip/hole free and unaltered.

If you do not return the issued uniform, Catskill Dance Moves has policies in place to seek a warrant in debt. This equipment costs too much to replace it annually and will be .

What you get with registration/uniform fee:

- ★ Shell (Must be returned)
- ★ Skirt (Must be returned)
- ★ Bow
- ★ Bloomers (if not sewn into skirt)

What Parents are expected to purchase:

- ★ White Cheer Sneakers - Link Provided
- ★ Black Leggings (NO SPARKLES)

Dress Code

- Hair UP in a Neat Ponytail or Bun
- T-Shirt and Shorts or Leggings - NO Hoodies or Baggy clothing
- NO jewelry
- NO fake nails (gel polish is fine, no long acrylics)
- White Cheer Sneakers - Link above

Compliance

The athlete, parent/guardian, and all guests agree to comply with the rules, policies and procedures of Limitless Cheer as listed in this Team Handbook, program guide, website, posted in the facility, and as communicated by CDM staff. Failure to comply may lead to disciplinary actions including,

but not limited to: removal from practice, suspension from events without refund and removal from program without refund.



I agree to all the terms listed in the Limitless Cheer parent/student handbook 2026.

If for any reason my child is unable to commit to these terms throughout the semester, I will have a meeting with the director and coaches about the issue. If unable to come up with a feasible plan that all parties can agree to, I will remove my child from the program until able to fully commit to the terms of the program.

Parent/Guardian _____ Date_____

Student _____ Date_____

** Please Return **THIS PAGE** to Limitless Coaches and/or CDM Staff. The Handbook is yours to keep and reference throughout the semester **