



Allstar Prep Handbook

Competitive Season: September 2017 – March 2018

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This handbook contains all the information you need for our allstar prep program. If you are interested in our competitive program, please review our **COMPETITIVE HANDBOOK**.

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 goals than on placements at competitions, because 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 our customer relationships are important for our continued growth and we want to foster it.
4. We are one of the fastest growing gyms around. Since our beginning in 2012, we have grown to more than 11 teams, 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.
It is a healthy alternative that builds a person from the inside out



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	100 Cheer Points
b. 4th-6th years	200 Cheer Points
c. 7th-9th years	300 Cheer Points
d. 10th or more years	400 Cheer Points
2. Referrals	
a. Competitive referral	25 Cheer Points
b. Recreational referral	10 Cheer Points
3. Various Contests	Various Cheer Points



Cheer Points Rules and Regulations

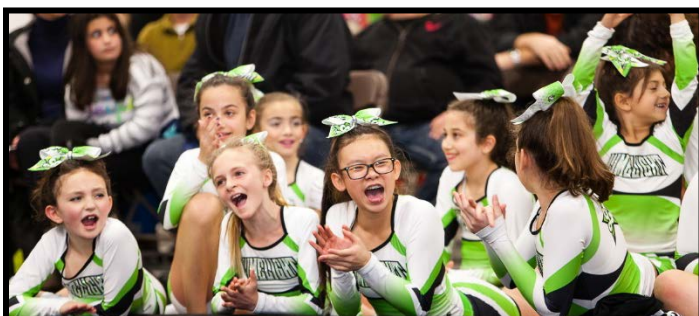
- 1 Cheer Point equals 1 Dollar to be credited to member accounts.
- Cheer Points are not redeemable for cash and may not be refunded to members monetarily.
- Cheer Points may be applied to LCA fees including team tuition, classes, recreational tuition, camps, clinics, and program fees.
- A member is 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.
- Referral Cheer Points are issued to referring member once the referred athlete has registered and paid for a team at LCA.
- Cheer Points may not be transferred to another LCA member.
- 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 prep team athletes receive 50% off open gym.

Full Payment– should you decide to pay in full then you save overall as each installment payment is assessed an admin fee.

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



2017-18 Team Fees and Payment Options (prices do not include hst

Ages are determined by your age as of August 31, 2017.

	Sparkle	Glitz	Glitter	Glow	Shimmer
	3-6 years old	6-8 years old	9-11 years old	12-18 years old	Under 15 years old
	Tiny Exhibition Level 1	Mini Prep Level 1	Youth Prep Level 1	Senior Prep Level 1	Junior Prep Level 2
Competitive Season (Sept-Mar)					
Team Fees – Includes: 1 weekly practice, Choreography, Music, 1 Banquet Ticket	550	800	950	950	950
Uniform & Bow	175	175	175	175	175
Apparel - Includes: 1 T-shirt, 1- Sport bra, 1- Shorts, 1 practice bow, 1 Sweatshirt	175	175	175	175	175
Competition Fees	150	150	150	150	150
Summer Training (May-Aug)					
	Class cards can be used for tumbling classes over the summer. Although summer is not mandatory, we strongly encourage athletes to take as many tumbling classes as possible to prepare for September.				

***Shimmer is perfect for athletes who want to take the next step forward in competitive cheerleading. You must have cheer experience for at least 1 season, or you must have a back handspring, having mastered some level 1 skills.

***There are no pre-requisites for Sparkle, Glitter, Glitz or Glow.

1. White Cheer shoes are mandatory for all pre-competitive teams and are not included in the apparel fees. They must be all white, have laces, and have a smooth bottom.
2. Registration includes a practice T-shirt, supplemental accident insurance, gym membership and administration. Registration is for one competitive season only.

**Pro-rated fees may apply. There are no actual monthly tuition rates as team fees are priced annually. For every month you start after tryouts, you will receive a 5% deduction in overall team tuition. For instance, someone starting in December will receive a 15% discount on tuition since the teams start in September. (3 months at 5% = 15%). The max discount is 20%.

****Installment plans include a service fee for each payment.

There are 3 payment methods.

- Full payment – the most affordable
- 4 payments – Additional \$50 admin fee added to the total. Must be paid by December 2017.
- Monthly Payments – Additional \$125 admin fee added to the total. Equal payments for term of contract, made payable on the 1st of each month.



2017-18 Important Dates

Regular Practice Schedule: (Sept 16, 2017-March 23, 2018)

Team	Day	Time
Sparkle	Saturday	10:30am-11:30am
Glitz	Saturday	9:00am-10:30am
Glitter	Saturday	9:00am-11:00am
Glow	Saturday	11:00am-1:00pm
Shimmer	Saturday	11:00am-1:00pm

Athletes should take tumbling classes if they wish to work tumbling skills as team time will **not** be devoted to advancing tumbling skills. Tumbling classes are part of the class card system and not included in tuition. Tumbling Classes are offered at various times.

Competition Schedule

Date	Event	Location	Teams
January 27 or 28	Magic	Whitby, ON	All
March 4	CheerUp4Kids	Maple, ON	All
April - TBA	OCF Nationals	Brampton, ON	All

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

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. **When planning your vacations, please check with our schedules to ensure we do not overlap.**

Other Important dates:

- Gym Pep Rally/Showcase – Sunday, December 17, 2017
- End of year performance – March 24, 2018

No Miss Dates: January 6 – March 4th. We have 3 competitions during these 2 months and attendance is mandatory and crucial to our success.

Attendance at all events and practices: 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.

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, you are contagious. In which case, we must have a doctor's note.



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 the 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 are more relaxed with attendance during the months of May-August. However, team camps are mandatory.
3. Each athlete is allowed a maximum of 2 absences each from September-December.
4. No absences allowed January 7-March 4.
5. Excessive tardies or absences may be reason for removal from the team. **Absences are only allowed for extreme sickness, 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.**
6. Parents are to inform the coach and administration of all tardiness and absences. 1 minute late is late.
7. 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.
8. 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 as long as the environment remains supportive and friendly to all athletes, parents and other customers.



2017-2018 Registration Information

Even though teams start in September, we recommend our athletes take tumbling during the summer months. Please check our class schedules online for summer class information.

Registration - September 5-7, 2017 5:30-8:30pm. Once you arrive, please plan to stay for at least 1-1.5 hours. Each athlete must meet with a coaching staff member to assess your skills. At this short meeting, we will evaluate your skill level in a relaxed environment with no pressure. If you have no previous experience, that is totally OK. We simply need to see your skills to ensure you are on the right level. Please contact us to schedule a meeting if you are unable to attend registrations in May.

1. What we evaluate:
 - a. Tumbling (floor gymnastics)
 - b. Skills from Previous Cheerleading Experience, if applicable
 - c. Flexibility and Strength
2. There is no need to be evaluated for summer classes.
3. Private evaluations outside our normal registration week must be with one of the approved coaches and the FEE is \$25. The evaluation fee must be presented at time of evaluation.
4. Be sure that your parents are with you if you are under 18.

Level/Team Placements - The owner/coaches will determine how each athlete will be placed on levels/teams. We will consider age, skill level, team needs and any other aspect deemed necessary to make successful teams. Once you have been assigned to a level/team, we ask that you give your ALL to make this team successful. All of our teams have the same importance and we wish them all equal success. Coach decisions are final.

Complete the registration form and submit payment. Each athlete/parent should print and read this entire Handbook packet thoroughly, sign all registration forms and submit all forms at time of registration.

Payment Options – Please read the Payment form for all payment and refund policies. We accept cash, cheque, debit or credit card for payment.

