



Open Level 6 Team Handbook

Competitive Season: September 2017 – April 2018

This packet contains information for the open level 6 team only.

For beginner or prep athletes, please contact us for the information regarding our ALLSTAR PREP PROGRAM.

Competitive level 1-5 athletes should read the COMPETITIVE PROGRAM HANDBOOK.

Registration - September 5-7, 2017



Welcome to Limelight Cheerleading Allstars

Note from the owner:

Thank you for your interest in our program. My goal is to provide the best service and the best program for all of our members. I believe that each athlete is unique and is a wonderful addition to our program. Join us today; after all, it is your turn to be in the Limelight! – Jerry Mauldin

Why choose Limelight?

1. A staff who cares – Our coaches and staff truly want the best for you and your child. We strive to build a great program that brings out the best in our athletes.
2. A program dedicated to success – We want to win of course! But, more importantly, we want to achieve our goals. As a gym, so far we have been able to do just that. We want to focus more on the development of athletes rather than on placements at competitions. We know the outcome of a subjectively scored sport is out of our hands.
3. We appreciate our members – You are the reason we are here. We know that a strong relationship with our members is important for our continued growth and we want to make sure we are fostering and growing with you.
4. We are one of the fastest growing gyms around. Since our beginning in 2012, we have grown to more than 11 teams: we have over 140 athletes, recreational cheer, competitive cheer, 5 members of Team Canada, and it continues daily.

Why choose allstar cheerleading as a sport?

1. This is one of the fastest growing sports in the world. There are now more than 60 countries represented at the Cheerleading Worlds.
2. This is great for people of all ages, ability levels, body types and gender.
3. It is a great way to stay active in a fun-filled environment.
4. It builds trust, teamwork, coordination, social skills and more.
5. It is a healthy alternative that builds a person from the inside out.

Safety is Serious!

All competitive sports come with some sort of risk, and cheerleading is no exception. At Limelight, we are taking precautions to lower the risks associated with our sport and training our athletes and staff with the latest techniques in skill development and emergency procedures.

How Limelight is leading the charge in safety!

1. **Competitive Coach Training**
 - a. Our competitive coaches participate in an annual 2-3 day course to learn proper spotting, skill progression and safety measures.
 - b. Each coach is CPR/First-Aid certified
 - c. Coaches participate in on-going internal training
2. **Concussion Management Programs** – Limelight will work with industry experts at LifeMark to create a specialized program for our gym that includes:
 - a. Baseline Testing (including computerized testing, balance & vestibular testing, eye tracking testing and more),
 - b. Coaches & Parents Info Sessions about concussions
 - c. LOCAL Concussion Specialist therapist that they've vetted - and educated about our sport! This therapist will actually be able to TREAT concussions, and give you the most up-to-date return to play advice.
 - d. We sell concussion headbands in our gym. These headbands are highly recommended for all athletes training at level 2 and higher.
3. **Injury and risk management**
 - a. The staff provides follow up for injuries to assess the athlete and make any recommendations deemed necessary.
 - b. Athletes participate in semi-annual emergency and safety seminars.



Although we cannot prevent all injuries, Limelight is taking precautions to ensure the safest environment possible for you and your children.

MANDATORY CONCUSSION BASELINE TESTING – Please contact LifeMark to schedule your test.

One parent must accompany each athlete under 18. This will take you approximately 1 hour. We can assess 10 kids per hour.



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Limelight
Cheerleading Allstars

How to Save Big!

CHEER POINTS - Limelight Cheerleading Allstars continues to set new standards for the industry. We have developed a unique program that will benefit our members and provide savings for continued loyalty.

1. Returning Members	Receive the following:
a. 2nd-3rd years	50 Cheer Points
b. 4th-6th years	100 Cheer Points
c. 7th-9th years	150 Cheer Points
d. 10th or more years	200 Cheer Points
2. Referrals	
a. Competitive referral	25 Cheer Points
b. Recreational referral	10 Cheer Points
3. Various Contests	Varies



Cheer Points Rules and Regulations

1. 1 Cheer Point equals 1 Dollar to be credited to member accounts.
2. Cheer Points are not redeemable for cash and may not be refunded to members monetarily.
3. Cheer Points may be applied to LCA fees including team tuition, classes, recreational tuition, camps, clinics, and program fees.
4. A member is considered returning when he or she has participated with LCA in some team capacity. For instance, a recreational athlete transferring to competitive is a returning member. Open gym or bring a friend athletes do not qualify as returning members. A returning member must be consecutive without interruption in membership in order to qualify for returning member rewards.
5. Referral Cheer Points are issued to referring member once the referred athlete has registered and paid for a team at LCA.
6. Cheer Points may not be transferred to another LCA member.
7. If a referred member withdraws from LCA within 30 days of registration, then the cheer points gained from the referral will be reversed.

Other ways to save BIG!

Discounted Open Gym – All Open team athletes receive 50% off open gym. STAR athletes get FREE open gym.

Full Payment – Should you decide to pay in full for the season, you will not be assessed a payment installment fee.

Sibling discounts – An additional 10% discount off tuition will be applied to the second child within a family - Applies only to team fees for the second child and beyond.



Attendance Policies

The staff at LCA works diligently to ensure the teams are successful. This means that we often put in extra time outside of practices. It is mandatory that you attend all practices and events unless you have an excused absence. Your commitment to the team and the fellow team members is crucial to our overall success. We are only as strong as our weakest link. **When planning your vacations, please check with our schedules to ensure we do not overlap or have team issues.**

No Miss Dates: The practices before of a competition are MANDATORY. You must be at practice for the 2 practices immediately before a 1-day competition. You must be at practice for the 4 practices immediately before a 2-day competition. Should you miss such a practice during these times, you may lose your place on the team.

Sick/Injured Policy: If an athlete is injured or sick, we still expect the athlete to attend practice as usual. Although your role may be limited, it is important to be at practice for many reasons. Exceptions – If your sickness or injury is severe and you are bedridden, you have fever, or you are contagious. (If you cannot attend practice for any injury or illness, you must provide a doctor note.) Injured athletes must provide coaching staff ongoing reports from a doctor/physio until you are released. Athletes that cannot perform fully at 100% for the final 4 practices leading to a competition may be replaced for that competition.

Lateness/Tardies Policy: You should plan on being at the gym at least 5-10 minutes before your practice, class or lesson so that you can have enough time to prepare. Multiple tardies will be seen as a major issue and will be addressed as serious as absences. If you are late for a practice, you should plan to stay extra to make up that time individually. Always message your coach in GroupMe if you are late.



Apparel Policy:

Team Practice – Each competitive athlete will be provided with practice attire. You MUST wear a Limelight top and bottom to practice. This includes (shirts, bra tops, shorts, hoodies, sweatshirts, sweatpants, leggings and other practice appropriate attire). You can wear the attire you receive with registration or any LCA attire sold in our pro shop or online store. No other attire is allowed. If you do not have the appropriate attire for practice, then you must purchase new attire from the pro shop to participate in practice. We will have occasional fun days where your apparel rules are relaxed. Cheer shoes should be worn at all practices. Athletes must wear your hair in a ponytail during practice with any limelight bow. When in classes, or other events that are not team practice, you can wear any Limelight tops with any bottoms.

Competitions – We no longer have an official track suit. You can wear any Limelight jacket, sweatshirt or T-shirt along with any black bottoms you choose. Please refrain from mixing LCA pieces with other street clothes. Full uniform must be worn for awards.



2017-2018 Member Rules and Regulations

General Guidelines

1. If you have a concern, please contact the gym directly so we can assist you.
2. Each team member and parent must be aware of all of the responsibilities required and the commitment they are making to the team
3. All members must be aware that participation at LCA is a privilege, not a right.
4. Each athlete is making a commitment until the end of each season.
5. Each member will follow all additional rules and guidelines given by the coach, director, team mom or person in charge.

Gym Rules

1. Please leave all valuables at home. We are not responsible for lost property.
2. There is absolutely no gum, candy, food or drinks (except water) allowed in the gym.
3. No outdoor shoes allowed in the gym. Please wear cheer shoes to practice only.
4. NO LONG FINGERNAILS OR JEWELRY ALLOWED AT PRACTICE. Long nails are defined as any nails more than ½ inch past the finger or deemed long by the coach. Stud jewelry is ok but not preferred. No necklaces, bracelets, hoop earrings, rings, watches, or other such jewelry, including friendship bracelets or anklets.
5. No cell phones allowed during practice except during breaks. They must be out of reach during practice.

Athlete Behaviour

1. Each member will set and maintain the highest levels of behaviour and must realize the manner in which they conduct themselves directly reflects on the entire program.
2. Challenging the authority of a person in charge, use of profanity or abusive language or any negative behaviour toward a coach, gym directors or another athlete or parent by an athlete or parent is not acceptable and will not be tolerated.
3. There will be absolutely no negative behaviour towards another LCA member or toward another gym, via any medium (i.e. directly or via internet message boards, chat rooms).
4. Any action, whether intentional or otherwise, which jeopardizes the safety of oneself or any other member is totally unacceptable and will be dealt with severely.
5. Athletes must be willing to work hard, take directions and strive for excellence.
6. No smoking, drinking of alcoholic beverages or use of drugs while representing LCA.

Attendance Policy

1. MEMBERS WILL BE PRESENT AND ON TIME TO ALL REQUIRED ACTIVITIES!
2. We understand summer absences for vacations and camps. However, team camps are mandatory.
3. Each athlete is allowed only 2 unexcused absences each season, September-April.
4. Excessive tardies or absences may be reason for removal from the team. **Absences are only allowed for extreme sickness/Injury, family emergencies, or school mandatory events. NOTE: Studying for an exam, birthdays, work, school trip/dance, not having a ride, etc. are not excused absences.**
5. Parents are to inform the coach and administration of all tardiness and absences using GroupMe. 1 minute late is late.
6. Team members are required to attend all competitions. This includes remaining until the awards ceremony is over, in full uniform or team apparel as outlined by the coaching staff. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay with the team for the awards ceremony.
7. All athletes must be picked up promptly at the end of their class/practice.

Parents

1. Parents are required to fulfill all financial obligations on time.
2. While we encourage parental support and understanding, questioning coach's decisions about routine choreography or practice planning is unacceptable.
3. The viewing area is a DRAMA FREE ZONE. The viewing area will remain open if the environment remains supportive and friendly.
4. Parents should be informed of all gym policies and abide by gym, competition, and other event policies.
5. Parents should enroll in GroupMe for all team contacts involving lateness and other important information.



2017-2018 Team Schedules

Holiday Schedule: (no practice on these dates)

Holiday/Event	Dates
Thanksgiving Weekend	October 6-9, 2017
Winter Break	December 23, 2017 - January 5, 2018
March Break	March 10-16, 2018 *Follows York Region School Break

All Holiday breaks are included in your tuition payments and fees. There are no make-up dates for practices missed due to holidays listed on this schedule.

Regular Practice Schedule: (Sept 11, 2017-Apr 15, 2018)

Team	Practice 1	Time	Practice 2	Time
Rays	Monday	8:30-10:25pm	Thursday	8:30-9:25pm

The Stunt Class on Thursdays is not mandatory unless the team needs the extra practice time. It is not included in our team fees. The stunt class uses the class card system.

2017-2018 Team Camps

Event	Date	Time	Team
Choreography Camp	September 30	4:00pm-10:00pm	Rays

All athletes are required to attend the above camp where we will learn choreography and skills for the entire season.

2017-2018 Competition Information

Date	Event	Location	Team
Nov 25	PCA Nationals	Brampton, ON	Rays
Feb 17-18	Evo Provincials	Kitchener	Rays
April 13-15	Canadian Nationals	Quebec	Rays

Other Important dates: All athletes should attend the following events.

- Gym Pep Rally/Showcase – Sunday, December 17.
- Banquet – May 2018.



Inclusive Pricing

2017-18 Team Fees (Prices do not reflect HST)

Team Fees	Competition Fees	Uniform	Apparel	Includes
750	350	325	100	1 T-shirt, 1 Practice Bow, 1 Sport Bra, 1 Shorts, Choreography, Music, Competitive Uniform & Bow

1. Team Fees include gym membership, supplemental accident insurance, and administration fees. Gym Membership is for one competitive season only.
 2. Once a member, there are no breaks in tuition during the summer months, regardless of event.
 3. Excluded in our convenient Inclusive pricing plan:
 - a. Hotel and travel for competitions.
 - b. Cheer shoes, which are mandatory for all competitive teams. They must be all white, have laces, and have a smooth bottom. You will receive a pair of lime green shoelaces upon registration. You can purchase the shoe of your choice that meets the requirements. Optional -we will place a shoe order up to 2 times a year.
 2. Travel fees, if any, will be finalized later in the season.
- Athletes should not miss the 4 practices before a 2-day competition, or the 2 practices before a 1-day competition.
 - We ask that all vacations take place on team breaks. Missing practice during competition season can cause serious problems with stunts and pyramids.
 - Athletes should come to practice when sick or injured. If you cannot participate in practice, you must have a doctor's note. If you are injured and must perform a limited role, then you must have a doctor's note and subsequent follow up sessions with the doctor to provide us with progress.
 - Athletes that are injured and unable to perform to their fullest abilities within 4 practices of a competition may be replaced for the upcoming competition.
 - Failure to comply with any of the above policies can result in removal from a team for the upcoming competition or for the entire season with no refund.

Should an athlete join the team after camp dates or miss camp, the athlete will be required to take private lessons at \$60 per hour (not covered in your fees), to ensure proper technique from the camp is passed on. The coaches will determine how many private lessons you require. Anyone that misses camp **MUST** have a substitute to learn your spot. This sub must be able to perform your duties while you are missing.



2017-18 Registration Information

Be evaluated by the coaches. Each athlete must meet with a coaching staff member to assess your skills. We will evaluate your skill level in a relaxed environment; if you have no previous experience, that is totally OK. We simply need to see your skill level to ensure you are on the right team.

1. What do we evaluate?
 1. Tumbling (floor gymnastics)
 2. Stunt Skills for bases and flyers.
 3. Flexibility and Air Positions, for potential flyers.
2. When can you register?
 1. **Registration** – September 5-8 5:30-9:30pm. **You can come any day at any time during those time frames.**
 - a. Registration Fees: (cash payable at time of registration)
 1. Returning Members - \$15, includes hst
 2. Non-LCA Members - \$25, includes hst
 - b. Team announcements will be posted on Friday, September 9
 2. **Private tryouts** held outside our normal registration must be with one of the approved coaches and the FEE is \$50, includes hst. Fee applies to current and new members. Private tryouts will take about an hour and should be scheduled in advance. Please call 289-597-5463 to book a private tryout.
3. How do you register?
 1. Attend fall registration or a private tryout.
 2. Submit Registration Packet: registration and payment forms
 3. Submit 2017-2018 Athlete Waiver
4. Parents or guardians of minors must be present at tryouts/registration for a meeting, submit forms and submit payments. We will not accept forms or payments from a minor.
5. **All payments and forms must be submitted no later than the second team practice.**

The first practice is Monday, September 11, 2017.

