

Omni Elite Athletix

2026–2027 Parent & Athlete Handbook

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Welcome to the Omni Elite Athletix family!

We are excited that you have chosen to be part of our program and look forward to partnering with you throughout an incredible season of growth, hard work, and success. Our goal is to provide every athlete with an experience that builds confidence, develops character, and creates lifelong memories both on and off the competition floor.

This Parent & Athlete Handbook has been designed to help you understand our policies, expectations, financial commitments, and communication procedures. We ask that every athlete and parent or guardian carefully read this handbook in its entirety before the season begins.

By signing the Omni Elite Athletix Release and Indemnity Agreement, you acknowledge that you have read, understand, and agree to abide by all policies, rules, and expectations outlined in this handbook.

Our coaching staff consists of highly qualified professionals with extensive experience in competitive cheerleading, tumbling, athlete development, and leadership. We are committed to providing a positive, safe, and encouraging environment where every athlete has the opportunity to reach their full potential.

Please understand that this handbook serves as a guide for our program. As the season progresses, additional information, schedules, and updates may be communicated. Families are responsible for staying informed throughout the season.

Mission Statement

At Omni Elite Athletix, our mission is to develop exceptional athletes and outstanding individuals by providing high-quality instruction in athletic performance, skill development, physical conditioning, and character building.

We are committed to helping every athlete become the best version of themselves through encouragement, accountability, discipline, and integrity. Success is measured not only by championships and accomplishments but also by the confidence, resilience, leadership, and life skills our athletes develop along the way.

Our coaches and staff are dedicated to creating a positive, safe, and supportive environment where every athlete is challenged to reach their

highest potential while enjoying the journey. Through comprehensive training, cross-training opportunities, and a focus on long-term athletic development, we strive to help our athletes remain healthy, confident, and successful throughout every season.

Our Commitment to Families

Parents and guardians are an essential part of the Omni Elite family. We believe that the strongest athlete-coach-parent relationships are built on trust, open communication, mutual respect, and a shared commitment to each athlete's success.

We ask every family to support our athletes by encouraging a positive attitude, respecting coaches' decisions, honoring team commitments, and helping us maintain an environment where every athlete feels valued, supported, and empowered to grow.

Together, we create a culture that develops champions both on and off the competition floor.

Integrity

Integrity is the foundation of everything we do.

At Omni Elite Athletix, integrity means demonstrating honesty, accountability, respect, sportsmanship, and professionalism in every interaction. Every athlete, parent, coach, and staff member plays a vital role in upholding the values that define our program.

Our coaches and employees are expected to conduct themselves with the highest level of professionalism while representing Omni Elite Athletix and Rose's Gymnastics both inside and outside the gym. Likewise, our athletes and families are expected to treat teammates, competitors, officials, and staff with respect while positively representing our organization at practices, competitions, and within the community.

Communication

Omni Elite Athletix communicates important information through multiple platforms, including:

- Email
- BAND

- Facebook
- Instagram
- Our official website
- Additional communication channels as needed

It is the responsibility of each family to regularly monitor these platforms and remain informed of announcements, schedule changes, competition information, and other important updates.

Please visit omnieliteathletix.net to create your parent account and ensure that we always have a current email address and contact information on file. Accurate contact information allows us to provide timely communication throughout the season.

Financial Commitment

All-Star Cheerleading is a significant investment, and we understand that families make considerable sacrifices to provide these opportunities for their athletes. At Omni Elite Athletix, we work diligently to keep program costs as reasonable as possible while continuing to offer exceptional coaching, training, choreography, music, competitions, and athlete development.

In addition to monthly tuition, families should expect expenses such as uniforms, practice wear, competition entry fees, choreography, music, travel, and other seasonal costs. Competition producers establish entry fees that typically range from \$95–\$250 per athlete, per event, and these fees are passed directly to participating families.

To help offset these expenses, Omni Elite Athletix offers fundraising opportunities throughout the season. We strongly encourage every family to participate. Many families significantly reduce—or even completely cover—their seasonal expenses through fundraising.

If you are new to All-Star Cheerleading, don't be discouraged by the commitment. Every experienced cheer family was once in your shoes. The friendships, life lessons, confidence, teamwork, and unforgettable memories your athlete will gain make the journey well worth the investment.

Thank you for trusting Omni Elite Athletix with your athlete's development. We are honored to be part of your family's journey and look forward to an amazing season together.

When we lead with integrity, support one another, and work together toward a common goal, we create an environment where every athlete has the opportunity to thrive.

Registration & Required Documents

To ensure a smooth start to the season, all athletes must complete the registration process and submit the required documentation before participating in any team practices, camps, classes, or competitions.

Registration Requirements

The following items must be completed and on file with the Omni Elite Athletix office prior to the athlete's first official team practice:

- Completed athlete registration
- Signed Parent & Athlete Handbook Acknowledgement
- Signed Release and Indemnity Agreement
- Copy of the athlete's Birth Certificate
- Current Sports Physical or Physician's Clearance
- Completed Concussion Information and Acknowledgement Form
- Current Emergency Contact Information
- Updated Medical Information, including allergies and medications
- Valid payment method on file for automatic tuition drafts

Failure to submit all required documentation may delay an athlete's participation until all requirements have been met.

Initial Program Payments

The following payments are due prior to the start of the season unless otherwise communicated by Omni Elite Athletix:

Full-Year Teams

- First month's tuition (drafted June 1)
- Practice wear payment – \$190
- Annual Registration Fee – \$90 (if not previously paid)

Half-Year Teams

- First month's tuition (drafted September 1)
- Annual Registration Fee – \$90 (if not previously paid)

Additional program fees, including uniforms, choreography, competition fees, and travel expenses, will be outlined in your team's financial packet and payment schedule.

Parent Portal & Communication

All families are required to create and maintain an active Parent Portal account through the Omni Elite Athletix website.

Families are responsible for ensuring that all contact information, including email addresses, phone numbers, and emergency contacts, remains current throughout the season.

Official communication will be distributed through:

- Parent Portal
- BAND
- Email
- Omni Elite Athletix Website
- Official Omni Elite Athletix social media platforms

Failure to monitor these communication channels does not excuse missed deadlines, schedule changes, payment due dates, or policy updates.

Athlete Eligibility

Athletes will not be permitted to participate in practices, camps, choreography, competitions, private lessons, or other Omni Elite Athletix activities until:

- All required registration forms have been submitted.
- All required documentation has been received.
- Initial financial obligations have been satisfied.
- The athlete is in good financial standing with the program.

Maintaining complete registration records and current financial standing throughout the season is the responsibility of each participating family.

Financial Policies

At Omni Elite Athletix, we are committed to providing exceptional training while maintaining transparency in our financial expectations. Our goal is to keep our program affordable while delivering a first-class all-star experience.

Tuition

Monthly tuition is drafted on the 1st of each month and covers professional coaching, facility use, athlete development, and team training. Tuition is based on annual enrollment and is not prorated for holidays, vacations, missed practices, or gym closures.

Late Payments

- A \$25 late fee will be charged for all declined or returned payments.
- An additional \$25 late fee will be assessed if payment has not been received by the 5th of the month.
- Families are responsible for maintaining a valid payment method on file at all times.

Financial Responsibility

Participation in Omni Elite Athletix is a financial commitment for the entire season. Families are responsible for all tuition, competition fees, uniforms, travel fees, choreography, music, camps, and any additional program expenses outlined during registration.

Accounts must remain in good standing for athletes to:

- Participate in practices or competitions
- Attend camps or choreography
- Schedule private lessons
- Receive uniforms, apparel, or merchandise
- Register for future seasons

Refund Policy

All payments made to Omni Elite Athletix are non-refundable and non-transferable.

If an athlete withdraws from the program or is dismissed for any reason, previously paid tuition, deposits, uniforms, competition fees, camps, choreography, music, and other program fees will not be refunded.

A 30-day written notice is required for withdrawal from the program. Families remain responsible for all financial obligations during the notice period.

Program Fees

Each season includes several required program expenses beyond monthly tuition. Families will receive a detailed payment schedule outlining due dates and installment options.

Program fees may include:

- Annual Registration Fee
- USASF Membership
- Monthly Tuition
- Practice Wear
- Competition Uniform
- Competition Bow
- Cheer Shoes
- Choreography & Music
- Competition Entry Fees
- Camps
- Travel Expenses (when applicable)

Omni Elite Athletix works diligently to keep costs reasonable while providing athletes with exceptional coaching, choreography, competitive opportunities, and overall program experience.

Fundraising opportunities are available throughout the season and are strongly encouraged to help offset program expenses.

Attendance Policy

Attendance is one of the most important commitments an athlete makes to their team. Competitive cheerleading is built on consistency, trust, and teamwork. Every practice contributes to the success and safety of the entire team.

Athletes are expected to attend:

- All scheduled practices
- Team camps
- Choreography sessions
- Team meetings
- Performances
- Competitions
- Additional practices scheduled before competitions

Excused absences may include:

- Illness with physician documentation

- School-required academic events
 - Family emergencies
 - Circumstances approved by Omni Elite Athletix management
- Vacations should be scheduled during gym closures whenever possible.

Athletes missing practice during competition week may be replaced by an alternate and may not compete at that event.

Excessive absences, whether excused or unexcused, may result in probation, loss of competition opportunities, or removal from the team.

Practice Expectations

Practice is where champions are built. Every athlete is expected to arrive prepared, focused, and committed to improving each day.

Athletes are expected to:

- Arrive on time and ready to practice.
- Wear the required practice attire and appropriate footwear.
- Maintain a positive attitude and strong work ethic.
- Show respect to coaches, teammates, and staff.
- Follow all safety instructions immediately.
- Keep cell phones off the practice floor.
- Demonstrate excellent sportsmanship at all times.

Parents are asked to support the coaching staff by allowing practices to remain athlete-focused and free from interruptions.

Athletes who consistently demonstrate commitment, effort, coachability, and teamwork contribute to a positive training environment for everyone.

Competitions & Travel

Competition weekends represent the hard work and dedication invested throughout the season. Every athlete and family is expected to represent Omni Elite Athletix with professionalism, respect, and sportsmanship.

Athlete Expectations

Athletes are expected to:

- Attend all scheduled competition meetings and practices.
- Arrive at competitions on time and fully prepared.
- Remain with their team unless released by a coach.
- Wear the complete Omni Elite Athletix competition uniform during awards.
- Demonstrate respect toward teammates, competitors, judges, event staff, and spectators.

Parent Expectations

Parents are responsible for:

- Making all personal travel arrangements unless otherwise communicated.
- Booking hotel accommodations within designated room blocks when provided.
- Ensuring their athlete arrives at all required meeting times.
- Traveling with or arranging an approved chaperone for their athlete.

Competition schedules may change due to event producers. Families are expected to remain flexible and follow all instructions provided by Omni Elite Athletix staff.

The purpose of travel is to compete as a team. Athletes are expected to attend all scheduled practices, meetings, team functions, and awards ceremonies while representing Omni Elite Athletix with integrity and professionalism.

Parent Code of Conduct

At Omni Elite Athletix, we believe that a successful program is built on a strong partnership between athletes, coaches, and families. Parents and guardians play a vital role in creating a positive environment where athletes can grow, compete, and succeed.

As members of the Omni Elite family, parents and guardians agree to:

Support Your Athlete

- Encourage your athlete to always give their best effort.
- Celebrate improvement, commitment, and teamwork—not just wins.
- Promote a positive attitude both inside and outside the gym.

Respect Coaches and Staff

- Trust the coaching staff to make decisions that are in the best interest of the athlete and the team.
- Address concerns respectfully and privately through the appropriate communication channels.
- Refrain from interrupting practices, classes, or competitions to discuss concerns.

Demonstrate Good Sportsmanship

Parents are expected to display respect toward:

- Athletes
- Coaches
- Judges
- Competition staff
- Other programs
- Spectators

Negative comments, gossip, bullying, harassment, or unsportsmanlike behavior will not be tolerated.

Positive Communication

Parents should avoid discussing coaching decisions, choreography, team placement, scoring, or other athletes in public settings or on social media.

Questions or concerns should be addressed directly with Omni Elite Athletix staff through scheduled meetings.

Competition Expectations

Parents are expected to:

- Arrive on time.
- Follow all competition schedules.
- Support every Omni Elite team.
- Remain positive regardless of competition results.

- Never approach judges or event officials regarding scores or placements.

Our athletes learn by watching the adults around them. We ask every family to model integrity, sportsmanship, and respect at all times.

Athlete Code of Conduct

Every athlete represents Omni Elite Athletix whenever wearing our uniform, apparel, or attending any team-related activity.

Athletes are expected to demonstrate character both on and off the competition floor.

Every Athlete Will:

- Treat teammates, coaches, officials, and competitors with respect.
- Arrive on time and prepared for every practice and event.
- Maintain a positive attitude.
- Display excellent sportsmanship.
- Follow all coaching instructions.
- Encourage teammates.
- Take responsibility for their actions.
- Represent Omni Elite Athletix with pride.

Athletes Will Not:

- Use inappropriate language.
- Bully, intimidate, or harass others.
- Display poor sportsmanship.
- Use tobacco, vaping products, alcohol, illegal drugs, or other prohibited substances.
- Wear jewelry during practices or competitions.
- Share choreography, music, or team materials without permission.

Athletes who fail to uphold these standards may be subject to disciplinary action, suspension, or dismissal from the program.

Health & Safety

The health and safety of every athlete is our highest priority.

Omni Elite Athletix follows all applicable USASF safety guidelines and expects every athlete and family to support a culture of safety.

Required Medical Information

Each athlete must have the following on file:

- Current Sports Physical (or physician clearance)
- Emergency Contact Information
- Health Insurance Information
- Allergy and Medical Information
- Concussion Documentation

Injuries

If an athlete becomes injured:

- The coaching staff must be notified immediately.
- Athletes may not return to participation until written medical clearance has been provided by a licensed physician.
- Clearance must state that the athlete may return to full participation without restrictions.

Safety will always take priority over competition.

Illness

Athletes should remain home if experiencing:

- Fever
- Vomiting
- Flu-like symptoms
- Contagious illness

Returning too early places teammates and staff at unnecessary risk.

Athlete Wellness

Athletes are encouraged to:

- Stay properly hydrated.
- Eat nutritious meals before practices.
- Get adequate sleep.
- Report injuries immediately.
- Follow conditioning and recovery recommendations provided by coaches.

Facility Policies

Maintaining a clean, safe, and respectful training environment is everyone's responsibility.

Practice Areas

Only registered athletes and authorized staff members are permitted on the practice floor.

Parents, siblings, friends, and visitors must remain in designated viewing areas unless otherwise authorized.

Parking Lot Safety

The safety of our athletes begins before they enter the building.

Families are expected to:

- Drive slowly through the parking lot.
- Park only in designated parking spaces.
- Never block traffic or handicap-accessible parking spaces.
- Pick up athletes promptly after practice.

Athletes should remain inside the building until their ride has arrived.

Gym Expectations

To maintain a professional training environment:

- No food, gum, or drinks are permitted on the practice floor (water is permitted).
- Cell phones are prohibited during practices unless authorized by a coach.
- Respect all gym equipment and property.
- Dispose of trash properly.
- Report damaged equipment immediately.

Viewing Area

Parents and guests are welcome in designated viewing areas.

We ask that all spectators:

- Maintain positive conversations.
- Refrain from coaching athletes.

- Avoid criticism of coaches, athletes, or other families.
- Respect the training environment.

Omni Elite Athletix reserves the right to limit or close viewing privileges if the atmosphere becomes disruptive or negative.

By working together, we can maintain a safe, positive, and welcoming environment where every athlete has the opportunity to succeed.

Communication & Conflict Resolution

At Omni Elite Athletix, we believe open, respectful communication is essential to creating a positive experience for every athlete and family. Our coaches and staff are committed to building strong relationships through honesty, professionalism, and mutual respect.

Our Commitment

We are dedicated to:

- Providing timely and accurate communication.
- Treating every family with respect and professionalism.
- Addressing concerns in a fair and confidential manner.
- Maintaining a positive environment focused on athlete development.

Parent Responsibility

Families are expected to regularly monitor all official communication channels, including:

- Parent Portal
- BAND
- Email
- Omni Elite Athletix Website
- Official Social Media Pages

Failure to read communications does not excuse missed practices, payment deadlines, competitions, or policy updates.

Addressing Concerns

Questions and concerns should always follow the proper chain of communication.

1. Speak directly with the athlete's coach.
2. If additional assistance is needed, contact the Program Director.
3. If the concern remains unresolved, schedule a meeting with gym ownership.

Please allow coaches adequate time to gather information before expecting a response.

The 24-Hour Rule

Emotions often run high immediately following practices and competitions. To encourage productive conversations, Omni Elite Athletix follows a 24-Hour Rule.

Parents are asked not to approach coaches immediately following practices or competitions regarding concerns about routines, scores, placements, or coaching decisions.

After allowing at least 24 hours, families may request a private meeting to discuss concerns respectfully.

Matters Not Open for Discussion

The following coaching decisions are made solely at the discretion of Omni Elite Athletix:

- Team placements
- Routine choreography
- Athlete positions
- Stunt groups
- Tumbling positions
- Competition schedules
- Coaching assignments

These decisions are based on athlete safety and the best interests of the team.

Private Lessons

Private lessons are an excellent way for athletes to receive individualized instruction and accelerate skill development.

Scheduling

All private lessons must be scheduled through the coaches.

Athletes must maintain a current account balance in order to participate in private lessons.

Cancellation Policy

A minimum of 24 hours' notice is required to cancel or reschedule a private lesson.

Lessons canceled with less than 24 hours' notice, or missed without notice, will be charged in full and cannot be rescheduled.

This policy applies to both tumbling and stunting private lessons.

Athlete Development

Private lessons are intended to supplement—not replace—regular team practices and weekly classes. Continued participation in scheduled practices and conditioning remains essential for long-term athlete development.

Frequently Asked Questions

How will I receive important information?

Official communication is sent through the Parent Portal, BAND, email, the Omni Elite Athletix website, and official social media accounts.

What happens if my athlete misses practice?

Athletes who miss practice may be required to perform additional training before returning to the routine. Missing practice during competition week may result in the athlete being replaced by an alternate for that event.

Are payments refundable?

No. Tuition, uniforms, competition fees, choreography, music, camps, and all other program fees are non-refundable and non-transferable.

Can we take vacations during the season?

Summer vacations should be communicated well in advance. Families are encouraged to schedule vacations during gym closures. Vacations during choreography, camps, or competition season are strongly discouraged.

May parents watch practice?

Parents are welcome in designated viewing areas whenever available. To provide the best training environment, parents should not interrupt practices or communicate with athletes while practice is in session.

Who do I contact if I have questions?

- Coaching Questions: Your athlete's coach
- Billing Questions: Office Staff
- Uniform & Apparel: Omni Elite Athletix Apparel Coordinator
- Program Questions: Program Director or Gym Ownership

Financial Agreement

By enrolling in Omni Elite Athletix, I acknowledge that participation in the program is a seasonal commitment and that I accept full financial responsibility for all fees associated with my athlete's participation.

These fees may include, but are not limited to:

- Registration Fees
- Monthly Tuition
- USASF Membership
- Practice Wear
- Uniforms
- Cheer Shoes
- Choreography

- Music
- Competition Entry Fees
- Camps
- Travel Expenses
- Apparel
- Any additional team-related expenses

I understand:

- Tuition is drafted monthly.
- Late fees apply to overdue balances.
- All fees are non-refundable and non-transferable.
- A valid payment method must remain on file.
- Outstanding balances may result in suspension from practices, competitions, private lessons, merchandise purchases, or removal from the program.
- Withdrawal from the program requires a written 30-day notice and does not release me from financial obligations incurred during that period.

I understand that Omni Elite Athletix reserves the right to suspend participation or dismiss an athlete whose account is not in good financial standing.

Parent & Athlete Acknowledgement

By signing below, we acknowledge that we have received, read, and understand the Omni Elite Athletix Parent & Athlete Handbook.

We agree to abide by all policies, procedures, financial obligations, and expectations outlined within this handbook.

We understand that participation in the Omni Elite Athletix program is a privilege and that maintaining the standards of sportsmanship, integrity, respect, and commitment is expected of every athlete and family.

Athlete Name: _____

Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Office Use Only

Registration Complete ☐

Birth Certificate ☐

Sports Physical ☐

Concussion Form ☐

USASF Registration ☐

Payment Method on File ☐

Handbook Received ☐

Coach Initials: _____