

W
Elite

2025-2026

WARRIOR ELITE ATHLETICS! HALF YEAR NOVICE HANDBOOK



TABLE OF CONTENTS

01

Welcome Letter & Our Mission

02

Team Placement & Program Overview

03

Communication Guidelines

04

Program Costs

05

Attendance & Vacation Policy

06

Parent & Athlete Code of Conduct

07

Uniform & Appearance

08

Injury, Safety & Gym Rules

09

Competitions, Crossovers, & Post-Season

10

Travel, Weather, & Required Forms

WELCOME TO WARRIOR ELITE ATHLETICS!

We are beyond excited to welcome you to the 2025–2026 season at Warrior Elite Athletics! Whether this is your first year with us or you're returning for another amazing season, we're so happy you're part of the WEA family. We take pride in offering a program where athletes not only grow in skill but also develop confidence, discipline, and lifelong friendships.

OUR MISSION

The mission of Warrior Elite Athletics is to prove that cheerleaders are true athletes by teaching the essential skills of competitive cheer while building a community rooted in hard work, integrity, and passion.

We strive to:

- Develop well-rounded athletes who excel in tumbling, stunting, jumps, and dance.
- Encourage team unity, accountability, and a strong work ethic.
- Promote self-confidence and resilience in all aspects of life.
- Be mentors and role models as coaches and staff, not just instructors.





Team Placement & Program Overview

TEAM PLACEMENT PROCESS

By attending tryouts at Warrior Elite Athletics, you are committing to the program — not just one team. We are one gym, one family. All placement decisions are made with the entire program's success in mind.

Athletes are placed based on a combination of:

- Tumbling, stunting, jumps, dance, and motions
- Attitude, coachability, and maturity
- Age, experience, and division needs

Every team is carefully built to be balanced and competitive. Please trust the process — each athlete is placed with purpose.

OUR PHILOSOPHY: “Program First. Team Second. Individual Third.”

We firmly believe that being a part of WEA means more than performing skills — it means being a teammate, a role model, and a Warrior. Our team structure emphasizes:

- Team before self: Every athlete matters, and every role is important.
- Long-term development: We prioritize proper progression over rushing into new skills.
- Consistency & attitude: These matter just as much as talent.

EVALUATIONS & ONGOING ASSESSMENTS

Although initial placements happen during tryouts, evaluations continue throughout the season. Athletes may move between positions, routines, or even teams based on growth, performance, and program needs.

Being a reserve or alternate is not a punishment — it's an opportunity. These athletes are critical to the team's success and should be ready to step in when needed.



Communication & Contact Guidelines

PRIMARY COMMUNICATION TOOLS

We are committed to keeping families informed and connected throughout the season. Our main communication methods are:

- Email: All important announcements will be sent to the address on file. Please check regularly.
- Band App: Each team will have a private group. This app is used for practice reminders, updates, and quick communication.
- Social Media: Follow us on Facebook and Instagram for team highlights and general updates.

Make sure your contact info is current. If you're not receiving emails, let us know ASAP.

IMPORTANT GUIDELINES

- Check Band & Email Regularly: You're responsible for staying up to date.
- Direct Questions to Coaches: If you have a team-specific question, reach out to your coach directly via email or the Band app.
- Coach Jen Contact: For larger concerns, program-wide questions, or private matters, email warriorelite@gmail.com

UNAPPROVED GROUPS OR CHATS

To maintain clear communication and protect team dynamics:

- No unauthorized team chats, pages, or groups are allowed.
- Any additional team page must be approved by Coach Jen.
- Violations may result in a \$100 fine and possible removal from the program.

Program Costs & Financial Commitments



Monthly Tuition

\$100/month (September–April)

Includes 2 hours of practice + team tumble class weekly.

COMMITMENT FEE

\$250 due October 18

Covers practice wear and coaches' fees.

PAYMENTS & POLICIES

- Due by the 1st monthly; late fee of \$20 added on the 5th
- Accepting cash, check, Venmo, or card through portal
- Sibling discount: \$20/month
- No refunds for any reason once payments are made

ADDITIONAL FEES

- Evaluation – \$45 (Sept.)
- Choreography & Music– \$200 (Nov.)
- Competitions – \$200 (Dec/ Jan/ Feb)
- Uniform – Est. \$275 (Due by Dec. 30)
- Post-Season Fees – TBA if qualified



Attendance & Vacation Policy



At Warrior Elite Athletics, we believe attendance is one of the most important commitments an athlete can make. Cheerleading is a true team sport — when one person is missing, it impacts stunts, formations, and overall routine success. To keep teams functioning at their best, all practices are mandatory unless approved in advance. Athletes are allowed a maximum of 2 excused absences during fall and winter season. Excused absences include graded school events, contagious illness, family funerals, and school sports (with full schedule submitted in advance). Unexcused absences include vacations during the school year, parties, studying, transportation issues, or non-contagious illnesses. If an athlete exceeds the allowed absences, it may result in removal from their role, a routine, or even the team. Post-season practices are mandatory for any team that qualifies.

To help us plan, all vacation dates must be submitted using the official Vacation Notification Form by August 31, 2024. Any late or unapproved trips may result in a \$100 fine, change in team role, or possible removal from the program. We ask that families plan time off during designated gym closures: July 3–7, Sept. 1, Nov. 26–Nov. 30, and Dec. 23–Jan. 1st. While we support family time, our commitment to each other as teammates must come first during the competitive season. A \$15 late fee will be charged for any athlete who is late to practice, competitions, or team events unless previously approved by a coach. Timeliness is part of team accountability. If your athlete will be absent, please contact your coach directly — do not rely on group chats or third-party messages. Thank you for helping us prioritize consistency, accountability, and team success.

Parent & Athlete Code of Conduct



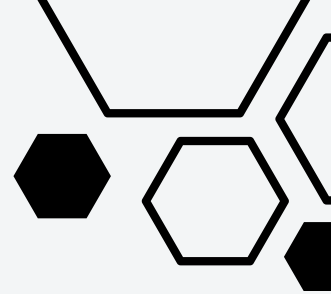
At Warrior Elite Athletics, we expect all athletes and parents to demonstrate respect, accountability, and sportsmanship at all times. Athletes must arrive with a positive attitude, give their best effort, follow instructions, and support their teammates, both in and out of the gym. Poor behavior, gossip, foul language, or social media negativity will not be tolerated and may result in a change of role, removal from a routine, or dismissal from the program. Parents are expected to communicate respectfully, avoid drama, and direct all concerns to Coach Jen via email — not through chats or sideline conversations. Coaching decisions regarding team placement or athlete roles are final. Any inappropriate behavior by an athlete or parent, whether in person or online, may lead to removal from the program with no refunds. We rely on our families to help create a positive, team-first environment that reflects the values of Warrior Elite.

Uniform & Appearance Guidelines

At Warrior Elite Athletics, we take pride in maintaining a clean, professional, and unified appearance. Athletes are required to wear the correct practice wear to every practice, with hair pulled back securely and no jewelry allowed. Socks and sneakers must be worn, and athletes should practice good personal hygiene at all times. Practice wear is part of our discipline, and any lost or missing items must be replaced promptly. Coaches may assign theme days or exceptions, but otherwise, assigned practice attire is mandatory.

For competitions, athletes must arrive fully dressed in uniform, with hair and makeup done according to team guidelines — no exceptions. Uniforms are not to be worn with other clothing unless specifically directed. Athletes must also stay in full uniform for award ceremonies. Slippers, pajamas, and altered uniforms are not permitted at events. We hold high standards for presentation because we want our teams to stand out for their professionalism, spirit, and pride in representing WEA both on and off the floor.





• Injuries & Return-to-Play

If an athlete is injured, they must provide a doctor's note before returning to practice. Returning athletes may not immediately regain their previous role, as routines and formations may have shifted for team needs. Coaches will determine re-entry based on safety, timing, and performance readiness.

• Safety in the Gym

Athletes are only allowed to stunt, tumble, or use equipment under direct coach supervision. No athlete should arrive early or stay late to use equipment unsupervised. Skills must never be attempted without a coach present. These rules are in place to keep everyone safe and prevent injury.

• Gym Conduct & Rules

Only water or sports drinks are allowed in the gym — no food, gum, or sugary beverages. Athletes must pick up after themselves and keep track of their belongings; WEA is not responsible for lost or stolen items. Parents and guests are not permitted inside the gym during practices. For competitions, parents are responsible for supervising their child during free time or arranging for another trusted adult to do so.

Competitions, Crossovers & Post-Season

Warrior Elite athletes are expected to attend all scheduled competitions and represent the program with professionalism, team spirit, and respect. Athletes must arrive at events in full uniform, with hair and makeup done according to team guidelines, and remain in full attire through awards. Behavior at events — in person or online — should reflect the values of WEA at all times. Any misconduct may result in disciplinary action, role adjustments, or removal from the program. Competition schedules and details will be shared in advance, and participation is required for all athletes unless otherwise excused by a coach. These teams will attend approximately 3 to 5 competitions within New England. In the event that a national-level event in Florida becomes an option, the opportunity will be discussed in detail with both parents and coaches before any decisions are made.



Crossovers (athletes on more than one team) may be assigned based on team needs and gym strategy. These roles may change throughout the season. Competition fees are structured with crossovers in mind — no extra charges apply. In cases where a Novice team qualifies for a postseason event, (like The Final Destination or US Finals), participation is mandatory and all athlete accounts must be paid in full. Additional travel, training, and event costs will apply and be communicated if and when a bid is earned. WEA will schedule a parent meeting after any qualifying event to discuss post-season plans.

Travel, Weather & Required Forms



Travel

Families are responsible for their own travel, including hotels and transportation. Some competitions will require overnight stays, and room blocks will be shared when available. If a parent can't attend, they must arrange supervision for their athlete. Athletes should treat competitions like a business trip — they are expected to attend all team activities and arrive fully prepared.

Weather

In the event of severe weather, updates will be sent via Band, email, and social media. WEA may choose to attend a rescheduled event, replace it, or remove it from the schedule. If weather or emergencies impact travel, we'll do our best to communicate quickly and clearly with families.

Required Forms

All athletes must complete and submit their Registration Form, Financial Commitment Agreement, Vacation Form, and Liability Waivers before attending practice. These forms confirm your family's understanding of our policies and help ensure a smooth, safe season for all.



THANK YOU FOR BEING PART OF THE
WARRIOR ELITE FAMILY



Contact Us

106 Crosby Rd Unit 3,
Dover, NH 03820

Email: warriorelitenh@gmail.com

Phone: 207-641-7160

Website: www.warriorelitenh.com

Follow Us: @warriorelitenh on Facebook &
Instagram