



Competitive Program Handbook

Competitive Season: May 2020 – April 2021

This packet contains information for levels 1-6 competitive cheer.

Super Early Bird Registration – January 1-15 – current members

Early Bird Registration – February 1-15 – current members

Pre-Registration – March 1 – March 31 – current members

Registration – April 1 onward for anyone

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

Vaughan Address

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This is version 1, dated February 27, 2020 and subject to change until May 23, 2020.

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 an 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 and Worlds Teams.

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

- Our competitive coaches participate in an annual course to learn proper spotting, skill progression and safety measures.
- Many coaches are CPR/First-Aid certified
- Coaches participate in on-going internal training

2. Concussion Management Programs – Limelight will work with industry experts at CCMI

- Baseline Testing (balance & vestibular testing, eye tracking testing and more),
- Coaches & Parents Info Sessions about concussions
- 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.
- 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

- The staff provides follow up for injuries to assess the athlete and make any recommendations deemed necessary.
- 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 6 approximately \$75-\$125, 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 concussion policy. All parents and athletes should familiarize yourself with all our concussion protocol, rules and guidelines.

new

All athletes must have a baseline test each season.



Rewards!

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. Referrals – anyone new to our program may be considered a referral | |
| a. Flash referral | 100 Cheer Points |
| i. If they have a double full | 150 Cheer Points |
| b. Competitive referral | 75 Cheer Points |
| c. Prep referral | 75 Cheer Points |
| d. Male referral, any program | 50 Cheer Points |
| 2. 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. Referral Cheer Points are issued to referring member once the referred athlete has registered and paid for a team at LCA.
5. Cheer Points may not be transferred to another LCA member.
6. If a referred member withdraws from LCA within 30 days of registration, the cheer points gained from the referral will be reversed.

Other ways to save BIG!

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

Super Early Bird Registration – January 1-15, 2020. Current Members willing to pay in full for the season can register during this time. Save 5%.

Early Bird Registration – February 1-15, 2020. Current Members willing to pay in full for the season can register during this time. Save 2.5%.

Pre-Registration – March 1-April 15, 2020. Current Members can register during this time. Full payment and monthly payment plans are accepted during this time. March registrations pay no registration 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. Does not apply to apparel, registration or competition fees.

5-Year Rings – Athletes and coaches that have been loyal for 5 years will receive a commemorative ring at our end of year banquet

2020-2021 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 should 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
Standing Tumbling Skills	Front Roll Kickover	Back Handspring Back-Walkover Back Handspring	Toe Touch Back Handspring Standing 2 Back Handsprings	Standing Back Tuck Standing Back Handspring to Tuck	Standing Pass to Layout Toe Touch Back Tuck
Running Tumbling Skills	Cartwheel Roundoff	Roundoff Back Handspring Roundoff 2 Back Handsprings	Roundoff Back Tuck Roundoff Back Handspring Back Tuck	Roundoff to Layout Whips, Front Tuck or Arabian to tuck	Roundoff to Full Specialty to Full
Stunt Skills	Prep Leg Stand Cradle	Extension Prep Lib Half up to Extension	Extended Lib Prep Full down Full up to Prep Prep to Prep Tick Tock	Prep Double Down Lib full down Full up to Extended Stunt High to Low	Single Leg Double Down Full up to Lib Low to High

1. Competitive athletes should have 1 standing tumbling and running tumbling skill at their team level. If the athlete does not meet the minimum tumbling requirements, they must have mastered all stunt skills at that level.
2. Prep level 1 athletes do not require any skills. Prep level 2 athletes should have 1 level 2 tumbling skill, or level 2 stunt ability.

2020-2021 Competitive Allstar Cheerleading Teams

Prep Athlete Ages are determined by how old you are on August 31, 2020. International and National Team Athlete Ages are determined by how old you are on or before December 31, 2021.

Team	Program	Division	Age	Choreography Camp
Strobe	National	Youth Level 1	8-12	Aug 31-Sept 3. 5:30-9:30pm
Neon	National	Junior Level 2	10-16	Aug 31-Sept 3. 9am-1pm
Silver	National	Junior Level 2.0	10-16	Aug 31-Sept 3. 1pm-5pm
Diamond	National	Open Level 4.2	14 +	Aug 24-27. 5:30-9:30pm
Wildfire	International	Junior Level 3	10-16	Aug 24-27. 9am-1pm
Shine	International	Junior Level 4	10-16	Aug 24-27. 1pm-5pm
Flash	International	Open Level 5	14+	Aug 29. 5:30-9:30pm. Aug 30 All day
Hype	International	Open Level 6.0	14+	Aug 28. 5:30-9:30pm. Aug 29 9am-5pm
Sparkle	Prep	Tiny Level 1	5-6	N/A
Glitz	Prep	Mini Level 1	7-8	N/A
Glitter	Prep	Youth Level 1	9-11	N/A
Black	Prep	Junior Level 1	8-14	N/A
Glow	Prep	Senior Level 1	11-18	N/A
Shimmer	Prep	Junior Level 2	8-14	N/A

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

**** Should we combine teams or delete teams and move you to another team than you expect you will still need to be at camps.**

All Competitive teams will have the same guidelines and structure.

- Practice includes time devoted for tumbling (except Hype and Prep teams)
- All teams will expect to travel should we make Summit or Worlds.
- Athletes are required to attend choreography camps.

National teams travel only within Canada

International teams will travel to the US

-There are no differences in the team makeup, practices, etc.

-The only difference between these programs is travel



Practice Schedule:

Competitive Teams Summer Schedule - May-Aug				Prep Teams Regular Season Schedule Sept - April		
Monday	6-8pm	Strobe	Wildfire	Tuesday	6-8:00pm	Black
	7:45-9:45pm	Flash	Hype	Thursday	6-7:30pm	Shimmer
Tuesday	6-8pm	Neon	Silver	Saturday	9-10am	Sparkle
	7:45-9:45pm	Diamond	Shine	Saturday	10am-12pm	Glitz
Wednesday	6-8pm	Strobe	Wildfire	Saturday	9-11am	Glitter
	7:45-9:45pm	Flash	Hype	Saturday	11am-12:30pm	Shimmer
Thursday	6-8pm	Neon	Silver	Saturday	12pm-2pm	Glow
	7:45-9:45pm	Diamond	Shine			

Competitive Teams Regular Season Schedule - Sept-April

Monday	6-8pm	Strobe	Wildfire	Sunday		
	7:45-9:45pm	Flash	Hype	2:00-4:00pm	Hype	Silver
Tuesday	6-8pm	Neon		3:45-5:15pm	Wildfire	Strobe
	7:45-9:45pm	Diamond	Shine	5:00-6:30pm	Flash	
Wednesday	6-8pm	Wildfire	Strobe	6:15-7:45pm	Shine	Neon
	7:45-9:45pm	Flash	Silver	7:30-9:00pm	Diamond	
Thursday	6-8pm	Neon				
	7:45-9:45pm	Silver	Shine			

Holiday/Event	Dates
Victoria Day	May 18, 2020
Canada Day	July 1-2, 2020
Summer Break	July 10-Aug 2, 2020
Civic holiday	August 3, 2020
Labour Day Weekend	September 4-7, 2020
Jewish High Holidays	September 19 and September 28, 2020
Thanksgiving Weekend	October 9-12, 2020
Winter Break	December 21, 2020 – January 3 rd , 2021
Family Day Weekend	February 12-15, 2021
March Break	March 12-19, 2021

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.

2020-2021 Competition Information

Date	Event	Location	Teams
Sep 12	Limelight Open House	Our Gym	International, National, Prep
Nov 14	Cheer Evo Fall Classic	GTA	International, National
Dec 5-6	Cheer for the Cure	Oshawa	International, National
Jan 23-24	Feel the Power	GTA	International, National
Jan 30-31	BigEast Blast/Showdown	Ottawa	National
Feb 13-14	Cheer Evo Provincials	Kitchener	Flash, Hype, Prep
Feb	NCA Nationals	Dallas, TX	Wildfire, Shine
Mar 6	OCF	GTA	Prep
Mar 27-28	Cheer Up 4 Kids	GTA	International, National, Prep
Apr 9-11	Cheer Evo Nationals	Niagara Falls	International, National
Apr/May	Worlds	Orlando	Flash, Hype

Final dates will be posted by May 2020. Dates are subject to change.

Flyers should:

- Master Flexibility and air positions
- Possess Level appropriate ability on stunts and dismounts

Flyer workshops – Prior to summer practices, we will hold 4 workshops. These are not included in your team fees and all current and future flyers must attend 2 of these.

April 11, 12, 18, 19

- All levels 1-2:30pm
- \$25, plus hst per workshop

Flyers who join our program after flyer tryouts, will need to get privately assessed.

Seasonal Flyer Training –

- \$25 each or \$20 each when purchasing 10 at a time. We will offer multiple weekly classes and you will need to attend a minimum 10 of those before February 1st. Classes begin August, 2020.

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 the responsibilities required and the commitment they are making to the team
3. All members must be aware that participation at Limelight 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, especially on the mats.
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 1/4 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. 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 way 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 Limelight 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 Limelight.

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. The 2 week-period before a 2-day competition is RED. The 1-week period before a 1-day competition is RED.
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.

Policies

Competition Policy:

1. Any team that earns a bid to the Summit or Worlds will attend these events. By joining our program, you understand it is your responsibility to prepare financially for the end of season event. Although, we will assist with fundraisers, it is the sole responsibility of the athlete's family to cover all costs. Summit and Worlds are approximately \$1500-2000. If you are unable to fulfill this commitment, please let us know as soon as we receive a bid, so we might find a replacement for you for Summit.
2. Travel fees such as hotel, bus, hotel, meals and gas are not included in any of the fees. Each athlete will be responsible for their own travel arrangements and expenses.
3. Athletes should arrive 1.5 hours before compete time and stay for awards.

Apparel Policy:

Registration. Each athlete will receive a practice T-shirt, sports bra, shorts and scrunchie that can be worn to all practices.

Team Practice: All athletes must wear Limelight attire only. No other attire is allowed during practice. 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 bow or scrunchie. When in classes, or other events that are not team practice, you do not have to follow these guidelines.

Competitions –All athletes will wear our official track suit to competitions and events. Prep athletes must wear any Limelight outer gear of their choosing. Please refrain from mixing Limelight pieces with other street clothes. Full uniform only must be worn for awards.

Use of Logo or Name. No use of our name or logo are used without our permission. All apparel items should come directly from our pro shop. Please refrain from recreating or imitating our copyrighted brand.



Attendance Policies

The staff at Limelight 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.**

- **Summer Practice** – Competitive athletes are required to attend practices all summer. New this year, we will take off July.
- **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 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.
- **Snow Days or Cancelled Practices** – We rarely close the gym due to weather, but when we do, we will offer a Friday night open gym to those that missed practice. Should we miss a team practice the week of a competition due to weather related issues, then we will hold a Friday night practice when possible. Please plan accordingly.
- **Red Dates** = No absences allowed. These are 2 weeks prior to a 2-day competition or 1 week prior to a 1-day competition. Camps are also RED

new

New – Anyone missing a Red Date will be assessed a \$250 fee. The athlete will be removed from the upcoming competition and may be moved to an alternate position for the remaining part of the season. Although we know life happens, we are expecting everyone to commit to the Red Dates. It is crucial to the success of the team.



Competitive athletes receive an annual subscription to Cheer District



Cheer District eases communication between athletes, coaches, parents, and gyms, helping athletes train more effectively, and build a stronger community.

Cheer District offers athletes the tools they need to be their best, right at their fingertips.

- Track your skills and progress using skill tracker
- Train for your age and level, with cheerleading specific workouts to increase performance and reduce risk of injury
- Learn more about what it takes to be an elite athlete with consistent education provided by Cheer District.
 - Showcase your trophies & approved skills on your profile
 - Connect with Cheerleaders from around the world



Cheer District



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Team Fees (Prices do not include HST)

*INCLUSIVE PRICING

Team Fees include practice T-shirt, shorts, sports bra and scrunchie, Ontario Cheerleading Federation Membership, Cheer Canada Membership, Limelight Membership, and Free open gym all season. Team Fees also include team training, choreography, camp, music, coaching fees, all competitions and the end of year Banquet. Competitive athletes receive an annual membership to Cheer District. Competitive athletes also receive tumbling and skills during your weekly practices.

Fees not included - Costs are approximate and do not include tax

1. **Apparel** - Uniforms and track suits will be ordered in June for competitive and September for Prep. Payment is due in full at time of purchase.
 - a. **Uniform** – Prep \$150, Competitive \$425-475. Male athletes \$450
 - b. **Shoes** – Range in price for white shoes and you have freedom to use any white cheer shoe with smooth bottom, lace up and completely white. Worlds team black shoes must be Varsity brand shoes.
2. **Travel** – Airfare, hotel or other transportation is not included.
 - a. **Ottawa teams will travel by bus and that fee is not included. Approx 150-200**
 - b. **Dallas Teams have an additional fee of \$300-400 due on October 1st to cover registration for the event and coach travel fees. This is subject to change.**
3. **Summit and Worlds** - Registration Fees and Team fees are not included. \$1500-2000

Monthly Payments: Register before the 15 th of each month. (All payments end Mar 2021)								
Team	Total Team Fees	Mar - 13 payments of	Apr - 12 payments of	May - 11 payments of	June - 10 payments of	July - 9 payments of	Aug - 8 payments of	Sept - 7 payments of
Flash Shine Wildfire	3440.00	264.62	286.67	312.73	344	382.22	430	491.93
Hype Silver	3020.00	232.31	251.67	274.55	302.00	335.56	377.50	431.43
Diamond Neon Strobe	3316.00	255.08	276.33	301.45	331.60	368.44	414.50	473.71
Sparkle	938.00	72.15	78.17	85.27	93.80	104.22	117.25	134.00
Glitz Glitter Black Glow	1153.00	88.69	96.08	104.84	115.30	128.11	144.13	164.71
Shimmer	1743.00	134.08	145.25	158.45	174.30	193.67	217.88	249.00

Registration Fee	Mar	Apr	May	June	July	Aug	Sept
	0%	1%	1.5%	2%	2.5%	3%	3.5%

***Registration Fee is a 1-time fee due at time of registration. It is a percentage of total team fees. There are no pro-rated fees.**

2020-2021 Team Placement Process

May

- Limelight will host tryout workshops May 11-21. The important of these workshops is to allow newcomers to tryout for our program, to allow current members a chance to tryout for a higher level or a different team, and to guarantee our coaches an opportunity to asses the talent pool.
 - May 12, 13, 14, 19, 20, 21 – Tryout Workshops
 - Level 1 6-7pm
 - Level 2 6-7pm
 - Level 3 7-8pm
 - Level 4 7-8pm
 - Level 5 8-9pm
 - Level 6 8-9pm
 - Attend each day or just one day for the same price of \$50. Free for athletes that have registered prior to May 12.
 - Attend one level each day
- Teams will be announced at our team reveal on May 23
 - We invite all athletes and parents to attend
 - Teams will be announced, and coaches will be announced
- Registration week is May 25-28.
 - All parents and athletes must attend these, including those who pre-registered.
 - Contracts will be signed
 - Practice gear will be distributed
 - Uniform sizing will occur
 - These will be held during your first week of practice, May 25-28
 - Athletes will only be allowed to practice once the parents have attended one of these meetings.



2020-2021 Registration Info

Super Early Bird Registration – Jan 1-15. Full payment only.

- This is for current members only.
- See Jerry to pre-register
- Receive 5% discount on all fees, except apparel.
- No Registration Fee

Earl Bird Registration – Feb 1-15. Full payment only.

- This is for current members only.
- See Jerry to pre-register
- Receive 2.5% discount on all fees, except apparel.
- No Registration Fee

Pre-Registration – Mar 1-Mar 31. Full or Monthly payment plans.

- This is for current members only.
- Will Register using Amilia.
- No Registration Fee if registering before March 15.

Regular Registration – April 1 onward. Full or Monthly payment plans.

- Open to any current member or new member.
- Will Register using Amilia.
- New athletes should attend our tryout workshops in May or schedule a private assessment if later than May 21.

