



## Parent Handbook

### Welcome to the Cheer Angels Program for 2025 - 2026



## CORE VALUES



KINGDOM LED



FAMILY



POSITIVE COACHING

Our business is  
fully yielded to  
God; the true CEO  
of our company -  
Matthew 6:33

Family first and  
family focused

Providing positive,  
character building  
experiences  
allowing students  
to thrive and reach  
their full potential

#### MISSION

Create happy, healthy memories in children's lives.

#### VISION

GymKix is regarded as a family-focused environment, that has a positive influence on our members, staff and community.

GymKix Cheer Angels is a cheer experience program designed to help athletes develop not only physical skills but also mental strength, emotional resilience, and a cooperative spirit. We strive to create a supportive environment where both individual and team successes are celebrated, fostering lifelong skills and memories.

## **Cheer Angels Season Information - MARK YOUR CALENDARS!**

Cheer Angels will have a fall session and a spring session. Your child can participate in one or both!

Each session is 12-weeks long with a one hour practice each week. Practices will be either on Wednesday or Thursday depending on the teams we have.

We may have additional parades or performance opportunities that become available. Those will be announced in the BAND group.

**Fall Session Registration:** July 15th - September 3rd  
(Registration may close early if we reach our max enrollment)

**Uniform Fitting & Practice Schedule Announced:** September 10th

**Fall Session Classes Start:** Week of September 15th  
(no practice week of Thanksgiving)

**Performance:** December 13th in New Braunfels, TX

**Team Celebration:** Week of December 15th



### **Fall Session Fees:**

\$199 - Uniform & Performance Fee (due at registration)

\$299 - Tuition for the fall session (due on/before October 2nd)

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**Spring Session Registration:** November 1st - December 20th  
(Registration may close early if we reach our max enrollment)

**Uniform Fitting & Practice Schedule Announced:** January 7th

**Spring Session Classes Start:** Week of January 14th  
(no practice week of CCISD Spring Break)

**Performance:** April 11th OR 12th in San Antonio, TX  
(we will know which day as it gets closer and scheduling is finalized)

**Team Celebration:** Week of April 13th



### **Spring Session Fees:**

\$199\* - Uniform & Performance Fee (due at registration)

\$299 - Tuition for the full spring session (due on/before February 2nd)

\* If you have a uniform from the fall session then you will only owe \$99

## **The Cheer Angels Difference**

Overall, the primary distinctions between our GymKix Cheer Angels and other “elite-focused” programs lie in the emphasis on enjoyment and personal development versus the pursuit of elite-level achievements, as well as the balance between manageable commitments and high demands on time and resources.

The Cheer Angels program stands out by offering a fun experience without the extreme time, financial, and pressure commitments associated with elite-level programs. Our focus is on fun, growth, and balanced participation, allowing athletes to thrive and develop skills they can carry into other activities or sports, such as school cheer, dance, or even volleyball.

## **GymKix Cheer Angels (Cheer Experience Program):**

- There are opportunities for every child, including those who may not fit the typical mold of an “elite cheerleader”.
- Emphasizes fun, skill development, and personal growth.
- Provides a supportive and encouraging environment for athletes of all levels.
- Offers a flexible training schedule to accommodate other commitments and interests.
- Focuses on building teamwork, sportsmanship, and camaraderie among team members.
- Coaches prioritize the well-being and overall development of each athlete over winning medals or trophies.
- Financial and time commitments are manageable and reasonable, making the program accessible to a wider range of athletes.
- Athletes can expect to gain skills that will highly benefit them whether they stay in the sport of gymnastics or decide to transition to middle/high school sports such as dance, cheer, or even volleyball!

## **Other Traditional “Elite- Focused” Programs:**

- Centers around intense training and competition schedules, often requiring significant time and financial commitments.
- Places a heavy emphasis on achieving high-level skills and winning competitions.
- Training sessions are rigorous and demanding, often involving long hours of practice and conditioning.
- Coaches may adopt a more strict and disciplined coaching style to push athletes to their limits.
- Athletes may experience high levels of stress, pressure, and burnout due to the competitive nature of the program.
- Participation in out-of-state competitions is common
- Athletes may face strict selection criteria and intense competition within the program, leading to a highly competitive and stressful environment.
- It is very difficult for athletes to participate in other sports while in an elite level cheerleading program due to the rigorous practice and competitive schedules.

## **Philippians 2:3**

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves*

## **What your child will gain by participating in Cheer Angels:**

In our cheer experience program, athletes can achieve several significant milestones and accomplishments, including:

- Skill Development**

Athletes build a strong foundation in cheer skills, including motions, jumps, stunts, and basic tumbling. Our program focuses on age-appropriate progress—each child moves at their own pace while developing coordination, confidence, and control.

- Performance Experience**

Rather than high-stress competitions, our athletes perform at local events and showcases. These fun, low-pressure opportunities allow them to shine in front of an audience, build stage presence, and experience the excitement of performing as a team.

- Teamwork & Sportsmanship**

Our cheerleaders learn how to work as one unit—supporting, encouraging, and celebrating each other. We emphasize positive team culture, mutual respect, and handling both wins and challenges with grace and grit.

- Personal Growth**

Cheer Angels gain more than skills—they grow in confidence, learn to set goals, and practice perseverance. From learning a new routine to stepping onto the mat with courage, athletes develop resilience and self-esteem that carry into all areas of life.

- Fitness & Health**

Cheerleading is a full-body workout! Through stunting, dancing, jumping, and stretching, athletes improve their strength, flexibility, balance, and endurance—all while having fun and staying active.

- Social Connections**

Athletes build meaningful friendships with teammates and coaches in a positive, supportive setting. Our practices are filled with encouragement, laughter, and team spirit—creating lasting memories and a sense of belonging.

### **Colossians 4:6**

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

#### **\*\* IMPORTANT\*\* Communication:**

At GymKix, we believe that strong teams are built on open, respectful communication. We do our best to keep families informed and appreciate when questions or concerns are brought to us directly. We're all on the same team when it comes to supporting your athlete, and clear communication helps everyone stay on the same page.

If something needs to be discussed, we kindly ask that it be done through a scheduled conversation or direct message—this gives us the space to listen, respond thoughtfully, and work toward a solution. Lobby talk and social media threads tend to create confusion rather than clarity, and we're committed to maintaining a positive, drama-free environment for our athletes and families.

Please allow 24–72 hours for a response. Some situations may require input from leadership or additional details to provide an accurate and helpful reply. We appreciate your patience and partnership!

#### **We provide several ways to stay connected throughout the season:**

- **BAND App:** Used for informational updates, practice notices, and sharing team photos. Posts or comments that cause confusion or disrupt the group dynamic may be removed at staff discretion.
- **Email:**
  - **Head Coach: Tiffany** - [tiffany@gymkix.com](mailto:tiffany@gymkix.com)
  - **Facility Director** - [stefanie@gymkix.com](mailto:stefanie@gymkix.com)
  - **Finance Director** - [trixie@gymkix.com](mailto:trixie@gymkix.com)

#### **\*Additional coaching staff may rotate throughout the season (athletes may work with multiple coaches.)**

Please ensure your email and phone number are current, and that messages from BAND and GymKix are not being sent to your spam folder. The front desk may not always be able to answer team-specific questions, so we encourage reaching out directly to your coach or team leadership when needed.

If a parent or athlete's behavior is found to be intentionally harmful, disrespectful, or divisive, their athlete may be removed from the program at any point — without refund. We truly want every family to have a positive and rewarding experience, and that's only possible when everyone agrees to uphold a standard of mutual respect.

**So please: don't be the exception. Be a good human. Be supportive. Use the proper communication channels. And let's all do our part to help these athletes grow, thrive, and finish the session strong — together.**

## Timothy 2:5

An athlete is not crowned unless he competes according to the rules.

### **Code of Conduct and General Regulations:**

**These regulations apply to all parents, spectators, and gymnasts.** In most cases, a single warning will be issued for inappropriate behavior. However, **please note that certain actions fall under our zero-tolerance policy** and may result in immediate removal from the program **without refund**.

- Act professionally at all times, at all locations. As a member of the Cheer Angels, you will show the **utmost respect** to teammates, visitors, coaches, staff, family members, and competitors.
- Show **commitment and loyalty** to the team and its members. Team unity is crucial.
- Demonstrate a **positive attitude** and a genuine desire to strive for excellence.
- Bullying, profanity, abusive language, and inappropriate behavior or content (including social media posts on TikTok, Instagram, Snapchat, Facebook, texts, etc.) are **not allowed**. This is a **ZERO tolerance** policy. (Parents: Please talk with your athlete about what they post — they represent their team and should do so with grace.)
- Gossip, rumors, and passive-aggressive behavior — whether in person, in the lobby, or online — will **not be tolerated**. This includes intentionally stirring up conflict or attempting to divide the team or community. If you have a concern, bring it directly to the director or owners in a respectful manner. **If you're not part of the solution, you're part of the problem.** This is also a **ZERO tolerance** policy.
- Additional misconduct subject to disciplinary actions or dismissal includes (but is not limited to): any conduct that threatens the health, safety, or well-being of others; any behavior that is obscene, lewd, violent, negative, disrespectful, excessively loud, or unreasonably disruptive — whether at GymKix or at any event.

### **Practice Expectations**

Our practices are designed to be productive, focused, and reflective of a professional environment. Athletes are expected to come prepared, both mentally and physically, and to treat training time with intention and respect. Our goal is to create a professional, focused, and encouraging environment where athletes learn to push themselves and manage their time wisely — skills that will serve them far beyond the cheer floor.

- **No cell phone use during practice.** Phones should be stored away unless given explicit permission by a coach. Checking messages, social media, or texting between events is a distraction to the athlete and the team.
- **Be on time, dressed appropriately, and ready to train.** Come ready to work with a water bottle and a smile on your face! Practices will be located in Studio B with some practices being in the main gym room as performance gets closer.
- **Practice Attire:** Shorts/Leggings, Shirt, and Athletic Sneakers (preferably all white) If shorts are loose fitting, please wear a pair of spandex shorts underneath. Hair must be pulled up away from the face. No dangling jewelry is permitted during practices and no jewelry at all is permitted during the performance.

## **Parental/Guardian Obligations (Scan the code to fill out the Team Acceptance Form)**

- **Ensure your cheerleader arrives on time** for all practices, performances, and events. If your child will be late or absent, you must notify the director **in advance** to make alternate arrangements. Excessive absences, tardiness, or missed events **will impact your child's placement** within the routine.
- **Parents are responsible for all travel arrangements** for out-of-town events. This includes transportation, lodging, meals, spectator/parking fees, and any additional personal expenses such as souvenirs or activities.
- **Model and reinforce a positive, team-oriented attitude at all times.** We ask parents to support their athlete by helping promote encouragement, sportsmanship, and respect toward coaches, teammates, and staff — both at home and at the gym.
- **Stay informed.** It is your responsibility to read, understand, and act on information shared via our BAND group and in this handbook. If you're unsure about something, please ask — we're here to help you stay in the loop!
- If you have suggestions or insights that may help your child learn more effectively, we are absolutely open to having that conversation — just not through the glass. Please reach out to schedule a time to discuss those ideas respectfully and constructively.

**Please scan the code below to acknowledge your acceptance of the policies and register your daughter for the Cheer Angels (or visit this link: <https://form.jotform.com/gymkix/gymkix-cheer-angels>)**

