



Competitive Program Handbook

Competitive Season: May 2017 – April 2018

This packet contains information for competitive cheer teams, level 1-5. For beginner or prep athletes, please contact us for the information regarding our ALLSTAR PREP PROGRAM. Open Level 6 teams should read the OPEN TEAM HANDBOOK.

Pre-Registration

April 11 or 12

Tryouts – Levels 1-5

May 8-10



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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 – SATURDAY, June 3 9:00AM-5:00PM

One parent must accompany each athlete under 18. This will take you approximately 1 hour. We can assess 10 kids per hour. We will have sign-up sheets during tryouts so you can pick your time slot. If you cannot make this time, you must get tested with LifeMark before June 30.



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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	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	Varies



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 competitive team athletes receive 50% off open gym. STAR athletes get FREE open gym.

Early Bird Registration – Current member that are willing to pay in full for the season during pre-registration, will receive a 5% discount on team fees. Monthly and installment plans are not eligible for pre-registration.

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.



2017-2018 Cheerleading Levels Chart

The following chart is a tool used to determine your level for allstar cheerleading. There may be exceptions to the rule each season depending on team needs, athlete expertise in stunting, personal strengths, and any other factor the coaches deem necessary. Coach decisions on all team placements will be based on this chart as well as coach discretion.

The skills below are considered to be mastered. Mastered is defined as the point in which an athlete can perform the skill by themselves in a safe manner on the performance floor. Spotting a skill or simply doing it once does not satisfy a mastered status. Works in progress may help coaches when determining team placement but does not guarantee a spot in a certain level.

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Standing Tumbling	Front Roll, Walkovers, Cartwheel,	Standing BHS, Back Walkover to BHS	Standing Series BHS, Toe Touch BHS	Standing Back Tuck, Standing Series BHS to tuck or layout,	Standing tumbling with a full/DBL twist, Toe Touch Tuck	Up to level 5 skills and may include Double Punch Double and standing Double
Running Tumbling	Roundoff, Cartwheel to Walkovers	Round off BHS, Front Walkover to BHS, Specialty pass to BHS	Round off Back Tuck, Punch Front, Specialty pass to Tuck	Roundoff to Layout, Specialty to BHS layout	Roundoff with a Full/DBL Twist	
Release Stunt	Switch up to Waist level stunt, Tick Tock at Waist Level	Assisted Switch up to Prep, Assisted Prep Tick Tock	Switch up to Prep. Tick Tock at Prep	Switch up to extended Liberty, High to Low Tick Tock	Switch up half twist to extended Liberty, High to High Tick Tock	Ask Coach
Twisting Stunt	¼ turn to Prep, 1/4 turn to 1-leg stunt	½ up to prep, ½ up to prep level liberty	Full up to prep, full twisting cradle	1 ½ up to prep, double twisting dismount	1 ½ up to block, 1 ½ to prone from air position	Ask Coach

1. Final determination of your level will be decided by a LCA coach.
2. We will place similarly skilled athletes on teams. If you desire to be on a certain team, then it is important you have the skill set to be on that team. Exceptions may apply to elite flyers or bases, but the number of people on a team without tumbling skills for that team will be very minimal. We can only guarantee placement on a team if your tumbling levels are up to standard.
3. Mastering your tumbling skills does not automatically advance you to the next level. Stunts, maturity, work ethic, jumps and overall technique are also factors.



Premium Upgrade Package



STAR Program - The STAR program is designed for the serious athletes who want more time in the gym to develop their skills. This is perfect for athletes that want to train for future placement on higher level Teams.

Benefits of being a STAR include:

- **FREE Classes** – STAR athletes will receive FREE classes throughout our entire season. These include tumbling, flex, fitness, cheer, and other drop in classes.
- **Premium Access** - Daily STAR open gym time for individual training – STAR athletes will have daily access most days of the week to work on the skills you want to train at your own pace.
- **25% Discounts** on all camps, workshops, and parent night out.
- **Private Lessons** - Save \$10 per hour on all private lessons all year.
- **Apparel** - Get your very own STAR T-shirt and BOW
- **FREE OPEN GYM**
- **25% discount on specialty divisions** – STAR athletes will receive 25% discount on individual, group and stunt entries.
- **Special Gym Acknowledgements**

STAR Fees: \$499, plus HST per year. There is no discount of STAR fees for payment in full at registration. STAR fees are a 1-time fee paid at time of registration only. Sibling discounts do not apply. STAR fees are non-refundable after 10 day cooling off period (10 days from registration).

Elite Cheer Team

Velocity - This INVITE-ONLY team (age 11-18) will meet once a week and will travel to Los Angeles, California. It is comprised of like-minded athletes with a desire to work hard and love challenging themselves. Members of this BONUS team must be on another Limelight Competitive Team, as Velocity will not be the main team for any athlete.

The coaching staff will consider several factors when nominating athletes for this team, such as:

- Work ethic during practice, classes, open gym, STAR, workshops and camps
- Coachability, Attendance and Dedication
- Level 3 and higher skills, some exceptions may apply

We will only consider athletes that go above and beyond the minimum expectations, never or rarely miss practice, have no/few unexcused absences and are easy to work with. Mental blocks in tumbling, fear in flying, lack of hard work and personal behaviors will all be part of the decision-making process. Anyone that loses skills, gets injured, or does not meet obligations can be removed or replaced at any time.

Fees:

- Program Fees (choreo and music) - \$300, plus hst.
- Competition Fees –includes travel, hotel, and registration for California. Due Sept. 2017. The price is TBD.
- Apparel - \$200, plus hst – uniform top. This is the crop top version of the 2017-18 uniform.

If an athlete wishes to be on Velocity in the future, then STAR is the perfect training program.

We will offer alternate positions to athletes that wish to try out for this team. Tryouts for these alternate positions will be in September, 2017.



2017-18 Competitive Allstar Cheerleading Teams

Ages are determined by how old you are on August 31, 2017. Exception – Worlds age requirements - you must be 14 in the year you compete.

<u>Name</u>	<u>Age</u>	<u>Division</u>	<u>Program</u>
Strobe	8-14	Junior Level 1	Competitive
Flare	6-11	Youth Level 2	Competitive
Neon	12-18	Senior Level 2	Competitive
Shine	8-14 or 11-18	Junior or Senior Level 3	Competitive
Wildfire	11-18	Senior Level 4	Competitive
Ignite	11-18	Senior Level 4.2	Competitive
Flash	14 and over	IO Coed Level 5	Worlds
Velocity	11-18	Senior Level 3	Elite

****Age brackets and levels may alter after tryouts. The coaches will do their best to build teams of like-skilled athletes so we are set up for the best opportunity for success.**

Athletes that lose skills throughout the season will be assessed a \$150 fee that includes 2 private lessons and unlimited classes for a 2-week period. If the athlete cannot get the skills back within that 2-week period, then the athlete may be suspended from the team until they can once again perform their required skills. Or, they may transfer to an appropriate-level team. This includes mental blocks, injuries, or lack of ability.

Holiday Schedule: (no practice on these dates)

Holiday/Event	Dates
Victoria Day	May 22, 2017
Civic holiday	August 7, 2017
Summer Break	September 4 – 10, 2017
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.

2017-2018 Team Schedules

SUMMER - May 15, 2017-August 31, 2017

Summer practices are mandatory unless you are on vacation. Please notify coaching staff of any vacations at least 2 weeks prior.

Program	Day 1	Time	Day 2	Time
Strobe/Neon	Monday	6:00-8:00pm	Wednesday	6:00-8:00pm
Wildfire/Ignite	Monday	7:30-9:30pm	Wednesday	7:30-9:30pm
Flare/ Shine	Tuesday	6:00-8:00pm	Thursday	6:00-8:00pm
Flash	Tuesday	7:30-9:30pm	Thursday	7:30-9:30pm
Velocity	5:30-8:30pm on the following Fridays: June 2, July 7			

*Rays begin regular team practice in September, therefore registration for Rays is not until September.

Regular Practice Schedule: (Sept 11, 2017-Apr 26, 2018)

Team	Practice 1	Time	Practice 2	Time	Tumbling	Time
Flare	Tuesday	6:00-8:00pm	Sunday	5:00-7:00pm	Monday	6:00-7:30pm
Shine	Tuesday	6:00-8:00pm	Sunday	5:00-7:00pm	Monday	6:00-7:30pm
Wildfire	Wednesday	7:30-9:30pm	Sunday	1:00-3:00pm	Sunday	11:15am-12:45pm
Ignite	Wednesday	7:30-9:30pm	Sunday	1:00-3:00pm	Sunday	11:15am-12:45pm
Strobe	Wednesday	6:00-8:00pm	Sunday	3:00-5:00pm	Monday	6:00-7:30pm
Neon	Wednesday	6:00-8:00pm	Sunday	3:00-5:00pm	Monday	6:00-7:30pm
Flash	Thursday	7:30-9:30pm	Sunday	7:00-9:00pm	Thursday	6:00-7:30pm
Velocity	Monday	7:30-9:30pm	Alternate Tumbling Class offered Saturdays 1:00-2:30pm			

Competitive/Worlds Teams will practice twice a week for 2 hours each practice. Team practices will not include tumbling except routine tumbling. Tumbling classes are included in your fees. Tumbling classes are 1.5 hours long, outside normal team practice and are mandatory to attend. If an athlete misses a tumbling class, then it must be made up that same week. Mandatory tumbling classes begin in September as summer team practices will incorporate tumbling.

Additional Tumbling classes outside team tumbling are not included in your team fees and will follow the class card system.

Velocity will not have a separate mandatory tumbling classes as part of the program.



2017-2018 Team Camps

Event	Date	Time	Teams
Concussion Testing	June 3, 2017	9am-5pm	All
Skills Camp	June 10 & 11	10am-12pm	Flare & Shine
Skills Camp	June 10 & 11	1pm-3pm	Neon & Strobe
Skills Camp	June 10 & 11	4pm-6pm	Ignite & Wildfire
Overnight Skills Camp	July 8 & 9	All day	Flash
Choreography Camp	July 29	10am-3pm	Ignite
Choreography Camp	July 29	4pm-9pm	Wildfire
Choreography Camp	July 30	10am-3pm	Neon
Choreography Camp	July 30	4pm-9pm	Strobe
Choreography Camp	August 1	12pm-5pm	Shine
Choreography Camp	August 3	12pm-5pm	Flare
Choreography Camp	August 12	12pm-5pm	Velocity
Choreography Camp	August 13	12pm-5pm	Flash

All athletes are required to attend the above camps where we will learn choreography and skills. We may have guest instructors from outside our gym to work on skills such as tumbling, stunts and jumps. This is a HUGE team bonding experience as well. If you are going to miss these dates, we must know at time of registration. You **must** have a replacement for you if you miss any of the above dates.

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.

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

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



2017-2018 Competition Information

Date	Event	Location	Teams
Nov 3-5	Very Scary Challenge	Sandusky, OH	Wildfire, Strobe, Ignite, Neon
Nov 11	Fall Classic	Mississauga	Shine, Wildfire, Flare, Ignite, Strobe, Neon, Flash
Dec 2-3	Cheer 4 the Cure	Oshawa	Shine, Wildfire, Flare, Ignite, Strobe, Neon, Flash
Jan 26-29	JamFest Super Nationals	Indianapolis, IN	Shine, Flare
Feb 17-18	Evo Provincials	Kitchener	Shine, Wildfire, Ignite, Flash
Mar 4	CheerUp4Kids	Maple	Velocity, Strobe, Neon, Flare
Mar 13-19	USA Nationals	Los Angeles, CA	Velocity
April 6-8	Evo Nationals	Niagara Falls	Shine, Wildfire, Flare, Ignite, Strobe, Neon, Flash
Apr/May	USASF Worlds	Orlando	Flash

Please read the following new policies for the upcoming 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 in the summer or on team breaks. Missing practice during high competition season (November – April) 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.



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.



Inclusive Pricing

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

	Team Fees	Canadian Comp Fees	Uniform	Apparel	Includes
Competitive Level 1 & 2	2000	345	325	225	2 T-shirts, 2 Sport Bras, 2 Shorts, 2 Bows, 1 Sweatshirt, 1 Banquet Ticket, Choreography, Music, Skills Camp, Concussion Test, Weekly Tumbling Class from Sept-April
Competitive Level 3, 4, 4.2	2000	415	325	225	
Flash	2250	450	325	225	
Velocity	300	35	*200	N/A	1 T-shirt, Choreography, Music

1. Team Fees include gym membership, supplemental accident insurance, and administration fees. Gym Membership is for one competitive season only.
2. Pro-rated policy – If an athlete joins after May 28, the following pro-rated discount will apply: May 29-June 30 start date = 5% discount. July 1-Aug 4 start date = 10% discount. Aug 5*-Sept 7 start date = 15% discount. September 8-March 31 start date = 20% discount.
3. Once a member, there are no breaks in tuition during the summer months, regardless of event.
4. Excluded in our convenient Inclusive pricing plan:
 - a. Hotel for Evo nationals. Nationals is a stay to play event and you are required to stay over one night in Niagara Falls.
 - b. Cheer shoes 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.
 - c. Travel Fees. See chart below:

Trip Fees	Ohio Trip	Indianapolis Trip	Los Angeles Trip	Quebec Trip	Orlando Trip
Teams	Wildfire, Strobe, Ignite, Neon	Flare & Shine	Velocity	Rays	Flash
Prices are estimates and subject to change	300-400 includes competition fees, bus, hotel at Kalahari Resort	450-550 includes competition fees, bus, hotel, ticket to the Majors	1250-1500 includes flight, competition fees, bus, hotel, Disney Passes, Hollywood Tour	200-300 includes competition fees & hotel	800-1000 USD includes competition fees, Disney park passes & hotel

1. Travel fees will be finalized later in the season.
2. All bus trips require athletes to ride the bus.
3. Athletes 11 and under will require a parent to travel with them.

NOTE - All teams, including Flash, are getting a new uniform this season.



2016-2017 Tryout & 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 tryout?
 1. **Pre-Registration** – April 11 6:30-8:30pm or April 12 6:30-8:30pm. **Athletes and parents should be present for the entire 2 hours**
 - a. For current Limelight members that pay **in full** for the following season. (4 or 12 installment payment plans are not eligible for pre-registration) Pre-registration benefits include:
 1. No tryout or tryout fee.
 2. 5% discount on Team Fees. (does not apply to other fees)
 - b. To pre-register, you must present a skills evaluation chart from your coach.
 2. **Tryouts** – **Athletes and parents should be present for the tryout which will take approximately 30 minutes.**
 - a. Tryout Dates: (Choose one that best suits your schedule)
 1. Monday, May 8 5:30-9:30pm
 2. Tuesday, May 9 5:30-9:30pm
 3. Wednesday, May 10 5:30-9:30pm
 - b. Tryout Fees: (Cash only. It must be submitted at time of tryout)
 1. Current Members - \$15, includes hst
 2. Non-LCA Members - \$25, includes hst
 - c. Team announcements will be posted on Thursday, May 11th
 3. **Private tryouts** outside our normal tryouts must be with one of the approved coaches and the FEE is \$50, including 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. Parents or guardians must be present at tryouts for a meeting, submit forms and submit payments. We will not accept forms or payments from a minor.
4. **All payments and forms must be submitted no later than the second team practice.**

Why do current members need to tryout? Doesn't the coach already know what we can do?

Tryouts are important because it is a small test to see how athletes manage pressure. We perform in front of crowds all the time and assessing an athlete during tryouts can give us insight into their anxiety and comfort levels. It is also a time to see what amazing talent we have to build upon.

NOTE – Mandatory parent meeting at first practice in May.

