

Updated – July 6, 2018



## Competitive Program Handbook

Competitive Season: May 2018 – April 2019

This packet contains information for levels 1-6 competitive cheer teams in Vaughan and Newmarket.

Competitive Program  
Pre-Registration  
April 1-5, 2018

Tryouts – Levels 1-5  
May 8-10 Vaughan  
May 28-29 Newmarket

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**Website – [www.limelightallstars.com](http://www.limelightallstars.com)**

**new**

**New this year** – Anytime you see something in Red, please note that it is new this season

**Vaughan Location**

7700 Keele St Unit 8A

**Newmarket Location**

1250 Journey's End Circle Unit 3&4

## 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 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, 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 objectively 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 15 teams: we have over 200 athletes, recreational cheer, competitive cheer, several members of Team Canada, Summit Teams, Worlds Teams, and NOW a 2<sup>nd</sup> location.

### 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 course to learn proper spotting, skill progression and safety measures.
  - b. Many coaches are CPR/First-Aid certified
  - c. Coaches participate in on-going internal training
2. **Concussion Management Programs** – Limelight will work with industry experts at CCMI
  - a. Baseline 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 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 annual emergency and safety seminars.

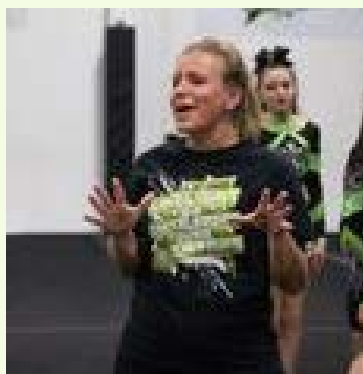


Although we cannot prevent all injuries, Limelight is taking precautions to ensure the safest environment possible for you and your children.

**Mandatory CONCUSSION BASELINE TESTING – SATURDAY, June 2 approximately \$75, not included in your fees. Testing locations will be announced in May.**

One parent must accompany each athlete under 18. This will take you approximately 1 hour. If you cannot make this time, you should get tested with CCMI before June 30.

Please visit our website for our 2018-19 concussion policy. All parents and athletes should familiarize yourself with all our concussion protocol, rules and guidelines.



## 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!

**FREE Open Gym** – All competitive and prep team athletes receive FREE open gyms.

**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 team fees will be applied to the second child within a family - Applies only to team fees for the second child and beyond.


**Firebirds Discount** - 2017-18 athletes from Firebirds Cheerleading will receive a 5% discount when registering for our Newmarket location. Applies to 2018-19 team fees only.



## 2018-2019 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 5R	Level 5	
 Skills	Front Roll	Standing Back Handspring	Toe Touch Back Handspring	Standing Back or Front Tuck	Toe Touch Back Tack	Standing Full	
	Cartwheel						
	Roundoff	Roundoff Back Handspring	Standing 2 Back Handsprings	Standing Back Handspring to Tuck	Round off to Half Twist or Full Twist	Toe Touch Back Tuck	
	Back- Walkover	Back- Walkover Back Handspring	Roundoff Back Tuck	Roundoff to Layout	Standing Back Handsprings to Layout	Round off to Full or Double Full	
	Front- Walkover		Roundoff Back Handspring Back Tuck	Whips, Front Tuck or Arabian to tuck	Toe Touch Back Handspring to Layout	Standing Back Handsprings to Full or Layouts	
			Roundoff 2 Back Handsprings	Front Tuck	Toe Touch Back Handspring to Tuck	Whips, Front Tuck or Arabian to Layout	Whips, Front Tuck or Arabian to Full or Double Full

1. We look for an athlete to have mastered at least 3 of the above skills to be placed on any certain level.
2. Final determination of your level will be decided by a LCA coach.
3. As international guidelines change so do our team compositions. It may vary from year to year.
4. Mastering your tumbling skills does not automatically advance you to the next level. Stunts, maturity, work ethic, jumps and overall technique are also factors.

## 2018-19 Competitive Allstar Cheerleading Teams

Ages are determined by how old you are on August 31, 2018. Exception – Worlds age requirements - you must be 14 in the year you compete.

Vaughan			Newmarket		
<u>Name</u>	<u>Age</u>	<u>Division</u>	<u>Name</u>	<u>Age</u>	<u>Division</u>
Strobe	8-14	Junior Level 1	Black	6-11	Youth Level 1
Neon	8-14	Junior Level 2	Silver	8-14	Junior Level 2
Shine	8-14	Junior Level 3	Diamond	10-18	Senior Level 4.2
Wildfire	10-18	Sr Restricted Level 5	Platinum	10-18	Senior Level 3
Flash	14 & up	IO Coed Level 5			
Hype	14 & up	IO Level 5.0			

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

### Attendance Colour Code

- Red Dates = No absences allowed.
- Yellow Dates = Attendance taken. Excessive absences will be reason for removal.
- Green Dates = attendance is not taken.

### Holiday Schedule: (GREEN DATES)

Holiday/Event	Dates
Victoria Day	May 21, 2018
Canada Day	July 2, 2018
Civic holiday	August 6, 2018
Summer Break	September 3-9, 2018
Thanksgiving Weekend	October 5-8, 2018
Winter Break	December 21, 2018 – January 4, 2019
March Break	March 9-17, 2019. This may adjust according to competitions.

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.

Easter is not a guaranteed day off practice. We will determine that in the season.

## May/June = Yellow Dates

Attendance at team practice is mandatory. Any missed team practice will count toward your annual attendance. Tumbling is not mandatory during May and June.

Vaughan

Program	Team Practice	Time	Tumbling	Time
Strobe	Tuesday	6:00-8:00pm	Thursday	6:00-8:00pm
Neon	Monday	6:00-8:00pm	Wednesday	6:00-8:00pm
Shine	Monday	7:45-9:45 pm	Wednesday	7:45-9:45 pm
Flash/Wildfire	Tuesday	7:45-9:45 pm	Thursday	7:45-9:45 pm

\*Newmarket athletes will begin training June 4<sup>th</sup>

Newmarket

Program	Team Practice	Time	Tumbling	Time
Black	Monday	6:00-8:00pm	Wednesday	6:00-8:00pm
Silver	Tuesday	6:00-8:00pm	Thursday	6:00-8:00pm
Diamond	Monday	7:00-9:00 pm	Wednesday	7:00-9:00 pm
Platinum	Tuesday	7:00-9:00 pm	Thursday	7:00-9:00 pm

## July = Green Dates

Attendance during this month will not be taken. You should come to practice as much as possible, but if you are away, there will be no consequences.

## August = Red and Green Dates

**August 1-12 is Green.** Beginning on August 13, all teams must attend 1 week of choreography camp. You are not required to be at the gym for these 2-3 weeks except for your choreography camp. There will be no regular team practices during these 3 weeks. Use the chart below for your camps.

### Skills Camp – June 9-10 - Vaughan

Neon/ Shine/Strobe – 12-2pm

Wildfire/Flash – 3-5pm

### Skills Camp – June 16-17 - Newmarket

Black/Diamond – 12-2pm

Silver/Platinum – 3-5pm

Flash/Wildfire Skills Camp – July 7-8 at Limelight

### Choreography Camp - Vaughan

- Aug 13-17 4-7pm Neon, 6-9pm Wildfire
- Aug 20-24 4-7pm Strobe, 6-9pm Shine
- Aug 27-31 7-10pm Flash

### Choreography Camp - Newmarket

- Aug 13-17 4-7pm Black, 6-9pm Diamond
- Aug 20-24 4-7pm Silver, 6-9pm Platinum

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.

**Sept-April = Yellow Dates, except:**

**2 practices prior to 1-day competitions are RED**

**4 practices prior to a 2-day competition are RED**

### Vaughan Regular Practice Schedule: (Sept - April)

Team	Practice 1	Time	Practice 2	Time	Skills Class	Time
Strobe	Tuesday	6:00-8:00 pm	Thursday	6:00-8:00 pm	Sunday	1-2:30 pm
Neon	Monday	6:00-8:00 pm	Wednesday	6:00-8:00 pm	Sunday	2-3:30 pm
Shine	Monday	7:45-9:45 pm	Wednesday	7:45-9:45 pm	Sunday	3-4:30 pm
Wildfire	Tuesday	7:45-9:45 pm	Thursday	7:45-9:45 pm	Sunday	4-5:30 pm
Flash	Tuesday	7:45-9:45 pm	Thursday	7:45-9:45 pm	Sunday	5-6:30 pm
Hype	Sunday	6:45-9:45pm				

### Newmarket Regular Practice Schedule: (Sept - April)

Team	Practice 1	Time	Practice 2	Time	Skills Class	Time
Black	Monday	6-8 pm	Wednesday	6-8 pm	Sunday	2-3:30 pm
Silver	Tuesday	6-8 pm	Thursday	6-8 pm	Sunday	3-4:30 pm
Diamond	Monday	7:00-9:00 pm	Wednesday	7:00-9:00 pm	Sunday	4-5:30 pm
Platinum	Tuesday	7:00-9:00 pm	Thursday	7:00-9:00 pm	Sunday	5-6:30 pm

Competitive/Worlds Teams (except Hype) will practice twice a week for 2 hours each practice. Team practices will not include tumbling except routine tumbling. Skills classes are included in your fees. Skills classes are 1.5 hours long, outside normal team practice and are mandatory to attend.

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





## 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:**

- **Unlimited Classes** – STAR athletes will receive unlimited 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.
- **Personalized goal tracking** – We will assist athletes in their goals and objectives
- **25% Discounts** on all camps and workshops.
- **10 dollars off private lessons**

**STAR Fees:** \$600 per season (May – April). 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. All prices include HST.

## 2018-2019 Competition Information

new

Date	Event	Location	Teams
Oct 28	Magic Showcase	Durham College	Strobe, Neon, Shine, Wildfire, Black, Silver, Diamond, Platinum, Flash
Nov 17	Breath of Life	Toronto	Flash
Dec 2	Coastal – Great North Battle	Brampton	Strobe, Neon, Shine, Wildfire, Black, Silver, Diamond, Platinum
Dec 7-9	Cheer4TheCure	Oshawa	Flash
Jan 19-20	ATC – Feel the Power	Mississauga	Strobe, Neon, Shine, Wildfire, Black, Silver, Diamond, Platinum, Flash, Hype
Feb 2-3	Evo Big East Blast/Showdown	Ottawa	Shine, Wildfire, Diamond, Platinum, Spark
Feb 17-18	Evo Provincials	Kitchener	Flash and Hype
Mar 3	CheerUp4Kids	Maple	Strobe, Neon, Black, Silver, Flash, Hype
Mar 23-24	Kicks Competition	Montreal	Hype
Mar 31	Limelight Marquis Event	Newmarket	All teams
April 5-7	Evo Nationals	Niagara Falls	Strobe, Neon, Shine, Wildfire, Black, Silver, Diamond, Platinum, Flash, Hype

**NEW –**

1. Any team that earns a bid to the Summit or Worlds will attend these events.
2. Hype will not be able to miss the last Sunday of March break

## 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 2 practices in a row 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:** All athletes will receive a BLING package at time of registration. You can use this for your own hoodie or sweatshirt. Bring us the apparel item and we will press it for you. We also sell various items in the pro shop.

**Team Practice:** All athletes must wear LCA attire only always. 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 do not have to follow these guidelines.

**Competitions** –You can wear any Limelight jacket, sweatshirt or T-shirt along with any LCA bottoms you choose. Please refrain from mixing LCA pieces with other street clothes. Full uniform must be worn for awards.



## 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. Absences during yellow dates should be kept at a minimum, and there should be **NO** absences during **RED** dates.
4. Excessive tardies or absences may be reason for removal from the team with no refund.
5. Parents are to inform the coach and administration of all tardiness and absences using GroupMe or via text message. 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 avoid contact with their children once they come to practice. Coaches need to coach and have full respect from the child during their time in the gym. Please refrain from talking to your child, yelling at your child, coaching your child. If your child's coach requires a parent they will notify you, otherwise, please refrain from entering the gym at any time. Your child wants your support, not coaching. Let us coach them.**
5. Parents should be informed of all gym policies and abide by gym, competition, and other event policies.
6. Parents should enroll in GroupMe for all team contacts involving lateness and other important information.



new

## Team Fees (Prices include HST)

Team Name	Team Fees
Strobe, Neon, Black, Silver	2400
Shine, Wildfire, Flash, Diamond, Platinum,	2650
Hype	1750
All athletes must pay an annual membership fee	35

**new** For the 2018-2019 season only, all current Firebirds athletes registering at our Newmarket location will receive a 5% discount on all fees.

**NOTE – All Vaughan teams will use the same uniforms as 2018-2019 season. If you move to a Vaughan senior team with a crop top, then you may need to purchase a new top. All Newmarket athletes will need to purchase an LCA uniform.**

1. Team Fees team training, choreography, skills camp, choreography camp, music, coaching fees, open gym, team training, practice shirt, practice shorts, practice bow, competition fees that include event registration, coach travel and associated fees.
2. Pro-rated policy – There is no pro-rated fee. All fees fully apply regardless of start date.
3. Once a member, there are no breaks in tuition during the summer months, regardless of event or reason.
4. Excluded in our convenient Inclusive pricing plan:
  - a. Travel fees including airfare, hotel, bus and all travel associated fees.
  - b. All apparel, except practice will receive one t shirt, 1 bow and 1 pair of shorts.
  - c. 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.
  - d. **NEW** - Tumbling Classes – All extra tumbling is in addition to team practice and team fees. You will receive a 1.5 hour class to train tumbling, jumps, conditioning and flexibility. Any desires to improve technique or advance skills should be attained using tumbling classes, private lessons or group lessons.
  - e. **Summit and Worlds Registration Fees and Travel fees are not included.** Should any team get a bid to Summit or Worlds, we will be attending these events.



### Apparel Fees – include HST

Competitive Uniform – 365.00

Competitive Bow – 25.00

Tshirts, Hoodies, Shorts, bows and other attire vary in price and can be purchased in the pro shop.



## 2018-2019 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 1<sup>st</sup> – 5<sup>th</sup>, 2018.
    - a. For current Limelight or (Firebirds 2018) 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. Register and pay for the tryout in advance by using our registration site. Click register on our website.**
    - a. Tryout Dates: (Choose one that best suits your schedule).
      1. Tuesday, May 8 – Thursday, May 10 8 5:30-9:30pm - Vaughan
      2. Monday, May 28 – Tuesday, May 29 5:30-9:30pm - Newmarket
    - b. Tryout Fees: Use our online registration system to book your tryout. Current and New Members - \$30, includes hst
    - c. Team announcements will be posted on Friday, May 11<sup>th</sup> for Vaughan and Friday, May 30<sup>th</sup> for Newmarket
  3. **Private tryouts** outside our normal tryouts must be with one of the approved coaches and the FEE is \$60, including hst. Fee applies to current and new members. Private tryouts will take about an hour and should be scheduled in advance. Register and pay for a private tryout by using our registration site.
3. Parents are not required at tryouts as the registration process is completed after tryouts. However, parents must accompany a child during a private tryout.
4. Athletes will receive a welcome email once you are placed on a team. You will then follow the links to register for your team and set up payments. **All registration must be completed no later than your 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 must build upon.

**3 easy payment options:** Full payment, 4 equal payments and monthly options.

